4-on-4 Flag Football Rules

Any rule not specifically covered will be governed in accordance with the 2016 NIRSA Flag and Touch Football Rules Book and Official’s Manual. Modifications have been made to suit Ohio State Recreational Sports programs.

Rule 1: Eligibility
A participant may be an Ohio State student taking a minimum of four credit hours. The Department of Recreational Sports defines a student as any individual who is currently enrolled at The Ohio State University and is registered with the university registrar. Students taking four or more credit hours automatically pay the Recreational Sports student fee and therefore do not need to purchase a membership.

The following people are eligible to participate after purchasing the appropriate Recreational Sports membership through the RPAC Welcome Center for the semester in which they intend to participate.

A participant may be:
• an Ohio State student taking less than four credit hours
• the spouse of a student or a faculty or staff member
• a faculty or staff member of The Ohio State University. The Department of Recreational Sports defines faculty and staff as all current faculty and staff, and visiting professors at The Ohio State University who are paid through the university payroll department.
• an affiliate of the department (alumni, member of the President’s Club, other recognized affiliate groups)
• a member-sponsored adult

To participate in any intramural activity, all participants must show a valid Ohio State University issued photograph identification card. Acceptable identification cards are limited to BuckIDs, Ohio State Medical Center identification cards, and Recreational Sports membership cards. An Ohio State identification card must include the following information and be clearly visible to be considered valid: the individual's name, photograph, and identification number. Identification cards that do not have one or more of these requirements will not be accepted and the individual will not be allowed to play.

Misuse of an identification card (borrowing, lending, counterfeiting, altering, etc) is a violation of The Ohio State University Student Code of Conduct. The identification card will be confiscated and the individual attempting to use the card will be ineligible to participate. If the card belongs to another student, that student must meet with a professional staff member to regain possession of their identification card.

Professional Athlete Rule
Any individual who has been paid to participate in football, under contract with a professional team, included on a professional team roster, practiced with a professional team, and/or compensated for trying out for a team is NOT eligible to participate in intramural 4-on-4 flag football.

Intercollegiate Athlete Rule
Intercollegiate football athletes are not eligible to participate in an intramural 4-on-4 flag football game, activity, or event until a period of one year has passed following completion of all activities with the team. After the period has passed, former
intercollegiate football athletes must participate in the highest level offered in each league. Intercollegiate football athletes are defined as individuals who are practicing with or competing with a team recognized as a varsity sport. Included in this rule are red-shirt athletes and practicing proposition 48 athletes.

**Sport Club Rule**
No more than two members of the club football team may participate on an intramural 4-on-4 flag football team. Sport club members must participate in the highest level offered in each league. A sport club member is defined as an individual who has practiced or played in a contest for a registered sport club during the academic year.

**Co-Rec (CO)**
Play once per week. You may play with a maximum of either three females or three males at one time. Teams with positive point total and 3.0 sportsmanship rating will make the playoffs. You may only play on ONE co-rec team per sport.

**Men's (M)**
Play once per week. Teams with positive point total and 3.0 sportsmanship rating will make the playoffs. You may only play on ONE men's team per sport.

**Women's (WO)**
Play once per week. Teams with positive point total and 3.0 sportsmanship rating will make the playoffs. You may only play on ONE women's team per sport.

**Rule 3: Equipment**
- Jewelry is not allowed. Medical or religious medallions must be removed, taped, or sewn under the uniform.
- A head sweatband is permitted; however, hats, bandanas, and "do-rags" are not permitted.
- Rubber, cloth, or elastic bands may be used to control hair. Hard items such as beads, barrettes, and bobby pins are not permitted.
- A guard, cast, or brace made of hard and unyielding leather, plaster, pliable plastic, metal, or any other hard substance, even though covered with foam padding, is not permitted on the finger, hand, wrist, forearm, or elbow.
- Knee and ankle braces that are unaltered from the manufacturer's original design/production shall be permitted and do not require additional padding.
- Knee and ankle braces that are altered from the manufacturer's original design/production shall be permitted as long as they are soft and yielding or all exposed metal and other hard parts are padded with at least ½-inch foam rubber (or ¼ inch closed cell, slow recovery foam rubber).
- NO POCKETS! Board shorts, pockets with zippers, hoodies, and all other forms of pockets on pants, shorts, or shirts are prohibited.
- Rubber cleats are permitted.

**Rule 4: Team Captain Responsibilities**
- Ensure their team members follow all eligibility requirements. Team captains are also advised to seek clarification on special eligibility requirements, if necessary.
- Responsible for communicating game time, location, and ID policy to teammates.
• Ensure that all teammates sign a Release of Claims form located on the back of the scorecard before participating in their first game.
• Ensure teammates have a valid Ohio State ID at game time to check in.
• Representing the team and communicating with the officials. The captain is the only player permitted to discuss the game with officials.
• Ensure good team sportsmanship among teammates.
• Turning in team conflict sheets reflecting any scheduling problems for the members of your team.
• Cooperating with the intramural supervisors at the game site concerning any protests, incidents, or accidents that may occur as well as with the intramural sports staff the day following such occurrences

Rule 5: Players

• The game shall be played between two teams of four players each. Three players are required to avoid a forfeit.
  - All players must check in using a valid Ohio State issued ID.

Rule 6: Forfeits/Defaults

Forfeit Policy:
• All late teams shall start the game with a “B” sportsmanship rating.
• Teams ready for play may choose to decline any and all points.
• Not Ready for Play at Game Time: The team ready for play gets the ball to start the game AND choice at the start of the second half.
• Five Minutes Late: The team ready for play begins the game with a touchdown (in Co-Rec they will be awarded a female touchdown) and three-point conversion. The late team will start their first series from their own 14-yard line.
• 10 Minutes Late: Forfeit, recorded as 9-0 (CoRec 12-0) and the forfeiting team will receive an “F” for its sportsmanship rating.
• If neither team is ready to play by game time, but they are ready less than 10 minutes past the scheduled start time, the teams will be permitted to play. However, the clock will be started at game time.

There are three situations that will result in a forfeit:
• Not Enough Players – Team does not have the required number of players to participate by 10 minutes before the scheduled game time.
• Eligibility – One or more of the players participating is ineligible and therefore may not participate. Ineligibility may be due to the player being a roster violator, being previously ejected, ruled ineligible for sportsmanship-related issues, etc.
• Sportsmanship – Game is ended by staff for sportsmanship-related issues.

Any team knowing in advance that they will be unable to play a regularly scheduled contest is provided the opportunity to default the contest. This will result in the team receiving a loss and “A” sportsmanship rating for the contest. To receive a default, the captain must call the Rec Sports Competitive Sports Office by 4 p.m. on the day of the contest with their request. For teams playing on Sunday, the deadline is Friday at 4 p.m. The opposing team will then be contacted by the Intramural...
Office to let them know they do not need to arrive for their scheduled contest.

A team is allowed one default per sport per season. Any request after the first default will be counted as a forfeit.

If a team has been granted a default and the contest is then canceled due to weather or scheduling issues, the default will be removed and the contest will be played normally if it is rescheduled.

**Rule 7: Protests**

*Rules Protest*

Questions pertaining to interpretation of rules on the part of game officials must be addressed by the intramural supervisor at the time the interpretation occurs and prior to the next live ball. The procedure shall be:

1. If a team feels the official has made a misinterpretation of a rule, the captain shall calmly and immediately request a “time out” and inform the official that he or she wishes to have a ruling on the interpretation by the intramural supervisor in charge.
2. No protest that involves the judgment of the official(s) shall be upheld. The judgment of the official(s) is final. This also includes intramural staff when necessary.
3. If corrections are necessary, the intramural supervisor shall rule immediately and the team shall not be charged with a time out; however, if the official’s interpretation was correct, the team will be charged with a time out.
4. If the participant still does not agree with the decision at the game site, a Protest Form should be obtained from the intramural supervisor on site and completed. The contest will continue from this point “under protest.”

*Eligibility Protest*

Protests involving player eligibility must be called to the immediate attention of the intramural supervisor prior to the completion of the contest while the protested individual is present. Participants may not make eligibility protests after the completion of the contest. A Protest Form should be obtained from the Intramural Supervisor and completed. The contest will continue from this point “under protest.”

**Rule 8: Play**

*Start of Game*

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

*Timing*

- The game shall consist of two 12-minute halves.
- The clock will start on the snap to begin each half. It will run continuously for the first 11 minutes unless stopped by a team’s or referee’s time-out.
- Approximately one minute before the end of each half the referee shall stop the clock and inform both captains of the playing time remaining in the half. The clock starts on the snap.
- Each team is entitled to two time-outs per game, including overtime.
- In the case of a tiebreaker for playoffs, each team will attempt to score by passing from the three-yard line for one point or from the 10-yard line for two points or from the 20-yard line for three points. If the defense intercepts a pass or fumble, the attempt is over. Regular season games will end in a tie.

*Scoring*

- Breaking the vertical plane of the goal line with the football will score a touchdown.
- Each touchdown will be worth six points.
• A team may go for one point from the three-yard line, two points from the ten-yard line, or three points from the twenty-yard line.

Mercy Rule
There is no mercy rule.

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

Putting the Ball in Play
The ball shall be placed at the Team A 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.

Play
• A team shall have three consecutive downs to advance the ball to the next zone by scrimmage.
• 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.
• The offensive team must have at least one player on their scrimmage line (first ball spotter-orange) at the snap.
• A Team A runner cannot advance the ball through Team A’s scrimmage line (first ball spotter-orange). There are not restrictions after a change of possession or once a legal forward pass has been touched beyond Team A’s scrimmage line.
• There must be a legal forward pass each down. The receiver must touch the ball beyond Team A’s scrimmage line. Team A has 5 seconds to release the ball on a forward pass. If not, it is a loss of down and the ball is next snapped at the previous spot. The referee will sound his/her whistle at five seconds if the passer has possession of the football.
• Team B is not permitted to cross the scrimmage line until the forward pass is released.
• The play clock shall be 25 seconds in length.
• The ball will become dead immediately upon contact with any netting or post (ceiling or side).
• All 10-yard penalties are five yards and all five-yard penalties are three yards.
Rule 9: Sportsmanship
The team captain is responsible for the actions of his or her team and their spectators. Additionally, the captain will ensure that his or her team is familiar with the rules of play and intramural policies and procedures contained in this handbook. Sportsmanship is a vital component for success in every intramural contest. Participants and spectators are expected to display good sportsmanship toward opponents and the intramural staff at all times.

Unsportsmanlike Conduct
Participants and spectators shall not commit acts of unsportsmanlike conduct. This includes, but is not limited to, arguments with staff, flagrant fouling, fighting, etc. before, during, or after a contest. No player or team shall:

- use foul or derogatory language, threaten, or verbally abuse any other participant or intramural employee before, during, or after the game
- participate in a game for which he or she is ineligible
- argue or talk back to the intramural staff. Only the captain should address an official and only if done so in a courteous manner
- intentionally strike, push, trip or flagrantly foul another participant, spectator, or recreational sports employee
- Mistreat the facility, equipment, or supplies of The Ohio State University and/or the Recreational Sports Department

Unsportsmanlike Conduct Penalties
Any participant displaying unsportsmanlike conduct will be issued either a conduct warning or ejection by the game officials or Intramural Supervisors.

- One Unsportsmanlike Conduct Penalty – Conduct Warning
- Two Unsportsmanlike Conduct Penalties – Ejection
- Two Ejections or Three Unsportsmanlike Conduct Penalties – Forfeit

Disciplinary Action
Any player receiving two conduct warnings in one game or ejected from a game is required to meet with professional staff. The player will be suspended from ALL recreational sports facilities and programs until the meeting occurs and for a minimum of seven days from the time of the meeting.

Rule 10: Co-Rec Modifications

- Each team shall consist of two men and two women. A game may begin with two men and one woman or one man and two women.
- A female touchdown shall be worth nine points.
- The first play of every series will be an open play; therefore, any player may pass the ball to any player. If a play consists of a completed forward pass from a male quarterback to a male receiver, the next play will be closed. In order to open the play, a female must either throw or catch a legal forward pass for positive yardage.

- Mercy Rule: There is no mercy rule.

Rule 11: Playoffs
In addition to a positive playoff point total, teams must also maintain a “3.0” or “B” sportsmanship average during the regular season to be eligible for the playoffs. Team's averages will be formulated in the same way a student's GPA is calculated.
Each sportsmanship letter grade is assigned a numerical value:

• “A” – Four (4) points
• “B” – Three (3) points
• “C” – Two (2) points
• “D” – One (1) point
• “F” – Zero (0) point

The grades for each regular season contest will be added together and divided by the total number of contests held. This will equal the team’s sportsmanship average.

For any questions or clarifications, contact the competitive sports office at (614) 292-2732.