

**IMPORTANT DATES:**

Registration Dates: March 5, 2024 to March 7, 2024  
Brackets Released: March 15, 2024  
Playing Dates: March 18, 2024 to April 8, 2024  
Championship Game: April 8, 2024

**GAME DAY & TIMES:** Mondays and Wednesdays between 6:00-10:00PM

**GAME LOCATIONS:** Sherman Sports Complex

**DIVISION OF COMPETITION:** Open

**MINIMUM NUMBER OF PLAYERS:** 4

**REGISTRATION/ROSTERS:** All teams initially will be pending until their roster has met the minimum number of players requirement. There are a limited number of spots available in each league/division and these spots will be filled based the order that teams meet the minimum player requirement. If the team does not have the minimum players required by the registration deadline, they will not be included in the Intramural season/tournament.

**FORMAT:** Single-elimination tournament

**FORFEIT PROCEDURE:** If a team fails to have the required number of players at the scheduled game time, the game will be a forfeit. No contest will be played.

**GAME RULES:** Games will be played with NIRSA 4v4 Flag Football Rules with the following modifications:

1. Participants are expected to follow the rules as stated. Players may call their own penalties, however both Captains must agree upon them. Teams are required to settle all on-field rulings in the best sporting manner. Only if a ruling cannot be agreed upon by both Captains, the Intramural staff will have the final ruling. Any player observed displaying blatant disregard for the rules shall be removed from game site by Intramural staff.
2. **PLAYERS MUST ACTIVELY AVOID INITIATING CONTACT**
3. Passing: There must be a legal forward pass each down. The person receiving the pass must be beyond the offensive line of scrimmage. The passer has 5 seconds to release the ball. If not, loss of down and the ball is spotted at the previous spot. The defense cannot cross the line of scrimmage until a pass has been thrown. There are no restrictions after a change of possession or once a legal forward pass has been caught beyond Team A's scrimmage line.
4. Snap: The ball must be snapped from under Center, and the quarterback must be at least 2 yards behind the line of scrimmage. No direct snaps.
5. If a player fumbles a ball, the play is dead at the spot where the ball hits the ground.

**EQUIPMENT:**

1. Teams are encouraged to wear their own color-matching jerseys with visible numbers on the back. No taped-on or pinned-on numbers are permitted. Players on the same team will wear the same color flags.
2. Sneakers and soft rubber turf shoes may be worn. **Not allowed: metal, screw-in, or plastic molded cleats.**
3. All players will wear the official flag belt with the flags attached in the proper locations. Shirts or jerseys must be tucked under the flag belts as well as into the shorts/pants and in no way cover or protect the flags.
4. Flags must be of contrasting colors with vests/jerseys and shorts/pants.
5. **Each player must wear pants or shorts without any belt(s), belt loop(s), pocket(s) of any kind, exposed drawstrings, or holes. Tear away pants are not permitted. Shirts and sweatshirts with hoods or pockets are also not permitted.**

### GAME FORMAT:

1. Number of Players: The game shall be played between 2 teams of 4 players each. You must have 4 players to start the game. No maximum limit of players for each team's roster.
2. Game Time: Playing time shall be two 12-minute halves. The clock will run for both halves.
3. Putting the Ball in Play: The ball shall be placed at A's 10-yard line to begin each half of a game and following a Try, touchback, or safety, unless moved by penalty.
4. Series of Downs: A team shall have 3 consecutive downs to advance to the next zone line to gain. 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, interception, or failure to advance to the next zone.
5. Try: After a touchdown is scored, the scoring team has three options for the try: 1 point from the 3-yard line, 2 points from the 10-yard line, or 3 points from the 20-yard line. If a ball is intercepted, the attempt is over.
6. Tie Breaker: One captain shall call the toss with the winner selecting offense, defense, or end of the field. Each team will attempt to score by passing from either the 3-yard line for 1 point, the 10-yard line for 2 points, or the 20-yard line for 3 points. If additional periods are necessary to determine a winner, teams will alternate choices. If a ball is intercepted, the attempt is over.
7. Once a game is over, and a winner has been decided, the captains shall report the final score to the field attendant on duty.

### INTRAMURAL POLICIES:

1. All players are bound by the policies set forth in [Intramural Sports Participant Guide](#).
2. **WEARING JEWELRY IS NOT PERMITTED.** Players cannot tape jewelry and will not be able to participate until all jewelry has been removed.

**SPORTSMANSHIP:** Good sportsmanship is required of all participants. Players, coaches, and spectators are to always conduct themselves properly. UConn Recreation reserves the right to suspend or disqualify groups or individuals for unsportsmanlike conduct at any time. Unsportsmanlike conduct before, during, and/or after a game (event) will not be tolerated. **The team captain assumes full responsibility for the conduct of the team and spectators.**

If you have any questions, please contact the  
Competitive Sports Office by email at [competitivesports@uconn.edu](mailto:competitivesports@uconn.edu)

### **Example Field Diagram:**

