

4v4 Flag Football – Intramural Sports

***NIRSA Rules will be used with Modifications by LSU UREC***

**Section One: General Rules**

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1. Eligibility

- a. This activity is subject to the rules of the UREC (LSURAIN) to obtain information regarding the status of the games for that day.
- c. If games are canceled due to inclement weather, Intramural Sports will attempt to reschedule the game as soon as possible. If a game cannot be rescheduled, both teams will receive a TIE and a 4 in sportsmanship for that contest.

**Section Two: Playing Area**

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1. The Field

- a. The field measures 40 yards in length, goal line to goal line, and 30 yards in width.
- a. Regulation sized footballs will be used for all games (unless teams decide differently)

3. Players

- a. All players must wear athletic, closed-toe shoes.
- b. Cleats of soft or hard rubber shall be allowed, but metal cleats are not permitted.
- c. Players who are caught wearing metal cleats will be automatically ejected from the game.
- d. Players must remove all jewelry prior to participation, including (but not limited to) piercing, watches, necklaces, and bracelets.
- e. Protective equipment may be worn by any player at all times. However, it must be worn properly. Padding must cover splints, braces, and/or casts.
- f. The Intramural Sports staff may prohibit the use of any type of protective equipment that poses a considerable risk to the safety of other players.



Section FourGame Regulations

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