

Flag Football – Men 7 on 7, Corec 6 on 6

Intramural flag football will be governed by the NIRSA Flag Football Rulebook with the following intramural modifications:

THE GAME, FIELD, PLAYERS, AND EQUIPMENT

1. The game shall be played between 2 teams of 7 players each. Men's: Five players are required to start a game. Co-Rec: teams consist of 6 players, 3 men and 3 women, a team may start with 4 players as long as either gender does not exceed 3 players.
2. All players are eligible to receive a pass and run with the football.
3. In men's football there needs to be at least 3 people on the line of scrimmage.
4. All games are played on the Riverbowl Fields located northwest of the Fitness and Recreation Center.
5. The playing field is 70 yards long by 40 yards wide and is divided into four 17 ½ yard zones. Each end-zone is 8 yards long.
6. Players can compete for only one Co-Rec and one Men's team during the same season.
7. Men shall use a regulation-sized football. The regulation or junior football shall be used for Co-Rec play. Campus Recreation will provide footballs, however the team on offense may choose to use their own ball. **It is up to the offensive team to provide the football during each offensive series, not the officials.**
8. Flag belts will be provided by Campus Recreation. Each team will wear either yellow or red flags as a team.
9. All members of each team must wear a shirt or jersey at all times. Jerseys must be long enough so they remain tucked in or short enough so there is a significant gap from the bottom of the jersey to the player's waistline. It is recommended to wear pants/shorts with no belt loops or pockets and shirts/jerseys that do not have sleeve openings greater than 4" under the armpit.
10. Each player must wear shoes. Regulation rubber soled cleats, plastic cleats, detachable rubber cleats that screw into the shoe, and tennis shoes are the only permissible footwear. Sandals, street shoes, hiking boots, combat boots, or metal spikes are not allowed. No steel cleats, metal tips or shoes with detachable steel cleats that screw onto the shoes may be worn
11. No casts/splints will be allowed under any circumstances. Players who wear a knee brace with exposed metal or metal hinges are required to cover it. **All equipment decisions made by the Intramural Staff on duty shall be final.**
12. If eyeglasses are worn, they must be unbreakable. Each player is responsible for the safety of his/her own glasses.
13. Jewelry is prohibited. All earrings and other visible body piercings must be removed or taped prior to the start of the game. Religious or medical-alert medals are not considered jewelry, but must be taped down and worn under the jersey. Campus Recreation will not provide tape or band-aides to cover jewelry items.

TIME FACTORS & SUBSTITUTIONS

A game will consist of two 20-minute halves with a 5-minute half time. In all leagues, the clock will run continuously in the first half. In the second half, the clock will run continuously until the last 2 minutes, when we will proceed according to 2-minute mechanics.

2-Minute Policies and Mechanics- The clock will stop in the final 2 minutes of the second half for a:

- a. Team time-out – clock restarts on the snap

- b. Incomplete legal or incomplete illegal forward pass- starts on the snap
- c. Out-of-bounds- starts on the snap
- d. Safety- starts on the snap
- e. First down- depends on the previous play
- f. Touchdown- starts on the snap (after the Try)
- g. Penalty and administration- dependent on previous play (EXCEPTION: Delay of game ALWAYS starts on the snap)
- h. Referee's time-out- starts at his/her discretion
- i. Touchback- starts on the snap
- j. Team A is awarded a new series- dependent on previous play
- k. Team B is awarded a new series- starts on the snap
- l. Either team is awarded a new series after a legal punt- starts on the snap
- m. Team attempting to conserve time illegally- starts on the ready whistle
- n. Team attempting to consume time illegally- starts on the snap
- o. Inadvertent whistle- starts on the ready whistle

Timeouts: Each team is entitled to 3 time-outs per game. A charged timeout by any player will not exceed one minute. Timeouts from the first half will carry over into the second half of play.

Substitutions: Substitutions are allowed at any time that the ball is dead, but games must not be delayed by them. Each substitute shall be in uniform and ready for play with flags in position.

Delay of Game: After a ball is declared ready for play, the offensive team has 25 seconds after the referee has sounded the whistle to put the ball in play. Penalty: Delay of Game, 5 yards. The official may order the clock to be stopped/started when, in his/her opinion, either team is trying to conserve or consume playing time using tactics in his/her judgment to be unfair.

Tie Game: If the score is tied at the end of regulation, an overtime period will be played. Rock, Paper, Scissors will determine the options. All overtime periods shall be played toward the same goal line.

- a. An overtime period consists of one possession by each team.
- b. Unless moved by penalty, each team will start first and goal from the 17 ½ -yard line. Each team will have a series of downs to score a touchdown.
- c. Try for points will be attempted and scored during overtime.
- d. Each team is entitled to one timeout for the entire overtime session, and time outs do not carry over from regulation.
- e. The team scoring the most points or gaining the greatest yardage wins the game.
- f. If the defensive team intercepts a pass or fumble and returns it for a touchdown, they win the game. If they do not return the interception for a touchdown, the series is over, the ball will be placed at the 17 ½ - yard line and the defense will now receive their series of downs.
- g. The team, which loses the ball on a turnover, will be credited with total yardage to the point where the ball was put into play prior to the turnover.
- h. If the score is still tied after one overtime period, as many period as necessary will be played to determine a winner.

BALL IN PLAY, SERIES OF DOWNS, & LIVE BALL/DEAD BALL

1. Kick-off can be thrown or kicked from the 17 ½ yd. line.
2. With a kick-off that goes out of bounds in the air, the returning team will have the option to have the ball "kicked" again or placed half way between the first and second 17 ½ yard lines.
3. The receiving team may advance the ball out of their end zone.
4. All balls touching the ground are dead balls, this includes fumbles.

- a. Kicked balls that are not caught are dead and marked where they hit the ground.
 - b. Fumbles are dead and marked where they hit the ground.
5. A team in possession of the ball will have four consecutive downs to advance to the next 17 ½ yd. line to receive a first down. The zone line to gain in any series shall be the zone in advance of the ball, unless 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.
6. **Legal and Illegal Forward Passing** - All players are eligible to touch or catch a forward pass. Only ONE forward pass may be thrown per down. A forward pass is Illegal:
- a. if either 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;
 - c. if intentionally grounded to save loss of yardage;
 - d. if a passer catches his/her untouched forward pass;
 - e. if there is more than one forward pass per down.
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 between the goal lines is down at the spot where it touches the ground and belongs to the team last in possession unless lost on downs.
 - e. A backward pass or fumble by the offense that first hits the ground in
 - i. the team's own end zone is a safety, or
 - ii. the opponent's end zone is a touchback.
8. **Ball declared dead:**
- a. When a forward pass strikes the ground.
 - b. When a backward pass or fumble by a player strikes the ground.
 - c. When a runner has a flag belt removed legally by a defensive player.
 - d. When a runner is legally touched with one hand between the shoulders and knees, including the hand and arm, once the flag belt is no longer attached.
 - e. When a snap hits the ground.
 - f. When the passer is de-flagged before releasing the ball.
9. The ball must be snapped between the legs of the center.
10. Once the ball leaves the ground the defense can rush.
11. All offensive players must be motionless for one second preceding the snap, except for a (one) player moving parallel to or away from the scrimmage line. Penalty: Illegal motion, 5 yards from the previous spot.
12. A player must have one foot inbounds for the pass to be a completion.

KICKING THE BALL

1. The kick-off can be thrown or kicked.
2. Field goals can be attempted at any time and must be kicked.
 - a. A field goal/extra point attempt must be declared so that both teams are aware of the attempt.
 - b. The defense may not rush a field goal attempt.

- c. The defense can only jump straight up at the line of scrimmage in an attempt to block the kick attempt.
 - d. The defense may not climb or “piggy back” on a teammate in an attempt to block the try. Penalty: Unsportsmanlike conduct, 10 yd. penalty from the previous spot.
 - e. A field goal or extra point try that is no good and caught in the air can be returned for said points.
3. Punts can be kicked or thrown.
- a. Prior to putting the ball in play on fourth down, the offensive team must declare whether it chooses to go for a first down or punt. If the offensive team chooses to kick, the ball must be kicked. If they choose to throw, it must be thrown.
 - b. The snap must be received at least two yards back and the kick must be executed behind the scrimmage line within a reasonable time. There are no fake punts.
 - c. No player may cross the line of scrimmage until the ball has been kicked.
 - d. Kick out of bounds - If the kicked ball goes out of bounds between the goal lines or comes to rest in bounds untouched and no player attempts to secure it, the ball becomes dead and belongs to the receiving team at that spot.
 - e. The defensive team may attempt to block a punt as long as team members do not cross the plane of the defensive restraining line. A blocked punt that is caught behind the line of scrimmage (on the offender’s side) may be advanced by the offense.
 - f. When a punt, which has crossed the line of scrimmage, touches a player from either team and then hits the ground, the ball is dead and belongs to the receiving team. If it hits a player on the receiving team and then is caught in the air, it can be advanced by the receiving team.

BLOCKING, RUSHING, & CONDUCT

1. Blocking is only allowed on the line of scrimmage.
2. Blocking on the line of scrimmage is legal as long as the blocker keeps both feet on the ground and only blocks above the waist and below the shoulders.
3. The defense has to line up within the outside shoulder of their offensive opponent on the line of scrimmage. All other players choosing to rush the quarterback must be at least 5 yards off of the line of scrimmage.
4. Three-point/four-point stances are illegal.
5. **Offensive Screen Blocking:** Screen blocking is permitted and 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, legs, elbows, or body to initiate contact by an offensive player is illegal. A player must be on his/her feet before, during, and after screen blocking.
6. Defensive players must go around the offensive player’s screen block. The arms and hands may not be used as a wedge to contact the opponent.
7. When the flag belt is clearly taken from the runner in possession of the ball, the ball is declared dead and the down shall end. In an attempt to remove the flag belt from a runner, an opponent may contact the body and shoulders, but not the face, neck, or any part of the head of the runner with their hands. An opponent may not hold, push, or knock the runner down in an attempt to remove the flag belt. If a flag belt inadvertently falls to the ground, a one-hand touch between the shoulders and knees constitutes a ‘tackle’. A runner is also down if any part of that runner touches the ground other than the feet, hands or the ball while in the hand of the runner.
8. A defensive player may dive in an attempt at an offensive player’s flag belt.
9. Player Restrictions:
 - a. No player shall make contact with an opponent which is deemed unnecessary.
 - b. There shall be no clipping or tripping.

- c. There shall be no bumping the receiver. The defensive player must play the ball and shall not interfere with a receiver. However, defensive and offensive players are equally entitled to a passed ball.
- d. Pull removing the flag belt from an offensive player as the ball is snapped or before a pass reception with the obvious intent of confusing the offensive player as an eligible pass receiver or ball carrier is illegal. Penalty: Illegal Contact, 10 yds.
- e. A defensive player may not bump or push a runner out of bounds.
- f. Offensive charging is not permitted. The ball carrier may not run through a defensive player but must attempt to evade the defensive player. The runner is allowed to spin in order to avoid being de-flagged as long as he/she does not charge during the spin.
- g. The ball carrier shall not guard his/her flags by blocking with hands or the ball, thereby denying an opponent the opportunity to pull or remove the flag belt. Penalty: Flag guarding, 10 yards from the spot of the foul.
- h. Stiff arming by the ball carrier is illegal. Holding or swinging the arm near the flag to ward of attempts to seize the flag is illegal and results in flag guarding.
- i. The flag belt is to be fastened around the waist by use of the end clip. Any tampering to secure the flags so as to make them more difficult to pull is illegal and will result in ejection from the game. Penalty: Unsportsmanlike conduct, 10 yards from the previous spot, loss of down, and player disqualification.

SCORING PLAYS

1. **Touchdown Values:** All touchdowns are six (6) points. The player scoring the touchdown must raise his/her arms so the nearest official can de-flag the player. If the official determines that the flag belt has been secured illegally, the touchdown is disallowed. The player is disqualified and a penalty will result.
2. **Try for 1 or 2:** An opportunity to score one (1) point from the 3-yard line, field goal. Two (2) points from the 3-yard line, by running or passing only shall be granted the team scoring a touchdown. Once the offensive captain has declared his/her choice (try for 1 or 2), he may change the decision only when a charged timeout for either team is taken. A team's choice cannot be changed if a penalty should occur. If the defensive team intercepts a pass or fumble during the try and returns it for a touchdown, they score 1 or 2 points respectively.
3. **Safety:** A safety results when a runner carries the ball from the field of play to or across his/her own goal line, and it becomes dead there in his/her team's possession. A safety results in two (2) points for the defensive team.

CO-REC MODIFICATIONS FOR FLAG FOOTBALL

1. Co-Rec teams shall consist of 6 players, 3 men and 3 women. A team may start with 4 players as long as there are 2 men and 2 women.
2. The regulation or junior football shall be used for Co-Rec play.
3. In co-rec play, women can only block women and men can only block men. Likewise, a man may only line up on the line of scrimmage across from a man and vice-versa for women.
4. QB may run with the ball only after a defensive player has crossed the line of scrimmage.

PENALTIES & YARDAGE

1. **Loss of 5 Yards**
 - a. Delay of game (dead ball foul)
 - b. False start (dead ball foul)
 - c. Encroachment (dead ball foul)
 - d. Illegal snap (dead ball foul)

- e. Offensive player leaving the field on the wrong side (dead ball foul)
- f. Illegal procedure
- g. Illegal formation
- h. Illegal motion
- i. Illegal shift
- j. Illegal forward pass (loss of down, if by Team A)
- k. Intentional grounding (loss of down)
- l. Illegal substitution
- m. Aiding runner by teammates
- n. Two consecutive forward pass completions (loss of down)
- o. Required equipment worn illegally
- p. Offensive player not momentarily 5 yards inbounds after ready for play and before snap
- q. Player out-of-bounds when ball is snapped
- r. Intentionally throwing a backward pass or fumble out-of-bounds (loss of down)

2. Loss of 10 Yards

- a. Illegal contact
- b. Eligibility lost by going out of bounds and participating in the play
- c. Offensive pass interference (loss of down)
- d. Defensive pass interference (automatic first down)
- e. Stiff arm
- f. Flag guarding
- g. Illegal flag belt removal
- h. Personal foul
- i. Roughing the passer (automatic first down)
- j. Illegally secured flag belt on touchdown (Team A - loss of down, Team B –automatic first down and player DQ)
- k. Illegal participation
- l. Illegal tripping
- m. Unsportsmanlike conduct (players, coaches, substitutes, or others)
- n. Illegal player equipment
- o. Quick kick
- p. Spiking, kicking, or throwing ball during dead ball
- q. Receipt of an unsportsmanlike penalty
- r. Hurdle/dive over any player
- s. Kick catch interference
- t. A non-player de-flags or interferes with a runner (disqualification and touchdown awarded)
- u. Down field blocking

NOTE: if any of the above infractions are deemed flagrant, the player will be disqualified.