

## 4 on 4 Touch Football Rules

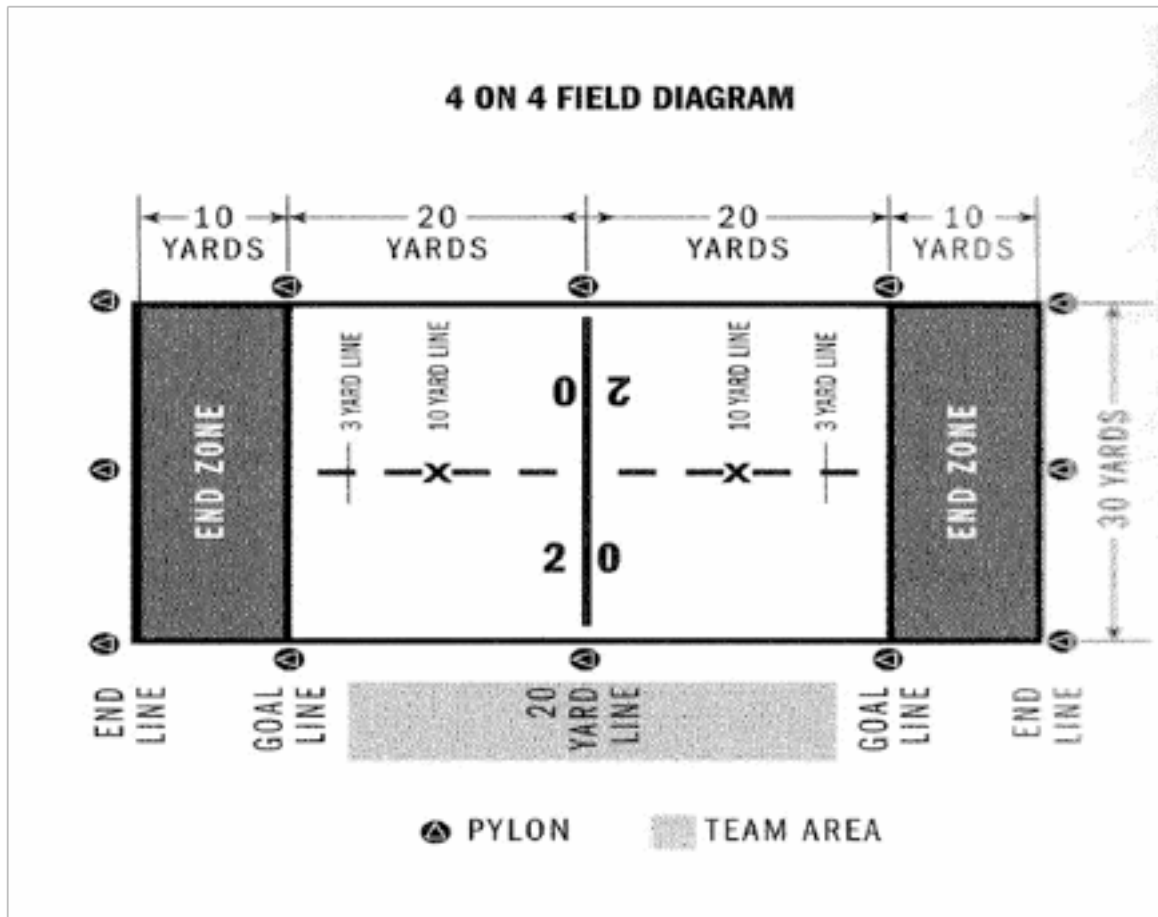
### Rule 1: Field

#### 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 5-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 the 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-pont 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. Each team may have one substitute player, but a female player has to be on the field at all times.

### Section 4: Putting Ball in Play

The ball shall be placed at the 5-yard line to begin each half and new possession. The offensive team must have a center to snap the ball. The ball is snapped when the head referee blows the whistle. A play is marked down or ends when the 5-second pass clock 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 (with one play each) by passing from the 5-yard line for 1 point, or from the 10-yard line for 2 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.
- 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 one 20-minute period. The clock will start on the first snap to begin the game. It will run continuously for the first 19 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 the game. Otherwise the clock moves continuously unless a time out is called.

### **Section 3: One Minute Warning**

Approximately 1 minute before the end of the game, the Referee will announce to both teams that 1 minute remains in the game. 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 game.

### **Section 4: Time-outs**

Each team is entitled to one-charged time-out per game, with one additional time-out awarded for during overtimes.

### **Section 5: Series of Downs**

A team shall have 4 consecutive downs to advance the ball to the end zone. If a team fails to convert or score after the permitted 4 downs, a turnover on downs occurs.

**Fumbles** occurred during the game are ruled automatically down and the offense retains possession. No change of possession can occur.

When the opposing team intercepts a pass they may return the **interception** the other way and maintain possession of the ball at the spot in which they are ruled down. When the offensive team **turns the ball over on downs** the defensive team takes possession on their own 5-yard line 1<sup>st</sup> and Goal to Go.

## **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 effect 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. In the event of pass interference the ball will be spotted at the spot of the foul.**
- **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

You may field up to 4-players. Teams consist of 4-5 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.