

7 v 7 FLAG FOOTBALL RULES

1. The Game
 - a. Start Time
 - i. Game time is forfeit time. If the minimum number of players is not present at game time, the game will be forfeited. All players must check in with the ASI Intramural Sports supervisor or officials before the game with their PolyCard; non-students can check in with a valid photo ID. Please refer to the ASI Intramural Sports Handbook for the forfeit policy description.
 - b. The Players
 - i. Men's and women's games shall be played by two teams of seven players. Five players are required at the start of game time to avoid a forfeit.
 1. If a team has two or fewer players at game time, that team will be assessed a forfeit fee.
 - ii. If at any time during the game a team has fewer than five eligible players, the game will be forfeited.
 - c. Manager's Meeting
 - i. Prior to the start of the game, a meeting between the two team managers and the official will take place at midfield. They will discuss rules and regulations which the manager must relay back to the team.
 - d. Team Spokesperson
 - i. The team manager is the only person who may address the official and is the spokesperson for the team.
 - e. The Field
 - i. Games will take place at the Cal Poly Upper Sports Complex.
 - ii. In order to ensure the safety of 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
 1. The field will be 80 yards long by 40 yards wide from end line to end line.
 2. The area of the field inside the goal lines shall be divided into four twenty-yard zones; the end zones will be ten yards long.
 - f. Player Restrictions
 - i. Participants may only play on one team per gender league (e.g., one Men's or Women's League and one Co-Rec League). If a gender league folds due to an insufficient number 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 (e.g., Men's D2 and Men's D3, or Co-Rec D2 and Co-Rec D3).

- ii. If an Interfraternity Council (IFC) Division is offered, men may play in either the IFC or Men's Division, but not both. If a Panhellenic (PHA) Division is offered, women may play in either the PHA 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 a sport similar to their Cal Poly sport until a minimum of three academic quarters (not including summer) after they have been removed from that 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. The home team wears white and the away team wears black.
 - ii. Players must check their schedules on [IM Leagues](#)¹ to know which color shirt to wear. If there is any doubt, bring both colors.
 - iii. No gray or yellow shirts may be worn.
 - iv. If every member of the 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.
 - vi. A player with blood anywhere on their uniform will be instructed to leave the game until the uniform has been changed or approved after an evaluation by an ASI Intramural Sports supervisor or an ASI facility supervisor.
 - b. Dress Code
 - i. Closed-toe shoes must be worn at all times during play.
 - 1. Players are not permitted to wear metal cleated shoes. All cleated shoes must be of the one-piece molded rubber type.
 - ii. Athletic attire must be worn at all times during play.
 - iii. Wearing a hat is not allowed during play.
 - iv. Pants with any belts, belt loops, pockets, or exposed drawstrings are not allowed.
 - v. It is strongly recommended that a mouthpiece be worn by all players.
 - vi. Players may not wear a towel hanging from their waists as it could be mistaken for a flag.
 - vii. Intramural officials can remove a player for improper dress code at their discretion.
 - c. Jewelry
 - i. Jewelry is not permitted; players must remove all jewelry before the start of a game.
 - d. Flags

¹ IM Leagues <http://www.imleagues.com/spa/intramural/0b8be4bae6da46cda342eda2b7077baf/home>

a. Game Length

- i. A kickoff shall begin each half of a game. Onside 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 except for enforcing penalties in the final two minutes.
- 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. The clock will also 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. Tie-breaker (rules only apply to playoffs)
 1. Each team will be given four downs from the 20-yard line to score a touchdown going in the same direction. The team with second possession will always have an opportunity to score.
 2. If the game is still tied at the end of an overtime period, the team who was on offense first for the first overtime period will be on defense first for the second overtime period.
 3. Extra points will be attempted. If after two overtime periods 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.

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 10-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 can 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 receive the ball.

e. 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 in which the ball will be placed on the 20-yard line.
- ii. The official 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 for co-rec, 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 player in motion.
- v. There may be only one player in motion at the time of the snap. The player in motion may not be moving toward the line of scrimmage.
- vi. Once the official marks 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.
- 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 continue with a continuous running clock and will only stop during timeouts.

g. Explanation of Terms and Rules

i. Fumbles

1. A player who has possession and control of the ball loses it before being downed or scoring.
2. All fumbles are dead as soon as the ball touches the ground.
3. Any loose ball that is fumbled into the offensive team's end zone is a safety.

ii. Inadvertent Whistle

1. An official blows the whistle before a play is over.

2. 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
 1. A drop kick performed by dropping the ball from the hands and then kicking the ball before it hits the ground.
 2. The offensive team must have at least four players on the line of scrimmage and must remain motionless until the ball is kicked.
 3. The offensive team must announce whether they are going to punt or not.
 - iv. Screen Blocking
 1. The offensive screen block shall take place without contact.
 2. 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.
 - a. Blockers may use their hands or arms to break a fall or retain their balance.
 - v. Bull-rushing
 1. An excessive use of force by rushing defenders to create space.
 - vi. Intentional Grounding
 1. When the quarterback is in the pocket and does not throw the ball within 10 yards of any eligible receiver.