

NSU Intramurals

All Pass Flag Football



1. You must be a NSU student or faculty/staff in order to participate in intramurals. (The varsity athlete rule is in effect.)
2. Games are only MONITORED not officiated, you as a player are responsible for calling infractions (honor code), disputes will be decided by the monitor.
3. Games will be played to 36 points or 25 minutes, whichever comes first.
4. Touchdowns are 6 points, conversions are 2 points from the 10 yard line.
5. One timeout per game.
6. A coin toss will determine who takes possession first.
7. A team will have 5 downs to score from its own 5 yard line, if that team fails; the opposition takes over at the spot and will have 5 downs to score.
8. A forward pass must begin each down, one forward pass per down.
9. The quarterback will have 5 seconds to release the ball, (there is no rush) if the quarterback fails to get rid of the ball within 5 seconds that team loses that down. (The quarterback can receive a lateral.)
10. There are no running plays from scrimmage, hand-offs are not allowed.
11. Laterals are allowed after the initial forward pass.
12. Ready for play clock will be 25 seconds.
13. One foot inbounds is ruled a catch.
14. There is no flag guarding or stiff arming. (Penalty- ball is dead at spot of infraction.)
15. There is no blocking but that doesn't mean you must get out of the way of the defender.
16. There are no safeties, a player downed in his own end zone puts the ball on his one yard line.
17. The ball is dead when it touches the ground.
18. All change of possessions (interception, fumble), are returnable.
19. You may not strip the ball from the opponent.
20. A player is ruled down if while he is on the ground he is touched by an opponent.
21. Offensive pass interference results in loss of 1 down, defensive pass interference results in replaying the down at the spot of the infraction, or half the distance to the goal line if interference occurred in the end zone.
22. Unsportsmanlike conduct will not be tolerated.