

NSU Intramurals

Flag Football



Starting the Game:

1. A 10 minute grace period will be allowed for teams that don't have 7 players to start the game, it begins at the scheduled game time. A minimum of 5 players is needed to start and continue a game.
2. Flag belts are worn by all players at all times. Flag belts need to be properly fastened, and will hang to the sides and one down the back.
3. There will be a yardage penalty for flags that are not fastened properly and that are worn incorrectly. Flag belts should not be the same color as the shorts.
4. There are no kick-offs, each half will begin from the 20 yard line.

Game:

1. Two 20 minute halves with a 5 minute half time.
2. Running clock (except for timeouts, injuries, and the last 2 minutes of the second half).
3. Winning the coin toss will give you three choices (ball, defer, or direction)
4. There is a 25 second play clock; it begins on the referee's whistle.
5. Teams are allowed 4 time-outs per game (60 second duration).
6. Overtime: If a game is tied at the end of regulation, teams will have 4 downs from the 10 yard line to score. A coin flip will determine who has first possession. An interception results in loss of possession. Each team is allowed one time-out per overtime session; time-outs from regulation do not carry over.
7. The playing field is 40 yards wide by 80 yards long. There are 3 first down possibilities (The 20, 40, and 20 yard lines) a team has four downs to get to the line to gain.

Rules:

1. The offense must have 4 players on the line of scrimmage at the point of the snap. Only one person can be in motion during a scrimmage down. During a scrimmage down the defense is not required to have any number of players on the line of scrimmage (except during a punt, then they must have 4 on the line and neither team can move until the ball is kicked.)
2. There must be a one yard separation between the center and the person receiving the snap (no direct snap.)
3. All players are eligible receivers.
4. One foot in bounds is required for a catch.
5. There are no fumbles or strips of the ball.
6. All punts are a protected scrimmage kick. Neither team can advance beyond their respective scrimmage line until the ball is kicked. All scrimmage line rules apply.
7. A team must inform the official of the decision to punt or go on fourth down. Once the decision is made, the only way it can be changed is by calling a time-out or a foul occurs prior to or during the down.
8. A ball carrier may not jump completely over or through a defender to avoid de-flagging.
9. If the ball carriers flag belt comes off without being pulled, a one hand touch between the kneed and the shoulders will mark them down.
10. If the flag belt falls off momentarily after being touched, or grasped, the runner is downed where the de-flag was attempted.
11. No player may stiff arm or flag guard.

12. Contact: Flag football is a NON-CONTACT sport, that means there is no blocking, tackling, or holding, or any other physical contact that allows you to gain an advantage over your opponent.
13. Blocking: The blocker must have their hands behind their back or to the side, the blocker uses a screen block, and the defender must go around the screen block, not through it. Contact is going to happen, the key is not to initiate the contact.
14. Offensive and defensive pass interference is the same principle of initiating contact, you cannot go through your opponent to make a play on the ball.
15. Inadvertent whistle: The team in possession may elect to put the ball in play where it was declared a dead ball or replay the down. If the ball is loose from a fumble, backward pass, illegal kick, or illegal forward pass, the team in possession may elect to put the ball in play where possession was last held or replay the down. During a legal forward pass or a scrimmage kick, the ball is returned to the previous spot.
16. Field Goal Rule: Once a team with possession of the ball crosses mid-field, (40 yard line), at any time can choose to place the ball on the 10 yard line for one play worth 3 points.

Scoring:

Touchdowns = 6 points

Safety = 2 points

Point after = 2 points (10 yard line)

Point after = 1 point (3 yard line)

Field Goal = 3 points

Other:

1. Mercy rule- If at any time a team is ahead by 26 points, the game will be called.
2. No hats may be worn at any time.
3. No jewelry is allowed to be worn by participants. Jewelry cannot be taped over.
4. All blood spills, whether on body or clothing, or surfaces will result in stopping play and cleaning up the spill. Participants with blood on them or on their clothing will be asked to leave and cannot re-enter until the clothing is changed and cleaned up.
5. The Intramural Department reserves the right to modify or change rules at any time.