



UREC

University Recreation
Intramural Sports

Flag Football Rules

Flag Football is a contact sport and injuries are a possibility. The department of University Recreation, Intramural Sports assumes no responsibility for injuries; however basic, first aid will be available.

Regulations published in the Intramural Sports Handbook will be the governing policies for all intramural sports. Participants are responsible for possessing a thorough understanding of these regulations and their implications.

Flag Football will be conducted under the rules of the National Intramural and Recreational Sports Association published rule book. A review of these rules, along with the Intramural Sports modifications are as follows:

ELIGIBILITY AND GUIDELINES

All participants must meet the eligibility guidelines as outlined in the Intramural Sports Participants Handbook.

PLAYERS AND ROSTERS

1. **Men's and Women's:** The game shall be played between two (2) teams of seven (7) players each.
 - a. Four (4) players are required to start the game. The game may be continued with less than four (4) players if the Intramural Sports Staff deems the game still competitive (ex: injury).
 - b. Roster limit is 20 players.
2. **Co-Ed:** The game shall be played between two (2) teams of eight (8) players each; four (4) men and four (4) women.
 - a. Five (5) players are required to start the game. Teams with five (5) players shall be; two (2) males and three (3) females or two (2) females and three (3) males.
 - b. Teams with seven (7) players shall be; four (4) men and three (3) women or four (4) women and three (3) men.
 - c. Six players; three (3) men and three (3) women, or four (4) women and two (2) men, and (2) women and (4) men

UNIFORMS AND EQUIPMENT

1. All teams are required to furnish their own jerseys.
 - a. All jerseys must be of the same color.
 - b. Numbers are not required
2. If a participant is bleeding or has blood on their jersey they will be removed from the game until the bleeding is under control. Prior to any participants re-entering a game the bleeding must be stopped, cleaned and any cuts or lacerations must be covered. Participants will not be allowed to participate in any activity until the above conditions are met.
3. **Jewelry** : The following jewelry and hair piece types are not allowed: exposed ear, nose, or body piercing(s) that are dangling in nature, watches, fitness trackers, rings, claw clips, or necklaces that cannot be tucked under the participants shirt. Individuals will be allowed to tape over any piercing.
 - a. Rubber, cloth, or elastic bands may be used to control hair. Hard items including, but not limited to, beads, barrettes, bobby pins, and other adornments in the hair that are securely fastened to the head and do not present an increased risk to the player, teammates, or opponents, are allowed.
 - b. Medical Bracelets and religious medallions may be worn during intramural sports
4. **Headwear**: No hard-billed hats (except during softball), bandanas or anything with a knot or unyielding material will not be allowed to be worn on the head during competition. Players may wear a one-piece elastic headband made of a soft, pliable material (i.e., sleeve, sweatband). Knit stocking caps will be allowed during cold weather.
5. **Shoes**: Athletic style shoes are preferred. Cleats are permitted for Intramural Sports Flag Football. NO metal cleats are permitted.
6. **Supports, Braces, & Pads**: No casts/splints will be allowed under any circumstances. No pads or braces will be allowed above the waist. Players who wear a knee brace with exposed metal or metal hinges are required to cover it. Kneepads of a soft pliable nature will be allowed below the waist. Any player wearing illegal or dangerous equipment shall not be permitted to play. All equipment shall be subject to the approval of the Intramural Sports Staff and their decisions shall be final.
7. **Pants/Shorts**: Players are recommended to participate in shorts without pockets (zipped up pockets are the exception) so they may play with a flag belt. Players who elect to play with pockets will forfeit their right to a flag belt and will be downed (deflagged/tackled) by the one hand touch rule. Shorts or pants must also not match the color of the team's flag belts (commonly blue, green or yellow).
8. **Flag Belt**: Each player must wear a 1-piece quick release belt, which shall be provided by UREC Intramural Sports. The belt must contain 2 sides and one rear flag. The flag belt may not be covered by any clothing or accessories.
 - a. If your flag belt falls off during the play or you have elected to play without, you may be downed by one hand touch, provide the contact occurs between the knees and shoulders.

TIMING

1. Games shall consist of two (2) twenty (20)-minute halves. The clock will run continuously in the first half and first 18 minutes of the second half
2. Halftime >3 minutes
3. Timeouts
 - a. Each team is allowed two one (1)-minute time-outs per half.

OVERTIME

1. One coin toss will start overtime.
2. The winner of the toss shall be given options of offense, defense, or direction.
3. The loser of the toss shall make a choice of the remaining options.
4. Both teams will go the same direction in overtime.
5. Each team will be given four (4) downs from the 10-yard line to score.
6. If the first team which is awarded the ball scores, the second team will still have four (4) downs to attempt to win the game.
7. Points after touchdown conversions will still be attempted in a normal manner by any team who scores a touchdown.
8. If the defense intercepts the ball at any point during overtime the play is dead immediately and it is a turnover on downs.
9. If the score is tied after both teams have had their series of downs, the process will be repeated. However, the team that went second will now go first and the team that went first will now go second. The teams will rotate positions until a winner is declared.
10. Each team is entitled to one (1) timeout (1-minute) during the entire overtime.

BEGINNING THE GAME

All games shall begin with a coin toss.

1. Coin Toss

- a. The Referee shall toss a coin and offer the winning captain these options:
 - i. To defer his/her option until the second half.
 - ii. To receive the ball first or play defense first.
 - iii. To defend a specific goal.
- b. At the start of the second half, the loser of the first half coin toss shall have his/her option to be on offense or defense, or which goal to defend, unless the first half winner deferred his/her selection.

2. 5-Minute Rule and Forfeits

- a. If one team has below the minimum number of players at game time, but at least one (1) player present, the 5-Minute Rule will come into effect.
 - i. The team with less than the minimum will have 5 minutes to accrue the minimum number of players to begin the game
 - ii. In this 5 minutes, the other team will accrue six (6) points for each minute that passes.
 - iii. If the 5 minutes expires and the other team does not have the minimum number of players, the game will be forfeited and the team charged the forfeit fine.
 - iv. If the team gains the minimum number of players within the 5 minutes, the game will begin. The score will remain and the clock will continue at its current time.
 - v. If NO participants appear from either team, the game will be a double forfeit
 - vi. If both teams have below the minimum number of players at game time, but at least one (1) player present for each team, the 5-Minute Rule will go into effect for both teams.

- vii. Example: Team A is on time and checked in prior to game time and Team B gains the minimum number of required players, 3 minutes late. The game will still be played but the starting score will be 21-0 and the game will begin with 17 minutes remaining in the first half.

3. Mercy Rule

- a. At five (5) minutes left to play in the second half, until two (2) minutes left to play, if a team is up by 30 points or more, the mercy rule will be in effect and the game shall be ended.
 - b. At two (2) minutes left to play in the second half, or any time thereafter, if a team is up by 19 points or more, the mercy rule will be in effect and the game shall be ended.
4. **Substitutions** - Players may substitute at any time between downs. There shall be no limit to the number of substitutes. Substitutes must be within 15 yards of the ball before the play starts.

BALL in PLAY, DEAD BALL, OUT of BOUNDS

- 1. **Live Ball:** The offense must snap the ball within 25 seconds after the Referee has blown the whistle to put the ball in play. A ball becomes live when the ball is legally snapped before the 25-second count.
- 2. **Dead Ball:** A live ball becomes dead as provided in the rules, or when an official sounds the whistle, or otherwise declares the ball dead. The ball is declared dead when:
 - a. It goes out of bounds.
 - b. Any part of the runner's person other than hand or foot touches the ground. Ball in possession is considered part of the hand.
 - c. A touchdown, touchback, safety, or successful try-for-point is made.
 - d. Any punt comes to rest on the ground and no player attempts to secure it.
 - e. A forward pass strikes the ground incomplete.
 - f. A backward pass or fumble by a player strikes the ground. A ball snapped from scrimmage, or other backward pass, that hits the ground before or after getting to the intended receiver, is dead at the spot where it hits the ground.
 - g. A runner has a flag belt removed legally by a defensive player. A flag belt is removed when the clip is detached from the belt.
 - h. A runner is legally touched with one hand between the shoulders and the knees, including the deflagging.
 - i. A passer is deflagged or legally touched before releasing the ball.
 - j. A muff of a protected scrimmage kick strikes the ground.
 - k. The official sounds the whistle inadvertently during a down.
Result: Team in possession at time of whistle may choose to take the play from the spot of the ball at the whistle or replay the down.
Note: Any penalties that occur during this down will be accepted or declined.

3. **Out-of-Bounds:** A ball in player possession is out-of-bounds when the runner or the ball touches the ground or anything else which is on or outside a boundary line, except a player or game official. If the inbounds runner is touched by a player or an official on the sidelines out-of-bounds, the ball is still in play. A loose ball is out-of-bounds when it touches the ground, a player, or anything else, which is on or outside a boundary line. A player who is catching a forward pass is considered out-of-bounds when any part of his/her person contacts that area declared out-of-bounds. One foot inbounds is needed for a legal reception.

SERIES of DOWNS

1. **Number of Downs:** The team in possession of the ball shall have four (4) consecutive downs to advance to the next zone or line-to-gain. A new series of downs shall be awarded when a team moves the ball into the next zone.
2. **Line to Gain:** The zone line-to-gain in any series shall be the zone in advance of the ball, unless the distance has been lost due to penalty or failure to gain. In such case, the original zone in advance of the ball at the beginning of the series of downs is the zone line-to-gain. The most forward point of the ball, when declared dead between the goal lines, shall be the determining factor if a line to gain has been achieved.

KICKING

1. **Free Kick:** There will be no free kick to start the game or the second half. The ball will be put in play at the 14-yard line to begin each half and after each touchdown.
2. **Punt**
 - a. **Decision to Punt:** Prior to making the ball ready for play on fourth down, the Referee will ask the offensive captain if they want to punt the ball. The Referee will then communicate this decision to the defensive team captain.
 1. The offense may request a punt on any down. After such announcement, the ball must be kicked. Exception: If a) a team time-out is called, or b) a penalty occurs anytime during this down which results in the right of the kicking team to repeat the down again. The Referee must then again ask the offensive captain whether he/she wants a punt.
 - b. **Formation:** Neither the kicking team nor the receiving team may advance beyond their respective scrimmage lines until the ball is kicked. After receiving the snap, the kicker must immediately kick and in a continuous motion.
 - c. **Recovery:** If a punt touches a player on either team and then hits the ground it is dead and belongs to receiving team. If a punt hits a receiving player, and is then caught in the air by the receiving team, it can be advanced. If a punt hits a receiving player, and is caught in the air by the kicking team, it belongs to the kicking team at that spot. If the receiving team catches a punt and then fumbles, and the kicking team catches the fumble in the air before it hits the ground it can be advanced by the kicking team.

- d. **Out of Bounds and Ball at:** If a punted ball goes out of bounds any time before being touched, or comes to rest between the goal lines, it shall belong to the receiving team at that spot. If the ball goes into the end zone it may be taken as a touchback and put in play at the receiving team's 14-yard line or the receiving team may advance it out of the end zone.

3. Kick Catch Interference, First Touching, & Fair Catch

- a. **Kick Catch Interference:** No member of kicking team may interfere with the ability of the receiving team to catch a protected scrimmage kick. This includes anytime the kicking team touches the ball or any receiving player while the ball is in flight. **Penalty: Kick Catch Interference. The receiving team may take the ball at the spot of the foul, or accept a 10-yard penalty from previous spot and replay the down.**
- b. **First Touching (ball not in flight):** If any member of kicking team touches the kicked ball first, after it crosses the line of scrimmage, it is referred to as first touching and the receiving team may take the ball at that spot or at the spot determined by the action that follows first touching. The receiving team loses the right to take the spot of first touching if during the return a foul is committed by the receiving team, or any penalty is accepted by the receiving team.
- c. **Fair Catch:** NO Fair Catch in Intramural Sports Flag Football.

SNAPPING and CATCHING the BALL

1. **The Snap:** The snapper shall pass the ball back from its position on the ground behind the offensive puck with a quick and continuous motion of the hands. The ball does not have to be snapped between the legs.
 - a. Following the ready for play signal, no defensive player may break the plane of the neutral zone at any time until the ball is snapped.
 - b. No offensive player shall make a false start, or any action that simulates the start of play. This penalty may be enforced regardless if the ball is snapped.
 - c. The snapper must have both feet behind the scrimmage line. They may also not simulate the start of the snap.
 - d. The player receiving the snap must be at least 2 yards behind the scrimmage line at the time of the snap.
2. **Legal Positions:** All players are subject to motion, position, and illegal procedure rules.
 - a. Anytime at or after the ball is ready for play, each Team A player must momentarily be within 15 yards of the ball before the snap.
 - b. During the snap, the offense must have at least one (1) player on their scrimmage line. Two, three, and four point stances are legal.
 - c. One (1) offensive player may be in motion at one time, but not in motion toward the opponent's goal line at the snap.
 - d. Following a huddle or shift, all offensive players must come to a complete stop and remain stationary for one (1) full second before the snap.

3. **After the Play:** Offensive players are responsible for retrieving the ball after the scrimmage down. The snapper will bring the ball from the huddle to the scrimmage line.
4. **Handing the Ball:** Any player may hand the ball forward or backward at any time.
5. **Legal and Illegal Forward Passes** - All players are eligible to touch or catch a forward pass. Only one (1) forward pass may be thrown per down. A forward pass is illegal:
 - a. if one of the passer's feet are beyond the offensive line of scrimmage when the ball leaves his/her hand;
 - b. if thrown after team possession has changed during the down, i.e. an interception;
 - c. if intentionally grounded to save loss of yardage;
 1. only called when it is an effort to not lose yardage.
 - d. if a passer catches his/her untouched forward pass;
 - e. if there is more than one [1] forward pass per down.
6. **Open-Closed Plays (Co-Ed Only).** During the offensive team's possession, there may not be two [2] consecutive legal forward pass completions, from a male passer to a male receiver. A male may only run the ball past the line of scrimmage after a female to male pass or female to female pass has occurred.
 - a. During an "open" play, any combination of passers or receivers, or a female runner may advance the ball beyond the line of scrimmage.
 - b. After a male-to-male completion, the play becomes "closed". This rule also applies to the try for point.
 - c. During a "closed" play, the play must involve a female passer or a female receiver.
 - d. The spot where the ball becomes dead, by rule, must be beyond the scrimmage line for the play to become "open."
 - e. There are no other restrictions concerning a male passer completing legal forward passes to a female receiver, or female to female, or female to male.

Pass Penalty: Illegal Forward Pass, 5 yards from the spot where the second consecutive male-to-male completed legal forward pass is released, and a loss of down. Any foul, whether accepted or declined, shall have no effect on whether the next legal forward pass completion is "open" or "closed"

Run Penalty: A male may not advance the ball by running across the line of scrimmage. With the expectation of a female participating in the pass that supersedes. **Penalty: Illegal Advancement, 5 yards from the previous spot, replay the down. . Any foul, whether accepted or declined, shall have no effect on whether the next play is "open" or "closed".**

7. **Backward Pass and Fumble**
 - a. A runner may pass the ball backward at any time.
 - b. A backward pass or fumble may be caught or intercepted in flight inbounds by any player and advanced.
 - c. A backward pass or fumble which goes out of bounds between the goal lines belongs to the team last in possession at the out of bounds spot.
 - d. A backward pass or fumble which touches the ground outside of

- f. A backward pass or fumble by the offense that first hits the ground in
 1. the team's own end zone is a safety, or
 2. In the opponent's end zone is a touchback.
8. **Pass Interference** – Intramural Sports flag football is non-contact sport, however, incidental contact will occur.
- a. **Offensive Pass Interference, 10 yards from the previous spot.** Note: Offensive screen blocking beyond the line of scrimmage **DURING** a pass attempt is considered Offensive Pass Interference.
 - b. **Defensive Pass Interference, 10 yards from the previous spot.** Note: If contact is made on a receiver behind the line of scrimmage during a pass attempt, the penalty is **Illegal Contact**, not Defensive Pass Interference.
 - c. In a. and b. above, pass interference is defined as bumping, pushing, early contact, arm barring, cutoffs or unnecessary contact with an opponent OR restricting a player from access to a pass while on offense or defense.
 - d. Players may **NOT** "go through opponents" to get to a ball that is in flight. This could result in automatic ejection from the game.
9. **General Information**
- a. A pass is any exchange of the ball that involves airtime. This can be a forward or backward, overhand pass, underhand pitch, or any other toss or flip of the ball.
 - b. The pass begins when the ball is released from the passer's hand. The ball is dead if the passer is deflagged or legally touched before the release.
 - c. The initial direction of a pass determines whether a pass is forward or backward.
 - d. If a forward or backward pass is caught simultaneously by opposing players, the ball becomes dead, is considered a completed pass, and belongs to the offensive team.

SCORING and TOUCHBACKS

1. **Touchdown** - All touchdowns are six (6) points.
2. **Extra Points** - Ball in play from the 3 yard line = 1 point
 Ball in play from the 10 yard line = 2 points, Ball in play from the 20 yard line = 3 points
 - a. Once a selection for 1,2, or 3 is announced teams must take a timeout to change their option. If a penalty occurs during the try the succeeding try may not be changed

Note: The try ends when Team B secures possession. Team B cannot score during the Try.

3. **Safety** - When a safety is scored (two [2] points) the ball belongs to the scoring team at their own 30-yard line
4. **General Information-** After any score, the ball shall be placed in play at the opposing team's 14-yard line, unless moved by penalty
 To be ruled a touchdown; the ball must be on or over the goal line or in control of an offense player in the end zone.
 The player scoring the touchdown must raise his/her arms so the nearest official can deflag the player if the officials determines the flag belt has been secured illegally, the touchdown will be disallowed and that player will be disqualified.

Once the captain makes the choice for one, two, or three points after a touchdown, he/she may change the decision only after an offensive or defensive charged team time-out.

A team, which intercepts a pass in its own end zone, may advance the ball out of the end zone. It is a touchback if the interceptor is deflagged before leaving his/her end zone.

5. **Onside Option** – in the second half following a try, teams will have the option to make an onside attempt. The onside attempt will be from the 20-yard line like 3-point try's. If the try is successful, the team who successfully completed the try will receive the ball at their own 30-yard line. If the try is unsuccessful the defense will receive the ball on their own 30-yard line
 - a. Exceptions: The onside option may not be given to a team who is leading by 19+ after their try

PLAYER CONDUCT

1. **Personal Fouls:** No player, substitute, or coach shall commit a personal foul. Personal fouls may include but are not limited to:
 - a. Using fist, foot, knee, or leg to contact an opponent.
 - b. Tackling the ball carrier (automatic ejection).
 - c. Steal, attempt to steal or strip, or bat the ball from a player in possession.
 - d. Illegal Contact.
 - e. Hurdling an upright player, tripping, clipping, etc.
 - f. Diving is allowed as long as there is no contact initiated.
 - g. Unnecessary roughness.
 - h. Touching a player or ball carrier with undo force.
 - i. Roughing the passer (automatic first down) - applies only to the player throwing a legal forward pass behind the offensive line of scrimmage. If a defender contacts the passer in any fashion, whether or not he/she touches the pass, it is roughing the passer.
2. **The runner may not:**
 - a. Be aided by a teammate (grabbed, pushed, or pulled).
 - b. Stiff-arm an opponent.
 - c. Guard their flags by blocking with arms, hands, or the ball, and thereby denying an opponent the opportunity to pull or remove the flag belt.
3. **Unfair Acts:** No player, substitute, coach or others subject to the rules shall use disconcerting words or phrases or commit any act not in accordance with the spirit for the purpose of confusing the opponent.
Penalty: Personal Foul, Unfair Act, 10 yards.

PARTICIPANT CONDUCT POLICY

Intramural Sports prioritizes sportsmanship by all teams, spectators, and staff. The captain is responsible for the behavior of all its team members and representatives. Everyone is expected to conduct themselves in accordance with the The Code of Student Life, University conduct standards, and policies set forth by University Recreation. Actions by team members and representatives during intramural activities that extend beyond the realm of decency will not be tolerated. Individuals violating will be suspended until meeting with the Assistant Director and/or Coordinator of Club and Intramural Sports. We will be using a "2, 3, 4" method of

determining eligibility for all leagues and major tournaments. The following will be in effect for the activity's season:

- a. The accumulation of TWO (2) unsporting conduct fouls in a game will result in the ejection of the individual from the game, and procedures outlined in the "Ejections" section.
- b. The accumulation of THREE (3) total unsporting conduct fouls during an activity's season will result in the dismissal of the individual from the activity for the remainder of its season. The accumulation of Three (3) unsporting conduct by a team will result in the forfeiture of the contest
- c. The accumulation of FOUR (4) total unsporting conduct fouls by the team's individual participants during an activity's season will result in the dismissal of the team from the activity for the remainder of the season.

*Unsporting totals rollover to playoffs

PARTICIPANT CONDUCT FACTS

1. Any flagrant attempt to cause physical harm to another participant and/or staff member will result in immediate ejection and suspension from all UREC facilities and programming.
2. Any Participant Conduct will be reviewed by the Intramural Sports professional staff.

BLOCKING and SCREENING

3. Blocking, as in regulation football, is prohibited. A player may not use his/her hands or body to block or ward off an opponent.
4. Offensive players may protect the runner by screening. The offensive screen block shall take place without contact and the screener may maintain a position (moving or stationary) between the defensive player and the runner. The screen blocker is recommended to have his/her arms at their sides or behind their back. Any use of arms, elbows, or legs to initiate contact during an offensive player's screen block is illegal. A blocker may use a hand or arm to break a fall or retain balance. Player's must remain on their feet before, during, and after screen blocking. No part of the screener's body, except their feet, may be in contact with the ground.
5. Defensive players must avoid the offensive player's screen block.
6. The runner may not stiff arm or lower a shoulder into an opponent.
7. Illegal contact between the blocker/rusher will be called against the player determined to have initiated contact (similar to "block/charge" in basketball). Repeated illegal contact could result in ejection from the game.
8. Splitting the defenders" is when a rusher creates contact with two blockers by running in between their two screens. If the rusher creates contact it is illegal contact on the defense. If the blockers create the contact it is illegal contact on the offense.

FLAG REMOVAL

1. Deflagging (removal of the flag by a player) or legal touching is allowed only under special circumstances similar to tackling in football in that players must have possession of the ball before they can be deflagged or touched legally.
2. When a runner loses his/her flag belt either accidentally, inadvertently (not removed by grabbing or pulling), or on purpose, play continues.

The deflagging reverts to a one hand tag of the runner between the shoulders and the knees.

3. In circumstances where the flag belt is removed illegally, play should continue with the option of the penalty or the result of the play.
4. Pulling or removing a flag belt from an offensive player without the ball or intentionally touching an offensive player without the ball is a foul.
5. Tampering with the flag belt in any way to gain an advantage including tying, using foreign materials, or other such acts is a foul.

SUMMARY of PENALTIES

1. Loss of 5 yards

- a. Encroachment (Dead Ball)
- b. False start (Dead Ball)
- c. Illegal snap (Dead Ball)
- d. Delay of game (Dead Ball)
- e. Infraction of free kick formation (Dead Ball)
- f. Encroachment of free kick lines (Dead Ball)
- g. Illegal motion
- h. Illegal shift
- i. Intentional grounding (Loss of down)
- j. Illegal substitution
- k. Free kick out of bounds
- l. Required equipment worn illegally
- m. Player receiving snap within 2 yards of scrimmage line
- n. Helping the runner
- o. Illegal formation
- p. Illegal forward pass (Loss of down for offense)
- q. Illegal advancement (Co-Ed)

2. Loss of 10 yards

- r. Kick catch interference
- s. Two or more consecutive encroachments during same down interval
- t. Forward pass interference
- u. Illegally secured flag belt on touchdown, the score is no good (Loss of down) and disqualification
- v. Unsportsmanlike player, coach, or fan conduct
- w. Spiking, throwing, kicking, or not returning the ball to the official
- x. Steal, strike, or attempt to strip the ball
- y. Trip, hurdle, tackle, clip, stiff arm, or any unnecessary contact of any nature
- z. Roughing the passer (Automatic first down)
- aa. Illegal offensive screen blocking
- bb. Flag guarding by offense, illegal removal by defense
- cc. Obstruction of runner
- dd. Illegal participation
- ee. Defensive illegal use of hands
- ff. Illegal Equipment

3. Note: Any flagrant activities associated with 5 or 10-yard penalties result in immediate disqualification

