



Flag Football Rules

These rules are representative of current National Intramural-Recreational Sports Association rules with the following Intramural emphases and modifications.

Prior to Game Time:

- All players must have signed the Waiver of Consent for Emergency Treatment on the team entry form.
- All players must have paid their individual \$8.90 entry fee.
- All players must show their valid polar express card (with an active SRC membership) to the game supervisor. If players do not have their polar express card, they must show their state or government issued photo I.D.
- All players must be listed on the team roster – Team captains can make changes to team rosters, 24 hours in advance. Roster additions are allowed until the last week of play.
- Brimmed hats and jewelry cannot be worn.

Player Attire and Equipment:

- Jerseys must remain tucked in the pants/shorts during the entire game or must be short enough so there is a minimum of four (4) inches from the bottom of the jersey to the player's waistline.
- No metal cleats allowed.
- No towels attached at the player's waist. No pads or braces may be worn above the waist. All pockets and belt loops must be taped over.

Coin Toss:

- 1st half: Winner chooses to kick, receive, defend a goal, or defer until second half.
- 2nd half: Loser gets same choice.

Game Time:

- Game time is start time. The clock will run and if a team is not ready to play within ten (10) minutes, then game will be forfeited.
- Teams will lose three (3) points for every two (2) minutes the game is delayed.

- Each team will consist of seven (7) players. A minimum of five (5) players is required to start and continue a game.
- A game consists of two (2) twenty (20) minute halves with a five (5) minute halftime.
- Any player that is bleeding must leave the game immediately. The bleeding must be stopped and the wound securely covered with a bandage before that player can continue.

Clock:

- 1st Half – continuous running clock except for time
- 2nd Half – same as first (1st) half except for the last two (2) minutes of the game.
- Last two (2) minutes of the game – the clock will stop for:
 - Time outs
 - Penalties
 - Incomplete passes
 - Change of possession
 - Player goes out of bounds
- Clock starts on snap of ball. Exception: clock starts on kickoffs when the ball is touched.
- Each team has three (3) time outs per game – one (1) minute in length. No timeouts are allowed in the last four (4) minutes of the game.

Line of Scrimmage:

- Offense must have four (4) players on the line of scrimmage.
- Defense must line up 1 yard from the ball.
- Screen blocking only - NO CONTACT ALLOWED.
- Offensive players must be within 15 yards of the ball at the time ball is snapped.

Kick Off:

- Ball must be place kicked; the use of a tee is legal.
- Kick off is placed at the 20 yard line. Receiving team lines up on their free kick line (between 20-25 yards from the ball) and must have four (4) players in that zone. The kicking team, with the exception of the kicker and holder, must be behind their free kick line until the ball is kicked.
- The ball can bounce off the ground, get picked up and run with. If the offense fumbles the ball to the ground after initial touch, the ball is dead at that spot.
- There are NO onside kicks.
- The kicking team cannot recover the ball, they can only down it.
- When any free kick touches anything while the ball is on or behind the receiving teams goal line, it is dead immediately and is a touchback.

Punts:

- Punts must be announced to the referee before the ball is put into play.
- Both teams must have four (4) players on the line.

- No movement is allowed on the line until the ball is punted.
- The kicker must be at least five (5) yards behind the line of scrimmage to receive the snap. After receiving the snap, the kicker must kick the ball immediately and in a continuous motion.
- Once the ball is touched, it is dead. If the ball hits the ground on the snap, the ball is dead and it's the other team's ball.

Scoring:

- Touchdown is worth 6 points.
- Extra point from 10 yards is worth 2 points.
- Extra point from 3 yards is worth 1 point.
- Safety is worth 2 points.
- Safety: The team scored upon puts the ball in play with a punt from their 20 yard line.

Dead Balls Result When:

- Ball carrier falls to ground
- Ball carrier loses flag
- Incomplete pass
- Ball carrier goes out of bounds
- Fumble is a dead ball; opponent cannot recover a fumble
- Snap hits the ground
- Snap hitting the ground in end zone is a safety

Offense:

- Has twenty-five (25) seconds to put ball in play.
- Ball may be snapped either between legs or to the side of the center.
- Offensive line must be motionless for one (1) second.
- At least four (4) players on the line, no more than five (5).
- All players are eligible for a pass.
- One (1) forward pass BEYOND the line of scrimmage.
- A player may hand the ball off forward of their position providing they are behind the line of scrimmage.
- Ball carrier may NOT hurdle opponent or stiff arm.
- Ball is down where flag is removed.
- Use of hands is prohibited at all times by the offensive line.
- One foot down inside the field of play constitutes a legal pass catch.
- Quarterback does NOT have to be rushed in order to run.

Blocking:

- Hands are kept in or behind back, only screening is allowed.
- Any use of arms, elbows or legs to initiate contact is illegal.

- Defense must go around offense and may not use hands or arms to go through opponents.

Diving:

- Diving is prohibited when attempting to advance the ball.
- Players may dive to receive a pass only.
- All other dives are marked "DOWN" at the take-off spot.
- Players cannot dive to cross the goal line or the line of gain.

“Tackling”:

- Tackling is done by pulling the flags.
- Physical tackling is illegal and ruled as unnecessary roughness. **Penalty is 10 yards.**
- Flagrant tackling, the offender will be ejected.
- Physical tackling is also ruled when defense puts arms around the runner in order to pull the offensive player's flag.

Tie Breaker:

- Begins with a coin toss.
- The team advancing the ball the farthest or scoring in the least amount of downs wins.
- If after both series of downs and both teams have the same yardage or score. Repeat same procedure for tie, beginning with the coin toss.

Mercy Rule:

If a team is twenty-five (25) or more points ahead by the two (2) minute warning of the second half, the game shall be over, with the leading team declared the winner. The same rule applies if a team scores inside 2 minutes the differential.

10 Yard Penalties:

- Illegal contact
- Unnecessary roughness
- Eligibility - going out of bounds and participating in play
- Offensive pass interference from previous spot (loss of down)
- Defensive pass interference from previous spot (also automatic first down). If flagrant, additional 10 yards
- Straight arm
Personal foul, unsportsmanlike conduct (defense: from previous spot, automatic first down) (offense: from previous spot, loss of down)
- Roughing the passer (also automatic first down)
- Fair catch interference
- Illegally secured flag belt
- Clipping, holding and bull rushing
- Too many players on the field

5 Yard Penalties:

- Delay of game
- False start
- Encroachment bounds and
 - Illegal motion in play
 - Illegal procedure
 - Illegal snap
 - Illegal shift
- Less than required # of players on the line of scrimmage
- Player receiving snap within 2 yards of scrimmage line
 - Intentional grounding (also loss of down)
- Illegally handling ball forward (also loss of down)
 - Aiding runner by teammates
 - Illegal equipment
 - Illegal substitution

**If a player is ejected from a game, they must schedule and attend a disciplinary meeting with the Wellness Coordinator before they can participate in any intramural sport.

Protests:

- Based on rule interpretations - must be made AT THE TIME OF THE INCIDENT and before action continues. The team representatives of their respective teams are responsible for notifying the game official/supervisor at the time of the dispute that a protest is being filed, and that all necessary information concerning the dispute be recorded by the official/supervisor on the official scorecard. It shall be announced that the game is being played under protest.
- Based on eligibility - must be announced prior to the game or before the game ends. The team protesting must submit their protest in writing within 24 hours of the contest to the Intramural Office. This written document must include the name of the player whose eligibility is in question.