

FLAG FOOTBALL RULES

- Teams are responsible for all information given at the team manager's meeting and in the Intramural Handbook.
- Intramural Flag Football is governed by NIRSA rules except for adjustments as noted below.

RULES:

1. Two teams of 7 players each shall play the game. A team may play with 6 players. Each game will consist of two 24-play halves not including penalties and extra point attempts.
2. Teams have 4 downs to advance the ball into the next 20-yard line marker.
3. 2 time-outs per game; one minute in duration.
4. Any team leading by 18 points with 12 plays left will be declared the winner.
5. A coin toss will determine which team will start with the ball from the 20-yard line.
6. There is no direct snap, must be 5 yards behind line of scrimmage.
7. Must have at least 4 players on the line when ball is snapped.
8. Quarterback must take **two steps** back on every snap before passing, running, or handing off the ball.
9. Flag Football is a NON-CONTACT sport!! There will be no use of the hands, arms, elbows, legs, or body in blocking on the line.
10. A runner may not guard his/her flag in anyway. Flag guarding will result in a 10 yard penalty from the original line of scrimmage.
11. Flag belt tampering will result in automatic disqualification from the game – if tampering results in touchdown the points will not count and you will have to replay the down.
12. Offensive pass interference will result in a 10 yard penalty and loss of down. Defensive pass interference is a 10 yard penalty and automatic first down.
13. One offensive player in motion at a time must be 3 yards behind line of scrimmage and may not be in motion towards the goal line.
14. A legal catch is one with at least one foot in bounds.
15. A team may elect to pass a caught punt forward only if he/she has not advanced the ball three steps in any direction. If passed, the pass counts as a play and the offensive drive will begin with 2nd down.
16. Only one forward pass per down, you may have as many backward passes as you wish.
17. Extra point attempts consist of a choice between 1 point from the 3-yard line, 2 points from the 10-yard line, or 3 points from the 20-yard line.
18. Shirts must be tucked in at all times.
19. No metal or "screw-in" cleats
20. No hand warmer sleeves allowed.
21. NO JEWELRY! Medic alert bracelets and religious jewelry must also be taped to the skin.
22. "NO MOUTH" Rule
23. Unsportsmanlike conduct (including celebration after a touchdown) will not be tolerated.

ELIGIBILITY:

Individuals may play on only one team.

LOCATION:

All Intramural Flag Football games are played on the Intramural Fields unless noted otherwise.

EQUIPMENT:

Intramural Sports will provide the Flags and a ball. No player shall wear equipment that is dangerous to other players.