Intramural Flag Football Rules

2010-2011 Flag Football Rules Governed By NIRSA Flag Football

**Basic Game Procedures:**

- 1. The game consists of two twenty-minute halves.
- 2. There will be 3 minutes between halves.
- 3. Each team is permitted two, 1 minute time-outs per half.
- 4. The clock will run continuously, except during the last minute of each half and on timeouts. The clock will stop for incomplete passes, penalties, out-of-bounds etc during the final minute of the game.

**Players:**

- 1. Seven players compose a team. A team may not start or continue with less than six players.
- 2. You must have four players on the line of scrimmage.

**Equipment:**

- 1. Footballs, flags, and pinneys will be provided.
- 2. Teams may wear their own jerseys provided they are the same color.
- 3. Flags must be worn OUTSIDE all clothing and placed on the side of the hip. Shirts must be tucked.
- 4. No belt loops or pockets allowed for safety reasons.
- 5. Billed hats or any headwear containing knots are not allowed.
- 6. Gym shoes or football shoes may be worn (turf shoes). No metal cleats.
- 7. No jewelry will be allowed.
- 8. Kneepads allowed. Padding above the waist is prohibited.

**Tie Game:**

- 1. Pre-game will consist of a captain's meeting and a coin toss.
- 2. The ball will be started on the 5-yard line to start the game and after touchdowns, safeties, and at the start of each half.
- 3. Overtime: each team will have four attempts from the 10-yard line. Teams may go for one or two point conversions after a score. This will continue until one team gains an advantage. Teams will have one timeout in the overtime period; timeouts do not carry over.

**Starting The Game:**

- 1. Possession at the start of the game will be decided by coin toss.
- 2. Team choosing possession shall put the ball into play on the 5-yard line.
- 3. There are no kickoffs in flag football.
- 4. The ball must be snapped between the center's legs or from the side of the snapper. The snap must go to a player lined up at least two yards in the backfield.

**Punting:**

- 1. A punt must be declared by the punting team - NO FAKE PUNTS!!! A team can only change its mind after a penalty or timeout.
- 2. The defense may not rush the punter.
- 3. The punt must be executed within five seconds.
• 4. The punting team cannot move until the ball is kicked.
• 5. A punted ball that hits the ground is immediately dead and marked where it hits the ground.
• 6. A punt that is caught in the air may be advanced. Or, a fair catch may be signaled and the punt may be caught but not advanced. If a fair catch is called, and the ball hits the ground, it is marked dead where it hit the ground.

Dead Ball:

• 1. All fumbled balls are immediately declared dead when they touch the ground. Ball cannot be fumbled forward for a gain.
• 2. The referee shall declare any dropped ball dead as soon as it comes in contact with the ground. This includes the snap from the center.
• 3. The ball is declared dead when the flag is removed from the player carrying the ball, when the ball carrier goes out of bounds, when any part of a player's body touches the ground except the hand, or if the flag falls from the ball carrier's belt.

Safety:

• 1. If the offensive player is downed in the endzone or if the ball is fumbled into the endzone, it is declared a safety and the defense is awarded two points.
• 2. After a safety, the scoring team puts the ball into play on the 5-yard line.

Substitution:

• 1. Free substitution is in effect, but the player must report to the huddle (can't sneak on from the sideline).

Sideline:

• 1. Players and coaches must remain three yards back from the sideline and within the 20-yard lines.

First Downs:

• 1. A team has 4 downs to advance the ball to the next zone.

Passing:

• 1. All players are eligible to receive the ball.
• 2. The ball may be thrown backwards, sideways, or forwards if the ball is behind the line of scrimmage.
• 3. Only one forward pass is permitted on each play.
• 4. Backward laterals are legal anywhere on the field.
• 5. Receivers must have one foot in bounds while in possession of the ball.
• 6. A player who steps out of bounds and returns to the playing field is ineligible to receive the ball.
• 7. All offensive players must be within 15 yards of the ball at the snap. Can't sneak into the game from the sideline as a receiver.

Blocking:

• 1. Offensive screen blocking shall take place without contact. The screen blocker shall have his/her hands and arms at his/her side or behind his/her back.
2. Any use of arms, elbows, or legs to initiate contact during and offensive player's screen block is illegal.
3. A player must be on his feet, before, during, and after screen blocking.
4. No charging into offensive blockers, the defense must make every attempt to go around the offense.

**Ball in Play:**

1. Once the official places the ball on the line of scrimmage and signals that it is ready for play, the offensive team has a maximum of 25 seconds to snap the ball. No direct hand off snaps allowed.
2. A quarterback is allowed to rush once in each set of downs unless they are pressured by a defensive blitz and then they can rush as often as they are blitzed. A lateral pass from the quarterback counts as a rush.

**Pulling The Flag:**

1. In an attempt to remove the flag, the defensive player may not hold, push, tackle, or knock the ball carrier down. The defensive player must always be going for the flag.
2. When the flag is removed it should be immediately held up in the air to aid the official in marking the ball.
3. A defender may not leave his or her feet to deflag the ball carrier.
4. The defense may not remove a flag from a player not in possession of the ball. (10-yard penalty)
5. The ball will be spotted where the ball is when the flag is pulled.

**Ball Carriers:**

1. The ball carrier must run with the flag unprotected. They cannot use their arm, hand, or ball to deny the defense the opportunity to deflag them.
2. No stiff-arming.
3. The ball carrier may not leave his feet to hurdle a defensive player.
4. The ball carrier may not dive or attempt to run through a defensive player.
5. The ball carrier may not dive for a touchdown or first down.

**Receptions:**

1. The pass is a free ball.
2. A defender may not bump, push, hold, trip, or face guard to prevent the receiver from catching the ball.

**Neutral Zone**

There will be a one yard separation between the offensive line of scrimmage (point of the ball) and the defensive line of scrimmage. No player may penetrate the neutral zone until the ball is snapped or encroachment will be called.

**Motion**

- Only one player may be in motion, and the motion may not be towards the line of scrimmage.

**False Start**

- Offensive players (except the player in motion) must be stationary in their positions without movement of the feet, body, head, or arms for at least one full second before the snap.
Captain:

1. A team shall have a designated captain.
2. The designated captain shall make all discussions, questions, and decisions only.
3. If another player has a question or comment, it should be discussed with the captains.

Conduct:

1. No swearing!
2. Any player or coach involved in unsportsmanlike physical or verbal conduct with official or intramural personnel shall be ejected from further competition.
3. Failure of the captain to keep players under control shall result in a forfeit.

Standings:

Playoff births may vary depending on the number of teams in the divisions and league.

Scoring:

1. A touchdown counts for six points.
2. 2-point conversion-try from 10-yard line.
3. 1-point conversion-try from 3-yard line.
4. A safety counts for two points.
5. Defensive return on a conversion is two points.
6. A team must declare scoring whether or not they want to attempt a one or two point conversion.

Inadvertent Whistle:

If the official accidentally blows the whistle, the offensive team has the option of taking the play over again or taking the ball where it was when the whistle was blown.

Penalties:

Penalties not covered on the following page will be in accordance with NIRSA football rules.

Loss of five yards:

Illegal equipment (jewelry, pockets, metal cleats)
Offensive diving
Delay of game
Illegal procedures
Encroachment
Illegal formation
Illegal motion
Sideline out of restricted zone
Illegal flag placement
Illegal forward pass (loss of down)
Too many players on the field
Unfair tactics (illegal substitution)
False start
Illegal snap
**Loss of ten yards:**

- Illegal use of hands, holding, hooking, etc. (offensive or defensive)
- Illegal block
- Offensive pass interference (loss of down)
- Defensive pass interference (Automatic First Down)
- Tripping
- Intentional grounding (loss of down)
- Stiff-arming or flag guarding
- Roughing the passer (Automatic First Down)
- Tackling (possible ejection)
- Illegal removal of flag
- Unnecessary roughness
- Unsportsmanlike conduct
- Hurdling

**Loss of ten yards and ejection:**

- Fighting
- Securing flag illegally (loss of down)
- Unsportsmanlike conduct directed at the officials, supervisor, or opponent
- Flagrant contact
- Tackling
- Excessive/abusive swearing

**OWU Amendments and points of emphasis**

**Automatic Pass Rush:** The Defensive team at the snap of the ball will be allowed to rush 2 defenders although they must start from 3 yards behind the line of scrimmage. It is NOT a mandatory rush; if the defensive team chooses not to rush then the offensive team has 4 seconds to attempt a pass. Absolutely no Faking of a pass rush will be allowed (Defender crosses Line of Scrimmage and immediately drops back into pass defense). If the defensive team fakes a pass rush the play is whistled dead and the offensive team is awarded an automatic 1st down in the next zone (if the fake pass rush happens in the redzone, the offensive team is awarded a new set of downs). If the ball is not released by the end of the 4 second call, the play is whistled dead and the next down will begin. Offensive blockers at the line of scrimmage may not extend their arms (elbows must be bent). Defensive rushers cannot use Bull Rush, Swim, Rip or Club techniques. Defenders also will not be allowed to leave their feet on a rush or swat away the blockers hands. As always, there will be no physical contact blocking downfield. Screen Blocking will be allowed downfield.

**Contact between Defenders and Receivers:** Defenders must give 3 yard cushion to receivers and MAY NOT bump or initiate/draw physical contact. Defenders MAY NOT charge into offensive blockers. Defenders must make every attempt to go around the offensive player or attempted screen. A defender may not bump, push, hold, trip, or face guard to prevent the receiver from catching the ball. Receivers MAY NOT push off or charge into a defender in order to position themselves or draw a penalty.

**Captains control their Players:** Any player, captain, or spectator involved in un-sportsmanlike physical or verbal conduct with official or intramural personnel shall be ejected from further competition. Failure of the captain to keep players under control shall result in a forfeit.

**WEATHER -** Heavy/soaking rain during the day may cancel games in the evening. Captains will be contacted in the event of cancellation or reschedule.