

Flag Football 7 on 7

All players must sign the activity consent form and present their valid ZipCard prior to each game. No one will be permitted to play without their ZipCard. No Exceptions!

National Intramural-Recreation Sports Association Flag Football rules, with certain modifications, are used as a guideline for rules. Campus Recreation Staff will have the final say on all rules and their application. Spectators must remain in the designated seating area. Misconduct of spectators, players or coaches can result in an ejection or forfeiture of the game.

1. NUMBER OF PLAYERS

- 1.1. Teams consist of 7 players, but may start and/or play with 5 players. All players must be checked in with the Intramural staff before they are allowed to participate.
- 1.2. The game will end if a team has to drop to less than 5 players due to injury or ejection, unless the team has a chance to win.

2. LENGTH OF GAME

- 2.1. Game will consist of two 20 minute halves with running clock, separated by a 3 minute half time period.
- 2.2. The clock will stop only for timeouts and officials' timeouts. Clock stops for dead ball situations in the last 2 minutes of the game only.
- 2.3. Each team receives 3 (1-minute) timeouts per game (limit 2 per half).
 - a. A team may request a charged timeout for a misapplication or misinterpretation of a rule by protesting. The referee will confer with team captain and supervisor. The request must be made prior to the ball becoming live following the play to be reviewed, unless the half has officially ended. If the ruling is not changed, it is a charged timeout. If ruling is changed, it is an official's timeout.
- 2.4. Mercy Rule: If a team is ahead by 19 points with 2 minutes or less remaining in the second half, the game will end.
- 2.5. There will be no overtime in regular season play. In the event of a tie in playoffs, a tiebreaker will be conducted as follows:
 - a. Each team will be given 4 downs from the 10 yard line. Coin toss will determine possession. All overtime periods are played toward the same goal line.
 - b. Overtime is repeated until a winner is declared. If more than 1 overtime period is needed, there will be a 1 minute break between periods.
 - c. On the third overtime attempt, if the game has not yet been decided, each team must go for 2 on the Try.

3. FORFEIT POLICY

- 3.1. When a team does not have the minimum number required to play, a forfeit is declared at game time. A forfeit of this nature will count as a loss and result in an automatic 2 for sportsmanship.
 - a. EXCEPTION: The opposing team grants a 10 minute grace period, in which case the game clock starts at game time, and play continues with remaining time once the team becomes ready.
- 3.2. Should a team be granted the grace period, the following penalties will be assessed:
 - a. Within 5 minutes of game time, opposing team receives 6 points, the ball at midfield and choice of options in the second half.
 - b. Within 5-10 minutes of game, opposing team receives additional 3 points.
 - c. Final forfeit score is a 9-0 win for opposing team; granted at the end of 10 minute grace period.
- 3.3. If a team takes a win by forfeit without allowing the grace period, the win is recorded as 1-0, with a 4 for sportsmanship.
- 3.4. If neither team is present with at least the minimum number to play, a double forfeit is issued.
- 3.5. Teams are allowed 2 forfeits per season. After 1 forfeit, team is no longer eligible for playoffs. After 2 forfeits, team is removed from league.

4. EQUIPMENT

- 4.1. **No jewelry allowed.** The only exception is a medical alert bracelet that must be taped down. Penalty: Unsportsmanlike Conduct, 10 yards.
- 4.2. Casts and/or any other item deemed to be dangerous by the official or supervisor may not be worn during the game.
- 4.3. Knee braces made of hard, unyielding substances covered on both sides with all edges overlapped and any other hard substances covered with at least 2" of slow recovery rubber or similar material will be allowed.
- 4.4. Campus Recreation provides game balls only. Teams must bring their own for warm-up. Team balls may also be used for games if both teams agree on usage.
- 4.5. **METAL SPIKED CLEATS MAY NOT BE WORN AT ANY TIME.** Molded rubber or rubber screw in cleats ½" and under will be allowed. Any player with metal spikes will be disqualified.
- 4.6. Teams must wear shirts that are the same shade of color. All shirts must be tucked in and have arm holes less than 4" below the armpit. Hoods, pockets or zippers will not be allowed on shirts or jackets.
 - a. No article of clothing may cover any portion of a player's flags.
 - b. Taping of zippers, pockets, belt loops, etc. will NOT be allowed.

- 4.7. Mouthpieces are not required, but are strongly recommended.
- 4.8. Hoods, pockets, exposed drawstrings, belt loops or zippers will not be allowed on shirts, jackets, shorts or pants. Ball caps and bandanas with knots are also not allowed.
- 4.9. Any slippery or sticky substance of a foreign nature on equipment or exposed part of the body is illegal.

5. SUBSTITUTES

- 5.1. Teams may substitute any number of eligible players between downs, but they must be completed before the ball becomes alive. Any substitution during live play will result in a penalty.
- 5.2. During the same dead ball interval, no substitute shall become a player and then withdraw, and no player shall withdraw and then re-enter as a substitute unless a dead ball foul occurs, there is a charged timeout, or period ends.
- 5.3. Each substitute shall be in uniform, ready for play, with flags in position.

6. SCORING

- 6.1. The following methods shall be used in scoring a game:
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| a. Touchdown (after the scorer is de-flagged by the official) | 6 points |
| b. Safety | 2 points (1 point on a PAT) |
| c. Defense intercepts a PAT and returns for touchdown | 3 points |
- 6.2. Successful Extra Point Attempts:
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| a. By running or passing from 3 yards | 1 point |
| b. By running or passing from 10 yards | 2 points |
| c. By running or passing from 20 yards | 3 points |
- d. A team is given 1 choice on extra point attempt, which cannot be changed even if a penalty should occur. If a double foul occurs during the down, the down shall be replayed.

7. DELAY OF GAME

- 7.1. The ball must be put in play promptly and legally and any action or inaction by either team, which tends to prevent this, is delay of game. Penalty: Dead ball foul, 5 yards from succeeding spot. Examples includes:
- Failure to snap within 25 seconds after ball is declared ready for play,
 - Putting the ball in play before it is declared ready for play,
 - Deliberately advancing the ball after it has been declared dead, and
 - Any other consumption of time to gain an advantage is considered a delay of game.

8. PLAYING RULES

- 8.1. The player scoring the touchdown must raise his/her arms so the nearest official can de-flag the player. If the player is not de-flagged easily, and the official determines the flag belt has been secured illegally, the touchdown is disallowed. The player is disqualified from play for the remainder of the game.
- 8.2. Defensive players must make a definite effort to avoid charging into a passer after it is clear the ball has been thrown. No defensive player shall contact the passer who is standing still or fading back. Penalty: Roughing the Passer, 10 yards, automatic 1st down.
- 8.3. After the ball is ready for play, each offensive player must momentarily be within 15 yards of the ball. Penalty: Illegal Formation, 5 yards.
- 8.4. The offensive team must have at least 4 players on their scrimmage line at the snap. A player in motion or that is moving is considered to be off the line of scrimmage. Penalty: Illegal Formation, 5 yards.

9. BLOCKING

- 9.1. An offensive screen block shall take place without contact. The screen blocker shall have his/her hands and arms at his/her side or behind his/her back. Any use of the arms, elbows, or legs to initiate contact during an offensive player's screen block is illegal. A player must be on his feet before, during, and after screen blocking. Penalty: Personal Foul, 10 yards
- 9.2. A player who screens shall not:
- Take position closer than a normal step when behind a stationary opponent.
 - Make contact when assuming a position at the side or in front of a stationary opponent.
 - Take a position so close to a moving opponent that the opponent cannot avoid contact by stopping or changing direction. This position will vary and may be 1 to 2 normal steps or strides from opponent.
 - After assuming legal screening position, move to maintain it, unless he/she moves in the same direction and path of his/her opponent.
 - Penalty: Personal Foul, 10 yards.
- 9.3. Teammates of a runner or passer may interfere for him/her by screen blocking, but shall not use interlocked interference by grasping or encircling one another in any manner. Penalty: Personal Foul, 10 yards.
- 9.4. Defensive players must go around the offensive player's screen block. Penalty: Personal Foul, 10 yards.

10. RUNNING

- 10.1. Players must have possession of the ball before they can be legally de-flagged.

- a. When a runner loses his/her flag belt either accidentally, inadvertently, or on purpose, play continues. The de-flagging reverts to a 1 hand tag of the runner between the shoulders and knees (includes hands and knees).
 - b. In circumstances where a flag belt is removed illegally, play should continue with the option of the penalty or the play. Penalty: Personal Foul, 10 yards.
 - c. Intentionally pulling a flag belt from an offensive player without the ball is illegal. Penalty: Personal Foul, 10 yards.
 - d. Tampering with the flag belt in any way to gain an advantage including tying, using foreign materials, or other such acts is illegal, and will result in immediate EJECTION from the game. Penalty: 10 yards from previous spot, offense – loss of down; defense – automatic 1st down.
- 10.2. Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove the flag belt. Penalty: 10 yards. Flag guarding includes:
- a. Placing or swinging the hand or arm over the flag belt.
 - b. Placing the ball in possession over the flag belt.
 - c. Lowering the shoulders in such a manner which places the arm over the flag belt.
- 10.3. The runner shall be prohibited from contacting an opponent with extended hand or arm. Penalty: 10 yards
- 10.4. The runner shall not grasp a teammate or be grasped, pulled, or pushed by a teammate. Penalty: 5 yards.
- 10.5. The defensive player shall not hold, grasp, or obstruct the forward progress of a ball carrier when in the act of removing the flag belt. Penalty: Personal Foul, 10 yards.
- 10.6. A runner may not leave his/her feet to advance the ball. Penalty: 5 yards, loss of down.

11. BATTING AND KICKING

- 11.1. Players shall not bat a loose ball other than a pass or fumble in flight. The passing team shall not bat a backward pass in flight forward. A ball in a player's possession shall not be batted forward by a player of the team in possession. Penalty: 10 yards.
- 11.2. No player shall intentionally kick a ball other than a punt. Penalty: 10 yards.
- 11.3. A kick or punt is live until the team drops the ball or the kicking team touches the ball.

12. ADDITIONAL COED RULES

- 12.1. Teams consist of 8 players. A minimum of 6 players are required to begin the game. The possible combinations are 4m/4w, 4m/3w, 3m/4w, 3m/3w.
- 12.2. The game will end if a team has to drop to less than 6 players due to injury or ejection, unless the team has a chance to win.
- 12.3. The offensive line must have 5 players on their scrimmage line at the snap. Penalty: Illegal Formation, 5 yards.
- 12.4. An offensive team may not have multiple male to male completions. Penalty: Illegal Forward Pass, 5 yards from spot of pass and loss of down.
- a. After a male to male completion is made, the play is then **closed**. A female must pass or receive the next completed pass for positive yards.
 - b. When a successful completion is made, the down is considered **open** in which another male to male completion is legal.
- 12.5. Touchdown by a female (throwing or catching) counts as 9 points.
- 12.6. **A male may not advance the ball through the line of scrimmage unless a female ball carrier has broken the plane.** This includes the quarterback. Penalty: Illegal Advancement, 5 yards from previous spot.
- 12.7. Mercy Rule: If a team is ahead by 25 points with 2 minutes or less remaining in the second half, the game will end.