

XAVIER

INTRAMURALS

FLAG FOOTBALL RULES

NIRSA National Flag Football Rules will govern play, with the following modifications:

1. Team Requirements

1.1 A team shall consist of (7) players, however a team can play with minimum of (5) players.

Penalty may be enforced: Illegal Participation, 10 yards.

1.2 The offensive team must have 4 players within 1 yard of the line of scrimmage at the time of the snap.

1.3 All players must have checked in with the scorekeeper with All-Card in hand and be recorded on the game sheet before they are allowed to participate.

1.4 Substitutions are allowed between plays and during time-outs.

1.5 All games shall be played on the date and hour scheduled. BE ON TIME. There is a 5 minute grace period allowed until the game is considered a forfeit and the game will begin immediately at the 5 minute grace period if the team has 5 players for men and 6 players for coed.

1.6 *Corecreation Rule Only:* the CoRec game shall be played between (2) teams of (8) players, (4) men and (4) women. Teams with (7) players shall be (4) men and (3) women or (4) women and (3) men. Six players, (3) men and (3) women, (4) men and (2) women, or (4) women and (2) men, are required to start the game and avoid a forfeit.

Penalty may be enforced: Illegal Participation, 10 yards.

2. Equipment and Facilities

2.1 All players must wear athletic shoes.

2.2 Rubber cleated shoes will be allowed. No metal screw-in cleats, open toe, open heel or hard soled shoes will be allowed.

2.3 Each player must wear pants or shorts without any belt(s), belt loop(s), pockets(s), or exposed drawstrings. **A player must wear manufactured shorts that were not created with any pockets or belt loops.**

2.4 All jewelry must be removed before participating.

2.5 Towels may not be worn, a towel may be kept behind the play.

2.6 Equipment such as helmets, billed hats, pads or braces worn above the waist, leg and knee braces made of hard, unyielding substances, or casts is strictly prohibited. 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 inch of slow recovery rubber or similar material will be allowed.

- 2.7 Each player must wear a one-piece belt, without any knots, at the waistline with three flags permanently attached. Flags must have a spring-loaded clip. Teams must use flags provided by IM.
- 2.8 Teams must wear similar colored shirts with numbers or mesh vests provided by IM. Shirts must be tucked in the players pants or cut off a minimum of 4 inches above the top of the flag belt.
- 2.9 An official ball will be one supplied by IM, however, personal footballs may be approved by the officiating staff.
- 2.10 Time will be kept by the back-judge and scorekeeper will keep the score.
- 2.11 Two discs will be used to mark the offensive and defensive scrimmage line. There will always be a 1-yard neutral zone on all plays.

3. Start of Game and Timing

- 3.1 Rock-Paper-Scissors will be administered 3 minutes prior to the start of the game. The captain winning evens/odds shall have choice of options for the first half or shall defer their option to the second half. The options for each half shall be:
 - a. To choose whether his/her team will kick or receive.
 - b. To choose the goal his/her team will defend. The captain, not having the first choice of options for a half, shall exercise the remaining option.
- 3.2 Games will consist of two 20 minute halves with a 3 minute half-time. Timing will be a running clock except for the last two minutes of each half. Only team and official time-outs can stop the clock. Approximately two minutes before the end of the game the referee shall stop the clock and inform both captains of the time left on the clock. The clock starts on the snap. An official game may be counted after halftime is reached if forced by weather delay, etc.
- 3.3 **Mercy Rule - 40 points at halftime or any point in the second half. Or 19 points at the two-minute warning in the second half.**
Corec- 25 points at the two-minute warning in the second half
- 3.4 During the final two minutes of the second half the clock will stop for
 - a. Incomplete legal or illegal forward pass - starts on the snap.
 - b. Out of bounds - starts on the snap.
 - c. Safety - starts when the free kick is legally touched.
 - d. Team time-out - starts on the snap.
 - e. First downs - dependent on the previous play.
 - f. Touchdowns - starts on the snap (after the try).
 - g. Penalties - dependent on the previous play.
 - h. Touchback - starts on the snap.
 - i. Inadvertent whistle - starts on the ready.
 - j. Either team awarded a new series - starts on the snap.
 - k. Injuries
- 3.5 **Each team has 2 timeouts per half**
- 3.6 There is a 25 second play clock from the time the last play ended. The ball may not be snapped until the official has signed the ball may be snapped. Match Official will always spot the ball.

4 . Rules

- 4.1 Length of the field shall be 80 yards by 35 yards with 10 yard end zones, yard markings every 20 yards.
- 4.2 A team shall have four consecutive downs to advance to the next zone line-to-gain (and earn a first down).

5. Flag Belt Removal

- 5.1 When the flag belt is taken from the runner, the down shall end and the ball is declared dead. A player who removes the flag belt from the runner should immediately hold the flag belt above his/her head to assist the official in locating the spot where the capture occurred. A ball carrier is considered de-flagged when the clip of the flag belt becomes detached, not where the belt falls to the ground. **The new line of scrimmage is where ever the ball is after the player is de-flagged, not where the flag lands.**
- 5.2 If a flag belt inadvertently falls off, **a one hand tag** between the shoulders and the knees constitutes a capture.
- 5.3 A player may leave his/her feet to remove a flag.
- 5.4 In an attempt to remove the flag belt from the ball carrier, defensive players may contact the body of an opponent with his/her hands. A defensive player may not hold, push or knock the ball carrier down in an attempt to remove the flag. **Penalty: Illegal Contact, 5 yard penalty from spot of the foul.**
- 5.5 A defensive player may not remove an offensive player's flag when the offensive player does not have the ball. Similarly, the defensive player may not remove the quarterback's flag after the ball has been thrown. **Penalty: Illegal Flag Belt Removal, 10 yards from the line of scrimmage.**
- 5.6 A defensive player may not remove an offensive receiver's belt prior to the receiver touching the ball. **Penalty: Defensive Pass Interference, 10 yards from the spot of the foul and an automatic first down.**
- 5.7 A player may not fasten his flags to his uniform or belt other than prescribed in the rules.
- The official will check the flags of each person who scores a touchdown or PAT. If a player removes their flag belt prior to one of the officials checking the flag belt, the score will be disallowed. If player commits equipment infraction on the touchdown, then the PAT will be pushed back to the next possible yardage marker and if infraction occurs on the PAT then it will be disallowed.
- 5.8 Each player must wear a one piece belt, without any knots, at the waistline with three flags permanently attached, one flag on each side and one in the center of the back. **Penalty: Live Ball Foul, failure to have flag belt legally attached at the snap, 5 yards from the previous spot.**
- 5.9 Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to remove the flag. **Penalty: Personal Foul, 10 yards from the spot of the foul.**
- Placing or swinging the hand or arm over the flag belt to prevent an opponent from deflagging.
 - Placing the ball in possession over the flag belt to prevent an opponent from deflagging.

- c. Lowering the shoulders in such a manner which places the arm over the flag belt to prevent an opponent from deflagging.
- c. An offensive player may not stiff arm to ward off an opponent.

6. Dead Ball

- 6.1 A live ball becomes dead
 - a. When it goes out-of-bounds.
 - b. A legal de-flagging occurs by the defense.
 - c. The ball carrier touches the ground with any part of their body other than the hands or feet (ball is part of hand).
 - d. A touchdown, touchback, safety, or successful try is made.
 - e. A forward pass strikes the ground or is caught simultaneously by opposing players
 - f. Whenever the ball hits the ground.
 - 1. A fumble.
 - 2. A snap from the center touches the ground (dead at the spot where it hits the ground).
 - 3. When a muff of a punt strikes the ground.
 - g. When an official sounds his/her whistle inadvertently during a down.

7. Position and Action During the Snap

- 7.1 The center, after assuming the position for the snap and adjusting the ball, may not move nor change the position of adjusting the ball, may not move nor change the position of the ball in a manner simulating the beginning of a play. The ball must be snapped in **one continuous motion**, not necessarily between the center's legs. The player receiving the snap must be 2 yards behind the offensive scrimmage line for a scrimmage play and for a punt. **Penalty:**

Illegal Procedure. Direct snaps are illegal. 5 yard penalty from the line of scrimmage.

- 7.2 All offensive players must be momentarily within 15 yards of the ball. It must be clear who

the seven offensive players are on each play. The intent of this rule is to eliminate all sleeper or hideout plays. **Penalty: Illegal Participation, 10 yards from the line of scrimmage.**

8. Motion/Shift

- 8.1 Only one offensive player may be in motion at the time of the snap. This motion must not be toward the opponents' goal line. (If two or more players go in motion before the snap, then this is considered a shift and all players must come set for one full second prior to the snap).

Penalty: Illegal Shift, 5 yards from the line of scrimmage.

9. Backward Pass and Fumbles

- 9.1 A runner may pass the ball backwards or lose player possession by a fumble anytime.
- 9.2 Fumbles are dead when the ball touches the ground.
- 9.3 The ball is put into play by the offensive team at the point where the ball first touched the ground.

- 9.4 A backward pass or fumble may be caught or intercepted in flight by any player and advanced
- 9.5 A backwards pass or fumble into the offensive team's own end-zone will result in a safety. If the ball is fumbled into the opponent's end-zone the result is a touchback (opponent's ball on their 14 yard line).

10. Scoring Plays and Touchback

- 10.1 It is a touchdown when a loose ball is caught by a player behind the opponent's goal line and when a runner advances so that the ball penetrates the vertical plane of the goal line. The body does not have to cross the line.
- 10.2 The player scoring the touchdown must raise his/her arms to be de-flagged by the official. If the player is not de-flagged with one pull and the official determines the flag has been secured illegally, the touchdown is disallowed, and 10 yard penalty from original line of scrimmage and a loss of down will occur. **Penalty: Personal Foul, 10 yards from the previous spot.**
- 10.3 There shall be an opportunity to score a Try for 1 point from the 3 yard line, 2 points from the 10 yard line, or 3 points from the 20 yard line by running or passing after a team scores a touchdown.
- Once a team's choice has been communicated to the referee, it cannot be changed unless a timeout has been called by either team.
 - Enforcement of penalty yardage does not change the value of the try.
 - If defense intercepts a pass or fumble during the try, and returns it for a touchdown, they score three (3).
 - Once the offensive captain makes the choice for the try, they may only change their decision when either team charges a timeout. However, the decision can not be changed once either team commits a foul.

11. Screen Blocking

- 11.1 Blocking, as in regulation tackle football, is prohibited. A screen block shall take place without contact. The screen blocker shall have his/her hands and arms at down in front of him or behind his/her back. Any use of the hands, arms, elbows, legs, or body to initiate contact during a screen block is illegal. A blocker may use his/her hand or arm to break a fall or retain his/her balance. A player must be on his/her feet before, during, and after screen blocking. There will be no screen blocking past the line of scrimmage. **Penalty: Personal foul, 10 yards from the line of scrimmage.**
- 11.2 Charge, a runner shall not charge into nor contact an opponent in his/her path nor attempt to run between two opponents unless the space is such to provide reasonable chance for him/her to go through without contact. **Penalty: Personal Foul, 10 yards from the spot of the foul.**

12. Putting the Ball in Play

- 12.1 To begin a half of play, the offensive team will start with possession on their own 14yd line
- 12.2 The ball will be put into play by a series of downs at the appropriate spot:
- After a touchdown--14 yard line.
 - After a safety or touchback--14 yard line.

c. Overtime--10 yard line.

13. Protected Scrimmage Kicks (Punts)

13.1 Punts must be announced to the referee and the opposing team before the ball is ready for play. Once a punt is declared, the ball must be punted unless: either team calls a time out, the period ends, or a foul occurs prior or during the down that results in the repeat down.

a. The kicking team must have 4 players on their line of scrimmage. Punts must be snapped from the center.

b. The punter must be at least two yards off the line of scrimmage upon receiving the snap and must punt the ball immediately and in **one continuous motion. Penalty: 5 yards from the line of scrimmage.**

c. There will be no movement by the offensive players until the ball is kicked.
Penalty: 5 yards from the line of scrimmage.

13.2 Defensive players may not enter the neutral zone until the ball is kicked. **Penalty: Encroachment, 5 yards from the line of scrimmage.**

13.3 Defensive players may jump to block the kick.

13.4 The ball may be run back if it touches the ground before hitting a player.

13.5 A fumbled punt is dead where it touches the ground.

13.6 Quick kicks and fake punts are illegal. **Penalty: Unsportsmanlike conduct, 10 yards from the line of scrimmage.**

14. Legal catch

14.1 For a legal catch the pass receiver:

a. Must come down with at least one foot in bounds.

b. A catch by any kneeling or prone inbounds player is a completion or interception.

c. A loss of ball simultaneously with returning to the ground is not a catch.

15. Tie Game Procedure (Playoffs only, regular season will end in a tie)

15.1 Tie score at the end of regulation, the field captains shall be brought together and rock-paper-scissors will be conducted. During the playoffs, the overtime format will be repeated until a winner is declared. The winner of the toss shall be given the option of either offense or defense. Each team is entitled to one time out only, during the entire overtime. The end zone used in during the overtime will be the same for both teams and will be decided by the officials.

15.2 Unless moved by penalty, each team will start 1st and goal from the 10 yard line. An overtime period consists of a series of 4 downs by each team. If the score is still tied after one period, play will proceed to a second period or as many as are needed to determine a winner.

15.3 If the first team that is awarded the ball scores, the opponent will still have a chance to win the game. Unless moved by penalty, they will start 1st and goal at the 10 yard line.

15.4 Trys will be attempted and scored the same as during regulation.

15.5 If the defense intercepts a pass or fumble and returns it for a touchdown, they win the game. If they do not return the interception for a touchdown, the series is over, the ball will be placed on the 10 yard line and the original defense will begin their series of 4 downs, if necessary.

- 15.6 Fouls and penalties will be administered similar to regulation. Automatic first down penalties shall result in a new series of 4 downs, if accepted. Dead balls fouls following a touchdown are penalized on the Try. Dead ball fouls following a successful Try will be penalized from the succeeding spot, if accepted.
- 15.7 NOTE: the goal line shall **always** be the zone line-to-gain in overtime.

16. Player Conduct

16.1 No player shall commit the following acts: **Penalty: Unsportsmanlike Conduct, 10 yards.**

If flagrant, the offender shall be disqualified.

- Intentional kick the ball.
- Intentionally kicking at any opposing player.
- Intentionally swinging an arm, hand or fist at any opposing player.
- Disrespectfully addressing an official.
- Using profanity, taunting, insulting or vulgar language or gestures.
- Intentionally contacting a game official physically during the game.
- Fighting an opponent
- Punch, strike, strip, steal or attempt to steal the ball from a player in possessions.
- Trip an opponent
- Contact an opponent who is on the ground.
- Throw the runner to the ground.
- Deliberately drive or run into a defensive player.
- Tackle the runner.
- Any act deemed unsportsmanlike by IM Staff

17. Clarification

17.1 Any contact with the quarterback is considered roughing the passer. **Penalty: 10 yards from the line of scrimmage and automatic first down.**

17.2 Pushing a receiver/defender is not allowed. **Penalty: Illegal use of hands, 10 yards from the spot of the foul.**

17.3 Any dead-ball penalty on the defense occurring during a touchdown or a successful Try will be assessed on the next play from scrimmage at the 15 yard line.

17.4 The ball is declared dead when an official sounds his/her whistle inadvertently during a down:

- a. If the ball is in player possession, the team in possession may elect to put the ball in play where declared dead or replay the down.
- b. 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 lost or replay the down.
- c. If during a legal forward pass or punt, the ball is returned to the previous spot and the down replayed.

17.5 Spiking, taunting, and any intentional antagonizing of the opposing team will be considered unsportsmanlike conduct. **Penalty: Unsportsmanlike Conduct, 10 yards.**

17.6 The offensive team is responsible for retrieving the ball to an official at the line of scrimmage.

17.7 Each member of a team is eligible to receive a pass unless the player voluntarily goes out of bounds during the play. If a player is blocked out-of-bounds by an opponent and returns inbounds during the down, he/she shall return at the first opportunity. **Penalty: Illegal Participation, 10 yards from the spot.**

17.8 No player shall attempt to steal the ball, trip an opponent, contact an opponent who is on the ground, make unnecessary contact with an opponent, deliberately dive or run into an opponent or tackle the ball carrier or push the ball carrier out of bounds to stop the play.

Penalty: Personal Foul, 10 yards from the spot of the foul, flagrant offenders will be ejected.

18. Summary of Fouls and Penalties

Loss of 5 Yards

1. Delay of game (Dead Ball Foul)
2. False start (Dead Ball Foul)
3. Encroachment (Dead Ball Foul)
4. Illegal snap (Dead Ball Foul)
5. Illegal procedure
6. Illegal motion
7. Illegal shift
8. Player receiving snap within 2 yards of scrimmage line
9. Illegally handing the ball forward (loss of down)
10. Illegal forward pass (loss of down)
11. Illegal substitution
12. Aiding runner by teammates

Loss of 10 yards

- a. 1. Illegal contact (i.e. stiff arm)
- b. 2. Flag guarding
- c. 3. Offensive pass interference
- d. 4. Defensive pass interference.
- e. 5. Personal foul
- f. 6. Unsportsmanlike conduct
- g. 7. Roughing the passer (automatic first down)
- h. 8. Kick catch interference
- i. 9. Illegal flag belt removal
- j. 10. Illegally secured flag belt (loss of down and player DQ)
- k. 11. Illegal participation
- l. 12. Illegal batting of the ball
- m. 13. Illegal kicking of the ball
- n. Flagrant Unsportsmanlike conduct. (Disqualification).
- o. Flagrant personal fouls. (Disqualification).
- p. Intentionally tampering with flag belt. (Disqualification).

19. CoRec Modifications

19.1 A male runner cannot advance the ball through his team's scrimmage line.

Penalty: Illegal advancement, 5 yards from previous spot, loss of down

19.2 During the offensive team's possession there may not be 2 consecutive legal forward pass completions from a male passer to a male receiver. If a male passer completes a legal forward pass to a male receiver, the next legal forward pass completion must involve either a female passer or a female receiver for positive yards. A legal forward pass caught jointly by male and female teammates is considered a female reception. Penalty: Illegal forward pass, 5 yards from scrimmage, and a loss of down

le. Open play versus Closed play

Open play may have any person involved. Closed play must have a female throw or catch the ball past the line of scrimmage

19.3 If a female passer completes a forward pass to a male receiver behind their scrimmage line on either an "open" or "closed" play and the male advances beyond the line of scrimmage, it is an illegal forward pass.

- the completion must be completed past the down line

19.4 If a female player scores a touchdown the point value is 9. If a female player throws a legal forward pass and a touchdown is scored by any player on their team, the point value is 9.

SPORTSMANSHIP

Sportsmanship is vital to the success of each and every program we offer to the university community. In order to encourage proper conduct before, during and after a scheduled contest, the Intramural Sports Department has developed a rating system. The rating procedure is as follows:

Acceptable Rating (3)

The team exhibits respect and cooperation and sporting behavior towards all sport programs staff, teammates, and opponents. The team has no issues or minor disagreements with the judgement of the officials. Captain demonstrates control over spectators, teammates, and him/herself.

Average Rating (2)

The team exhibits some respect and cooperation towards all sports programs staff, teammates, and opponents. The team has several minor disagreements with the judgement of the officials. Captain demonstrates mild or little control over spectators, teammates, and him/herself. Teams receiving one unsportsmanlike penalty fall into this category as well.

Unacceptable Rating (1)

The team does not exhibit respect and cooperation with unsporting behavior towards any sport programs staff, teammates, and opponents. The team displays issues and disagreements with officials. Captain demonstrates no control over spectators, teammates, and him/herself. Teams receiving more than one unsportsmanlike penalty fall into this category as well.

If a team receives two unacceptable ratings in a season, the team will be removed from the league and have to meet with the Sports Programs Office. Teams may face additional suspension and sanctions for one unacceptable rating depending on the situation and severity of the incident.