

Texas State University  
The Department of Campus  
Recreation

4 on 4 Flag Football Rules

- 1-1-1 **The Game.** The game shall be played between 2 teams of 4 players each. Three players are required to avoid a forfeit. *If a team is late, the opposing team has the choice to take a forfeit win or wait up to 10 minutes for the other team to arrive. The team who was on time will receive the ball in the second half, be up 14-0 to start the game, and the game will start at the beginning of the second half*
- 1-2-1 **Zone Markings.** The field measures 40 yards in length, goal line to goal line, and 30 yards in width.
- 3-1-1 **Coin Toss.** The captain winning the toss shall select offense, defense, direction, or defer their choice to the second half.
- 3-2-5 **Game Time.** Playing time shall be two 10 minute halves.
- 3-2-6 **First 19 Minutes.** The clock will start on the snap to begin each half. It will run continuously for the first 19 minutes of the game unless stopped by a team or Referee's time-out.
- 3-2-7 **One Minute Warning.** Approximately 1 minute before the end of the second 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.
- 3-3-3 **Last Minute.** A start, stop clock shall be used in the last minute of the game only.
- 3-4-3 **Try.** 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.
- 3-4-3 **Charged Time-Outs.** Each team is entitled to one charged time-out per game, including overtimes.
- 5-1-2 **Series of Downs.** A team shall have 3 consecutive down to advance to the next zone by scrimmage, unless changed by penalty enforcement.
- 5-1-4 **A New Series of Downs.** A new series is awarded 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 the ball to the next zone.

- 6-1-1 **Putting the Ball in Play.** The ball shall be placed at the Team A 10 yard line to begin each half of the game and following a try, touchback or safety, unless moved by penalty. Note: There are no free or scrimmage kicks.
- 7-3-2 **Minimum Line Players.** The offensive team must have at least one player on their scrimmage line (first ball spotter-orange) at the snap. Note: The snapper fulfills this requirement.
- 7-5-1 **Runner.** A Team A runner cannot advance the ball through Team A's scrimmage line (first ball spotter-orange) at the snap.
- 7-7-1 **Legal Forward Pass.** There must be a legal forward pass each down. The receiver must catch the ball beyond Team A's scrimmage line. The passer has 7 seconds to release the ball. If not, it is a loss of down and the ball is next snapped at the previous spot.
- 8-2-1 **Mercy Rule.** If a team is 19 or more points (Co-Rec Rule – 25 points) ahead when the last 2 minutes left when the Referee announces the 2 minute warning for the second half or any point (time) thereafter, the game shall be over.
- Rule 10. **Enforcement of Penalties.** All 10 yard penalties are 5 yards and all 5 yards penalties are 3 yards.