



FLAG FOOTBALL

Any rules or play interpretations not discussed below will be covered by the National Intramural Recreational Sports Association Flag & Touch Football Rules Book and Official's Manual.

I. GENERAL

A. Rosters

- i. Teams consist of 7 players. A minimum of 5 players is needed to start the game.
 1. Co-Rec teams consist of at least 2 women at all times and 5 men.

II. Equipment

A. Flag belts are provided.

- i. The proper way to wear the flag belt is with one flag on each side and one in the center of the back.
 1. NO TYING KNOTS – results in automatic ejection.

B. All participants must wear the proper athletic attire to participate. This includes:

- i. Closed-toed athletic shoes. Metal spikes and screw in cleats are not allowed.
- ii. Shorts or pants without: an exposed drawstring, pockets or belt loops.
- iii. Participants must wear T-shirts while participating.

III. Timing

- A. The game will consist of two 10 minute halves with a 5 minute half-time.

IV. Regulations

A. The Game

- i. A coin toss shall begin the game.
 1. The options given to the winning team are to receive, defend or defer.
- ii. The ball shall be snapped on the 14-yard line starting a half, following a touchback or safety, and following the extra point try. Unless moved by penalty.
- iii. A team has 25 seconds to snap the ball after the referee has signaled ready for play.
Penalty: Delay of Game – 5 yards
- iv. A first down can be gained when the offensive team passes the next zone line to gain.
- v. There are NO fumbles. If the ball hits the ground it is considered dead at the spot where it contacts the ground. If the ball is fumbled forward, it will become dead at the spot where the runner lost control.
 1. Exception: Ball is fumbled into opponent's end zone will result in a touchback.
- vi. A defender must touch an opponent with one hand between the shoulders and knees, if the ball carrier's flag belt has come off inadvertently.
- vii. Scoring
 1. Touchdown = 1 point
- viii. Overtime
 1. In playoffs, if the game remains a tie, the game will proceed to overtime procedures.
 2. A coin toss will determine offense, defense or direction.
 3. All overtime periods will be played toward the same goal line.

IV. Rule Clarifications

A. Snapping the Ball

- i. The player who receives the snap from the center must be at least 2 yards behind his/her scrimmage line. Penalty: Illegal Formation - 5 yards
- ii. The offensive team must have at least 1 player on the line of scrimmage at the time of the snap. A player in motion is not counted on the line. Penalty: Illegal Formation - 5 yards
- iii. If on a snap, the ball is fumbled, it is immediately blown dead at the spot upon hitting the ground.
- iv. Every offensive player must at least momentarily be within 15 yards of the ball on or after it is marked ready for play. The rule is meant to prevent a substitute deceiving the defense. Penalty: Illegal Formation - 5 yards
- v. The offensive team is responsible for retrieving the ball after a down has ended.
- vi. The center can snap the ball between his/her legs or stand to the side of the ball. This has to be done in one continuous motion, with the ball starting on the ground. Penalty: Illegal Snap - 5 yards

B. Passing the Ball

- i. A legal forward pass is a live ball thrown towards the opponent's goal line, from behind the line of scrimmage. The initial direction of the ball determines whether or not the ball is backwards or forwards.
- ii. There may only be one legal forward pass per down.
- iii. All players, with the exception of the passer, are eligible to touch a forward pass after it is thrown.
- iv. The passer may catch his/her own forward pass provided another player has touched it first.
- v. Players only need one foot inbounds and the ball under control to establish possession.
- vi. When members of the opposing teams catch a legal forward pass simultaneously, the ball is immediately blown dead and possession belongs to the offense.
- vii. Defensive players shall not contact the passer before or after the ball is released behind the line of scrimmage. Defensive players must try to avoid contact with the passer at all times. The only contact allowed is that caused by grabbing for the flag belt. The ball cannot be contacted while in the passers hand. If the defender deflects a pass, he/she cannot follow through and contact the passer. Penalty: Roughing the Passer - 10 yards and automatic first down.

C. Screen Blocking and Rushing

- i. Screen blocking is legally obstructing an opponent without using any part of the body to initiate contact with him/her.
- ii. The offensive screen block shall take place without contact; screener shall have his/her hands and arms at their side or behind their back.
- iii. Defensive players must go around the offensive blocker without making contact. His/her arms or hands may not be used to gain advantage or contact the blocker.

D. Fouls and Penalties

- i. No stripping the ball from opponent's arms. Penalty: Illegal Contact – 10 yards
- ii. No hurdling over an opponent. Penalty: Personal Foul– 10 yards
- iii. A player may not attempt to guard their flag from an opponent by the use of stiff arms, dipping their shoulder, placing the ball over the flag or swinging or placing their hand over the flag or swatting someone's hand away. Penalty: Flag Guarding (Stiff Arm = Personal Foul) – 10 yards