



INTRAMURAL SPORTS

**Intramural**  
**4v4 Flag Football**  
**Rules**

## **I. Governing Rules**

1. All Intramural participants must present a valid Skyhawk ID card in order to participate.  
**No exceptions.**
2. All regulations regarding forfeits, defaults, protests, and rescheduling are outlined in the program handbook. These rules **must** be followed to the letter.
3. Intramural sports are offered to UT Martin students on a voluntary basis and each student participates at their own risk. Participants are responsible for ensuring that they are physically fit to participate in the selected sport(s), and are encouraged to check with their family physician or Student Health prior to participation.
4. The officiating will be done by referees who are in absolute control of the game. The official shall have the power to make decisions on any matters or questions not specifically covered in the rules.

## **General Rules of the Game**

### **The Game:**

- The game shall be played between two teams of four players each. Three players are required to avoid a forfeit.

### **Field Markings:**

- The field measures 40 yards in length, goal line to goal line, and 30 yards in width. There shall be one hash mark dividing the fields into halves

### **Coin Toss:**

- The captain winning the toss shall select offense, defense, direction, or defer the choice to the second half

### **Puttin the Ball in Play:**

- The ball shall be placed at the offensive team's 10 yard line to begin each half of a game and following a try, touchback, or safety, unless moved by penalty. NOTE: There are no kicks.

### **Game Time:**

- Playing time shall be two halves of 12 minutes in length

### **First 11 Minutes:**

- The clock should start on the snap to begin each half. It will run continuously for the first 11 minutes unless stopped by a team or Referee's time-out.

### **1 Minute Warning:**

- Approximately one minute before the end of each half the referee shall stop the clock and inform both captains the playing time remaining in the half. The clock starts on

the snap. The clock will stop and start using high school timing procedures from this point.

**Tie Breaker/Overtime:**

- Each team will have one down passing from the 3 yard line for one point, from the 10 yard line for two points, or from the 20 yard line for three points.

**Charged Timeouts:**

- Each team is entitled to two charged timeouts per game, including overtimes.

**Series of Downs:**

- Each team shall have 3 consecutive downs to advance the ball to the next zone by scrimmage.

**A New Series of Downs:**

- A new series of downs is awarded when a team moves the ball legally into the next zone or the opponent obtains team possession of the ball by penalty, pass interception, or failure to advance to the next zone.

**Kicking the Ball:**

- All kicks are illegal. Penalty: Illegal Kicking, 5 yards

**Rushing the Quarterback:**

- The defensive team cannot cross their scrimmage line until the pass is released. Penalty: Illegal Advancement, 3 yards from previous spot.

**Runner:**

- An offensive runner cannot advance the ball through the offensive scrimmage line (ball spotter). There are no restrictions after a change of possession or once a legal forward pass has been touched beyond the offensive scrimmage line. Penalty: Illegal advancement, 3 yards.

**Legal Forward Pass:**

- There must be a legal forward pass on each down. The receiver must touch the ball beyond the offensive line of scrimmage. The offensive team has five seconds to release the ball on a forward pass. If the offensive team fails to release the ball in time, it is a loss of down and the ball is next snapped at the previous spot. The referee will sound their whistle at five seconds if the passer has possession of the football.

**Mercy Rule:**

- The Mercy Rule does not apply

**Enforcement of Penalties:**

- All 10 yard penalties in 7v7 flag football are five yards, All penalties that are 5 yards in 7v7 flag football are 3 yards.