

SAMFORD

CAMPUS RECREATION

Intramural Flag Football Rules

The following is a summary of rules and regulations for Flag Football. It is not the complete set of rules but includes those rules most frequently in question. All rules adopted by the National Intramural Recreational Sports Association (NIRSA) will be in effect except for the modifications listed in these rules.

Home Facility

The home facilities for flag football are the intramural fields (across Lakeshore from campus and right next to Homewood High School) and Siebert Stadium.

Questions

Please feel free to contact Campus REC office with any questions or concerns that you may have. All reschedules, defaults, forfeits and additions/deletions must be made via the Intramural Sports staff.

GAME GUIDELINES

1. Game length is two 20-minute halves with a halftime of 3 minutes. The first 18 minutes of each half will be a running clock. (Each team has two timeouts per half. They do not carry over into the second half.) During the last two minutes of the second half the clock stops on all normal dead ball situations and starts again on the snap except after first downs when the ball is ready for play.
2. Flag football teams consist of 7 players on the field at one time. A team may play with a minimum of 5 players to avoid a forfeit.
3. Game time is forfeit time. Make sure that your team members are present, signed in, and ready to play by game time. Show up at least 15 minutes ahead of your game time to allow check in with supervisor.
4. There is no overtime in regular season. Games that end in a tie during regular season will remain a tie. In the event of a tie at the end of regulation in playoffs, there will be a coin flip to determine possession. Teams will alternate going for a conversion of their choosing (1, 2 or 3). If at any time a team is leading after an overtime period, the game is over. If it goes to multiple overtimes, teams will alternate who goes first. Example: Team A plays offense first in first overtime, they will be on offense second in the second overtime. It will alternate each possession until there is a winner.
5. **Mercy Rule:** If a team is ahead by 19 or more points at the time of or after the two-minute warning sounds in the second half, the game is over. If a team is ahead by 40 at halftime, or at any point in the second half, the game will end.
6. Jerseys must either be long enough to tuck into your shorts or be 4 inches above the player's waistline.
7. When teams arrive wearing the same or similar colored jerseys, one team will be required to wear mesh jerseys at the discretion of the supervisor or referee.
8. Flag belts must be clipped legally at all times. Failure to have a flag belt legally attached is a penalty.
9. When the runner is downed, the new line of scrimmage shall be the forward most point of the ball. For example, if a player is running with the ball held out in front of his body and the flag is pulled, the ball is spotted at the forward most point of the ball, NOT the point where the flag belt comes off.
10. If a runner's flag belt falls off during a play, a **one-handed** tag between the shoulders and knees will stop the play.
11. Flag guarding is not allowed. If your natural running style causes you to guard the flag, it must be changed. Tip: Hold the ball forward because it can't be stripped from your possession, and it gives you forward progress. (See Defensive Notes)
12. Flag Football utilizes "screen blocking" similar to defending in basketball. Contact that gains an advantage for a player will be penalized. Any player who repeatedly initiates contact in the opinion of an official or supervisor may be ejected from the game.
13. On any play besides a punt, when a loose ball hits the ground, it is dead. There are no fumble recoveries in flag football.
14. Punts: There is no rush on the punt, and the offense cannot go downfield until the ball is kicked. Offensive players shall not move until the ball is kicked. Kicker may use a run or stand approach. There are no fake punts or fair catches, as the offense must declare whether they are playing or kicking on 4th down. The offense must communicate to the officials if they elect to go for it, or punt.
 - a. A muffed punt will be blown dead at that spot

15. Following a score a team must choose to go for 1 point from the three-yard line, 2 points from the ten-yard line, or 3 points from the 20-yard line. Once the decision is made it can only be changed by calling a time out. After an accepted penalty, the decision cannot be changed.
16. During a try a defensive player may not return the try for any points. The play is over at that time.
17. After a safety, the ball shall be snapped by the scoring team at their 14-yard line, unless moved by penalty.
18. The ball will be put in play on the 14-yard line for the start of each half and after touchdowns.

19. **OFFENSIVE NOTES:**

- Each down has a play clock of 25 seconds.
- All Players are eligible for a pass.
- Offensive line must be motionless for at least 1 sec.
- If a ball is caught in bounds and an opposing team member forces the receiver out of bounds it is a catch and foul.
- It is legal for a runner to catch himself from falling using the ball as long as he maintains possession. In other words, the ball is part of the hand.
- The offensive team is responsible for retrieving the ball after the play is dead.
- Only one player can be in motion when the ball is snapped. This motion cannot be toward the opponent's goal line.
- The player who receives the snap must be at least two yards behind the line of scrimmage.
- When an inadvertent whistle blows a play dead, the offense may choose to take the ball where it was blown dead or replay the down. If there is an accepted penalty, the inadvertent whistle is ignored.
- The offensive team must have 4 players set on the line of scrimmage when the ball is snapped.
- If an offensive and defensive player catch the ball simultaneously, possession will go to the offensive player. There will be no fight for the ball.

20. **DEFENSIVE NOTES:**

- A defensive player may not hold, push or knock a runner down in an attempt to remove the flag belt nor pull the shorts of a player. Even if inadvertent, this is a penalty.
- Encroachment is a dead ball foul. If anyone jumps into the neutral zone it is a flag.
- If a runner fumbles the ball from the field into his opponent's end zone without it touching the ground, it is a touchback and the opposing team will take the ball on the 14-yard line.
- Any contact with the quarterback while he is throwing a pass or after it is thrown will be roughing the passer. **NOTE: The player's flags are on the waist, not on the arms or shoulders.**
- The defense is not allowed to bat, slap or take the football from the hands of an offensive runner.

CO-RECREATION RULE CHANGES

1. Teams consist of 8 players on the field (4 women and 4 men).
2. A minimum of 6 players must be present to avoid a forfeit. A team may never play with more than 4 players of one gender.
3. If a team is ahead by 25 points at or after the 2-minute warning the game will be ended. Or, 40 points in the second half.
4. 4 players must be on the line of scrimmage and set for at least 1 second prior to the snap.
5. If a female throws, runs, or catches a pass for a touchdown the team will be awarded 9 points prior to the PAT.
6. If a male passer completes a legal forward pass to a male receiver, the next legal forward pass **completion** must involve either a female passer or a female receiver for positive yards (CLOSED PLAY). The spot where the ball becomes dead by rule must be beyond the Team A scrimmage line.
7. A male player may never advance the ball across the line of scrimmage.
8. A legal forward pass caught jointly by male and female teammates is considered a female reception

- **Following is a list of the major penalties: (KEY)**

- DB - Dead ball
- LOD - Loss of down
- AFD - Automatic first down
- EJT – Automatic Ejection
- All penalties are live ball penalties unless noted otherwise.

• Five-Yard Penalties	• Ten-Yard Penalties
- Delay of game (DB) - Illegal equipment - Unfair tactics - Illegal substitution - Encroachment (DB) - False start (DB) - Illegal snap (DB) - Illegal motion - Illegal forward pass (LOD)	- Offensive pass interference (LOD) - Defensive pass interference (AFD) - Illegally secured flag belt (LOD) - Unsportsmanlike conduct (Two will result in (EJT)) - Steal, strike, or batting the ball - Tripping - Hurdling - Illegal contact - Clipping - Roughing the passer (AFD) - Flag guarding - Stiff arm - Obstruction of runner, illegal flag belt removal - Fighting or Attempt to Fight(EJT)

SPORTSMANSHIP

Sportsmanship is vital to the success of each and every program we offer to the university community. In order to encourage proper conduct before, during and after a scheduled contest, the Intramural Sports Department has developed a rating system. The rating procedure is as follows:

Acceptable Rating (3)

The team exhibits respect and cooperation and sporting behavior towards all sport programs staff, teammates, and opponents. The team has no issues or minor disagreements with the judgement of the officials. Captain demonstrates control over spectators, teammates, and him/herself.

Average Rating (2)

The team exhibits some respect and cooperation towards all sports programs staff, teammates, and opponents. The team has several minor disagreements with the judgement of the officials. Captain demonstrates mild or little control over spectators, teammates, and him/herself. Teams receiving one unsportsmanlike penalty fall into this category as well.

Unacceptable Rating (1)

The team does not exhibit respect and cooperation with unsporting behavior towards any sport programs staff, teammates, and opponents. The team displays issues and disagreements with officials. Captain demonstrates no control over spectators, teammates, and him/herself. Teams receiving more than one unsportsmanlike penalty fall into this category as well.

If a team receives two unacceptable ratings in a season, the team will be removed from the league and have to meet with the Sports Programs Office. Teams may face additional suspension and sanctions for one unacceptable rating depending on the situation and severity of the incident