Intramural Flag Football Rules

1. The game shall be played between two teams of eight people. There must be a member of the opposite sex on the field at all times. There should be at two members of the opposite sex on a roster.

2. There will be eight (8) people on the field. A game can start with four (4) people but one must be of the opposite sex.

3. There will be a Seven minute grace period before the game is forfeit.

4. Captains are the only ones able to discuss calls with officials. (If there is a protest on a rule violation then the Assistant Director of Residential life or the Head Official will make the final call.) There will be no exceptions to this rule.

5. All students player ejected from a game must sit out the next game. If the player ejected is a Faculty, Staff or Alumni this player will be banned from competing in intramurals for one calendar year. Any time a player is ejected the captain is also ejected for that particular game. (If the violation is serious enough where the Assistant Director of Residential life becomes involved then it could possibly hold a heavier sanction).

6. Games cancelled due to weather will be posted by 4pm on the window of the Student Life Office and there will also be an email sent out to the campus.

7. No Spikes allowed at any time; only molded cheats.

8. If there are any questions please contact Assistant Director of Residential Life at 979-1426.

9. If a player signs the roster then he or she must play or tell a member of the official staff they do not want to play. If the player does not play then the team must forfeit the game.

10. If a team forfeits two or more games then the team will be removed from the league.
11. The length of the game will be two halves which will be twenty minutes (20) long. The clock will only stop with two minutes remaining in the half. There will be an overtime period if the game is tied.

12. If there is overtime then the officials will have both captains come to the middle of the field and flip a coin. This will only happen once and the captain which wins the coin flip has the option to play defense or offense. The ball will be placed on the ten yard line and the team will have four downs to score a touchdown. If the score is tied after three overtimes then each team will have to start going for the three point extra point. If the defense intercepts the pass and returns it for a touchdown then the game is over only if the score was tied. If the defense does not return the interception for a touchdown then they will have the ball spotted at the ten yard line.

13. Each team is allowed three timeouts per half.

14. After the ball is put into play then the offensive team has twenty five seconds (25) to snap the ball.

15. There is absolutely no blocking or screening in flag football.

16. There can only be one forward pass per down.

17. There are no fumbles in flag football. The only ways to change possession are as followed: turn over on downs, interception or safety.

18. Scoring:
   a. Male scoring a touch down = 6 points
   b. Female running the ball into the end zone = 7 points
   c. Female catching a touchdown thrown by a male = 8 points
   d. Female catching a touchdown thrown by a female = 9 points
      i. Extra Points:
         1. 3 yard line = 1 point
         2. 10 yard line = 2 points
3. 20 yard line = 3 points

Summary of Penalties

Loss of Down or Automatic 1st Down
  Illegally handing ball forward (also loss of 5 yards)
  Illegal forward pass (also loss of 5 yards)
  Intentional grounding (also loss of 5 yards)

Offensive pass interference/ also includes Picks (also loss of 10 yards)
  Defensive pass interference (also 10 yards)
  Roughing the passer (also 10 yards automatic)

Five Yard Penalties
  Off sides or false start
  Illegal delay of game
  Putting the ball in play before declared ready
  Player on the line receiving the snap
  Illegal shift or motion
  Illegal kick

Ten Yard Penalties
  Interference with opportunity to catch a kick
  Excessive time out illegally used or requested
  Illegal blocking/Defensive Contact
  Tripping
  Illegal use of hands
  Flag Guarding
  Impeding the Runner
  Unsportsmanlike Conduct
  Infractions during intermission
  Person illegally on the field

Ejections
  Any flagrant activities associated with 10 yard penalties
  Result in immediate ejections
  2nd Unsportsmanlike conduct
  Fighting
  Tripping
  Verbal abuse to an Official
  Tackling
  Cussing
  Roughing the passer (also 10 yards automatic)