

Flag Football

All players must be registered on Imleagues.com and on their team's roster prior to being eligible to participate in any games.

Rule Highlights for Flag Football:

- No Clothing with Pockets, exposed hoods, or headwear with knots or hard brims
- Absolutely NO JEWELRY
- AWAY team wears DARK; HOME team wears WHITE
- Games are played between two teams with a maximum of 7-players on the field at once.
- Games consist of two 15-minute halves with 1-timeout per half (does not carry over).
- If a player's flag belt falls off, or is removed prematurely during a play, it becomes 1-hand touch in order to down the player.
- The following gender combinations are permitted for Flag Football when a team is playing with the listed number:
 - 7-players - 2-players of each gender are required
 - 6-players - 1-player of each gender is required
 - *5-players - No gender restrictions
 - *4-players - No gender restrictions

****If a team is playing with 4 or 5 players, and none are female, that team will only receive three downs to obtain a first down.***

Four players are required to avoid a forfeit/default. The following point penalties will be enforced if a team does not have the minimum or is not ready to play at game time:

Point Penalties for being late:

- 1 - 2 minutes late = 3 points
- 3 - 4 minutes late = 6 points
- 5 - minutes late = **8 points and the game is over and the score will be recorded as 8-0**

Scoring: Touchdowns will carry the following point values based on the players involved:

Male-to-Male = 6-points

Male-to-Female = 9-points

Female-to-Male (Female must throw the legal forward pass) = 9-points

Female crossing the goal-line = 9-points

Female to Female (Female must throw and receive the legal forward pass) = 12-points

Point After Tries (extra points) may be attempted from the following distances for additional points: **No bonus will be awarded for female involvement on a Point After Try.**

3-yard line = 1-point

10-yard line = 2-points

20-yard line = 3-points

Official Game: Games are two (2) 15-minute halves with a running clock. The clock will stop at the 2-minute mark, at the end of the game and it will be stopped for dead balls from that point. A play clock of 25-seconds is given to the offense between plays.

Timeout: One (1) 30-second timeout is allowed per team per half. Timeouts do not carry over.

Overtime: Overtime play only occurs in postseason games. Each team will have a chance to score from the 20-yard line with 4-downs until a winner is declared. All other regulation rules will be in effect during overtime

Player Conduct: Any player that is ejected must leave the facility immediately. If a player chooses to return to the game site the same day, he/she will be trespassing, and the proper authorities will be contacted. All ejected participants must schedule a meeting with the Associate Director for Recreational Sports & Fitness prior to becoming eligible for participation. Any participant missing a scheduled meeting will receive an additional game suspension.

Playing Field: The field will be 100-yards in length, 80-yards of playing surface with two 10-yard end zones. The field will be roughly $\frac{2}{3}$ the width of a regulation football field. All games will be played on the turf at Shentel Stadium.

Goal-line situations: No Offensive plays will run from inside the 3-yard line. Any play ending between the 3-yard line and goal line will result in the line of scrimmage being the 3-yard line.

Uniforms: Jerseys must be tucked in at all times. If an offensive player with the ball fails to keep his/her jersey tucked in, there will be a 10-yard flag guarding penalty called.

The following items will NOT be permitted

- Clothing with pockets
- Jewelry
- Headwear with knots or hard brims
- Exposed hoods

If players wish to have statistics kept, they must wear a uniform with a legal number on it

- SU Intramural Sports will not supply pinnies for this purpose
- Players must still conform to uniform restrictions

Flag Requirements: Each player is required to have a flag belt on prior to the snap. If a player does not have a flag on prior to the snap, and is involved in the play, it is ruled illegal participation and will result in a 5-yard penalty. If a player's flag belt falls off, or is removed prematurely during a play, it becomes 1-hand touch in order to down the player.

Offensive Players: All players are eligible receivers and must start each play inside the numbers on the field. There must be one player on the line of scrimmage to snap the ball.

Offensive Possession: At the start of a half, the offense will begin with the ball at the 14-yard line. The offense will be given four downs to reach the 20-yard line for a first down, and four more at each zone to gain. Offense is responsible for getting the ball back to the huddle between plays. Failure to do so results in a 5-yard delay of game penalty. There are no fumbles. You may not attempt to strip the ball. Doing so results in an illegal contact penalty.

Offensive Rule: By fourth down, one of the plays listed below must take place to **OPEN** the play. This rule is to ensure all genders are involved in the game. If a team is playing with only 4 or 5 male players (no females), then fourth down will not be played, and a turnover will take place after a failed 3rd down. In this situation if a team wishes to punt, they must do so on 3rd down.

Plays will OPEN when one of the following take place:

- A female throws a completed forward pass
- A female rushes for positive yards
- A female catches a legal forward pass

Quarterback Rule: Each team is permitted one forward pass per down. Any player that is behind the line of scrimmage is permitted to pass the ball. All players are eligible receivers and are eligible to run with the ball (including the Quarterback)

Offensive Blocks/Diving: Offense may screen block with both hands behind the back when behind the line of scrimmage. Downfield blocks must be stationary basketball pick style blocks. No contact shall be made; doing so results in a 10-yard illegal contact penalty. Offensive players are not allowed to hurdle over another player while in possession of the ball in attempts to advance or elude; doing so results in a 5-yard penalty from the spot of the foul, 10-yards if contact is made. Players are permitted to dive as long as the dive does not initiate contact.

Snaps: Snaps can go between the centers legs or from the side, and must originate from the ground. A player who receives the snap must be at least two-yards behind the line of scrimmage. Illegal snaps are counted as false starts, and result in a 5-yard penalty.

Defenders must line up at least 1-yard away from the line of scrimmage. Defensive players may not enter the 1-yard cushion area until after the football has been snapped by the center.

Defense Rush/Block: All players may rush the quarterback, this may take place once the ball has been snapped by the center. **Defensive players are responsible for avoiding contact.** You must go around a screen block. Contact by the defense will result in a 10-yard illegal contact penalty.

Inadvertently Pulled Flag Rule: If a defensive player pulls an offensive player's flag prior to them possessing the ball, a 10-yard penalty will be called from the spot of the infraction, or the team can choose the outcome of the play. If a flag is prematurely removed, the defense must one hand touch the offensive player with the ball.

Defensive Sportsmanship: Any inappropriate throwing of flags will result in an unsportsmanlike conduct penalty.

Interceptions: An interception can be run back for a touchdown by reaching your team's end zone. If an interception is not run all the way back, the team will take over possession from where the player was deflagged.

Penalties:

Offensive penalties (minus yards and repeat the down)

- Delay of game / 5-yards DEAD BALL
- False start / 5-yards DEAD BALL
- Illegal procedure / 5-yards
- Flag guard / 10-yards
- Illegal forward pass / 5-yards (loss of down)
- Illegal contact or personal foul / 10-yards
- Offensive pass Interference / 10-yards from previous spot
- Unsportsmanlike conduct / 10-yards from previous spot; substitution of the player or ejection; cannot play next scheduled game (See sportsmanship policy).

Defensive Penalties (minus yards and replay of down)

- Offsides / 5-yards
- Roughing the passer / 10-yards (Automatic First Down)
- Defensive pass interference / 10-yards from previous spot
- Illegal contact or personal foul / 10-yards
- Unsportsmanlike conduct / 10-yards from previous spot; substitution of the player or ejection; cannot play next scheduled game (See sportsmanship policy.)