

IM Sports - FLAG FOOTBALL RULES

N.C.A.A. Football rules with these IM modifications and the IM General Rules will govern play. Each team must provide one player to keep score and work the sideline marker.

TEAM MANAGERS: have the responsibility of informing all team members of the rules of the game.

PSU ID+Cards are REQUIRED: a valid PSU ID+ card must be presented to the IM Official/Supervisor by each participant prior to the start of the contest. Late arrivals must first present their ID+ to the IM Supervisor for approval to participate.

INJURY NOTE: The intramural program is not responsible for any injury or accident that may occur during intramural activity. Players are urged to obtain accident insurance.

TEAM SHIRTS ARE REQUIRED: Shirts need to be the same color with a clearly visible, six-inch, one or two-digit number on back (Tee shirts with magic-marker numbers are fine).

MAJOR RULE CHANGES (Sept. 2009) ... see highlighted rules below...

TEAM:

MEN'S & WOMEN'S ~ Flag Football -- 7 players on the field. You may start and play with a minimum of 5 players.

COED ~ Flag Football -- 8 players (4 men and 4 women) on the field. A team may start a game with a minimum of 6 players, provided that the difference between genders is no greater than 1. (ie. 4 men, 3 women)

FIELD: The field is 80-yards long, 40- yards wide, has two 10-yard end zones and is marked off by three 20-yard first down lines.

TIME: There will be TWO halves of 20 minutes each. A RUNNING clock will be used except in the last 30 seconds of the second half. Then the clock will be stopped on all dead balls (a team has 30 seconds to put the ball in play). **PENALTY - LOSS OF DOWN.** Each team may use 1 (one) sixty-second time out per half . **NOTE:** On kicks: the clock starts when the ball leaves the kicker's foot.

GAME TIME is FORFEIT TIME: No grace period.

FORFEIT: if NO players are on the field at game time. After ONE forfeit, your team will be dropped from the tournament.

DEFAULT: if a team does not have the minimum number of players at game time, or if a team calls the IM Office by 4:00 PM on game day to request a default. TWO DEFAULTS equals one forfeit and the team will be dropped.

START OF THE GAME: Winner of coin toss decides possession or direction. The start of the second half will be reversed from the first half. Play is started with the ball placed on the 20-YARD LINE each half and after each score. There are NO KICKOFFS.

PENALTY ENFORCEMENT (MAJOR RULE CHANGE):

OFFENSIVE PENALTIES: result in a loss of down with the ball at the previous spot (or at the spot of the foul if the infraction occurs behind the line of scrimmage).

DEFENSIVE PENALTIES: result in an additional down (i.e. down over) at the spot of the foul (or at the previous spot if the infraction occurs behind the line of scrimmage).

EXCEPTIONS: in addition to the above, certain penalties will result in an automatic first down. These penalties are roughing the passer, illegal contact with receivers (chucking), unnecessary roughness, and defensive pass interference.

PENALTY NOTES: dead-ball penalties on the defense (or penalties on a kicking team) will result in an additional down (not just “down over”). Example: On first down, the defense is penalized for offsides – the offensive team will now have **five downs** (not four) to reach the next line-to-gain.

SCRIMMAGE PLAYS: The following are all dead ball fouls that are called immediately:

- a. All offensive players must come from the huddle to be eligible to participate in offensive plays. (PENALTY-ILLEGAL PROCEDURE – LOSS OF DOWN)
- b. OFFENSIVE TEAM cannot move after becoming set (except for one player in motion.) (PENALTY-ILLEGAL PROCEDURE – LOSS OF DOWN)
- c. If the offense or defense enters the neutral zone after team is set. (PENALTY- OFFSIDES OR ENCROACHMENT – ADDITIONAL DOWN OR LOSS OF DOWN, DEPENDING)

RULE CHANGE: FIRST DOWNS: A team has four downs (in most cases) to advance the ball beyond a first down line (there are three on the field). **First downs are no longer used as a tie-breaker at the end of a game during the regular season.**

DEAD BALLS: FLAG - Removal of the belt ends the down (if the belt falls off the runner, one hand touch will end the down). HELP THE OFFICIAL by holding the belt over your head. UNNECESSARY ROUGHNESS (TACKLING OR DIVING) will result in automatic first down. When part of the body, other than the hands and feet touch the ground, the ball is dead.

FUMBLE: Ball becomes a dead ball at the point it touches the ground. A ball fumbled FORWARD will be put into play at the point it was fumbled. All fumbled balls remain in the possession of the team that fumbles (except on fourth down and line to gain was not crossed). Either team may advance a fumble that is caught in the air. An incomplete lateral is treated as a fumble and it is whistled dead at the spot it touched the ground.

ADVANCING THE BALL:

PASSING (MEN'S, WOMEN'S & COED) - All forward passes must be thrown from behind the line of scrimmage. All players on offense are eligible receivers. Direction of the ball not the method of throwing determines lateral (parallel or behind thrower) and forward pass.

COED PASSING - MALE TO MALE completed pass only once in a series of four downs;

FEMALE TO FEMALE OR MALE any time; MALE TO FEMALE anytime.

RUNNING (Men's and Women's) - Anybody, anytime.

RUNNING (COED) - FEMALE anytime; MALE only on completed pass and interception (NOT from behind the line of scrimmage unless a completed forward pass and NOT on a punt return).

SNAP FROM CENTER: Must be made between the legs. Failure to do so results in LOSS OF DOWN FOR ILLEGAL PROCEDURE. On punts, any snap that touches the ground will NOT be treated as a fumble and still may be kicked. (Failure to do so within 30 seconds will result in a delay of game penalty - LOSS OF DOWN.

PUNTING: Kicking team must announce intention to punt and receiving team must line up with AT LEAST 4 PLAYERS on the line of scrimmage. NO ONE MAY MOVE UNTIL THE BALL IS KICKED. Kicker has 30 seconds to kick the ball. A touched or blocked kick is a dead ball when it touches the ground. (It may be advanced if caught before it touches the ground). COED RECEIVING PUNT - MALE may catch the punt but may not advance the ball forward.

INADVERTENT WHISTLE: When the whistle blows while the ball is live, the offended team has the option of taking the ball at the spot where the whistle blew or taking the play over. (Except on a fumble when it will be treated as a fumble).

BLOCKING: The only blocking permitted is with the HANDS EXTENDED. The hands must be in advance of the elbows and the hands must be within the framework of the blocker. You may NOT push with the hands, hold with the hands. Illegal blocking will be called if hands are clenched, hands are against the chest, block is made when the shoulder or elbows are in advance of the hands. PENALTY is LOSS OF DOWN. There is no downfield blocking - PENALTY is LOSS OF DOWN.

DEFENSIVE RUSHING: Must attempt to go around the blocker and not head on. May not push, shove, throw a forearm or throw blockers to the ground. PENALTY is ADDITIONAL DOWN.

RULE CHANGE: SCORING: Touchdown = 6 points, Extra Points = Go for 1 or 2 points: after a touchdown team may choose to go for 1 point from the 3-yard mark or 2 points from the 10-yard mark.

RULE CHANGE: REGULAR SEASON: games CAN END IN A TIE. There are NO tie-breakers.

PLAYOFF GAMES CANNOT END IN A TIE. This TIE-BREAKER procedure will be used...

All rules from regulation are applicable EXCEPT there are no time-outs in overtime.

COIN TOSS: Winner will have the choice of playing offense or defense while the loser will have the choice of which end of the field to use. The loser of the toss will have first choice for the second overtime if needed. Teams will alternate choice until a winner is decided.

PLAY: Each team will have four downs to score from the 20-yard line unless the defense scores; or intercepts a pass or fumble in the air, in which case they would take over on offense and attempt to score to win the game.

SCORING: same as in regulation. After the first overtime, all teams must go for 2 points.

OTHER COMMON INFRACTIONS:

- Intentional Grounding
- Too many players on the field
- Illegal substitution
- Concealing the flag in flag football
- Illegal forward pass
- Coed illegal advancement by a male
- Unnecessary roughness - may result in expulsion from game
- Unsportsmanlike conduct - may result in expulsion from the game
- Spinning beyond 180 degrees, stiff arming, and flag guarding.
- Roughing the passer
- Defensive pass interference
- Illegal contact - "chucking" receivers

EQUIPMENT - NO METAL CLEATS are permitted. No device (protective or otherwise) that may cause injury is permitted. All players on the field will wear flags and the flag must be on the outside of all clothing. The flags MAY NOT be concealed.

ELIGIBILITY - Varsity Football players are ineligible for Intramural Football. Former varsity letter winners of any collegiate program may not participate in the same sport until one full year after receiving the letter. Anyone who has been declared a professional in a sport may not compete in Intramurals in that sport.

PROTESTS - One cannot protest a judgment call or the competency of an official. All other protests are handled immediately after the play or call in question. The procedure to protest is to tell the official. Officials have been instructed to get an Intramural Supervisor. That supervisor will review the situation and reach a decision and play then continues. The supervisor's decision is final. If the official refuses to call an Intramural Supervisor, refuse to play until one is called. Officials cannot forfeit the game in this circumstance. Questions pertaining to player eligibility must be answered on the field or submitted in writing to the IM Office, Room 2, Intramural Building within 24 hours of the game.

RAINOUTS - CALL THE IM OFFICE AFTER 4:00 PM at 865-5401 on game day. Both teams will receive a win in the case of a rainout.

QUESTIONS: Intramural Office - 865-5401, Room 2 IM Bldg, 8am - 4:30pm (M-F)