



Intramural flag football games will be conducted under the rules of the NIRSA - National Intramural/Recreational Sports Association - with the following modifications:

Rule 1: Eligibility

All participants must provide a current validated Institutional ID before participating and must be affiliated with the University as a student. To be considered a “student,” one must be currently enrolled for at least half of full-time requirements, 6 credit hours for undergraduate and 3 credit hours for graduate, in the fall/spring in the semester the sport is offered. Individuals who enroll and then officially drop their courses are no longer considered eligible.

Current varsity football athletes are ineligible for participation. Any current ex-varsity football athletes must be removed from a full year from the last scheduled NCAA event.

Teams may have two (2) ex-varsity football players on their intramural roster.

Rule 2: Format of Play

- Teams will be guaranteed two (2) games either in round robin form or a true double eliminations tournament.

Rule 5: Team Captain Responsibilities

Ensure their team members follow all eligibility requirements. Team captains are also advised to seek clarification on special eligibility requirements, if necessary.

- Responsible for communicating game time, location, and ID policy to teammates.
- Ensure teammates have a valid their Institutional ID or photo ID before game time to check in.
- Representing the team and communicating with the officials. The captain is the only player permitted to discuss the game with officials.
- Ensure good team sportsmanship among teammates.
- Cooperating with the Intramural Supervisors at the game site concerning any protests, incidents or accidents that may occur as well as with the Intramural Sports staff the day following such occurrences.

Rule 6: Players/Rosters

- Team members must present their Institutional ID or photo ID when checking in with the scorekeeper for every game played.
- Players may play on a Male or Female team and Co-Rec team at the same time.
- MALE: A team roster must consist of a minimum of seven (7) and maximum of fifteen (15) male players.
- FEMALE: A team roster must consist of a minimum of seven (7) and maximum of fifteen (15) female players.
- Games may begin with at least seven (7) players to start the game.

Rule 7: Defaults/Forfeits

- Forfeit/Default time has been established as game time, teams should report to the scorekeeper 15 minutes prior to their game.
- A forfeit occurs when no members of the team check in with the scorekeeper. The losing team will receive a score of zero (0). The winning team will receive a score of nineteen (19).

Rule 8: Equipment

- **The Ball** - The official ball shall be leather or rubber covered and shall meet the recommendations of size and shape for a regulation football. There are no requirements regarding ball pressure and markings. Men shall use the regular size ball only.
- **Flag Belt** - Each player must wear a one piece belt that is free of any knots clipped at the waist line with three flags permanently attached, one flag on each side and one at the center of the back. Flags shall be of contrasting color to team jerseys and also their opponent's flags. Flags will be provided to each team on site. Shirts must be tucked in and flag belts must be worn on the outside of all clothing!
- **Team Jerseys** - Teams shall wear shirts that are of the same color. Team jerseys must contrast with the jerseys of the opposing team. If teams are wearing the same color jersey, the team listed as visitor will be required to change. Jerseys may not be tied in a manner that creates any type of knot. Team jerseys must have a number placed on the front or back of the jersey. Jersey numbers shall consist of numbers 0-99; triple digit numbers, symbols, etc. are prohibited.
- **Shoes** - Players must wear shoes, either soft soled soccer/football cleats, tennis, or Astroturf shoes. No sandals, boots, or metal/sharp plastic cleats will be allowed. No screw in or detachable cleats will be allowed.
- **Supports, Braces, Gloves, and Pads** - No casts/splints will be allowed under any circumstances. No pads or braces will be allowed above the waist. Players who wear a knee brace with exposed metal or metal hinges are required to cover it with at least ½ inch of closed cell slow recovery rubber or other material of the same minimum thickness and physical properties. Players may also wear gloves, which consist of a soft, pliable non-abrasive material. Kneepads of a soft pliable nature will be allowed below the waist. Any player wearing illegal or dangerous equipment shall not be permitted to play. All equipment shall be subject to the approval of the IMRS staff and their decisions shall be final.
- **Headwear** - Players may wear a one-piece elastic headband made of a soft pliable material. They may also wear knit stocking caps in cold weather. Rubber or elastic cloth bands may be used to control hair. No other headwear will be allowed. No baseball caps, bandannas (including "Do-rags") or helmets.
- **Jewelry** - Jewelry or hard hair control devices will not be allowed. This includes but is not limited to necklaces, earrings, newly pierced earrings, facial piercing, rings, bracelets & watches. Individuals will not be allowed to tape over any jewelry item. If you cannot remove the item you cannot play.
- **Shorts/Pants** - Shorts/Pants with belt loops and/or pockets are illegal.

Rule 9: Playing Rules

- The field shall be 100 yards, including two 10 yard end zones. The width of the field shall be lined at 20 yard intervals from goal line to goal line. The 3 and 10 yard try for point lines shall be 1 yard wide.
- A coin toss will be done between the two opposing captain's. The winner has the choice of the following:
 - Offense or Defense
 - Choose a goal to defend
 - Defer Options to the second half

- At the start of the second half, the loser of the first half coin toss shall have his/her option to be on offense or defense, or which goal to defend, unless the first half winner deferred his/her selection.
- The game shall consist of four (4) 12-minute quarters with a running clock.
- Halftime shall be 5-minutes long.
- The clock will run continuously until the last 2-minutes of the first and second half and then the clock will stop on all dead ball situations.
- Overtime:
- There will be only one coin toss. The winner of the toss shall be given the following options:
 - Offense or Defense
 - Direction
 - The loser of the toss shall make a choice of the remaining options. Both teams will go the same direction in overtime.
 - Each team will be given a series of downs (4 downs) from the 10-yard line. The object is to score a touchdown. If the first team which is awarded the ball scores, the second team will still have a series of downs to attempt to win the game. Try for points will still be attempted in a normal manner by any team who scores a touchdown. If the defense intercepts the ball and returns it for a touchdown they will win the game. If they do not return the interception for a touchdown, the ball will be placed at the 10-yard line to begin their series of downs.
 - If the score is tied after both teams have had their series of downs, the process will be repeated. However, the team that went second will now go first and the team that went first will now go second. The teams will rotate positions until a winner is declared. Each team is entitled to 1 timeout only during the entire overtime.
- Time-outs: Three (3) sixty second time-outs per game.
- Scoring: The following is a list of scoring opportunities and their point values:
 - Touchdown = 6 points
 - Safety = 2 points
 - Extra point try from 3 yard line = 1 point
 - Extra point try from 10 yard line = 2 points
 - Extra point try from 20 yard line = 3 points
 - Mercy Rule: If a team is 19 or more points ahead when the referee announces the 2-minute warning for the second half, the game shall be over. Same rule applies if a team scores inside the 2-minute mark.
- Team Benches: Shall be opposite sidelines between the twenty (20) yard lines.
- Substitutions:
 - Players may enter or leave the game an unlimited number of times. Substitutions may only enter during a dead ball and must remain inside the team bench areas.
- **BALL IN PLAY, DEAD BALL, OUT OF BOUNDS**
 - **Ball in Play** - The offense must snap the ball within 25 seconds after the Referee has blown the whistle to put the ball in play. Penalty: Delay of Game, 5 yards.
 - **Dead Ball** - A live ball becomes dead as provided in the rules, or when an official sounds the whistle, or otherwise declares the ball dead. The ball is declared dead when:
 - It goes out of bounds.
 - Any part of the runner's person other than hand or foot touches the ground. Ball in possession is considered part of the hand.
 - A touchdown, touchback, safety, or successful try-for-point is made.
 - Any punt comes to rest on the ground and no player attempts to secure it.
 - A forward pass strikes the ground or is caught simultaneously by opposing players.
 - A backward pass or fumble by a player strikes the ground, or is caught simultaneously by opposing players. A ball snapped from scrimmage, or other backward pass, that hits the ground before or after getting to the intended receiver, is dead at the spot where it hits the ground.

- A forward pass is legally completed, or a loose ball is caught by a player on, above or behind the opponent's goal line.
 - A runner has a flag belt removed legally by a defensive player. A flag belt is removed when the clip is detached from the belt.
 - A runner is legally touched with one hand between the shoulders and the knees, including the deflagging.
 - A passer is deflagged or legally touched before releasing the ball.
 - A muff of a protected scrimmage kick strikes the ground.
 - The official sounds the whistle inadvertently during a down. Result: Team in possession at time of whistle may choose to take the play from the spot of the ball at the whistle or replay the down. Note: Any penalties that occur during this down will be accepted or declined.
 - **Out-of-Bounds** - A ball in player possession is out-of-bounds when the runner or the ball touches the ground or anything else which is on or outside a boundary line, except a player or game official. If the inbounds runner is touched by a player or an official on the sidelines out-of-bounds, the ball is still in play. A loose ball is out-of-bounds when it touches the ground, a player, or anything else, which is on or outside a boundary line. A player who is catching a forward pass is considered out-of-bounds when any part of his/her person contacts that area declared out-of-bounds. One foot inbounds is needed for a legal reception.
- **SERIES OF DOWNS, NUMBER OF DOWNS**
 - **Number of Downs** - The team in possession of the ball shall have four consecutive downs to advance to the next zone line-to-gain. A new series of downs shall be awarded when a team moves the ball into the next zone.
 - **Line to Gain** - The zone line-to-gain in any series shall be the zone in advance of the ball, unless the distance has been lost due to penalty or failure to gain. In such case, the original zone in advance of the ball at the beginning of the series of downs is the zone line-to-gain. The most forward point of the ball, when declared dead between the goal lines, shall be the determining factor if a line to gain has been achieved.
- **KICKING THE BALL**
 - **FREE KICK**
 - **Free Kick** - There will be no free kick to start the game or the second half. The ball will be put in play at the 14-yard line to begin each half and after each touchdown.
 - **PROTECTED SCRIMMAGE KICK (PUNT)**
 - **Decision to Punt** - Prior to making the ball ready for play on fourth down, the Referee will ask the offensive captain if he/she wants a protected scrimmage kick (Punt). The Referee will then communicate this decision to the defensive team captain. The offense may request a punt on any down. After such announcement, the ball must be kicked. Exception: If a) a team time-out is called, or b) a penalty occurs anytime during this down which results in the right of the kicking team to repeat the down again. The Referee must then again ask the offensive captain whether he/she wants a punt.
 - **Formation** - Neither the kicking team nor the receiving team may advance beyond their respective scrimmage lines until the ball is kicked. After receiving the snap, the kicker must immediately kick and in a continuous motion.
 - **Recovery** - If a punt touches a player on either team and then hits the ground it is dead and belongs to receiving team. If a punt hits a receiving player, and is then caught in the air by the receiving team, it can be advanced. If a punt hits a receiving player, and is caught in the air by the kicking team, it belongs to the kicking team at that spot. If the receiving team catches a punt and then fumbles, and the kicking team catches the fumble in the air before it hits the ground it can be advanced by the kicking team.
 - **Out of Bounds and Ball at Rest** - If a punted ball goes out of bounds anytime before being touched, or comes to rest between the goal lines, it shall belong to the receiving team at that spot. If the ball goes into the endzone it may be taken as a touchback and put

in play at the receiving team's 14-yard line or the receiving team may advance it out of the endzone.

- **KICK CATCH INTERFERENCE, FIRST TOUCHING, FAIR CATCH**
 - **Kick Catch Interference** - No member of kicking team may interfere with the ability of the receiving team to catch a protected scrimmage kick. This includes anytime the kicking team touches the ball or any receiving player while the ball is in flight. Penalty: Kick Catch Interference. The receiving team may take the ball at the spot of the foul, or accept a 10-yard penalty from previous spot and replay the down.
 - **First Touching (ball not in flight)** - If any member of kicking team touches the kicked ball first, after it crosses the line of scrimmage, it is referred to as first touching and the receiving team may take the ball at that spot or at the spot determined by the action that follows first touching. The receiving team loses the right to take the spot of first touching if during the return a foul is committed by the receiving team, or any penalty is accepted by the receiving team.
 - **Fair Catch - NO FAIR CATCH.** There are no signals, fair catch or otherwise, during kicks.
- **SNAPPING, HANDING, AND PASSING THE BALL**
 - **THE SCRIMMAGE AND SNAP**
 - **The Snap** - The snapper shall pass the ball back from its position on the ground with a quick and continuous motion of the hands. They do not have to pass the ball between the legs.
 - Following the ready for play signal, no defensive player may break the plane of the restraining line at any time until the ball is snapped. Penalty: Dead Ball Foul, Encroachment, 5 yards. If this occurs twice in same dead ball interval, the penalty will be 10 yards for the second encroachment foul, if accepted.
 - No offensive player shall make a false start, or any action that simulates the start of play. This penalty may be enforced regardless if the ball is snapped. Penalty: Dead Ball Foul, Illegal Procedure, 5 yards.
 - The snapper must have both feet behind the scrimmage line. They may also not simulate the start of the snap. Penalty: Dead Ball Foul, Illegal Procedure, yards.
 - The player receiving the snap must be at least 2 yards behind the scrimmage line at the time of the snap. Penalty: Illegal Procedure, 5 yards.
 - **Legal Positions** - All players are subject to motion, position, and illegal procedure rules.
 - Anytime at or after the ball is ready for play, each Team A player must momentarily be within 15 yards of the ball before the snap. Penalty: Illegal Procedure, 5 yards.
 - During the snap, the offense must have at least 4 players on their scrimmage line. Penalty: Illegal Procedure, 5 yards.
 - Two, three, and four point stances are legal.
 - One offensive player may be in motion, but not in motion toward the opponent's goal line at the snap. Penalty: Illegal Motion, 5 yards.
 - Following a huddle or shift, all offensive players must come to a complete stop and remain stationary for one full second before the snap. Penalty: Illegal Shift, 5 yards.
 - **After the Play** - Offensive players are responsible for retrieving the ball after the scrimmage down. The snapper will bring the ball from the huddle to the scrimmage line.
 - **HANDING THE BALL**
 - Any player may hand the ball backwards or forwards.
 - **PASSING AND RECEIVING**
 - **Legal and Illegal Forward Passing** - All players are eligible to touch or catch a forward pass. Only ONE forward pass may be thrown per down
 - A forward pass is Illegal:
 - if either of the passer's feet are beyond the offensive line of scrimmage when the ball leaves his/her hand;
 - if thrown after team possession has changed during the down;
 - if intentionally grounded to save loss of yardage;
 - if a passer catches his/her untouched forward pass;
 - if there is more than one forward pass per down.

- **Backward Pass and Fumble -**
 - A runner may pass the ball backward at anytime.
 - A backward pass or fumble may be caught or intercepted in flight inbounds by any player and advanced.
 - A backward pass or fumble which goes out of bounds between the goal lines belongs to the team last in possession at the out of bounds spot.
 - A backward pass or fumble which touches the ground between the goal lines is down at the spot where it touches the ground and belongs to the team last in possession unless lost on downs.
 - A backward pass or fumble by the offense that first hits the ground in
 - the team's own endzone is a safety, or
 - in the opponent's endzone is a touchback.
- **Pass Interference** - Intramural Football is NOT a CONTACT sport, however, incidental contact will occur.
- **Offensive Pass Interference, 10 yards from the previous spot and loss of down.** Note: Offensive screen blocking beyond the line of scrimmage **DURING** a pass attempt is considered Offensive Pass Interference.
- **Defensive Pass Interference, 10 yards from the previous spot and an automatic first down.** Note: If contact is made on a receiver behind the line of scrimmage during a pass attempt, the penalty is Illegal Contact, not Defensive Pass Interference.
 - In the. Above mentioned, pass interference is defined as bumping, pushing, or unnecessary contact with an opponent OR restricting a player from access to a pass while on offense or defense.
 - Players may **NOT** "go through opponents" to get to a ball that is in flight. This could result in automatic ejection from the game.
- **SCORING PLAYS AND TOUCHBACK**
 - **SCORING**
 - After any score, the ball shall be placed in play at the opposing team's 14-yard line, unless moved by penalty
 - To be ruled a touchdown; the ball must be on or over the goal line.
 - The player scoring the touchdown must raise his/her arms so the nearest official can deflag the player. If the official determines the flag belt has been secured illegally, the touchdown will be disallowed. Penalty: Unsportsmanlike Conduct, player automatically disqualified from the game, 10 yards from the previous spot.
 - Once the captain makes the choice for one, two, or three points after a touchdown, he/she may change the decision only after an offensive or defensive charged team time-out.
 - A team, which intercepts a pass in its own end zone, may advance the ball out of the end zone. It is a touchback if the interceptor is deflagged before leaving his/her end zone.
- **CONDUCT OF PLAYERS**
 - **PERSONAL FOULS** - No player, substitute, or coach shall commit a personal foul. Personal fouls may include but are not limited to:
 - Using fist, foot, knee, or leg to contact an opponent.
 - Tackling the ball carrier (automatic ejection).
 - Steal, attempt to steal or strip, or bat the ball from a player in possession.
 - Illegal Contact.
 - Hurdling an upright player, tripping, clipping, etc.
 - Unnecessary roughness.
 - Touching a player or ball carrier with undo force.
 - Roughing the passer (automatic first down) - applies only to the player throwing a legal forward pass behind the offensive line of scrimmage. If a defender contacts the passer in any fashion, whether or not he/she touches the pass, it is roughing the passer. Penalty: All of the above (1-8): Personal Foul, 10 yards, flagrant offenders will be disqualified.
 - **The runner may not -**
 - Be aided by a teammate (grabbed, pushed, or pulled).
 - Stiff-arm an opponent.

- Guard their flags by blocking with arms, hands, or the ball, and thereby denying an opponent the opportunity to pull or remove the flag belt. Penalty: Flag Guarding, 10 yards from the spot of the foul.
- **UNFAIR ACTS**
 - No player, substitute, coach or others subject to the Rules shall use disconcerting words or phrases or commit any act not in accordance with the spirit for the purpose of confusing the opponent. **Penalty:** Personal Foul, Unfair Act, 10 yards.
- **BLOCKING AND SCREENING**
 - Blocking, as in regulation football, is prohibited. A player may not use his/her hands or body to block forward off an opponent. Penalty: Personal Foul, 10 yards.
 - Offensive players may protect the runner by screening. The offensive screen block shall take place without contact and the screener may maintain a position (moving or stationary) between the defensive player and the runner. The screen blocker shall have his/her arms at their sides or behind their back. Any use of arms, elbows, or legs to initiate contact during an offensive player's screen block is illegal. A blocker may use a hand or arm to break a fall or retain balance. Player's must remain on their feet before, during, and after screen blocking. No part of the screener's body, except their feet, may be in contact with the ground. Penalty: Illegal Contact, 10 yards.
 - Defensive players must avoid the offensive player's screen block. Penalty: Personal Foul, 10 yards.
 - The runner may not stiff arm or lower a shoulder into an opponent. Penalty: Personal Foul, 10 yards.
 - Illegal contact between the blocker/rusher will be called against the player determined to have initiated contact (similar to "block/charge" in basketball). Penalty: Personal Foul, 10 yards. Repeated illegal contact could result in ejection from the game.
- **FLAG REMOVAL**
 - Deflagging (removal of the flag by a player) or legal touching is allowed only under special circumstances similar to tackling in football in that players must have possession of the ball before they can be deflagged or touched legally.
 - When a runner loses his/her flag belt either accidentally, inadvertently (not removed by grabbing or pulling), or on purpose, play continues. The deflagging reverts to a one hand tag of the runner between the shoulders and the knees.
 - In circumstances where the flag belt is removed illegally, play should continue with the option of the penalty or the result of the play. Penalty: Personal Foul, 10 yards.
 - Pulling or removing a flag belt from an offensive player without the ball or intentionally touching an offensive player without the ball is a foul. Penalty: Personal Foul, 10 yards.
 - Tampering with the flag belt in any way to gain an advantage including tying, using foreign materials, or other such acts is a foul. Penalty: Unsportsmanlike Conduct, 10 yards from the previous spot, loss of down, and player disqualification.
- **SUMMARY OF NIRSA FLAG & TOUCH FOOTBALL PENALTIES**
 - **PENALTIES AND YARDAGE**
 - **Loss of 5 yards**
 - Encroachment (Dead Ball)
 - False start (Dead Ball)
 - Illegal snap (Dead Ball)
 - Delay of game (Dead Ball)
 - Infraction of free kick formation (Dead Ball)
 - Encroachment of free kick lines (Dead Ball)
 - Illegal motion
 - Illegal shift
 - Intentional grounding (Loss of down)
 - Illegal substitution
 - Free kick out of bounds
 - Required equipment worn illegally
 - Player receiving snap within 2 yards of scrimmage line
 - Helping the runner

- Illegal formation
- Illegal forward pass (Loss of down for offense)
- Illegal advancement (CoRec)
- **Loss of 10 yards**
 - Kick catch interference
 - Two or more consecutive encroachments during same down interval
 - Forward pass interference (Defensive = Automatic first down, Offensive = Loss of Down)
 - Illegally secured flag belt on touchdown (Loss of down) and disqualification
 - Unsportsmanlike player, coach, or fan conduct
 - Spiking, throwing, kicking, or not returning the ball to the official
 - Steal, strike, or attempt to strip the ball
 - Trip, hurdle, tackle, clip, stiff arm, or any unnecessary contact of any nature
 - Roughing the passer (Automatic first down)
 - Illegal offensive screen blocking
 - Flag guarding by offense, illegal removal by defense
 - Obstruction of runner
 - Illegal participation
 - Defensive illegal use of hands
 - Illegal Equipment