

# CHICO STATE REC. SPORTS 4v4 FOOTBALL RULES

*Conditions of play not specifically covered by these rules will be left to the discretion of the head official or supervisor, whose judgment is final.*

## **ACCIDENT INSURANCE**

The State of California and Chico State cannot accept liability for injuries. Participants are encouraged to provide their own accident insurance. Participants are not insured by Chico State or the State of California. Insurance is available at the University Health Center.

## **GENERAL**

In order to participate a valid CSUC or photo ID is required for check-in at each game. Any problems with lost, stolen and/or misplaced IDs must be taken care of prior to game time.

Conversations with officials will be kept to a minimum. **Team captains, and only team captains**, may address the officials. Captains may only address matters of rule interpretation or essential game information and must do so in a courteous manner. Any verbalization directed toward an official from team captains and/or other team members outside of those other than those above, will result in a misconduct foul and dismissal from the game.

## **PARTICIPATION**

- A. A **MALE** participant may only play on one men's team and one coed team within a specific league.
- B. A **FEMALE** participant may play on a men's team, women's team and multiple coed teams in the same division. (i.e. a female may not play on a coed rec and a coed comp team)

## **BLOOD RULE**

A player with a bloody injury or blood on his/her uniform must leave the game. The player may not return to the game until the wound is no longer bleeding, the wound is covered and/or the uniform is changed.

## **FORFEITS**

- A. Game time is forfeit time.
- B. No Show = No team members show up to a schedule game and the Intramurals Office was not contacted. A No Show can result in elimination from end of the season playoff participation.
- C. Forfeit = A team does not have the minimum amount of players to begin a contest. A team notifies the Rec. Sports Office of their forfeit by 3pm on gameday. Notification of a default to Intramural Sports made by 3pm on gameday will not result in removal from league or postseason.

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### **THE FIELD**

All games will be played on the Stadium field. The field will be 50 yards in length consisting of two endzones, two goalines, and one mid field line.

### **EQUIPMENT**

- A. All players are required to wear some type of shoes. Metal spikes or screw-on cleats are not allowed.
- B. A No arm or hand pads unless they are used to protect injury. Subject to referee's inspection.
- C. A regulation rubber or leather football will be used.

### **TIME**

- A. Games will consist of two fifteen-minute halves or two twenty minute halves depending on league scheduling.
- B. The game clock **will not** stop at or after the two-minute mark in the second half.
- C. The intermission between halves shall be three minutes.
- D. Clock can be stopped and started at official's discretion.
- E. When play is stopped due to injury, the injured player must sit out at least one play.
- F. The offensive team has **25** seconds to put the ball into play after the ball is whistled dead by the officials.
- G. Each team is entitled to three charged time-outs per game. No additional time-outs will be awarded in over time but any unused time-outs can be carried over.

### **GAME PLAY**

- A. The offensive teams takes possession of the ball at its' 5-yard line and has three (3) plays to cross midfield. Once a team crosses midfield, it has three (3) plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its' 5-yard line.
- B. If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its' 5-yard line.
- C. All possession changes, except interceptions, start on the offense's 5-yard line.
- D. The offensive team must have **3** people on the line of scrimmage on every offensive play.
- E. Only one offensive player is allowed in motion prior to the snap.
- F. A player in motion **does not** have to be moving parallel with the line of scrimmage at the snap of the ball.
- G. All player must be at least 5 yards away from the sideline before the ball is snapped.
- H. No offensive or defensive player may assume a three-point stance.
- I. The CENTER to QB exchange must either be snapped between the legs or off to one side, to start play.
- J. The quarterback can hike the ball to him/herself but must drop back three yards before releasing the ball.
- K. The referee is part of the playing field.

### **SCORING**

- A. Touchdowns are six (6) points.
- B. After a touchdown is scored; the scoring team must go for two points from the 10 yard line.

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- C. Safeties are enforced and are worth 2 pts for the defense.
  - 1. After a safety the defensive team will be awarded the ball on their 5-yard line.

### **MERCY RULE**

- A. If a team is ahead by 20 points, or more, with less than two minutes remaining in the game and at the official's discretion:
- B. The game will continue if it is being well played.
- C. The game will be stopped if it seems to be overly aggressive.

### **OVERTIME**

- A. The home captain shall call the toss with the winner selecting offense, defense, or direction.
- B. Each team starts with the ball at the twenty yard-line and has ***two plays*** to score a touchdown.
- C. NO conversions will be used in overtime until the third overtime period is reached.
- D. If the game reaches a third overtime period, teams must then start to attempt going for a two-point conversion from the ten yard-line after each touchdown for the remainder of the game until there is a winner.

### **DEAD BALLS**

- A. A play will be ruled "dead" when:
- B. A player in position of the ball steps out-of-bounds.
- C. Any time a player who is in position of the ball, knee or hand hits the ground.
- D. There are no fumbles. Ball is spotted where it hits the ground, anytime the ball touches the ground it is dead.
- E. Interceptions by the defensive team.

### **QUARTERBACK**

- A. The QB **CAN NOT** run with the ball, even if he/she is being rushed.
- B. The passer has 7 seconds to release the ball. If not, loss of down and the ball is spotted at the line of scrimmage.
- C. Once the ball is handed off, pitched or thrown backward the 7 second rule is no longer in effect.
- D. The quarterback can hike the ball to him/herself but must drop back three yards before releasing the ball.

### **PASSING**

- A. All players, are eligible to receive a pass.
- B. A player must have at least one foot inbounds when making a reception.
- C. Shovel passes are allowed but must be received beyond the line of scrimmage.
- D. In order to avoid an "intentional grounding" penalty, any pass must land within 5 yards of an offensive player.
- E. No bump and run coverage. This includes jamming the center and receivers. Picks are prohibited. No contact is allowed on pass plays other than incidental. Interference will be judged on whether or not a player impedes another player's chance to the ball and whether the ball was catchable

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### **RUNNING**

- A. The quarterback **MAY NOT** run unless the ball has been handed off to him/her.
- B. Teams may hand off, pitch, or throw back the football in the backfield only. The player who receives the pitch or handoff may throw the ball as long as they are not beyond the line of scrimmage.
- C. No run zones are located 5 yards before midfield and 5 yards before the end zone in each offensive direction.
- D. No run zones are designed to avoid short yardage power running situations.
- E. Spinning is not allowed.
- F. The ball is spotted where the ball carriers belt is when the flag is pulled, not where the ball is. Ball & flags must break the plane for a 1<sup>st</sup> down and touchdown.

### **OFFENSIVE SCREEN BLOCKING**

The offensive screen block shall take place without contact. The screen blocker shall have his/her hands and arms at his/her side or behind his/her back. Any use of the hands, arms, elbows, legs, or body to initiate contact during an offensive player's screen block is illegal. A blocker may use his/her hand or arm to break a fall or to retain his/her balance. A player must be on his/her feet before, during, and after screen blocking.

### **RUSHING THE QUARTERBACK (7 Yard Rule)**

- A. Players that rush the quarterback must be a minimum of 7 yards from the line of scrimmage. Any number of players can rush the quarterback.
- B. The official will designate 7 yards from the line of scrimmage.
- C. Players not rushing the quarterback may defend on the line of scrimmage.
- D. Once the ball has been handed off the 7 yard rule is no longer in effect and all defenders are eligible to rush.
- E. If the defensive team rushes the quarterback there is no 7 second count.

### **FLAG REMOVAL/GUARDING**

- A. Any person in possession of the ball must attempt to avoid defenders. The ball carrier may not slap or straight-arm a defensive player in an attempt to protect the flag.
- B. Deflagging (removal of the flag of an offensive player by the defensive player) is the equivalent to tackling in football and marks the end of the play.
- C. When a player loses a flag belt, accidentally, play continues. The deflagging reverts to a one-hand tag of the player between the shoulders and knees.
- D. If a player starts the play without a flag they are down where they touch the ball.
- E. Tampering with the flag belt in any way to gain an advantage including tying, using foreign materials, or other such act results in an Unsportsmanlike Conduct penalty.

### **INTERCEPTIONS**

- A. Interceptions by the defense results in an immediate dead ball (no return).
- B. Interceptions on a PAT will result in the defense receiving 2 points.
- C. All balls intercepted in the end zone are dead and the intercepting team will begin possession at the 5-yard line.

## **PENALTIES**

All penalties will be called by the Referee and may be declined.

### **A. DEFENSE**

- Offsides – Illegal Rush
- Interference
- Illegal contact (holding, bump and run, blocking, etc.)
- Roughing the quarterback.
- All defensive penalties are five yards from the line of scrimmage and automatic first down. \*Exception – Holding which is added on to the end of the play.

### **B. OFFENSE**

- False start
- Offensive pass interference
- Illegal contact (holding, blocking)
- Delay of game
- All offensive penalties are five yards from the line of scrimmage and loss of down. \*Exception – Flag guarding is subtracted from the point of infraction.

### **C. UNSPORTSMANLIKE CONDUCT**

- Trash talking
- Tackling
- Elbowing / Cheap Shot
- Any unsportsmanlike penalties are 15 yards from the original line of scrimmage and automatic first down. The offending player(s) may also be ejected.