



# INTRAMURAL FLAG FOOTBALL RULES

**All Rules not covered in this supplement shall be governed by the NIRSA Flag and Touch Football Rules and Official's Manual.**

**ABSOLUTELY NO JEWELRY IS ALLOWED TO BE WORN BY PARTICIPANTS.**

## **1. FIELD DIMENSIONS**

The field will be 80 yards long by 40 yards wide from end line to end line. The area of the field inside the goal lines shall be divided into four 15 yard zones, and the end zones, and the end zones will be 10 yards long.

## **2- EQUIPMENT**

During the game, each team must use a legal, regular-sized ball of its choice when in possession. Footballs are not provided by Recreational Sports.

Players of opposing teams must wear contrasting colored jerseys (light or dark). Team colors are assigned each week according to the league schedule. If in doubt, bring a jersey of both colors. Jerseys must be long enough to remain tucked in or short enough so that there is a minimum of four inches from the bottom of the jersey to the players waistline.

Each player must wear a one-piece belt at the waistline with three flags permanently attached, one flag at each side, and one in the center of the back. Opposing teams' flags must be of contrasting colors and will be distributed by Recreational Sports at the playing field. A valid Cal Poly student ID is required to check out the flags from the Supervisor on site. Players may not wear a towel hanging from their waists as it could be mistaken for a flag.

Players are NOT permitted to wear metal cleated shoes. All cleated shoes must be of the one-piece molded rubber type. Players are also NOT allowed to wear caps with bills, or pants with any belts, belt loops, pockets, or exposed drawstrings.

**It is strongly recommended that a mouth piece be worn by all players.**

## **3- LENGTH OF GAME**

Playing time shall be 40 minutes, divided into two halves of 20 minutes each. The intermission between halves shall be 3 minutes. During the first half, the game clock will run continuously. During the second half, the game clock will run continuously until the one minute warning. During the final minute of the second half, the clock will stop for an Incomplete Pass, Out-of-Bounds, Score, Time-Out, Penalty, or Change of Possession. Each team will be granted two time outs per half.

## **4- THE GAME**

**GAME TIME IS FORFEIT TIME.** The game shall be played between two teams of 7 players each. However 5 players are required to avoid a forfeit.

A free kick shall begin each half of a game. On-side kicks are not permitted. Kicking and receiving teams shall be determined by a pre-game coin toss. A team in possession of the ball shall have four consecutive downs to advance to the next zone. Prior to the fourth down, the offensive team will be given the option of a protected scrimmage kick. Teams are not allowed to fake a kick. A kick may be run out of an endzone or downed for a touchback and the



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The referee shall use two rubber disks, one yard apart, to mark the offensive and defensive scrimmage lines. At the beginning of each down, the offensive team is required to have 4 players (Co-Rec 5) on the scrimmage line. All offensive players must be at least five yards away from the sidelines and remain stationary for at least one full second before the snap, except for the man-in-motion. There may be only one main-in-motion at the time of the snap, who may not be moving toward the scrimmage line. Once the referee makes the ball ready for play, the offensive team will have 25 seconds to snap the ball. The center will hike the ball from the ground in a continuous motion, either through the legs or to the side, to a quarterback who must be at least two yards from the line of scrimmage. There are no direct snaps. All players are eligible receivers. Only one forward pass can be thrown per down. A player with the ball cannot dive or hurdle another player to advance a ball. A defensive player may dive for the ball handler's flag.

### 5- SCORING

A touchdown is worth six points. After a touchdown, teams have the opportunity to attempt a one or two point conversion. A one-point conversion is attempted from the three-yard line; a two-point conversion is attempted from the ten-yard line. A ball intercepted during the point-after attempt may be returned for a value of the conversion. A safety is worth two points, and is awarded when a player in possession of the ball is downed in their own endzone.

### 6- TIE-BREAKER

Each team will be given four downs from the fifteen yard line to score a touchdown going in the same direction. Play is not sudden death. The team with second possession will always have an opportunity to score. Extra points will be attempted. Interceptions may be returned for a touchdown. Play continues until there is a winner.

### 7- MERCY RULE

If a team is 17 or more points ahead when the Referee announces the 1minute warning for the second half, the game shall be over. If a team scores during the last minute of the second half and creates a point differential of 17 or more, the game shall end at that point.

### 8- SPECTATORS

Spectators and members of both teams must stay at least 10 feet away from the playing field. Teams are responsible for their spectators and can cause a team to receive a "O" or a "-" rating.

### 9- EXPLANATION OF TERMS AND RULES

**FUMBLES:** All fumbles are dead as soon as the ball touches the ground. Any loose ball that is fumbled into the offensive team's endzone on the first bounce is a safety.

**INADVERTENT WHISTLE:** Play will stop and the offensive team will have the option of taking the play or replaying the down.

**PUNTS:** The offensive team must have at least four players on the line of scrimmage and must remain motionless until the ball is kicked.

**SCREEN BLOCKING:** The offensive screen block shall take place without contact. Screen blockers shall have their hands and arms at their side or behind their back. Any use of arms, elbows, or legs to initiate contact during an offensive player's screen block is illegal. Blockers may use their hands or arms to break a fall or retain their balance.



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## 10- SUMMARY OF FOULS AND PENALTIES

### Loss of 5 yards

*Required Equipment Worn Illegally; Delay of Game; Free Kick Out-of-Bounds; Encroachment; False Start; Illegal Snap; Offensive Player Illegally in Motion; Helping the Runner*

### Loss of 5 Yards and Loss of Down

*Illegal Forward Pass; Intentional Grounding*

### Loss of 10 Yards

*Fair Catch Interference; Unsportsmanlike Conduct; Tripping an Opponent; Throwing Runner to Ground; Hurdling any Player; Clipping; Tackle Runner; Illegal Screen Blocking; Defensive Use of Hands; Stiff Arm; Batting a Free Ball; Guarding the Flag Belt*

### Loss of 10 Yards and Loss of Down

*Pass Interference (Offense); Illegally Secured Belt (Offensive Player)*

### Loss of 10 Yards and Automatic First Down

*Pass Interference (Defense); Roughing the Passer; Illegally Secured Flag Belt (Defensive Player)*

### Loss of 10 Yards and Disqualification (official's discretion)

*Flagrant Unsportsmanlike Conduct; Tackling the Runner; Intentional Tampering with Flag Belt; Flagrant Personal Fouls; Intentional Contact with an Official*

## SUMMARY OF CO-REC FOOTBALL RULES

All of the preceding rules apply, with the following exceptions:

### 1- THE GAME

The game shall be played between 2 teams of 8 players, 4 men and 4 women. Teams with 7 players shall be 4 men and 3 women or 4 women and 3 men. Six players, 3 men and 3 women, are required to avoid a forfeit. Regular, intermediate, youth, or junior size footballs may be used for Co-Rec games.

### 2- PROTECTED SCRIMMAGE KICK FORMATION

Both teams must have and maintain at least 5 players within 1 yard of their scrimmage line and remain motionless until the kick is made.

### 3- MINIMUM LINE PLAYERS

The offensive team must have at least 5 players on their scrimmage line at the snap.

### 4- MALE RUNNER

A male runner cannot advance the ball past his team's scrimmage line.

### 5- MALE TO MALE COMPLETION

During the offensive team's possession there may not be 2 consecutive legal forward pass completions from a male passer to a male receiver. This rule applies to the try. 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. The spot where the ball becomes dead by rule must be beyond the team's scrimmage line.

### 6- MERCY RULE

If a team is 23 or more points ahead when the Referee announces the 1-minute warning for the second half, the game shall be over. If a team scores during the last minute of the second half and that score creates a point differential of 23 or more, the game shall end at that point.

### 7- TOUCHDOWN VALUE

If a female player scores or passes for a touchdown, the point value is 9.



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## FLAG FOOTBALL FIELD DIMENSIONS

