

## **Flag Football Rule Book**

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*Participants must have read and signed a waiver/release form in order to participate in an Intramural event.*

### **The Game**

1. The game will consist of 2 – 20 minute halves in which the clock will continuously run except for the last 2 minutes of 2nd half. During this time the clock will stop for all: penalties, time-outs & out-of-bounds.
2. Each team will have a total of **4** time-outs (2 per half). Time-outs do not carry over to the next half. Each team will receive 1 time out per overtime period.
3. Each time-out will last 1:00 minute.
4. The offensive team has 25 seconds to start a play before a penalty will be called for delay of game.
5. There are 4 downs to advance the ball to the next zone. Zone lines are 20-yard, 40-yard & 20 yard lines.
6. Overtime – Each team will have 4 chances to score from the 10 yard line. If the score remains tied after this we will continue until one team stops the other and both teams have had equal opportunity to score. Possession alternates with each overtime period
7. Mercy Rule – If a team is leading by 17 or more points when the referee announces the two minute warning for the second half, the game will be over.
8. KICKOFF: The ball will be kicked from the 20 yard line.
  - if the ball goes out-of-bounds the receiving team has 3 options:
    1. Take the ball where it goes out-of-bounds.
    2. Take the ball on the 30 yd line.
    3. Make the team re-kick the ball after a 5 yd penalty.

9. On-Side Kicks are not allowed!!!
10. When the flag is pulled the person is down at the point of the ball, not where the flag is pulled.
11. If a runners flag falls off without being pulled "one-hand touch" comes into play.

## **Equipment**

1. Teams must have jerseys/shirts that are of the same color and that have numbers on the back. No two players may have the same number.
2. Tennis shoes or soccer/football shoes with rubber cleats must be worn by all participants. No bare feet or metal spikes of any kind will be allowed.
3. Hats may be worn, but must be turned around backwards to prevent hitting someone with the bill.
4. Shirrtails must be tucked in at all times to allow the opponent a fair chance to pull the flag.
5. Pants/shorts may not have belt-loops or pockets. If a player is found wearing illegal pants/shorts there will be an illegal equipment call, player must leave the game and a 10-yard penalty. Player may return with legal pants/shorts after one play from scrimmage.
6. All players must have 3 flags, one on each hip and one in the rear. After a touchdown the official is to pull the flag-belt. If it is illegally attached, the touchdown is disregarded, player at fault is ejected, 10 yard penalty from the previous spot and loss of down.

## **Team**

1. Teams consist of 7 men/women. (25 on roster).
2. The teams will stand on the outside of the fields and are not allowed to stand between the fields. This area is for officials and scorekeepers only.
3. You must be on the roster of the team in which you are playing for. If you sign up as a different player or play for another team you will be suspended from the next game and possibly the season. This will be handled by the Intramural Director.
4. Must have **7** players to start the game. There will be a 5-minute grace period and this time will be subtracted from the game time.

## **Play**

1. All players on the line of scrimmage must stand upright before the ball is snapped.
2. Anytime a ball is fumbled, it is dead at the spot where the fumble occurred, and belongs to the team who had possession at the time of the fumble.
3. A ball cannot be fumbled forward.
4. A ball centered over a player's head is dead at the spot where it touches the ground, and cannot be recovered by the defense. If it is in the end zone the defensive team gets 2 points (safety) and the ball on their 20-yd line.
5. A ball carrier cannot run over the defense. He must make an effort to avoid the defensive player.
6. Holding the runner by the jersey or other parts of the clothing while attempting to pull the flag is illegal, constituting a 10 yard

- penalty for holding. When the runner is on his way to a sure score, in the opinion of the official, and the runner is illegally held, the score will be allowed.
7. Stiff arm will be considered unnecessary roughness!!

## **Offense**

1. The offensive team must have 4 players on the line of scrimmage at the start of the play.
2. Teams may run a no huddle offense. If a team huddles all 7 players must break from the huddle. No hideouts.
3. SNAP – may not be parallel with the line of scrimmage. Motion of the ball must be away from the L.O.S. It doesn't have to be between the legs. The receiver of the snap must be at least 2 yards behind the L.O.S.
4. Every offensive player is eligible to receive a pass.
5. A runner cannot guard his flag with his/her arm to keep the defender from pulling the flag.
6. **BOTH HANDS MUST BE ON THE BALL at all times while trying to advance the ball!!!!**
7. If any part of the runner touches the ground, other than the feet and hands, he/she will be considered down. The ball may not touch the ground.
8. A runner cannot leave the ground to avoid his/her flag from being pulled. **DIVING** – can only occur when trying to gain a first down, score a touchdown or to get out of bounds.
9. In order for a catch to be legal, you must have 1 foot in bounds when the catch is made.
10. Block: Teammates of the runner or passer may use screen blocking but shall not use interlocked interference by grasping or encircling one another.

11. Offensive Blocking: shall take place **without contact**. The blocker must have his/her hands and arms behind the back or at the side. Any use of the arms, elbows, or legs during an offensive player's screen block is illegal.
12. No coverage on punts. Receiving team will be allowed to fair catch the punt and ball will be dead at that spot where caught. If ball hits ground before the catch, it is dead where it first touches the ground.
13. All punts must be announced, no matter what down it is.
14. Only one forward pass allowed per down. You may make as many backward passes as needed. If there is a 2<sup>nd</sup> forward pass during the same down, it is a 5 yard penalty from the spot of the foul and loss of down.

## **Defense**

1. You may rush as many players as you would like.
2. The defensive player may bump the offensive player within the first 5 yards of the line of scrimmage.
3. If the flag falls off the offensive player, the defense must touch the runner with one hand between the shoulder and knee.
4. An interception may be advanced – except during extra point attempts.
5. When attempting to block a pass, it is each player's responsibility to avoid contact with the passer. If contact is made, it will be a 10-yard – personal foul from the previous spot and an automatic first down.
6. You must make an attempt to go around the offensive blocker – may be up to the official's point of view. No contact is to be made!!
7. No rushing on announced punts.

## **Scoring**

Touchdowns = 6 points

### **Extra Points**

3 yard line = 1 point  
10 yard line = 2 points  
Safety = 2 points

## **Penalties**

- 15 yards: - for unnecessary roughness  
- for unsportsmanlike conduct
- 10 yards: - for illegal defensive contact  
- for contact on passer plus first down  
- for illegal blocking  
- for flag guarding from point of infraction
- 5 yards: - for off sides  
- for not kicking after an announcement  
- for crossing the line of scrimmage before the kick is made  
- for not having 4 offensive players on the line of scrimmage  
- for illegal procedure  
- illegal snap  
- illegal motion  
- illegal forward pass.

- All penalties are made the full distance unless they exceed half the distance to the goal line.

## PASS INTERFERENCE:

Offensive PI – 10 yd penalty from previous spot and loss of down

Defensive PI – 10 yd penalty from previous spot and automatic 1<sup>st</sup> down

Def. Holding – 10 yd penalty from previous spot and automatic 1<sup>st</sup> down

## **Sportsmanship**

1. Players instigating a fight will be thrown out of the game immediately and will be suspended from the next game.
2. A player expelled from 2 intramural games for unsportsmanlike conduct will be barred from further competition in that sport for the remainder of the season!
3. If a player curses an official, they will be flagged for unsportsmanlike conduct. If it occurs again the player will be ejected and have to see the Intramural Director for permission to compete in any other Intramural activities!
4. Players need to understand that the officials are going to make mistakes just like you will make mistakes in the game. Keep the tempers down and have a great time.

**OFFICIAL'S AUTHORITY:** An official assumes authority 15 minutes prior to the scheduled game time, and until they have left the field. The officials have the authority to rule on any situation not specifically covered in the rules. His/her decision is final, unless ruled otherwise by the supervisor on duty or the Director of Intramural Sports. The official has the right to eject players or have them sit out of part or all of the game. Fans, coaches, and spectators are a part of a team and any fouls they commit will go against their team.

**INTRAMURAL ATHLETICS ARE VOLUNTARY, THEREFORE Delta State University IS NOT RESPONSIBLE FOR INJURIES THAT OCCUR DURING PARTICIPATION.**

If there are any questions about Intramurals call:

Intramural Director  
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