



LAMAR UNIVERSITY INTRAMURAL SPORTS 4 ON 4 FLAG FOOTBALL

PLAYER ELIGIBILITY

1. Participation is limited to currently-enrolled, Lamar University-Beaumont or LIT students, faculty and staff.
2. In order for participation in an intramural contest each player must present their Employee/Staff ID, Cardinal One Card or LIT Card and print their name on the score sheet.
3. Players may not play if they are wearing jewelry of any type, including necklaces, earrings, bracelets, hats, etc.,

SPORTSMANSHIP RATING

| Each team will receive a sportsmanship rating from the official(s) and/or field supervisor at the conclusion of the game.

| **A (Excellent)** - given to a team which demonstrates good sportsmanship and maintains an excellent attitude of complete cooperation. Full and complete support of the officials.

| **B (Above Average)** - given to a team when there is no incident of poor sportsmanship. Respect shown for opponents and officials.

| **C (Average)** - given to a team when unsportsmanlike conduct is not present in the game except for rare minor infractions. Poor behavior limited to individual/s, not to the entire team.

| **D (Below Average)** - given to a team if players, other than the captain, persist in questioning officials' decisions; and/or they repeatedly argue with the officials. For frequent use of profane or vulgar language. If spectators, clearly related to the team, fail to cooperate with the officials and the team is not supportive of the officials' efforts.

| **F (Poor)** - given to a team when a player is ejected and the team does not assist the officials in removing the player from the area. If players disregard warning of unnecessary roughness, unsportsmanlike conduct, abusive language or action, etc. If the team refuses to attempt to control their fans after a request to do so from the IM supervisor.

| A team that defaults will receive a **C**.

| A team that forfeits will receive a **F**.

QUALIFYING FOR PLAYOFFS

- | A team must have a cumulative **2.5** rating average in order to be eligible for the playoffs.
- | A team must have at least a **2.0** rating for each game in the playoffs to advance to the next round. Teams receiving a **2.0** or less are required to meet with the IM Director prior to the next contest.
- | Any team that receives a **0.0** in a playoff game will be disqualified from that playoff tournament and the team and players will be suspended from all IM events for a period of time to be determined by the IM Director. The nature and severity of the incident will be taken into account.

RULES

The Game

- No contact allowed.
- NO BLOCKING
- A coin toss determines first possession.
- Ball must be snapped between the legs to start play.
- The offensive team takes possession of the ball at their 5-yard line and has three (3) plays to cross mid-field. Once a team crosses mid-field, they will have three (3) plays to score a touchdown.
- If the offensive team fails to cross mid-field or score, possession of the ball changes and the opposite team starts their drive from their 5-yard line.
- All possession changes except interceptions start on the offenses 5-yard line.
- Teams change sides after the first 15 minutes, possession does not change and the clock does not stop (no quick snaps).
- Each time the ball is spotted a team has 30 seconds to snap the ball. Teams will receive one warning before a Delay of Game penalty is enforced.

Attire

- Cleats are allowed, except for metal or ceramic spikes. Inspections can and will be made.
- Shirts must be tucked in shorts, pants, etc.

Players/Game Schedules

- Teams must field a minimum of three (3) players at all times.
- Teams consist of 6 players (4 on the field with 2 substitutes).

- Coed teams must field two (2) female players at all times.
- If a team or teams are more than two (2) minutes late for their scheduled games they will be forfeited.
- We reserve the right to reduce, shorten, or reschedule games due to inclement weather or unforeseen circumstances.
- All players must show their Lamar University Beaumont Cardinal One Card or LIT ID's to participate, no exceptions.

Scoring

- Games are played to 28 points or 30 minutes, whichever comes first.
- TD=6 points, Extra Point=1 (5 yards out); 2 (12 yards out), Safety=2 points

Time Outs

- Each team has one 60 second time out per game, in which the clock stops.
- Officials can stop the clock at their own discretion.

Rushing the QB

- All players that rush the passer must be a minimum of 7 yards from the line of scrimmage when the ball is snapped. Any number of players can rush the QB.
- Players not rushing the QB may defend on the line of scrimmage.
- Once the ball has been handed off the 7 yard rule is no longer in effect and all defenders are eligible to rush.
- A special marker, or the referee, will designate 7 yards from the line of scrimmage.

Running

- The Quarterback CANNOT run the ball.
- Only direct hand-offs behind the line of scrimmage are legal. NO laterals or pitches of any kind. Offense may use multiple hand-offs.
- The player who takes the hand-off can throw the ball as long as he does not pass the line of scrimmage.
- "No Running Zones" are located 5 yards before midfield and 5 yards before the end zone in each offensive direction.
- "No Running Zones" are designed to avoid short yardage power running situations.

- Spinning is allowed but players cannot leave their feet to avoid a defensive player.
- The ball is spotted where the ball carriers belt is when the flag is pulled, not where the ball is. Ball & flags must break the plane for a 1st down and touchdown.

Passing

- All passes must be forward and received beyond the line of scrimmage.
- Shovel passes are allowed but must be received beyond the line of scrimmage.
- QB has a 7 second "pass clock". If a pass is not thrown within the 7 seconds, play is dead, loss of down, ball returns to line of scrimmage. Once the ball is handed off the 7 second rule is no longer in effect.
- Interceptions change the possession of the ball at the point of interception. The ball comes out to the 5-yard line if the interception occurs in the end-zone.

Receiving

- All players are eligible to receive passes (including the QB if the ball has been handed off behind the line of scrimmage).
- Only one player is allowed in motion at a time.
- Player must have at least one foot in bounds when making a catch.
- Pass may not be intentionally tipped in any direction to another teammate.

Dead Balls

- Play is ruled "DEAD" when:
 - Offensive player's flag is pulled.
 - Ball carrier steps out of bounds.
 - Touchdown is scored.
 - At the point of an interception (interception returns are not allowed).
 - Ball carrier's knee, hand or the ball hits the ground.
 - Ball carrier's flag falls out.
 - Receivers flag falls out. (play is dead at point of reception.)
- If the quarterback takes a snap without both flags, the ball is dead where he or she receives the snap.

- There are no fumbles. Ball is spotted where it hits the ground. Anytime the ball touches the ground it is dead.

Sportsmanship/Roughing

- If the referee witnesses any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. FOUL PLAY WILL NOT BE TOLERATED.
- Officials have the right to determine language which is offensive. (talk is that which may be offensive to official, opposing team, or spectators). Referee can eject players from the game for abusive language.

Overtime

- If the score is tied at the end of 30 minutes, teams move directly into overtime.
- Coin toss determines possession.
- Each team receives one (1) play from their own 5 yard line.
- * Negative yardage on a play is better than an interception, but not an incomplete pass.
- * Defensive penalties may be accepted resulting in 10 yards and the option to run an additional play if necessary. Result of following play and the 10 yards from the penalty count towards the overall possession's yardage. A penalty on the offense is deemed as negative 10 yards and loss of down.
- The team gaining the most yardage on the one play is declared the winner and awarded one (1) additional point even if the result of the play is a touchdown.

Penalties

- All penalties will be called by the Referee and may be declined.
- All penalties are assessed from the original line of scrimmage.

Defense:

- Offsides
- Interference
- Illegal Contact (holding, bump and run, blocking, etc.)
- Illegal Flag Pull (before receiver has ball)
- Illegal Rushing (start rush from inside 7 yard marker)
- All defensive penalties are 10 yards (from line of scrimmage)

and automatic 1st down.

Offense:

- Illegal Motion (more than 1 person moving, false start, motion, etc.)
- Illegal Forward Pass (pass received behind line of scrimmage)
- Offensive Pass Interference (illegal pick play, pushing off/away defender)
- Flag Guarding
- Delay of Game - Clock will stop/10 yards and loss of down
- All offensive penalties are 10 yards (from line of scrimmage) and loss of down.
- Within 10 yards of goal, ball is placed 1/2 distance to the goal.
- Referees determine incidental contact which may result from normal run of play!
- Only the team captain may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.
- Games cannot end on a defensive penalty, unless the offense declines it.

Divisional Tie Breakers

- 2 teams tied for one place -- whoever won in head to head competition.
- 3 teams tied for two places –point differential in head to head games - forfeits are worth 14 points.
- * If a team forfeits a game and they are in a two or three way tie, they are automatically the lowest seed possible within the tied teams.

Others:

- * 1 and 2 point conversions do not count as timed plays – clock stops. The clock starts back up on the referees whistle.
- * If flag is pulled before football leaves the QB's hand, QB is down
- * Protests must be filed before the game starts. Teams are allowed to protest player eligibility, not an official's call.