TEAM ELIGIBILITY
1. Intramural 4-on-4 Flag Football is open to all current fee paying students, as well as faculty and staff with a valid Kaplan Center membership.
2. All players must completely fill out the Team Roster Form/Waiver
3. Game time is forfeit time. If one or both teams do not have two (2) players ready to start, the game will be a forfeit.
4. Each team plays four (4) people at a time, comprised of any gender combination. Any numbers of substitutions are allowed.
5. All players must present a valid UNCG ID card to participate. A player is only allowed to play on one team.

THE FIELD
1. The field measures 40 yards in length, goal line to goal line, and 30 yards in width. There shall be 1 hash mark dividing the field into halves.

THE GAME
1. The game shall be played between 2 teams of 4 players each. Three players are required to avoid a forfeit.
2. Coin Toss. The captain of the winning toss shall select offense, defense, and direction or defer their choice to the 2nd half.
3. Putting the Ball in Play. The ball shall be placed at the 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.
4. Game Time. Playing time shall be two 12 minute halves.
5. First 11 Minutes. The clock will start n 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.
6. One Minute Warning. Approximately 1 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.
7. Last 1 Minute. A start, stop clock shall be used.
8. Tie Breaker. Each team will attempt to score by passing from the 3-yard line for 1 point, from the 10-yard line for 2 points, or from the 20 for 3 points.
9. Charged Time-Outs. Each team is entitled to 2 charged time-outs per game, including overtimes.
10. Series of Downs. A team shall have 3 consecutive downs to advance the ball to the next zone by scrimmage.
11. 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.
12. Rushing QB. B cannot cross their scrimmage line until the pass is released. Penalty: Illegal Advancement, 3 yards
13. Minimum Line Players. The snapper is the only A player required to be on their scrimmage line (1st ball spotter-orange) at the snap.
14. **Runner.** A runner cannot advance the ball through A’s scrimmage line (1st ball spotter-orange). There are no restrictions after a change of possession or once a legal forward pass has been touched beyond A’s scrimmage line.

15. **Legal Forward Pass.** There must be a legal forward pass each down. The receiver must touch the ball beyond A’s scrimmage line. 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 5 seconds if the passer has possession of the football.

16. **Mercy Rule.** The Mercy Rule does not apply

17. **Enforcement of Penalties.** All 10 yard penalties are 5 yards and all 5 yard penalties are 3 yards.