

Intramural Flag Football Rules

PLAYERS AND EQUIPMENT

1. Each players' name must appear on the official score sheet and the master roster before they are eligible to play in a game. Players must also meet all general IM eligibility rules and must be an enrolled student at Northcentral Technical College and /or UWMC.
2. Each team should bring a football so they don't have to rely on an extra Intramural ball to warm up. The Student Life will provide game balls for each game.
3. The Student Life Office will also provide flags and belts.
4. No metal spikes or cleats will be allowed. If any part of a shoe is worn down to the point it is exposing metal, the shoe is illegal. Legality of shoes is at the discretion of the official. Violation of this rule will result in a forfeit.
5. Absolutely no casts are allowed.
6. No jewelry can be worn during flag football games.

COIN TOSS AND OPTIONS:

At the beginning of the game, the referee shall toss a coin and one captain shall call the toss. The winner of the toss shall have the option of defending the goal, putting the ball in play, or deferring the choice to the second half. The game will start with a free kick.

DEFINITIONS:

TACKLE: In flag football, a tackle consists of pulling the ball carrier's flags. If a flag inadvertently falls off, the ball carrier will be considered down when he/she is touched by an opposing team member. Once a player pulls a flag, he/she should immediately raise it up so the officials can see it. A runner is also considered tackled if any part of their hands or knees touch the ground.

FUMBLE: Loss of possession of the ball by a player other than kicking, passing, or handing. In flag football there are NO playable fumbles. The ball is dead at the spot the ball hits the ground. A fumble behind one's goal line is a safety. Intentionally fumbling the ball forward is illegal and will result in an unsportsmanlike conduct penalty.

SCRIMMAGE:

- The scrimmage line – the vertical plane through the point of the ball nearest the team's goal line.

- Offensive linesman is on his/her own line of scrimmage when he/she faces the opponent's goal line with the line of his/her shoulder.
- Defensive linesman is on his/her line of scrimmage when he/she is within one yard of the line of scrimmage.
- Persons on the line must stand or crouch; they cannot assume a three or four point stance.
- A live ball becomes dead when:
 - The officials blow their whistle to stop play.
 - A flag is removed from the ball carrier.
 - The ball touches the ground after a fumble, incomplete pass or snap.
- All passes are either forward or backward. A team may pass an unlimited number of times behind the line of scrimmage (backwards pass), but only one forward pass is allowed.

SERIES OF DOWNS, LINE TO GAIN:

Down and Line to Gain – the zones formed by the marking of the 20 and 40 yard lines are used instead of the ten yard chain to determine the distance for a first down. Four downs are allowed to advance the ball to the next line. A team beginning in a zone and subsequently losing yardage back to another zone must advance the ball to the zone forward of the one which the ball was originally put in play.

KICKS

1. Punts:
 - a. The offensive team may choose to punt at any time.
 - b. The offensive team must tell the referee that they are going to punt.
 - c. The punter must take the snap and punt immediately. No stalling.
 - d. No defensive player may cross the line of scrimmage until the ball has been kicked.
 - e. All punts will belong to the receiving team after the punt.
 - f. In order to advance the ball, the receiving team must catch the ball in the air.
 - g. A ball that hits the ground after a punt remains live until it is touched by a player, goes out of bounds, or rolls into the end zone. The ball may not be advanced if it hits the ground.
 - h. A kick that hits the ground in the end zone is a touchback and will be played from the 20-yard line. If the ball hits a player in the end zone, the same applies.
 - i. A player who is in the position to catch a punt must be given an opportunity to catch the ball. A fair catch is called by signaling with a wave of the hand above the head. The ball is dead there.

SNAPPING, RUNNING, AND PASSING THE BALL:

1. On the snap of a down, there must be at least 4 offensive players on the line.
2. Only one player may be in motion at any given time.
3. The ball must be snapped backwards, **FROM CENTER**.
4. On a snap, if the ball hits the ground it is dead at that spot.
5. All players except the passer are eligible to catch a pass.
6. Running plays are allowed, except for within 5 yards of each endzone.
7. Reverses and double reverses are allowed, counting as running plays

SCORING:

1. Touchdown – 6 points, Touchdown scored by a woman- 9 points, Safety – 2 points: PAT from 3 yard line – 1 point, from 10 yard line – 2 points.
2. Score of a forfeited game: 7-0

BLOCKING, RUSHING, AND CONDUCT:

1. Flags must be worn over any type of shirt or jersey. They cannot be rolled under to prevent pulling.
2. Protecting the flags with the arms, legs, or ball is illegal – a 10 yard penalty and loss of down.
3. Only the team captain is allowed to speak to an official. Captains are responsible for conduct of their team and/or of the field of play.
4. Player restrictions:
 - a. Striking, kicking, or kneeling opponents is illegal.
 - b. No tripping or clipping
 - c. No player, coach or spectator shall use abusive behavior or language to players or officials.
 - d. No offensive or defensive pushing with the arms extended. Screen blocking is approved. You may not initiate contact with another player.
 - e. Any attempt to pull a receiver's flag before they have possession of the ball is a 10-yard penalty.

- f. An offensive ball carrier must try to evade a tackler by going around, cutting or spinning. They may not try to charge through the defensive player.
 - g. When rushing the passer, players must count out loud to "5 Mississippi" before rushing. Only one player may rush per down. NO BLITZING! Only the declared lineman may rush the passer.
 - h. It is illegal for a defensive player to grab the ball carrier in order to stop his/her forward progress. This is considered tackling and will result in a 15-yard penalty.
 - i. Making contact with a ball carrier while not making a play on his/her flag is considered illegal contact and will result in a 10-yard penalty.
5. Pass Interference – using the hands or arms to distract the receiver from catching the ball. Once a pass is in the air however it is a free ball and belongs to anyone who can get it. There will be some incidental contact in this case. Pass interference is a 10-yard penalty from the spot of the infraction and an automatic first down

PENALTIES:

<u>Penalty</u>	<u>Yardage</u>	<u>From</u>
<i>DEAD BALL FOULS</i>		
Illegal stance	5 yards	Line of scrimmage
Encroachment	5 yards	Line of scrimmage
False Start	5 yards	Line of scrimmage
Delay of game	5 yards	Line of scrimmage
<i>LIVE BALL FOULS</i>		
Illegal block	5 yards	Line of scrimmage
Stiff arm	10 yards	Point of foul
Charging by a runner	10 yards	Point of foul (in addition to yardage)
Guarding the flag	10 yards	Point of foul (down will count)
Tackling	15 yards	End of play
Unnecessary roughness	10 yards	End of play
Abusive language	10 yards	End of play
Unsportsmanlike conduct	15 yards	End of play
Striking or kicking knee	10 yards	End of play
Defensive pass interference	10 yards	Line of scrimmage (automatic 1 st down)
Offensive pass interference	10 yards	Line of scrimmage (loss of down)