

## FLAG-FOOTBALL RULES

All intramural participants are responsible for their own medical expenses. Any student unsure of his/her physical condition should check with his/her family physician or the University Health Services Office (Emerson Annex) before participating in intramurals.

The officiating will be done by student workers who are in absolute control of the game. Teams are responsible for keeping their own spectators under control. Misconduct of spectators, players, or coaches can result in assessment of an ejection or forfeiture of the game. The student workers shall have the power to make decisions on any matters or questions not specifically covered in the rules.

### FORFEIT TIME IS THE SCHEDULED STARTING TIME

Note: Depending on interest there will be separate women's, men's, and co-ed divisions.

Home team will be determined with the toss of a coin.

#### 1. Players and Substitutes

1.1 A team consists of four (4) players, but may have six (6) players on the roster.

(2) 1.2 For the co-ed division there must be three (3) men and women on the roster and two men and women on the field.

1.2 In order to receive a forfeit win, a team must have its line up on the score sheet and four players on the field.

1.3 Substitutions may be made during any dead ball.

1.4 Shoes must be worn by all participants. Rubber cleated shoes will be allowed. Metal or screw in cleats of cleated shoes of any kind, open heel and open toe shoes are prohibited.

There is a 2 point penalty for this violation.

#### 2. Field Markings

2.1 The officials will inform the team captains about the official lines on a particular playing field. Field markings will be 50 yards long by 40 yards wide with end zones 10 yards long. The playing portion of the field will be five 10 yard lines.

#### 3. Length of Game and Equipment

3.1 Two 12 minute halves of continuous time for men and women. Clock stops on incomplete passes, when the ball is carried out of bounds and on change of possessions during the last two minutes of the game only.

3.2 3-minute intermission between halves. Each team will receive two time-outs per half and one in the over-time period. Time-outs do not carry over into the over-time.

3.3 Overtime: No overtime during regular season. Games remain tied.

3.4 Overtime - Play-offs - Each team is given an opportunity to score from the 5 yard line. If a tie remains, continue alternating possession until the tie is broken.

3.5 Championship games are the same length as regular season games.

3.6 Flag belt must be worn. If belt falls off, a runner is considered down and a receiver is considered ineligible.

3.7 Protective equipment such as hip pads, shoulder pads, and head gear is prohibited. Any padding of injured parts of the body, must be approved by the game official.

#### 4. Scoring

4.1 Six points for a touchdown. One (1) point for bringing the ball in from the 3 yard line, or 2 points for bringing the ball in from the 10 yard line.

4.2 Two points for a safety.

4.3 The defense scores points either by a safety or by an interception. Interception by defense results in an immediate dead ball and the defensive team is awarded 3 points. After interception, the defensive team takes over on offense at the 40 yard line.

4.4 A safety results when an offensive player is deflagged between the 45 and 50 yard line or steps over the 50 yard end line. This results in 2 points awarded to the defense.

4.5 The offense has four plays in which to score.

#### 5. Dead Ball

5.1 The ball becomes dead when a runner's flag is removed by the opponent.

5.2 Except for the roll of a kickoff or punt, the ball becomes dead anytime it touches the ground: fumble, bad snap from center, incomplete forward or lateral pass.

5.3 A runner is down anytime her/his knees touch the ground.

5.4 With the exception of an incomplete forward pass, a dead ball will be put into play at the point where the ball touched the ground (the runner touched the ground or the runner's flag was removed).

#### 6. Blocking

6.1 All blocking must be done like screening in basketball. No pushing or shoulder blocks.

6.2 A player must be on both feet when a block is made and must remain on both feet when the block is complete.

6.3 Stiff arming, forearm blows are not permitted.

6.4 The offense must have 2 blockers on the line of scrimmage at all times.

6.5 The defensive rushers must wait 3 seconds before rushing the quarterback. Referee raises his/her hand to signal 3 second count has ended.

#### 7. Passing

7.1 All players are eligible to receive a pass.

7.2 Forward passes may be thrown from any point behind the line of scrimmage.

7.3 Lateral passes may be thrown from anywhere on the playing field, but only after a forward pass has been completed.

7.4 Any number of passes may be thrown in a series of plays.

#### 8. Penalties

8.1 All play action violations will be penalized ten (10) yards from the line of scrimmage or the ball will be placed at the point of the infraction whichever distance is greater. Play action violations include but are not limited to illegal blocking, tripping, illegal use of

hands, pass interference and unnecessary roughness.

8.2 All procedure violations will be penalized five (5) yards from the line of scrimmage. Procedure violations include but are not limited to illegal formation, illegal motion, and too many players on the field.

8.3 If field position does not permit full assessment of a penalty, then the penalty shall be half the distance to the goal line.

8.4 Unsportsmanlike conduct toward an official or opposing team will result in a fifteen (15) yard penalty and expulsion from the game.

8.5 Repeated violations of a rule by a player or team may result in disqualification of the player or team.

2 8.6 Pass interference in the end zone by the defense results in the ball being placed at the yard line and repeating the play.

game 8.7 Each delay of game penalty results in loss of down and loss of 5 yards. A delay of game is called 20 seconds after the referee declares the ball ready for play.