

Intramural Flag Football Rules

THE GAME

Each team consists of 4-5 players.

The field is 70 yards x 40 yards.

Teams will wear jerseys of opposing colors.

Each player must wear a flag belt with two flags attached.

Each player must wear pants or shorts without any belts, belt loops, pockets, or exposed drawstrings.

Shoes- players must wear shoes. Cleats must be plastic. No metal, ceramic, screwing, or detachable cleats are allowed.

SCORING

Touchdown scored by male- 6 points

Touchdown scored by female- 9 points

Safety - 1 point

THE CLOCK

Each game will consist of two halves of 10 minutes each. The clock will run for the first 8 minutes of the first half, stopping only for scores, official time-outs or team time-outs. The clock will stop during the last two minutes of each half. During the last two minutes of each half, the clock will stop after out of bounds, incomplete passes, time-outs, penalties, scores, and after a first down until the ball is set. If a game ends in a tie, an overtime period will be played. The overtime period will consist of two minutes. After two overtime periods have been played, sudden death play will begin. Sudden death will consist of a play in four downs from the ten-yard line format. Each team is allotted two time-outs per half.

MOVING THE BALL

Each team will have four downs to advance the ball to the next line. If successful, the team is awarded a new series of downs.

Each half will begin by spotting the ball on the 10- yard line.

PUNTING

A protected scrimmage kick is a punt made in accordance with the rules. The offensive captain notifies the referee of their choice—to kick or go for it on fourth down. If they punt, both teams must have at least four players within one yard of their line of scrimmage and remain motionless until the kick is made. Anyone trying to distract the kicker or to block the kick will be penalized 5 yards for illegal procedure.

BEFORE THE SNAP

Position and action during the snap- A player must be within 15 yards of the ball before the snap. A team must also have at least one players on their line of scrimmage at the snap. Motion is legal.

A player must receive the snap at least two yards behind the center. No direct snaps. Snaps that are fumbled are dead balls.

LATERALS

A runner may pass the ball backward at any time. A backward pass (pitch) that hits the ground will be considered dead at the spot it hits the ground. A pitch that is intercepted by the defense can be advanced.

PASSING

Only one legal forward pass can be made per down. If more than one occurs, it will carry a 5-yard penalty and loss of down.

PASS INTERFERENCE-

Was there an attempt to impede? If by the defense, it will result in a penalty of 10- yards and an automatic first down. If by the offense, a penalty of 10 yards and a loss of a down.

GUARDING THE FLAG

Runners shall not flag guard by using their hands, arms, or the ball to deny opportunity for an opponent to pull or remove the flag belt. No stiff arming! Guarding the flag carries a 10-yard personal foul penalty. Hurdling over an opponent is illegal. Players are permitted to dive as long as it is not over or at an opponent.