

Important Dates:

Registration Dates: June 24, 2024, to June 26, 2024
Schedule Released: July 5, 2024
Regular Dates: July 8 to August 9 2024
Playoff Dates: July 29 to August 8 2024

GAME DAY & TIMES: Monday and Thursday between 4:00-6:30PM

GAME LOCATIONS: Recreational Turf Field

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: Round Robin Regular Season. Top 2 teams from each division will make Single-elimination tournament for playoffs.

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.

NIRSA 4v4 Flag Football rules will prevail with the following modifications:

EQUIPMENT:

1. 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.
2. Flags must be of contrasting colors with vests/jerseys and shorts/pants.
3. **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.

RULES OF GAME:

1. **PLAYERS MUST ACTIVELY AVOID INITIATING CONTACT**
2. **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.
3. **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.
4. If a player fumbles a ball, the play is dead at the spot where the ball hits the ground.
5. Participants are expected to follow the rules as stated. Players may call their own penalties.

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