



4 on 4 Touch Football Rules

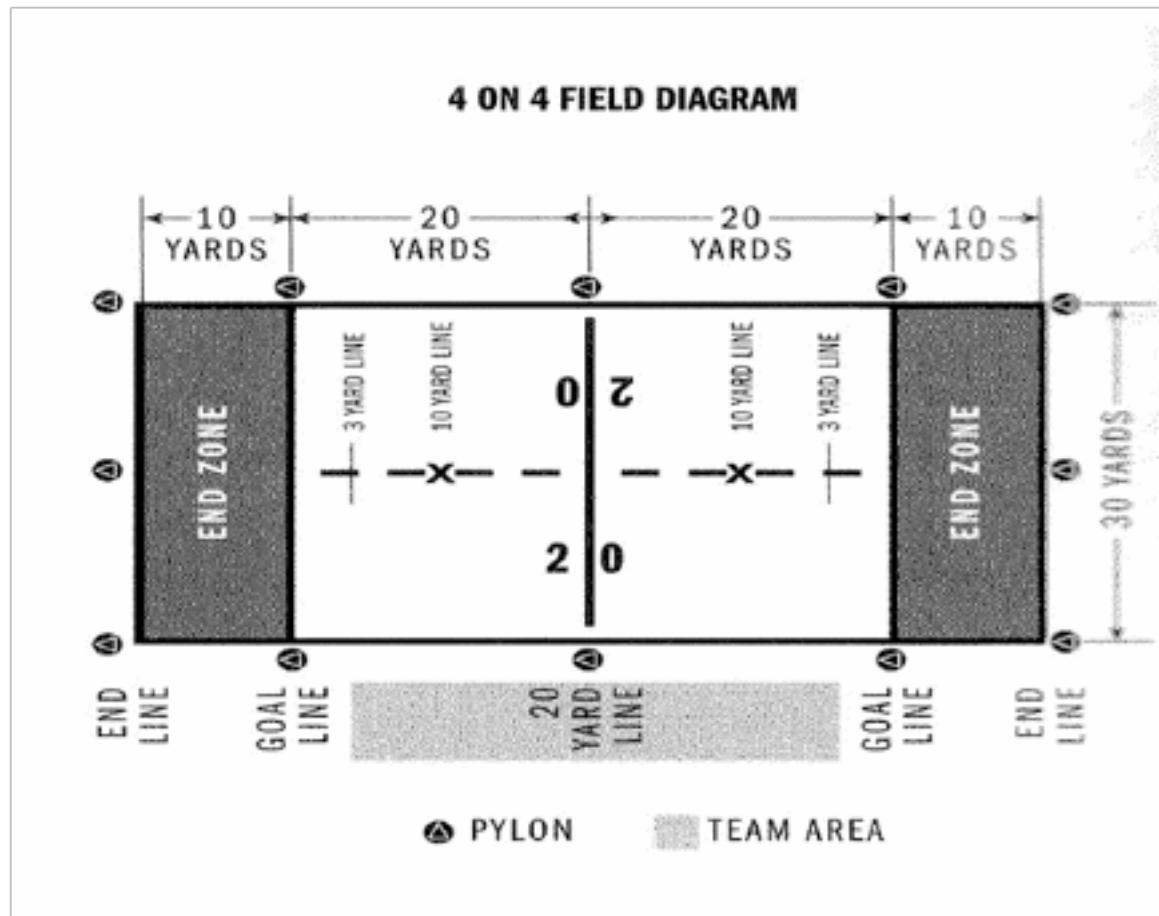
Rule 1: Field

Section 1: Playing Field

The field measures 60 yards in length, end line to end line, and 30 yards in width. The field consists of two end zones (10 yards each), two 20-yard zones, and a dividing hash mark.

Section 2: Try Lines

There will be a one point try line at the 3-yard line and a two point try line at the 10-yard line.



Rule 2: Game

Section 1: Coin Toss

The referee will conduct a "game of chance" to determine who will receive the initial choice for game. The visiting team captain will have the opportunity to choose in the "game of chance" for the opportunity to win the initial choice. Should the visiting team captain lose the game of chance, the home team captain will be awarded the choice.

The captain's choices are as followed and only one can be selected:

1. Play offence
2. Play defense
3. Direction
4. Defer choice to the second half.

Section 2: Scoring 6-Points is awarded for each Touchdown. Teams can attempt a 1-point or 2-point conversion following a scoring drive. If a defender intercepts a pass during an extra point try the play is over and cannot be run back for points.

Section 3: Teams

The game is between 2 teams of 4 players each. Three players are required to begin the game and avoid a forfeit.

Section 4: Putting Ball in Play

The ball shall be placed at the 3-yard line to begin each half and new possession. A play is marked down or ends when the 5-second expires for the QB or when a defensive player using one hand touches a ball carrier. The spot or new line of scrimmage is where the ball is at the stoppage of play.

Section 5: Kicking

There will be no kicks in 4-on-4 Touch Football.

Section 6: Mercy Rule

There will be no mercy rule in 4-on-4 Touch Football

Section 7: Tie Game

If at the end of regulation the game is tied, the following procedures will be implemented:

- A. The officials will bring in both captains for another meeting at midfield. The visiting team will call the toss. The team winning the toss will have the option to be on offense, defense, or choose which end to play on.
- B. If additional overtime periods are played, captains will alternate choices. **All overtime periods will be played on the same end of the field.**
- C. 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 yard line for 3 points.
- D. The overtime period will continue until a winner is determined. The overtime period is not sudden-death. Each team will have an opportunity to score in each period. Each team will have a series of four downs to score.
- E. The goal line will always be the line to gain.
- F. If the defense intercepts a pass the play is over.

G. There will be no changes to the enforcement of penalties during the overtime period.

Rule 3: Timing Procedures

Section 1: Game Time

Playing time shall be two 12 minutes 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 with a time out or Referee's time-out.

Section 2: Stopping of Clock

The clock will stop on out of bounds plays, incomplete passes, or on a turnover during the final minute of each half. Otherwise the clock moves continuously unless a time out is called.

Section 3: One Minute Warning

Approximately 1 minute before the end of each half, the Referee will announce to both teams that 1 minute remains in the half. The clock shall start on the snap inside of one minute and the stop clock rule will be in effect for the remainder of the half.

Section 4: Time-outs

Each team is entitled to two-charged time-out per game, including overtimes.

Section 5: Series of Downs

A team shall have 4 consecutive downs to advance the ball to the next zone by scrimmage. A new series of downs will occur 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. If a team fails to convert or score after the permitted 4 downs, a turnover on downs occurs.

Rule 4: Line of Scrimmage

Section 1: Scrimmage Lines

The scrimmage lines are determined at the end of each play based on the forward progress of the football.

Section 2: Players on Scrimmage Line

The offensive team must have at least one player on their scrimmage line (first ball spotter-orange) at the snap.

Rule 5: Running and Passing

Section 1: Running the Ball

An offensive runner cannot advance the ball through the offensive scrimmage line (first ball spotter-orange). There are no restrictions after a change of possession or once a legal forward pass has been caught beyond offensive scrimmage line. Teams shall not rush the quarterback after the snap.

Section 2: Legal Forward Pass

The QB has 5 seconds to release the ball on a forward pass. A lateral or backwards pass has no affect on the 5 second time limit for a forward pass to occur. If a legal forward pass does not occur during the 5 second time limit the play is immediately blown dead, the result of the play is a loss of down, and the ball is next snapped at the previous spot. The Referee will sound his or her whistle at 5 seconds if the passer has possession of the football. The Referee shall have a verbal count loud enough for the passer to hear the official.

Rule 6: Penalties

Section 1: Types of Penalties

Penalties will be issued for the following violations.

- **Illegal Contact** by either the offensive or defensive player during a live play either before or after a forward pass is in the air. This will be considered illegal contact, holding, or **pass interference**. The defensive player must defend a pass without making intentional contact with the offensive player. Offensive players must allow defenders to play the ball and can't use their hands to gain leverage over the defense. **10-Yard Penalties are enforced for these penalties and a replay of the down.**
- **Off Sides or False Starts:** Offensive players must be still and behind the line of scrimmage when the ball is snapped to the QB. Defensive players must be behind the line of scrimmage before the ball is snapped but are allowed to be moving. 5-Yard Penalties are enforced for these types of penalties.
- **Unsportsmanlike Conduct:** Any behavior deemed aggressive or unsportsmanlike will result in a 15-Yard Penalty. Depending on how poorly players conduct themselves during the course of the tournament, the Director of Intramurals or IM staff may eject players from the participating in any subsequent game.

Rule 7: Co-Rec Rules

Section 1: Team Composition

Teams consist of 4 players, and must consist of at least one player for each gender. Three players are required to avoid a forfeit. Teams consisting of three players shall have at least one player of each gender. No substitutions will be allowed at any time.