



INTRAMURAL FLAG FOOTBALL RULES

1. The Game

- a. Game time is forfeit time. If the minimum amount of players is not present at game time, the entire match will be forfeited. All players should be checked in with the Intramural Sports Supervisor or officials with current POLYID by game time. Please refer to the Intramural Sports Handbook for the Forfeit Policy description.
- b. The Players
 - i. The game shall be played between two teams of seven players each. However, five players are required to avoid a forfeit.
- c. Manager Meeting
 - i. Prior to the start of the match, a meeting between the two team managers and the officials will take place. They will discuss rules and regulations, which the manager must relay back to the team. Captains will play rock-paper-scissors to determine who gets first possession.
- d. Team Spokesman
 - i. The team manager is the only person who may address the officials and is the spokesperson for the team
- e. The Field
 - i. In order to ensure the safety of intramural participants, staff and fans, spectators will be asked to stay on the near side of the turf fields while viewing games
 - ii. The field will be 100 yards long by 40 yards wide from end line to end line
 - iii. The area of the field inside the goal lines shall be divided into four 20 yard zones, and the end zones will be ten yards long
- f. Player Restrictions
 - i. Participants may only play on one team per gender league (i.e. one men's/women's league and one co-rec league). If a gender league folds due to an insufficient amount of teams or is not offered, the participant will be allowed to play on two co-rec teams in separate divisions. This is the only time a player may play in multiple divisions within a sport (i.e. Men's D2 and Men's D3, or Co-Rec D2 and Co-Rec D3).
 - ii. If an IFC Division is offered, men may play in either the IFC or men's division, but not both. If a Panhellenic league is offered, women may play in either the Panhellenic or women's division, but not both.
 - iii. Club sport players are only allowed to play in Division 1, unless the highest division offered is Division 2. There may only be two club players on the field at a time, but there is no limit to the number of club players on a team.
 - iv. Intercollegiate athletes may not participate in an intramural sport similar to their Cal Poly sport until a minimum of three academic quarters (not including summer) after they have been on their Cal Poly sport's active roster. They are, however, eligible to play an intramural sport dissimilar to the sport they play for Cal Poly.

2. Equipment/Dress Code

- a. Uniform/Dress Code

- i. Players must check their schedules to know which color shirt to wear. If there is any doubt, bring both colors.
 - ii. The home team wears white, and the away team wears dark
 - iii. No grey or yellow shirts may be worn. If these colors are worn, a technical foul will be given. However, if every member of a team has the same uniform they will be allowed to play at the discretion of the ASI Intramural Sports Supervisor.
 - iv. Jerseys must be tucked inside the flag belt
 - v. Closed-toed shoes must be worn at all times during play
 - vi. Athletic attire must be worn at all times during play
 - vii. Players are **not** allowed to wear caps with bills, or pants with any belts, belt loops, pockets, or exposed drawstrings
 - viii. Players are **not** permitted to wear metal cleated shoes. All cleated shoes must be of the one-piece molded rubber type.
 - ix. It is strongly recommended that a mouth piece be worn by all players
- b. Jewelry
 - i. No jewelry is allowed. If a player has jewelry on during the game, it is a point for the other team.
- c. Equipment
 - i. During the game, each team must use a legal, regular-sized ball of its choice when in possession
- d. Flags
 - i. 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
 - ii. Opposing teams' flags must be of the contrasting colors and will be distributed by ASI Recreational Sports Officials at the playing field
 - iii. Players may not wear a towel hanging from their waist as it could be mistaken for a flag

3. Co-Rec Rules

- a. The game shall be played between two teams of eight players: four men and four women
 - i. Teams with seven players shall be four men and three women or four women and three men
 - ii. Six players (three men and three women) are required to avoid a forfeit
 - iii. Regular, intermediate, youth, or junior sized footballs may be used for co-rec games
- b. Protected Scrimmage Kick Formation: The offensive team must have and maintain at least five players within one yard of their scrimmage line and remain motionless until the kick is made
- c. Minimum Line Players: The offensive team must have at least five players on their scrimmage line at the snap
- d. Men runners may not advance the ball past their team's scrimmage line; neither as a receiver nor as a runner
- e. Completions between two men:
 - i. During the offensive team's possession, there may not be two consecutive legal forward pass completions between two men. This rule applied to the extra points as well.

- ii. If a man completes a legal forward pass to another man, the next legal forward pass completion must involve a woman, as either a passer or receiver
- iii. The spot where the ball becomes dead by rule must be beyond the team's scrimmage line
- iv. On a closed play (a woman must be involved in the play), if a man completes a legal forward pass to another man, the ball is dead and returned to the original line of scrimmage. A loss of down is enforced.
- f. Mercy Rule:
 - i. If a team is 17 or more points ahead when the official announces the two-minute warning for the second half, the game shall continue with continuous running clock and will only stop during timeouts
 - ii. 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
- g. Touchdown Value: If a woman scores or passes for a touchdown, the point value awarded is nine

4. Fouls and Penalties

- a. Spectators
 - i. Spectators and members of both teams must stay off the field at all times
 - ii. Teams are responsible for their spectators. Poor spectator behavior may cause a team to receive a "minus" behavior rating.
- b. Zero Tolerance Policy
 - i. There is no alcohol or drugs allowed at ASI Intramural Sports games. If a player or fan is caught under the influence, they will be ejected immediately and disciplinary action may follow. If an Intramural Sports Supervisor feels that there is a threat to participant safety or suspects that a team might be under the influence, they are required to stop the game immediately. If there is no proof of substance use, the game will be rescheduled for another time.
- c. Loss of Five 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; advancement by a man (co-rec only).
- d. Loss of Five Yards and Loss of Down: Illegal forward pass; intentional grounding
- e. Loss of Ten Yards: Fair catch interference; unsportsmanlike conduct; tripping an opponent; throwing runner to the ground; hurdling any player; clipping; tackling the runner; illegal screen blocking; defensive use of hands; stiff arm; batting a free ball; guarding the flag belt; stealing or attempting to steal ball
- f. Loss of Ten Yards and Loss of Down: Pass interference (offense); illegally secured belt (offensive player)
- g. Loss of Ten Yards and Automatic First Down: Pass interference (defense); roughing the passer; illegally secured flag belt (defensive player)
- h. Loss of Ten Yards and Disqualification (Official's Discretion): Flagrant unsportsmanlike conduct; tackling the runner; intentional tampering with flag belt; flagrant personal foul; intentional contact with an official

5. Flag Football Rules

- a. Game Time
 - i. A kickoff 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. Fumbled kicks are down at the spot at which the ball hits the ground.
 - ii. Playing time shall be 40 minutes, divided into two halves of 20 minutes each. The intermission between halves shall be three minutes.

- iii. During the first half, the game clock will run continuously
 - iv. During the second half, the game clock will run continuously until the two minute warning. During the final two minutes of the second half, the clock will stop for an incomplete pass, out-of-bounds, score, timeout, penalty, or change of possession. Also, the clock will be stopped after an offensive team gains a first down until the ball is marked "ready for play" by the referee.
 - v. Each team will be granted two timeouts per half
- b. Tie-breakers (only applicable during playoffs):
- i. Each team will be given four downs from the 20-yard line to score a touchdown, going in the same direction. Play is not sudden death.
 - ii. The team with second possession will always have an opportunity to score. Extra points will be attempted. After two overtime periods, if the score is still tied, the scoring team has to go for two points for their extra points. Interceptions may be returned for a touchdown. Play continues until there is a winner.
- c. Scoring
- i. A touchdown is worth six points
 - ii. 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.
 - iii. A ball intercepted during the point-after attempt may be returned for a value of the conversion
 - iv. A safety is worth two points and is awarded when a player in the possession of the ball is downed in their own end zone
- d. Substitutions
- i. Substitutions may be made in between plays
- e. Out-of-Bounds
- i. As soon as a player with the ball touches the sideline, the play is dead
 - ii. Catches must be made with one foot landing in bounds before the player's momentum takes them out of bounds
- f. General Rules
- i. 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 end zone or downed for a touchback and the ball will be placed at the 20-yard line.
 - ii. The referee shall use two rubber disks, one yard apart, to mark the offensive and defensive scrimmage lines
 - iii. At the beginning of each down, the offensive team is required to have four players (five players for co-rec) on the scrimmage line
 - iv. All offensive players must be at least five yards away from the sidelines and remain motionless for at least one full second before the snap, except for the man-in-motion
 - v. There may only be one man-in-motion at the time of the snap, who may not be moving toward the scrimmage line
 - vi. 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.

- vii. All players are eligible receivers. The ball will be spotted at the ball carrier's hips no matter their location on the field. Only one forward pass may be thrown per down. A player with the ball may not dive or hurdle another player to advance a ball. A defensive player may dive for the ball handler's flag.
- g. Mercy Rule:
 - i. If a team is 17 or more points ahead when the official announces the two-minute warning for the second half, the game shall continue with continuous running clock and will only stop during timeouts
 - ii. If a team scores during the last minute of the second half and that score creates a point differential of 17 or more, the game shall end at that point
- h. Explanation of Terms and Rules
 - i. Fumbles: All fumbles are dead as soon as the ball touches the ground. Any loose ball that is fumbled into the offensive team's end zone on the first bounce is a safety.
 - ii. Inadvertent Whistle: Play will stop and the offensive team will have the option of taking the play or replaying the down unless a penalty has occurred, which will then be assessed accordingly
 - iii. Punts: The offensive team must have at least four players on the line of scrimmage and must remain motionless until the ball is kicked
 - iv. 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 their fall or retain their balance.