

Intramural Sports Flag Football Rules

Please email [IM Flag Football Supervisors](#)¹ for any flag football related questions.

Reschedules: Requests for reschedules must be submitted to the IM Flag Football Supervisor 72 hours in ADVANCE of the scheduled game.

¹ Email IM Flag Football Supervisors-imfootball@calpoly.edu

1. The Game
 - A. Start Time
 - I. 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 Intramural Officials with current PolyCard ID by game time. Please refer to the Intramural Sports Handbook for the forfeit policy description.
 - B. The Players
 - I. Men's and Women's games shall be played between two teams of seven players. Co-Rec games shall be played by two teams of eight players. Five players are required at the start of Men's and Women's game times to avoid a forfeit. Six players are required at the start of Co-Rec game times to avoid a forfeit.
 - II. If, at any time during the game, a team has fewer than the eligible players, the game is over.
 - C. Managers Meeting
 - I. Pre-game Managers Meeting
 - a. Prior to the start of the game, a meeting between the two team managers and the officials will take place at mid-field. They will discuss rules and regulations which the manager must relay back to the team. A coin toss will determine first possession.
 - II. Halftime Managers Meeting
 - a. During halftime, a meeting between the team manager and the officials will take place. They will discuss the flow of the game and any changes to the style of officiating for the second half.
 - D. Team Spokesperson
 - I. The team manager is the only person who may address the officials and is the spokesperson for the team.
 - E. The Field
 - I. Games will take place at the Upper Sports Complex.
 - II. 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.
 - III. Flag Football Field Dimensions
 - a. The field will be 80 yards long by 40 yards wide from end line to end line.
 - b. 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 is not offered or if it folds due to an insufficient amount of teams, 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 court 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 removed from 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
 - 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, an administrative technical foul will be given.
 - IV. If every member of a team has the same uniform, they will be allowed to play at the discretion of the supervisor.
 - V. Jerseys must be tucked inside the flag belt.

- B. Zero Tolerance Policy
 - I. There is no alcohol or drugs allowed at ASI Intramural Sports games. If a player or fan is 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
 - I. Enforced at the Spot of the Foul
 - a. Free kick out-of-bounds
 - i) When a kickoff goes out of bounds between the goal line without being touched by the receiving team, the ball belongs to the receivers 30 yards from the spot of the kick or at the out-of-bound spot if the ball did not go past 30 yards.
 - ii) The receiving team may elect for the kicking team to re-kick the ball. The kicking team's line of scrimmage will be moved back five yards.
 - b. Helping the runner
 - i) An offensive player may not aid a runner in advancing the ball forward. An offensive player may block for a runner, but may not push them forward. No offensive player may lift a runner to his feet or pull him in any direction at any time, nor push or throw his body against a teammate to aid him in an attempt to obstruct an opponent or to recover a loose ball.
 - II. Enforced at the Line of Scrimmage
 - a. False start/Illegal Motion
 - i) If the ball has been placed ready for play, and, prior to the snap, an offensive player who has assumed a set position charges or moves in such a way as to simulate the start of a play, or if an offensive player who is in motion makes a sudden movement toward the line of scrimmage.
 - b. Required equipment worn illegally
 - c. Advancement by male runner (Co-Rec)
 - d. A male participant may not advance the ball past his team'
 - e. Delay of game
 - i) Delay of game is called if the ball is not put in play within 25 seconds when the ball has been placed ready for play.
 - f. Encroachment
 - i) A defensive player illegally crosses the line of scrimmage and makes contact with an opponent or has a clear path to the quarterback.
 - g. Illegal snap
 - i) The center does not snap the ball from the ground, in a continuous motion, either through the legs or to the side, to a quarterback, who is at least two yards from the line of scrimmage.
 - ii) A direct snap is an automatic illegal snap.
- D. Loss of Five Yards and Loss of Down
 - I. Enforced at the Spot of the Foul
 - a. Illegal forward pass
 - i) A forward pass thrown after there has been a change of possession.
 - II. Enforced at the Line of Scrimmage:
 - a. Intentional grounding
 - i) If a passer throws a forward pass without an eligible receiver in the vicinity of the pass.
 - 1) Intentional grounding will not be called when a passer has been or is outside the tackle position, throws a forward pass that lands at or beyond the line of scrimmage, even if no eligible receivers had an opportunity to catch the pass.
 - b. Illegal Forward Pass
 - i) A forward pass thrown when the passer is beyond the line of scrimmage.
 - ii) A second forward pass thrown from behind the line of scrimmage.
 - iii) A forward pass thrown after the ball has crossed the line of scrimmage and has returned behind it.

- E. Loss of Ten Yards
 - I. Enforced at the Spot of the Foul
 - a. Clipping
 - i) Throwing the body across the back of an opponent's leg or hitting him from the back below the waist while moving up from behind.
 - b. Guarding the flag belt
 - i) A runner shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove the flag belt.
 - c. Hurdling any player
 - i) A player may not jump over any other player.
 - d. Fair catch interference
 - i) Interference with the opportunity to make a fair catch.
 - e. Stiff arm
 - i) A runner shall not use their hands, arms, or the ball to push an opponent away from them.
 - f. Illegal screen/illegal pick
 - i) An offensive player attempts to impede the progress of a downfield defender in order to allow a teammate to get open for a pass.
 - g. Stealing or attempting to steal the ball
 - i) A player may not strip or attempt to strip a ball from an opposing player.
 - h. Tripping an opponent
 - i) A player uses his leg or foot to stop another player's forward motion.
 - II. Enforced at the Line of Scrimmage
 - a. Illegal use of hands
 - i) No player shall grasp and control, twist, turn, push or pull an opponent in any direction.
 - b. Unsportsmanlike conduct
 - i) Any act contrary to the generally understood principles of sportsmanship.
- F. Loss of Ten Yards and Loss of Down
 - I. Enforced at the Line of Scrimmage
 - a. Pass Interference (offense)
 - i) Any act by a player more than one yard beyond the line of scrimmage significantly hinders an eligible player's opportunity to catch the ball. Pass interference can only occur when a forward pass is thrown from behind the line of scrimmage, regardless of whether the pass is legal or illegal, or whether it crosses the line.
 - b. Illegally Secured Flag Belt (offensive)
 - i) A flag belt that is not properly secured on an offensive player's body.
- G. Loss of Ten Yards and Automatic First Down
 - I. Enforced at the Spot of the Foul
 - a. Pass interference (defensive)
 - i) Any act by a player more than one yard beyond the line of scrimmage significantly hinders an eligible player's opportunity to catch the ball. Pass interference can only occur when a forward pass is thrown from behind the line of scrimmage, regardless of whether the pass is legal or illegal, or whether it crosses the line.
 - ii) Defensive pass interference rules apply from the time the ball is thrown until the ball is touched.
 - iii) The offense will have the option of choosing between the two following marks:
 - 1) Ten yards from the line of scrimmage or
 - 2) The spot of the foul
 - II. Enforced at the Line of Scrimmage
 - a. Bull rushing
 - i) A direct forceful rush by a defensive player used to create space.
 - b. Roughing the passer
 - i) Defensive players are not allowed to make more than mild contact with the quarterback once he has released a pass, or any contact

with the head of a quarterback whether or not the quarterback is in possession of the ball.

H. Loss of Ten Yards and Disqualification

I. Enforced at the spot of the foul

- a. Intentional tampering with flag belt
 - i) Tampering with flag belt in any way to gain an advantage including tying, using foreign materials, or other such acts is a foul.
 - ii) Will result in an automatic disqualification.
- b. Tackling the runner
 - i) Tackling a player will result in an automatic disqualification.

II. Enforced at the line of scrimmage

- a. Unsportsmanlike conduct
 - i) Any act contrary to the generally understood principles of sportsmanship.
- b. Intentional contact with an official
 - i) Players may not contact the official. Will result in an automatic disqualification.

5. Flag Football Rules

A. Game Length

- 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 two minutes.
- III. During the first half, the game clock will run continuously except for enforcing penalties in the final two minutes and timeouts.
- 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, time-out, 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 official.
- V. Each team will be granted two timeouts per half.
- VI. Overtime: These rules only apply to Playoffs.
 - a. 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.
 - b. 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. After each overtime, teams alternate who goes first.
 - i) First overtime: Team A starts on offense first. Second overtime: Team B starts on offense first.

B. 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 possession of the ball is downed in their own end zone.

C. Substitutions

- I. Substitutions may be made in between plays.

D. 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.
- III. If a player goes out of bounds, they are ineligible to be the first player to touch the ball.

E. General Rules

- I. A team in possession of the ball shall have four consecutive downs to advance to the next zone.
 - a. Prior to the fourth down, the offensive team will be given the option of a protected scrimmage punt. Teams are not allowed to fake a punt.
 - i) A kick may be run out of an end zone or downed for a touchback and the ball will be placed on 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 (Co-Rec requires five players) on the line of scrimmage.
 - IV. 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.
 - V. There may be only one player-in-motion at the time of the snap.
 - a. Player may not make any move up field.
 - 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.
- 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 a continuous clock where only a timeout will stop the clock.
- G. 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 six players on the line of scrimmage and must remain motionless until the ball is kicked. Offensive team must announce whether they are going to punt or not.
 - IV. Screen Blocking: The offensive screen block shall take place without contact. Screen blockers shall have their hands and arms at their sides or behind their backs. 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.