

UNIVERSITY OF TENNESSEE

Intramural Sports



ELIGIBILITY RULES

1. You must have a University of Tennessee ID to participate. NO ID, NO PLAY...NO EXCEPTIONS!
2. No Person shall play on more than one single sex and co-rec team per sport. If caught doing so by supervisor or official, Player shall be suspended for remainder of season and that game shall be forfeited. Opposing team does not have to protest if caught by supervisor or official.
3. No person shall use false identification in order to participate. If caught, person will be suspended from Intramural Sports and possibly RecSports for a period of time determined by the Intramural Program Coordinator.

***** The following are modifications to the NIRSA Flag Football (7v7) Rules adapted specifically for 4v4 play. To read a full copy of the NIRSA Rules please come to the Intramural Office*****

THE GAME

1. Game time is forfeit time. Any team that forfeits will not be eligible for playoffs.
2. The game shall be played between 2 teams of 4 players each. Three players are required to avoid a forfeit.
3. A team's roster shall have a maximum of 6 players.

REGULATIONS AND TIME

1. Coin Toss: The winning team selects offense, defense, direction, or to defer their choice to the second half. Each half begins with the team on offense starting at the 10-yard line.

2. The field shall be 60 yards long, end line and 30 yards wide. There will be two 10-yard end zones and two 20-yard zones.
3. Playing time shall be two 12-minute halves (or 8-minutes). The intermission between halves shall be 2 minutes. The clock will start to begin each half on the snap. The clock will run continuously for the first 11 minutes of each half unless stopped by a team or referee's time out.
4. Approximately 1 minute before the end of each half, the Referee will stop the clock and inform both captains of playing time remaining in the half. After this announcement, the clock will start on the snap and stop clock rule will be in effect for the remainder of the half.

Overtime: The home team captain shall call the toss with the winner selecting offense, defense, or direction. Each team will attempt to score by passing from either the 5-yard line for 1 point, or the 10-yard line for 2 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.

GAME PLAY

1. There must be a legal forward pass each down. The person receiving the ball must be beyond Team A's line of scrimmage. The passer has 7 seconds to release the ball. If not, loss of down and the ball is spotted at the previous location.
2. Team A runner cannot advance the ball through Team A's scrimmage line (first ball spotter-orange). There are no restrictions after a change of possession or once a legal forward pass has been caught beyond Team A's scrimmage line. PENALTY-illegal Procedure.
3. Series of Downs: A team shall have 3 consecutive downs to advance to the next zone by scrimmage.
4. Awarding a New Series: 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, pass interception, or failure to advance to the next zone.
5. Scrimmage Line: The offensive team must have at least one player on their scrimmage line (orange ball spotter) at the snap. This may be the center. The defense must remain behind their scrimmage line.
6. Try: After a touchdown is scored, the scoring team has three options for the try. 1 point from 3 yds, 2 points from 10yds, or 3 points from midfield.

7. Next Play: Following a try, touchback, or safety, the ball will be snapped by the opponent at their own 10 yard line.
8. Interceptions may be advanced. Ball will be spotted where the runner is de-flagged (exception: if runner is de-flagged in the endzone or he/she takes a knee in the endzone, a touchback will be called and the ball will be placed on their own 10 yard line.
9. Penalty Yardage: All 10 yard penalties will now be 5 yards and all 5-yard penalties will be 3 yards.

Mercy Rule: If at any time at or after the 1 minute warning in the 2nd half, one team is ahead by 20 points or more, the game shall be ended. Also, if the point differential reaches 40 points the 5 minute mark of the 2nd half, the game shall be ended.

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