

Flag Football Rules

Ten Minutes after games time is a forfeit time.

Officials who are in absolute control of the game will do the officiating. Teams are responsible for keeping their spectators under control. Misconduct of spectators or players can result in assessment of an ejection or forfeiture of the game. Spectators must also remain in the area designated by the officials. The official shall have the power to make decisions on any matters or questions not specifically covered in the rules.

THE GAME, FIELD, PLAYERS AND EQUIPMENT

1.1 General Rules

1.1.A. The Game: The game should be played between 2 teams of 5 players each. Four players are required to avoid a forfeit.

1.1.B. Eligibility: All players must be recorded on the game sheet before they are allowed to participate.

1.1.C. Persons Subject to the Rules: Team representatives, including players, substitutes, replaced players, coaches, trainers, and other persons affiliated with the team are subject to the rules of the game, and shall be governed by decisions of officials assigned to the game.

1.1.D. Referee's Authority: The Referee has authority to rule promptly, and in the spirit of good sportsmanship, on any situation not specifically covered in the rules.

1.2. The Field

1.2.A. Field Layout: The field dimensions are:

- Men
 - 30 yards by 70 yards
 - 10 yard end zone
- Women
 - 25 yards by 60 yards
 - 10 yard end zone

1.2.B. Field Location: North 40 (4 fields-2 men's, 2 women's)

1.2.C. Inbounds/Out-of-bounds: The lines bounding the sidelines and the end zones are out-of-bounds.

1.2.D. Extra Point Lines: A one (1) yard wide line should be marked at each end at the three and ten yard lines in the middle of the field for the men's fields. For the women's fields, a line should be marked at each end at the three and seven yard lines in the middle of the field. These lines shall be used for the extra point try when a team scores a touchdown.

PERIODS, TIME FACTORS, SUBSTITUTIONS

2.1. Coin Toss: A coin will be flipped or odd/even choice by the captain will determine the options as in the start of the game. The winner of the toss shall be given the options of offense, defense, or direction. The loser of the toss shall make a choice of the remaining options:

- a. To choose whether his/her team will start on offense or defense.
- b. To choose the goal his/her team will defend.

The captain not having the first choice of options for a half shall exercise the remaining option.

2.2.A. Game Time: Playing Time shall be 40 minutes, divided into two halves of 20 minutes each. The clock will run continuously for the first 38 minutes of game time unless stopped for officials' time out, or injury. The intermission between halves shall be 5 minutes. When overtime is used, there will be a 3 minute intermission.

2.2.B. Play: Play at the beginning of each half will start at the offense's 10 yard line.

2.2.C. Extension of Periods: A half may be extended by an untimed down when, during the last timed down, one of the following occurred:

A. If there was a foul by either team and the penalty is accepted.

B. If there was a double foul.

C. If there was an inadvertent whistle and the down is to be replayed.

D. If a touchdown was scored, the try is attempted unless the touchdown is scored during the last down of the second half and the point(s) would not affect the outcome of the game.

If (A), (B), or (C) occurs during the untimed down, the period will be extended by the same rule.

2.2.D. Last 2 Minutes: During the last 2 minutes of each half the clock will stop for the following and resume on the snap of the next play unless otherwise noted:

A. Incomplete legal or illegal forward pass – starts on the snap

B. Out-of-Bounds – starts on the snap

C. Score (touchdown or safety) – starts on the snap

D. Team time-out – starts on the snap

E. First down – starts on whistle

F. Penalty and administration – dependent on the previous play (except delay of game – starts on the snap)

G. Referee's Time-out - starts at his/her discretion

H. Touchback – starts on the snap

I. Team attempting to consume time illegally – starts on the snap

J. Team attempting to conserve time illegally – starts on whistle

2.3.A. Overtime: During the regular season, there will be one overtime period. During playoffs, overtime will continue until a winner is determined. One overtime period lasts 5 minutes with a running clock.

2.3.B. The Coin Toss: There will be only one coin flip during the overtime. ALL OVERTIME PERIODS ARE PLAYED TOWARD THE SAME GOAL LINE. The two choices for the team that wins the toss are: offense/defense, or endzone.

2.3.C. Tie Breaker: Unless moved by penalty, each team will start first down and goal from the 10-yard line. The team will have four downs to score, unless awarded first down automatically, or a penalty allows for repeating the down. If the defense intercepts a pass or fumble they get the ball, if in the lead they win the game.

2.4. Time Outs

2.4.A. Charged Time-outs: Each team is entitled to 1 charged timeouts per half.

2.4.B. Length of Time-outs: A charged time-out requested by any player which is legally granted shall be 45 seconds and can be shortened if both teams are ready.

2.4.C. Injured Player: An injured or apparently injured player, who is discovered by an official while the ball is dead and the clock is stopped, shall be replaced for at least one

down unless the halftime or overtime intermission occurs. A player who is bleeding, has an open wound, or has blood on the uniform shall be considered injured.

2.5. Delays

2.5.A. Delay of Game: The ball must be put in play promptly and legally and any action or inaction by either team, which tends to prevent this, is a delay of game. This includes:

- A. Failure to snap or free kick within 15 seconds after the ball is ready for play.
- B. Putting the ball in play before it is declared ready for play.

2.6. Substitutions

2.6.A. Eligible Substitutions: No substitute shall enter during a down. AN incoming substitute must enter the field directly from the team area. A replaced player must leave the field at the sideline nearest his/her team area prior to the ball being snapped.

SERIES OF DOWNS, NUMBER OF DOWN, AND TEAM POSSESSION

3.1 Series: A team has four downs to complete two forward passes. No matter how many yards they go, if two passes are completed it's a first down.

3.2.A. Penalty Resulting in a First Down: After a penalty which leaves the ball in possession of a team without two completions, or when a penalty stipulates a first down, the down and distance established by that penalty shall be first down with two completions to gain.

3.2.B. Foul Before Change of Possession: The down shall be repeated unless the penalty also involves a loss of down. If the penalty involves a loss of down, the down shall count as one of the four in that series.

3.2.C. Rule Decisions Final: No rule decision (interpretation) may be changed or protested after the ball is next legally snapped.

SNAPPING, HANDING, AND PASSING THE BALL

4.1. The Start: All plays must be started by a legal snap from a point designated by the referee.

4.2.A. Prior to the snap: Following the ready for play and until the snap, no player on defense may encroach, touch the ball, nor may any player contact opponents or in any other way interfere with them. This includes standing in the neutral zone to give defensive signals, or shifting through the zone.

4.2.B. False Start: No offensive player shall make a false start or stimulate the start of a play. An infraction of this rule may be penalized whether or not the ball is snapped and the penalty for any resultant encroachment shall be cancelled. False Starts result in a 5 yard penalty.

4.2.C. Snap: The snapper, after assuming position for the snap and adjusting the ball, may neither move nor change the position of the ball in a manner simulating the beginning of a play until it is snapped. When over the ball, the snapper shall have his/her feet behind the scrimmage line. The snapper shall pass the ball backwards from its position on the ground with a continuous motion.

4.3.A. Minimum Line Players: The offensive team must have at least 4 players on their scrimmage line at the snap.

4.3.B. Motion: One offensive player may be in motion, but not in motion toward the opponent's goal line at the snap. Other offensive players must be stationary in their positions without movement of the feet, body, head, or arms.

4.3.C. No Direct Snap: The player who receives the snap must be at least two yards behind the offensive scrimmage. Violation of rule results in loss of down.

4.4. Handing the Ball: Any player may hand the ball backward at any time.

4.5.A. Backward Pass and Fumble: A runner may pass the ball backward or lose player possession by a fumble at anytime. Backward passes are not one of the two passes to complete a first down.

4.5.B. Intercepted: A pass or fumble in flight may be caught; from there play is dead.

4.6.A. Legal Forward Pass: All players are eligible to touch or catch a pass. During a down and before a change of possession a forward pass may be thrown provided the passer's feet are behind the offensive line of scrimmage when the ball leaves the passer's hand. Only one forward pass is allowed per down. A play involving a run across the line of scrimmage is not a completion.

4.6.B. Illegal Forward Pass: A forward pass is illegal if:

- a. If the passer's foot is beyond the line of scrimmage when the ball is released.
- b. If intentionally thrown to the ground or out-of-bounds to save loss of yardage.
- c. If there is more than one forward pass per down.
- d. If a passer catches his/her untouched forward or backward pass.

4.7. Forward Pass Interference: During a down in which there is a legal forward pass, contact or action that interferes with an eligible receiver is pass interference. It is also pass interference if an eligible receiver is deflagged prior to touching the ball. The ball will be spotted at the point of the foul, and an automatic first down will be rewarded.

4.8. Blocking: Any block in beyond the line of scrimmage is illegal. All blocking fouls are 10 yard penalties. Examples of illegal blocking include, but aren't limited to:

- Blocking a member of the opposing team after the ball has passed the line of scrimmage on a run play.
- Blocking a member of the opposing team after a completed legal forward pass.
- No stiff arm
- No bump and run

4.9. Rushing the Passer: Any player intending to rush the passer must be at least 7 yards behind the line of scrimmage before the ball is snapped, which is denoted by the official.

CONDUCT OF PLAYERS AND SPECTATORS

5.1. Sportsmanship rules: No player shall commit acts including: (examples include but are not limited to)

- a. Using words similar to the offensive's audible or quarterback cadence prior to the snap in an attempt to interfere with the offense.
- b. Intentionally kicking the ball.
- c. Participating while wearing illegal player equipment.

- d. Attempting to fight (may result in disqualification).
- e. Spike the ball.
- f. Disrespectfully addressing an official.
- g. Using profanity, taunting, insulting or vulgar language or gestures.
- h. Make contact of any nature deemed unnecessary.
- i. Strip or attempt to strip the ball from a player in possession by punching, striking, or stealing.
- j. Leaving the team area and entering the playing field during a fight.
- k. Throw a runner to the ground.

If a spectator receives the penalty, it will be assessed to the captain.

5.2. Roughing the Passer: Defensive players must make a definite effort to avoid charging into a passer after it is clear the ball has been thrown forward legally. No defensive player shall contact the passer who is standing still or fading back as he/she is considered out of the play after the pass. NOTE: The passer remains the passer while the ball is in flight or until they move to participate in the play. This violation incurs a 15 yard penalty and an automatic first down.

5.3.A. Flag Guarding: Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove the flag belt. Examples of flag guarding include, but are not limited to:

- a. Placing or swinging the hand or arm over the flag belt.
- b. Placing the ball in possession over the flag belt.
- c. Lowering the shoulders in such a manner which places the arm over the flag belt.

5.3.B. Obstructing the Runner: The defensive player shall not hold, grasp, or obstruct the forward progress of a runner when in the act of removing the flag belt. Violation results in a 5 yard penalty.

PLAYER MISCONDUCT

6.1.A. Consequences: Misconduct will result in a player ejection.

6.1.B. Misconduct includes:

- a. Any use of profanity.
- b. Extensive abuse of the facility and/or equipment.
- c. Excessive arguments with the officials.
- d. Unnecessary rough play.
- e. Fighting.

Any player ejected from a game must make an appointment to discuss the situation with the Intramural Director before they will be allowed to participate in any intramural activity.

MISCELLANEOUS

7.1.A. Fee: Teams will be required to pay a \$20.00 entry fee.

7.1.B. Weather:

- a. If a game is in the second half and the ref calls the game due to weather, then the team with the highest score, at that point, wins the game
- b. If a game is in the first half and the ref calls the game due to weather, then it will be declared a tie unless the game is rescheduled.