RULE 1: THE GAME

1.1 The game shall be played between 2 teams of 4 players each. Three players per team are required to avoid a forfeit.

1.2 No contact allowed, this includes any type of bumping on the line.

1.3 A coin toss determines first possession.

1.4 The offensive team takes possession of the ball at their 5-yard line and has three plays to cross mid-field.

1.5 Once a team crosses mid-field they have three plays to score. If the offense fails to score, the ball changes possession.

1.6 If the offensive team fails to cross mid-field, the ball changes possession.

1.7 All drives start from the 5-yard line except interceptions.

1.8 Each game is 40 minutes long, consisting of two 20-minute halves and a 2-minute halftime. At the end of regulation there will be 6 downs of play.

1.9 The clock will not stop unless a time out has been called or the official feels it is necessary.

1.10 Each time the ball is spotted, the offensive team has 30 seconds to snap the ball.

1.11 Teams may not snap the ball until the officials are set. (No Quick Snaps)

1.12 Each team has one 60 second time out per game.

1.13 Time outs will only stop the game clock for 60 seconds. The offense must snap the ball by the completion of the time out.

1.14 If time out is called after a touchdown the clock will not run during the extra point.

1.15 Shirts must be tucked in.
1.16 Flags must be worn on each side of the players’ hips and down their backside.

**RULE 2: ELIGIBILITY**

2.1 Available to all undergraduate and graduate* students who have paid full registration fees for the current semester, as well as Campus Recreation members.

2.2 Each football participant may compete for only one men's or women's and one coed flag football team during the season.

2.3 A forfeit constitutes: (1) non-appearance, (2) less than 3 players on the field at game, (3) late appearance (5 min. after game time), (4) use of an ineligible player. A forfeit by a team will result in a fine of $20.00 being assessed. The team manager must pay the $20.00 fine within 72 hours of the forfeited contest in order to continue play. A single forfeit will not necessarily eliminate a team from playoffs. A second forfeit will eliminate a team from further play in that sport and a second fine of $20.00 will be assessed. Team managers will be held responsible for the payment of the fine.

2.4 All players must comply with the official intramural eligibility rules. (These are available in the Intramural Sports Office.) Penalty for ineligible players: forfeit of the contest in the sport concerned and disqualification of the violator and knowing team members from further intramural participation.

**RULE 3: SCORING**

TD = 6 points
Extra point- 5 yards out = 1 point, 12 yards out = 2 points.
Safety = 2 points

**RULE 4: RUSHING THE QUARTERBACK**

4.1 Players that rush the quarterback must be a minimum of 7 yards from the line of scrimmage when the ball is snapped.

4.2 Players that are not 7 yards from the line of scrimmage when the ball is snapped may not enter into the backfield until there has been a change of possession between offensive players.

4.3 The rusher is allowed a direct line to the quarterback as long as he/she rushes from either side of the field and not up the middle. The rusher must be offset by at least 3 yards. The offense must avoid interfering with the rusher.

4.4 There are no pitches or laterals allowed.

**RULE 5: RUNNING**

5.1 The quarterback may not run unless the ball has been handed off to him.

5.2 Teams may hand off the football in the backfield only. The player who receives the handoff may throw the ball as long as he is not beyond the line of scrimmage.

5.3 No run zones are located 5 yards before mid-field and 5-yards before the end zone.

5.4 The ball is spotted where the front tip of the ball is when the flag was pulled.
5.5 The ball must break the plane of the midfield or goal line to be considered a first down or touchdown.

5.6 Players may not block at any time. Once a player begins to run with the ball all other offensive players must stop.

**RULE 6: PASSING**

6.1 The quarterback has 6 seconds to pass the ball. If the ball is not thrown, the play is dead resulting in a loss of down. The ball returns to the line of scrimmage. (Once the ball has been handed off, there is no 6-second count).

6.2 The rusher may not hit the quarterbacks’ arm, or knock the ball out of the quarterbacks’ hand.

**RULE 7: RECEIVING**

7.1 All players are eligible to receive a pass, including the quarterback, if the ball handed off behind the line of scrimmage.

7.2 Players must have at least one foot in bounds when making a catch

**RULE 8: DEAD BALLS**

8.1 Only one player may be in motion prior to the snap.

8.2 Players may not be moving forward when the ball is snapped.

8.3 The ball must be snapped between the legs to start the play.

8.4 Play is ruled dead when:

- The offensive player’s flag is pulled. Note: if the offensive player’s flag falls off before they receive the ball, the defense must touch the ball carrier between the waist and shoulders with one hand to end the play. Defenders MAY NOT intentionally pull a flag before the player has the ball.

- Ball carrier steps out of bounds

- Touchdown is scored

- Any part of the ball carriers’ body (other than the feet or hands) touches the ground

- Incomplete pass

- Ball hits the ground

- If a player starts the play without a flag they are down where they touch the ball.

- There are no fumbles. The ball is spotted where it hit the ground. A player may not intentionally fumble the ball to gain yardage.

**RULE 9: PENALTIES**

9.1 Defensive Penalties

- All defensive penalties are five yards from the line of scrimmage and automatic first down except holding which is added on to the end of the play:

- Offside-Illegal Rush
• Pass Interference
• Illegal contact (holding, bump and run, blocking) * Note the officials will determine incidental contact which may result from normal run of play.
• Roughing the quarterback

9.2 Offensive Penalties:

All offensive penalties before the snap are five yards from the line of scrimmage and repeat of down

• Illegal motion (More than one person in motion at a time, false start, motion, etc…).

• Delay of game

All offensive penalties after the snap are five yards from the line of scrimmage and loss of down except flag guarding which is from the point of infraction:

• Offensive pass interference (illegal pick, pushing off defender).
• Impeding the rush (the offensive players must avoid the rusher).
• Flag guarding (players must keep their hands above their waist).

9.3 Sportsmanship / Roughing

All unsportsmanlike penalties are 10 yards from the line of scrimmage.

• If the official witnesses any act of tackling, elbowing, cheap shots, or any other unsportsmanlike act, the game will be stopped and the player will be ejected from the game. ROUGH/FOUL PLAY WILL NOT BE TOLERATED!
• Trash talking is illegal. The official has the right to determine language that is offensive. (Trash talking is language that may be considered offensive to the official, opposing team, or spectators). The official may eject players from the game for trash talking.

**RULE 10: OVERTIME**

10.1 A coin toss determines first possession

10.2 Each team starts with the ball at mid-field and has two plays to advance the ball as far as possible.

10.3 The team that advances the ball furthest wins.

10.4 If the team starting with the ball scores, they will then have a conversion try. After the conversion, possession changes and the other team must score. If they score, they will also be given a conversion try. If both teams are still tied the game goes into a second overtime with the same rules. Starting in the third overtime both teams are required to attempt two point conversions.

**RULE 11: COED MODIFICATIONS**

11.1 THE GAME – The game shall be played between two teams, each consisting of two men and two women. A team may start with less than 4 players, but no less than 3. If a game is played with less than four players, at no time may the number of players for either sex exceed the number of players of opposite sex by more than one player.
11.2 THE BALL – coed divisions may use either a regulation or junior size football.

11.3 RUNNING (Rushing) – A male player on the offensive team may not cross the line of scrimmage with the ball. Only a female player on the offensive team may advance the ball across the line of scrimmage.

11.4 PASSING - During the offensive team’s possession, there may not be two (2) consecutive legal forward pass competitions on downs from a male passer to a male receiver. The term “CLOSED” means a male player may not complete a legal forward pass to a male. The term “OPEN” means any player can complete a pass to any other players. After a male to male completion, the next forward pass completion must involve either a female passer or receiver for positive yards.