



Intramural Flag Football

Eligibility

- A.** In order to be eligible to participate in intramural activities, players must be current students enrolled in one or more credit hours or a Faculty/Staff member.
- B.** Players must be on the roster before the start of game play

Code of conduct

- A.** Understand, appreciate, and abide by the rules of the game and the honor system.
- B.** Respect the integrity and judgment of game officials and staff.
- C.** Respect your opponents and congratulate them in a courteous manner following each match, whether in victory or defeat.
- D.** Be responsible for your actions and maintain self-control.
- E.** Do not taunt or bait opponents.
- F.** Refrain from using foul or abusive language.
- G.** Keep the game fun!

Equipment

- A.** The Intramural Director will provide a game ball for each contest.
- B.** If teams wish to warm up they must provide their own ball.
- C.** Clothing
 - a.** Athletic attire must be worn, NO pants with belt loops or pockets.
 - b.** Athletic shoes or molded cleats, NO metal cleats.
 - c.** All jewelry must be removed before each game.
 - d.** A flag belt must be worn at all times during the game.
 - e.** Shirts must be worn the entire game. No shirts and skins.

Playing Field

- A.** The field shall be approximately 60yds x 30yds.

Players

- A.** Each team will consist of at least 5 players
- B.** Men, Women, or Co-Ed teams



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Forfeits

- A.** Forfeit time is 5 minutes from the scheduled starting time of the contest. A team must be present and ready to play within 5 minutes to avoid forfeit.
- B.** The game will begin when 5 players of each team are present.
- C.** In order to claim a forfeit, a team must have the correct number of players present and be ready to play.
- D.** If neither team is able to field a team, a double forfeit will be declared.
- E.** A second forfeit within the same sport may result in that team being dropped from league play.

Starting the Game

- A.** A coin toss will be conducted prior to beginning the game. The team winning the coin toss will choose one of the following options:
 - a.** Whether or not to receive kickoff
 - b.** Which end of the field they will defend
 - c.** Winning team may defer their option to 2nd half
 - d.** Team losing toss will have the choice of options at the beginning of second half unless winning team defers
- B.** The ball shall be put into play at the beginning of the game, beginning of the second half, and after a score by a punt or pass from the kicking team's end zone. The ball may be placed anywhere in the end zone.
 - a.** Kickoff must cross midfield.
 - b.** If the ball is kicked into the end zone, it will be declared a touchback.
 - c.** Kicking team must line up own goal line.
 - d.** If the ball is kicked or passed out of bounds, a 10 yard penalty will be assessed to the kicking team. The ball will then be kicked again.
 - e.** If kicked out of bounds on the second kick, the ball will be put in play by the receiving team on the midfield line.
- C.** Punts
 - a.** All punts must be announced. The only times a team may change to or from a decision to punt are timeouts or penalties.
 - b.** On punts, there shall be no movement on the line of scrimmage prior to the ball begin kicked.
 - c.** There must be at least 3 players from each team on the line of scrimmage prior to snap.

Game

- A.** Game shall consist of two 15 minute halves.
- B.** There will be a 5 minute halftime.
- C.** Each team is allowed 2, one minute time outs. Time outs can be requested only when the ball is dead and the time out must be granted by the official.
- D.** If the game is tied each team will have 4 downs on midfield to score.
- E.** During the last 2 minutes of the game: clock will stop for incomplete passes, penalties, out of bounds, change of possession, and scoring.



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Plays from Scrimmage

- A. Putting the ball in play.**
 - a.** The offensive team must have a minimum of 2 players on the line of scrimmage prior to snap.
 - b.** There will be a neutral zone separating the offensive and defensive lines.
 - c.** After the official puts the ball into play, the offense has 25 seconds to initiate play.
 - d.** The ball is put into play from scrimmage at the point of the field:
 - i.** Where the runner carrying the ball loses his/her flag, steps out of bounds, or the previous line of scrimmage on an incomplete forward pass.
 - ii.** Centered between the two sidelines
 - e.** Only one offensive player can be in motion toward the line of scrimmage prior to the snap.
 - f.** A player who lines up as a lineman may go in motion provided 2 players are left on the line of scrimmage.
 - g.** All players on the field must be a part of and leave the huddle before the start of a down.
 - h.** A runner may not attempt to jump over a player.
 - i.** If a player leaves the ground, he/she must land on their feet for play to continue.
- B. Defensive use of hands.**
 - a.** Defensive linemen must go around offensive linemen and may only slightly brush them.
 - b.** Defensive players may dive to remove a flag, but do not dive through the ball carrier.
 - c.** Defensive players may not hold, push, or pull the ball carrier when taking the flag.
 - d.** When rushing the passer, the defensive player may block the pass or take the flag but shall not initiate physical contact to break a play.
 - e.** The ball is considered part of the body while it is in possession of a player, thus, the ball may not be stripped from the ball carrier's possession.
- C. Downing the ball carrier.**
 - a.** When a defensive player pulls a flag he/she should hold it up so the official(s) and other players can see play has ended.
 - b.** If a runner unintentionally loses his/her flags while running or receiving the ball he/she must be touched anywhere between the shoulders and waist by a defender with one hand in order to be downed.

Scoring

- A.** Touchdown= 6 points
- B.** Point after touchdown= 2pts/1pt
 - a.** For 1 point the ball will be placed on the 3yrd line
 - b.** For 2 points the ball will be placed on the 10yrd line
- C.** Safety= 2 points
 - a.** When the ball is downed in the offensive team's end zone, a safety is awarded.
 - b.** Two points are awarded to the defensive team. The ball is put in play by a punt by the scored upon team from the back of their end zone.
- D.** The defensive team may return a fumble or interception during an extra point try from the offensive team for 2 points.



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Tie Breaker

- A.** A coin toss will be conducted. The winner will choose offense, defense, or direction.
- B.** Each team will start on the 10yrd line and will get 4 downs to score, each team will have a chance to score.
- C.** Both teams will attempt to score in the same direction.
- D.** When a team scores a touchdown, they receive an attempt at extra points just like in regulation play. Possession is then turned over to the other team.
- E.** During regular play, this will be conducted once. In the playoff game, it will be repeated until one team gains advantage.

Penalties

- A.** 5 Yard Penalties
 - a.** Delay of game
 - b.** False start
 - c.** Encroachment (off-sides)
 - i.** If a player lines up off-sides he/she will be warned to move
 - ii.** Persons who jump off-sides, moving into the neutral zone will be penalized
 - d.** Illegal formations
 - e.** Illegal motion or shift
 - f.** Illegal timeout
 - g.** Illegal forward pass
- B.** 10 Yard Penalties
 - a.** Illegal contact
 - b.** Holding/guarding the flags
 - c.** Pass interference:
 - i.** Defensive
 - 1.** 10 yard penalty from the previous spot and a first down or half the distance to the goal line.
 - ii.** Offensive
 - 1.** 10 yard penalty from previous spot. No loss of down.
 - 2.** Roughing the passer- 10 yard penalty, first down
 - d.** Unsportsmanlike conduct 10 yard penalty and possible ejection

Fumbles

- A.** Incomplete laterals, backward passes, and handoffs are considered fumbles.
- B.** If the ball is fumbled at any time any player from any team may recover it.
- C.** Muffs are not fumbles and may not be advanced although may be recovered by any team. Muffs are unsuccessful attempts to catch kicks that are touched.



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Unsportsmanlike Conduct

- A.** Any unsportsmanlike conduct (including but not limited to: verbal abuse to officials or players, unnecessary roughness, taunting, arguing with official, fighting, etc) will result in:
 - a.** 1st incident Penalty
 - b.** 2nd incident Ejection
 - c.** 3rd incident Forfeit of game
- B.** Any player who is ejected from a game will be ineligible for further participation in Intramural activities until the incident is resolved by:
 - a.** Meeting with the Intramural Director after first major incident. Any fines or suspensions will be at the Intramural Director's discretion.
 - b.** Meeting with the Vice President of Student Affairs to determine if he/she will be eligible for further participation in any Intramural activities for the remainder of the school year and any other actions he/she deems necessary.
 - c.** There will be no 3rd incident.
- C.** Any player that is ejected must leave the playing area.
- D.** Any team with a player who has been ejected from the league will not be allowed to replace the player on the roster.

Intramural Flag Football Score Card

Game Time: _____

Home Team

Visiting Team

1st Half

2nd Half

Timeout

Final Score

Winning Team
