

INTRAMURAL SPORT RULE SHEET

SPORT: FLAG FOOTBALL

RULE 1 – GENERAL

1. All teams and all players will be subject to current rules and regulations stated in the Intramural Guidelines (see Intramural Calendar).
2. Current NIRSA Flag Football rules will be in effect, with the exception of those listed on the following page.
3. All players must show their current valid UC Card.

RULE 2 – EQUIPMENT

1. Field measurements – 100 x 40 yards; four 20yard zones and 10 yard end zones. Fields may be shortened due to inadequate field space.
2. The field consists of three first down lines (lines to gain), 20 yards apart.
3. The area adjacent to the sideline in the middle twenty-yard zone is designated as the team box. Each team is required to remain in their box during all live ball situations, unless he/she is one of the seven players on the field for play (A team includes players, coaches, and managers – teams are permitted a maximum of 2 non-player coaches/managers). Markers will designate the 20 x 5 yard restricted area.
4. Additional Rules regarding the team box are located in the section 'Acts Relevant to Fighting'
5. All substitutes must enter the game from the team box.
6. All spectators must remain on the opposite side of the playing field. At no time are spectators permitted in team box areas, this includes dead ball situations, time-outs, half time, etc.

RULE 3 – EQUIPMENT

1. Shoes must be either leather, nylon, or canvas upper with a rubber bottom. Turf shoes and soft pliable, rubber bottoms are permitted. SHOES WITH METAL, HARD OR MOLDED PLASTIC, SCREW-IN, OR REMOVABLE CLEATS ARE STRICTLY PROHIBITED.
*If there are any questions concerning interpretations, contact the supervisor.
2. Mouth guards are strongly encouraged.
3. Knit caps may be worn. No headgear with bills, shoulder pads, body pads (above the waist) or any unyielding or dangerous equipment allowed. Players may use an ace wrap of no more than two inches thick in any given area. It can be anchored at each end by tape not to exceed two turns.

RULE 4 – PLAYERS, ROSTERS, AND SUBS

1. Team: Seven (7) players, at least 3 on the line of scrimmage for offense. A team may begin a game with as few as 4 players. Any player is eligible to catch a pass.
2. Team managers must submit a completed team roster of all members with their team entry fee prior to the entry deadline. Individuals may be added to the roster in the Intramural, Recreation, Sport Club Office or at the scheduled game site before completion of the regular season. In single and double elimination tournaments, players may not be added in the tournament (see intramural calendar for further eligibility requirements).
3. Unlimited substitutions when ball is dead. Substitutions must enter from the team box area and substitution must be completed before the ball is in play. Exiting players must go directly to their sideline and be in their team box prior to any live ball.
4. Team managers are the only individuals permitted to speak with officials regarding calls or questions.
5. Substitutes, replaced players and trainers are subject to all rules. Teams are responsible for their fans conduct and language.

RULE 5 – THE GAME

1. Before the game, team managers will meet with game officials to check player eligibility with the roster/score sheet, sign out belts, and determine the options of kicking, receiving, or defending a particular goal. Home

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team calls toss (team listed first on schedule, in overtime then the opposite team). There are no deferrals – the team that wins the coin toss must choose to kick or receive, or which end zone to defend. In the second half the other team that didn't choose will have the choice.

2. Game: Two twenty (20) minute halves with a running clock.
3. During the final two (2) minutes of the 2nd half, the clock will stop for:
 - A. Incomplete pass- starts on the snap.
 - B. Out of bounds – starts of the snap.
 - C. Score (touchdown or safety) – starts when the kickoff is legally touched.
 - D. Team time-out – starts on the snap.
 - E. Fair catch – starts on the snap.
 - F. Penalty – starts on the snap.
 - G. Official's time-out – starts on the snap.
 - H. Touchback – starts on the snap.
 - I. Intentional downing* – starts on the snap.
 - J. Clock will not run during extra point attempts.
4. * **Intentional Downing:** This play is a substitute for an intentional grounding of the ball to stop the clock without losing yardage. There is only one way to be awarded an intentional downing of the ball.
 - A. The QB must be completely stationary; no progressive or lateral movement will be permitted.
 - B. The QB must immediately drop to one knee and hold the ball high over his/her head. If the QB delays to check the down field options, then the ball will be placed at the spot of his/her knee.
 - C. No penalty is assessed on an intentional or non-intentional downing of the ball. Regardless, the outcome is a loss of a down.
 - D. If a QB does not properly down the ball as stated above the attempts to dispute with the officials regarding his/her call, then the official may issue a 5 yard delay of game penalty from the spot of the downed ball, the clock will start with the officials whistle.
5. Overtime
 - A. Games that end in a tie during the regular season will be recorded as tie games, NO overtime will be played.
 - B. During tournament play:
 - i. A new coin toss will occur
 - ii. The away team captain will call the toss and the winner has the option of offense, defense, or direction.
 - C. All overtime periods are played toward the same goal line.
 - D. Unless moved by penalty, each team will start 1st and goal from the opposing teams 10-yard line.
 - E. The object will be to score a touchdown (followed by a try for a point).
 - F. An overtime period consists of each team receiving a set of 4 downs.
 - i. If the score is still tied after one period, the teams will go to a second overtime period, or as many as needed to determine a winner.
 - ii. The following should occur for a tie game after the first overtime period.
 1. A new coin toss will be administered.
 2. The home team will make the call and the winner has the option of offense, defense or direction.
 3. If the score remains tied for a potential third overtime, then continue to switch the call of the coin toss, plus move the ball an additional 10 yards to the 20 yard line to begin the third overtime period.

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- G. If the first team which is awarded the ball scores, the opponent will still have a chance to win or re-tie the game.
 - H. If the defense intercepts the ball and returns it for a touchdown, they win the game. If they do not return the interception for a touchdown, the ball will be placed at the Team B 10 yard line to begin their series of 4 downs, if necessary.
 - I. Each team is entitled to one time-out per overtime period.
6. Time outs – two per team each half – one per team each overtime period, all are one minute in length. **NO CARRY OVER!**
- Officials time-outs:**
- A. Injury – charged to official – player must leave field and be replaced. Injury with bleeding must leave field and may not return until inspected by a student supervisor, bleeding is stopped and wound is covered. Blood soaked clothing must be removed.
 - B. Protest – charged to official if the ruling is changed; charged to the team if the ruling is upheld.

RULE 6 – KICKOFF

1. **All kicks will begin at the 10-yard line; however, penalties may move the spot of the kickoff forward or backward. If a team does not have a kicker, they may be allowed to throw the ball.**
2. Infractions against the kicking team – utilize the full amount of the penalty. Any penalties that move a kicking team beyond the distance of the end zone will be considered a safety.
3. Onside kicks are illegal and will not be permitted.
4. All kicks must be made either off a tee, a player's foot, or held on the ground.
5. Both teams must have a minimum of three players on their respective lines until the kicking team contacts the kickoff. Teams may not advance beyond their lines until the kick is contacted. The receiving team line is 20 yards beyond the kicking team line, through the forward most point of the ball. Penalty: 5 yards from previous spot (for both kicking and receiving infractions).
6. Fumbled kickoffs are dead (if in end zone). Touchback will be placed at the 10-yard line.
7. A kickoff can be advanced after it hits the ground, as long as it did not touch another player on the receiving team (in which case it would be done where it touched the ground).
8. If the kick extends beyond the back of the end zone, the ball is dead and will be placed on the 10-yard line. Kickoffs received in the end zone may be advanced.
9. Momentum Rule – A player who is attempting to catch a kicked ball, whose momentum carries them into the end zone, may advance the ball forward or down –it while in the end zone for a touchback.

RULE 7 – PUNTS

1. The kicking team must announce intention to kick and then must kick (unless time-out or penalty, then re-declare). Quick kicks are not permitted at any time.
2. The punter may walk up to the line of scrimmage and have the ball handed to him/her by the center, then the punter may step back the proper distance to the ball; 5 yards.
3. The kicking team must have a minimum of 3 players on the line of scrimmage.
4. Neither team may advance past the line of scrimmage until the ball has been punted.
5. All players in the vicinity of the line of scrimmage must remain motionless until the punt has been contacted.
6. The punter must be at least 5 yards off the line of scrimmage when attempting a punt. The kick must be made immediately after the ball is snapped.
7. The kicking team may down the ball after it is kicked to maximize field position, but must first allow the receiving team the opportunity to make a fair catch.
8. Fumbled punts are dead (if in end zone, touchback comes out to the 10 yard line).

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9. A punt can be advanced after it hits the ground.
10. If the punt extends beyond the back of the end zone, the ball is dead and will be placed on the 10-yard line. Punts received in the end zone may be advanced.
11. Momentum Rule – A player who is attempting to catch a punted ball, whose momentum carries them into the end zone, may advance the ball forward or down-it while in the end zone for a touchback

RULE 8 – PLAYING RULES

1. If a ball is muffed (doesn't touch the ground) – during a kickoff, punt, or similar loose ball situation – by the receiving team, the ball becomes a live ball and may be gained by the receiving or kicking team; as long as the ball remains in the air.
2. **Only one foot needs to touch in bounds in order for a pass to be complete.**
3. Fair Catch: During any kickoff or punt, the kicking team members must allow receivers an attempt to make a play on the ball. The kicking team shall not obstruct their path to the ball. This applies even if a fair catch is not signaled and opponents have not yet touched the ball. Penalty: 10 yards from previous spot and replay of the down OR choose an awarded fair catch after enforcement of a 10-yard penalty from the spot of the foul.
4. Offense has 25 seconds to put the ball in play after the official sets it down and declares it ready for play. Penalty: 5 yards.
5. FOUR consecutive downs to advance to the next zone by scrimmage. A new series of downs shall be awarded when a team moves the ball as a result of a penalty, touchback, pass interception, kick, punt or failure to gain the zone.
6. Direct snaps are not permitted. Snaps may be through the legs or a side-pitch. However, the ball must remain on the ground and motionless until the actual snap (exception: punts). Pitching or snapping to a player on the line of scrimmage is not permitted.
7. Scoring:
 - A. Touchdown 6 points
 - B. Safety 2 points
 - C. Try for point (3 yds) 1 point
 - D. Try for point (10 yds) 2 points
 - E. **Intercept try for point 2 points**
 - F. A late team 6 points – for the team on time, plus the option for Possession and five minutes deducted from the first half.
8. Intercept a try for point: If the defense intercepts any try for point attempt and returns it for a score it will be worth 2 points, regardless of the original attempt amount. This rule will also be in effect during overtime periods.
9. Rule Protest Final: No rule decision may be changed after the ball is legally snapped or kicked. Must be done at time of incident.
10. Ball Responsibility: Offensive team is responsible for retrieving the ball after a scrimmage down. The offense is responsible for the football. Penalty: 5 yards, delay of game. Teams must use the balls provided by the Intramural Sports Program.
11. Foul during try for point:
 - A. If on defense: If the attempt was successful, the play stands.
 - B. If on offense: If the attempt was unsuccessful, then the play is over and then attempt will not be repeated. If the attempt was successful, then take the converted score away, plus penalty enforcement.

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RULE 9 – FLAG RULES

1. Players of opposing teams are encouraged to wear contrasting colored jerseys and flags. First team listed – wear light jerseys; second team listed – wear dark. Visiting team (second listed) shall make any changes required.
2. No article of clothing may cover any portion of the player's flag. UNSECURED HALF SHIRTS ARE NOT PERMITTED. One warning to each team. Penalty: 5 yards.
3. Each player on the field must wear the flag belt provided by IM Sports. Belt must be properly attached at waistline – one flag center back and one flag over each hip.
4. Legal tag: If a player has inadvertently lost their flag belt, then a one hand tag between the shoulder and knees constitutes a capture.
5. Removing flag belt: When the belt is clearly taken from the ball carrier, the down shall end and the ball is declared dead. The belt should be held over the head to assist officials with the call. If belt is missing from the runner and not inadvertently lost, the ball is returned to the line of scrimmage and penalty assessed.
6. Contact: In an attempt to remove the belt from a ball carrier, defensive players may contact the body and shoulder of an opponent with their hands, but not their opponents face or any part of the neck or head. A defensive player may not hold, push, or knock the ball carrier down in an attempt to remove the flag.
7. Players may not **dive** to remove an opponent's flag. Penalty: 10 yards.
NOTE: Jumping and leaping are not considered dives.
8. Dropped flag: The flag may be dropped at the spot of capture by the defense with no penalty.
9. Delaying the start of a half: All players must have their flags in legal position at the start of each half. Penalty: 10 yards from the spot of kickoff.
10. Subs in uniform: Each sub shall be in uniform, ready to play with belt in position. Penalty: 5 yards from previous spot.
11. Prohibited Act: Intentionally pulling or removing a belt from any player that does not have possession of the ball. Penalty: 10 yards, and if flagrant, possible disqualification.
12. Guarding the flag belt: Ball carriers shall not guard their flags in a manner that would prevent an opponent the opportunity to pull or remove the flag belt. A ball carrier may not use straight-arm tactics, swing arm to deflect, or use other means to keep an opponent from pulling a flag. This style of running constitutes Flag Guarding. Penalty: 10 yards. A natural running motion must be employed.
13. A ball carrier may not lower his/her head or run in a bent over fashion, which hinders an opponent from pulling a flag, this style of running constitutes Flag Guarding with the intent to injure another. Penalty: 15 yards. A natural running motion must be employed at all times.
14. Obstruction of ball carrier: The defensive player shall not hold, grasp, or obstruct forward progress of a ball carrier when in the act of removing the belt or making a legal tag. Penalty: 10 yards.

RULE 10 – BLOCKING

1. **Blocking MAY NOT be made using hands. Elbows, shoulders, lowered head, or any other part of the body may not be used to perform a block. *The screen blocker shall have his/her hands and arms at his/her side or behind his/her back.***
2. **Use of hands or arms by the defense. Defensive players must go around the offensive player's screen block. The arms and hands may not be used to grab or push the opponent aside. The application of this rule depends entirely on the judgement of the official. A rusher may use his/her arms or hands to break a fall or retain his/her balance. Penalty: 10 yards**
3. **There shall be no bumping, checking, or other intentional contact between a defender and an offensive pass receiver. Both offense and defense are limited to screening an opponent.**
4. **Offensive screen blocking. The offensive screen block shall take place without contact. Any use of the arms, elbows, legs, or knees to initiate contact during an offensive player's screen block is illegal. A blocker may**

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use his/her feet in order to gain position before, during and after screen blocking. Penalty: 10 yards.

5. Screen blocking fundamentals – a player who screens shall not: A. when he/she is behind a stationary opponent, take a position closer than a normal step from him or her; B. when he/she assumes a position at the side or in front of a stationary opponent, make contact with him/her;
6. take a position so close to a moving opponent that his opponent cannot avoid contact by stopping or changing direction. The speed of the player to be screened will determine where the screener may take his/her stationary position. This position will vary and may be one to two normal steps or strides from the opponent.
7. After assuming his/her legal screening position, move to maintain it, unless he/she moves in the same direction and path of his/her opponent. Penalty: 10 yards.
8. Blocking and interlocked interference. Teammates of a runner or passer may interfere for him/her by screen blocking, but shall not use interlocked interference by grasping or encircling one another in any manner. Penalty: 10 yards.
9. Contact with an opponent on the ground is prohibited.
10. Players may not aid the ball carrier through any contact not initiated from the front of the body – i.e. clipping (side, behind, below waist) is prohibited.
11. The ball carrier may not dive, run into or hurdle a defensive or offensive player.

COED RULES

1. Maximum of 7 players (3 males, 4 females or 4 male, 3 females). A team may begin a game with as few as 4 players (2 male, 2 female)
2. Passing: The QB can be a male or a female. There are no restrictions regarding female passers or receivers. ***There are no restrictions on returning punts or kick-offs for males or females.***

SUMMARY OF PENALTIES

5 YARD PENALTIES

1. Equipment worn illegally
2. Delay of game
3. Substitution infraction / Out of team box
4. Encroachment [illegal procedure]
5. Illegal forward hand off
6. Kickoff out-of-bounds [illegal kicking]
7. False start
8. Illegal snap [illegal shift]
9. Illegal formation – 3 players not on line
10. Player out-of-bounds when ball snapped [illegal participation]
11. Illegal downing of the ball (not a yardage penalty, ball at downed spot + down) [intentional grounding].
12. Coed Illegal pass – consecutive completed pass male to male (loss of down) [illegal participation].
13. Illegal shift/motion
14. Player receiving snap within 2 yards
15. Intentional fumble [illegal pass]
16. Illegal forward pass (loss of down)
17. Intentional grounding (loss of down)
18. Aiding runner from behind [illegal use of hands]
19. Illegal removal of belt [illegal use of hands]

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10-YARD PENALTIES

1. Delay start of either half
2. Quick kick [delay of game]
3. Fair catch interference (if contact, possible 15 yard infraction and yellow/red card)
4. Two or more consecutive encroachments (2nd is 10 yards)
5. Forward pass interference – offensive (loss of down)
6. Forward pass interference – defensive (1st down)
7. Illegally secured belt on touchdown (+ down, no score) [illegal participation]
8. Spiking, kicking, throwing ball
9. Attempt to steal or hit the football from the hands of an opponent
10. Tripping; non-intentional
11. Contact with opponent on ground [unsportsmanlike conduct]
12. Hurdling player [non-contact foul]
13. Clipping
14. Running into the passer; non-intentional
15. Illegal use of hands or arms – holding/blocking
16. Flag guarding
17. Illegal participation
18. Diving for a flag

15-YARD PENALTIES

Associated with possible disqualification (loss of down or 1st down)

1. Intentionally kicking or attempting to strike an opposing player or official.
2. Unsportsmanlike player/coach/bench conduct – verbal or physical abuse of an official, player, coach, or bench.
3. Tackling or throwing a player to the ground.
4. Tripping; intentional
5. Roughing the passer; intentional (1st down).



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