

Note: Rules are governed by current National Intramural Recreational Sports Association (NIRSA) Flag Football Rules with the following modifications. For a complete list of general Intramural Sports Policies, please reference the participants guide at recreation.uconn.edu.

FORMAT: This is a 4 player open league. Teams will be placed in round robin pool play with the top teams advancing to a single elimination playoff tournament. Games are scheduled between 6:00-10:00PM, Monday through Thursday. All games will be played on the Sherman Turf Complex.

FORFEIT PROCEDURE: If a team fails to have the required number of participants at the scheduled game time, the game will be a forfeit. No contest will be played.

NIRSA Flag Football rules will prevail with the following modifications:

EQUIPMENT:

1. Teams are encouraged to wear their own color-matching jerseys with visible numbers on the back. No taped-on or pinned-on numbers are permitted. Players on the same team will wear the same color flags.
2. Sneakers and soft rubber turf shoes may be worn. **Not allowed: metal, screw-in, or plastic molded cleats.**
3. All players will wear the official flag belt with the flags attached in the proper locations. Shirts or jerseys must be tucked under the flag belts as well as into the shorts/pants and in no way cover or protect the flags.
4. Flags must be of contrasting colors with vests/jerseys and shorts/pants.
5. **Each player must wear pants or shorts without any belt(s), belt loop(s), pocket(s) of any kind, exposed drawstrings, or holes. Tear away pants are not permitted. Shirts and sweatshirts with hoods or pockets are also not permitted.**

GAME FORMAT:

1. Number of Players: The game shall be played between 2 teams of 4 players each. You must have 4 players to start the game. No maximum limit of players for each team's roster.
2. Game Time: Playing time shall be two 12-minute halves. The clock will run for both halves.
3. Series of Downs: A team shall have 3 consecutive downs to advance to the next zone line to gain. A new series of downs is awarded when a team moves the ball legally into the next zone or the opponent obtains possession of the ball by penalty, interception, or failure to advance to the next zone.
4. Try: After a touchdown is scored, the scoring team has three options for the try: 1 point from the 3 yard line, 2 points from the 10 yard line, or 3 points from the 20 yard line. **If a ball is intercepted the attempt is over.**
5. Overtime (Playoffs Only): One captain shall call the toss with the winner selecting offense, defense or direction. Each team will attempt to score by passing from either the 3 yard line for 1 point, the 10 yard line for 2 points, or the 20 yard line for 3 points. If additional overtime periods are necessary to determine a winner, teams will alternate overtime choices. **If a ball is intercepted the attempt is over.**
6. Once a game is over, and a winner has been decided, the Captains shall report the final score to the official on duty.

RULES OF GAME:

1. **PLAYERS MUST ACTIVELY AVOID INITIATING CONTACT**
2. Passing: There must be a legal forward pass each down. The person receiving the pass must be beyond the offensive line of scrimmage. The passer has 5 seconds to release the ball. If not, loss of down and the ball is spotted at the previous spot. The defense cannot cross the line of scrimmage until a pass has been thrown. There are no restrictions after a change of possession or once a legal forward pass has been caught beyond Team A's scrimmage line.

3. Scrimmage Line: The offensive team must have at least 1 player on their line at the snap. The defense must start behind the scrimmage line.
4. Snap: The ball must be snapped from under Center, and the quarterback must be at least 2 yards behind the line of scrimmage. No direct snaps.
5. If a player fumbles a ball, the play is dead at the spot where the ball hits the ground.
6. Participants are expected to follow the rules as stated. Players may call their own penalties, however both Captains must agree upon them. Teams are required to settle all on-field rulings in the best sporting manner. Only if a ruling cannot be agreed upon by both Captains, the Intramural official will have the final ruling. Any player observed displaying blatant disregard for the rules shall be removed from game site by Intramural staff.

PLAYER CONDUCT: 4 v 4 Flag Football is a non-officiated sport. All participants are expected to act in such a manner that is prudent to fair play, and displays mutual respect for others. While competitive play is highly encouraged, it should never affect adherence to the agreed upon rules, sportsmanship towards opponents, or pure enjoyment of play. Actions such as blatant disregard for the rules, offensive behavior, or taunting opponents must be avoided. If any individual/team displays behavior that is contrary to the spirit of the game, UConn Recreation staff reserves the right to remove such individual/team from competition.

SPORTSMANSHIP RATING: Good sportsmanship is required of all participants. Players, coaches, and spectators are to conduct themselves properly at all times. UConn Recreation reserves the right to suspend or disqualify groups or individuals for unsportsmanlike conduct at any time. Unsportsmanlike conduct before, during, and/or after a game (event) will not be tolerated. **The team captain assumes full responsibility for the conduct of the team and spectators.**

Unsportsmanlike conduct includes actions that are unbecoming to an ethical, fair, honorable individual. It consists of acts of deceit, disrespect, or vulgarity and includes taunting. UConn Recreation disapproves of any form of taunting which is intended or designed to embarrass, ridicule, or demean others under any circumstances.

If you have any questions, please contact the Competitive Sports Office
at 860-486-6514 or by email: competitivesports@UConn.edu