



FLAG FOOTBALL 7V7 RULES

All players need to be signed up on ImLeagues BEFORE they may participate in their FIRST game. All players must present a valid photo ID prior to each game. No exceptions!

NIRSA Flag Football rules, with certain modifications, are used as a guideline for rules. Campus Recreation Staff will have the final say on all rules and their application. Spectators must remain in the designated seating area. Misconduct of spectators, players or coaches can result in an ejection or forfeiture of the game.

1. NUMBER OF PLAYERS

- 1.1. Teams consist of 7 players but may start and/or play with 5 players. All players must be checked in with the rec sports staff before they can participate.
- 1.2. The game will end if a team must drop to less than 5 players due to injury or ejection, unless the team has a chance to win which will be determined by the intramural staff.

2. LENGTH OF GAME

- 2.1. Game will consist of two 20-minute halves with running clock, separated by a half time.
- 2.2. The clock will stop only for timeouts and officials' timeouts. Clock stops for dead ball situations in the last 2 minutes of the game only.
- 2.3. Each team receives 1 timeout per half. Unused timeouts are not carried over to the next half.
- 2.4. **Mercy Rule: If a team is ahead by 19 points with 2 minutes or less remaining in the second half or 28 points at any point in the second half, the game will end.**
- 2.5. There will be no overtime in regular season play. In the event of a tie in playoffs, a tiebreaker will be conducted as follows:
 - 2.5.1. Each team will be given 4 downs from the 10-yard line. Coin toss will determine possession. All overtime periods are played toward the same goal line.
 - 2.5.2. Overtime is repeated until a winner is declared.
 - 2.5.3. On the third overtime attempt, if the game has not yet been decided, each team must go for 2 on the extra point attempt.

3. FORFEIT POLICY

- 3.1. **Game time is forfeit time, there is no grace period.** If your game is scheduled for 7pm, the expectation is that your team is there at 7pm, dressed and ready to go. It is recommended that teams arrive 15 minutes before their game time to be prepared to start.
- 3.2. If a team forfeits for any reason, (sportsmanship issues, illegal players, forfeiture due to contest being cancelled) will result in a forfeit fee of \$20.00 being assessed to the captain of the team.
- 3.3. A double forfeit will be declared if neither team had the minimum number of participants present, signed in, and at the field ready to play.
- 3.4. If neither team is present with at least the minimum number to play, a double forfeit is issued.
- 3.5. Teams are allowed 2 forfeits per season before they are bye'd out for the season.



4. EQUIPMENT

- 4.1. **No jewelry allowed.** The only exception is a medical alert bracelet that must be taped down.
- 4.2. Casts and/or any other item deemed to be dangerous by the official or supervisor may not be worn during the game.
- 4.3. Campus Recreation provides game balls only. Teams must bring their own for warm-up. Team balls may also be used for games if both teams agree on usage.
- 4.4. Teams **MUST WEAR SHIRTS** that are the same color. All shirts must be tucked in if they would obstruct the flag belt. **Open pockets of any kind are not allowed.**
- 4.5. Ball caps and bandanas with knots are also not allowed.
- 4.6. Any slippery or sticky substance of a foreign nature on equipment or exposed part of the body is illegal.

5. SUBSTITUTES

- 5.1. Teams may substitute any number of eligible players between downs, but they must be completed before the ball becomes live again. Any substitution during live play will result in a penalty.
- 5.2. During the same dead ball interval, no substitute shall become a player and then withdraw, and no player shall withdraw and re-enter as a substitute unless a dead ball foul occurs, there is a charged timeout, or period ends.
- 5.3. Each substitute shall be in uniform, ready for play, with flags in position.

6. SCORING

- 6.1. The following methods shall be used in scoring a game:
 - 6.1.1. Touchdown (after the scorer is de-flagged by the official) 6 points
 - 6.1.2. Safety 2 points
- 6.2. Successful Extra Point Attempts:
 - 6.2.1. 3 yards 1 point
 - 6.2.2. 10 yards 2 points
 - 6.2.3. 20 yards 3 points

7. ILLEGAL CONSERVATION OF TIME/DELAY OF GAME

- 7.1. With less than 2 minutes remaining in the game, the offended team of any foul will have the option to start the game clock on the snap when it would normally start on the ready. Examples include:
 - 7.1.1. During the 2nd half, A lead C 14-12 with the game clock running. A-3 false starts with 50 seconds left on the clock. Enforce false start, if accepted. The Referee will order the game clock started on the snap due to A attempting to consume time.
- 7.2. The ball must be put in play promptly and legally and any action or inaction by either team, which tends to prevent this, is delay of game. Penalty: Dead ball foul, 5 yards from succeeding spot. Examples includes:
 - 7.2.1. Failure to snap within 25 seconds after ball is declared ready for play,
 - 7.2.2. Putting the ball in play before it is declared ready for play,
 - 7.2.3. Deliberately advancing the ball after it has been declared dead, and
 - 7.2.4. Any other consumption of time to gain an advantage is considered a delay of game.



8. PLAYING RULES

- 8.1. The player scoring the touchdown must raise his/her arms so the nearest official can de-flag the player. If the player is not de-flagged easily, and the official determines the flag belt has been secured illegally, the touchdown is disallowed. The player is disqualified from play for the remainder of the game.
- 8.2. Defensive players must make a definite effort to avoid charging into a passer after it is clear the ball has been thrown. No defensive player shall contact the passer who is standing still or fading back. Penalty: Roughing the Passer, 10 yards, automatic 1st down.
- 8.3. After the ball is ready for play, each offensive player must momentarily be within 15 yards of the ball. Penalty: Illegal Formation, 5 yards.
- 8.4. The offensive team must have at least 1 player on their scrimmage line at the snap (the center). A player in motion or that is moving is off the line of scrimmage. Penalty: Illegal Formation, 5 yards.
- 8.5. A player defending against a legal forward pass beyond the line of scrimmage, can wave his/her arms in the face of the offensive player attempting to catch the pass if no contact is made.

9. BLOCKING

- 9.1. An offensive screen block shall take place without contact. The screen blocker shall have his/her hands and arms at his/her side or behind his/her back. Any use of the arms, elbows, or legs to initiate contact during an offensive player's screen block is illegal. A player must be on his feet before, during, and after screen blocking. Penalty: Personal Foul, 10 yards
- 9.2. A player who screens shall not:
 - 9.2.1. Take position closer than a normal step when behind a stationary opponent.
 - 9.2.2. Make contact when assuming a position at the side or in front of a stationary opponent.
 - 9.2.3. Take a position so close to a moving opponent that the opponent cannot avoid contact by stopping or changing direction. This position will vary and may be 1 to 2 normal steps or strides from opponent.
 - 9.2.4. After assuming legal screening position, move to maintain it, unless he/she moves in the same direction and path of his/her opponent.
 - 9.2.5. Penalty: Personal Foul, 10 yards.
- 9.3. Teammates of a runner or passer may interfere for them by screen blocking but shall not use interlocked interference by grasping or encircling one another in any manner. Penalty: Personal Foul, 10 yards.
- 9.4. Defensive players must go around the offensive player's screen block. Penalty: Personal Foul, 10 yards.

10. RUNNING

- 10.1. Players must have possession of the ball before they can legally be de-flagged.
 - 10.1.1. When a runner loses his/her flag belt either accidentally, inadvertently, or on purpose, play continues. The de-flagging reverts to a 1 hand tag of the runner between the shoulders and knees (includes hands and knees).
 - 10.1.2. In circumstances where a flag belt is removed illegally, play should continue with the option of the penalty or the play. Penalty: Personal Foul, 10 yards.
 - 10.1.3. Intentionally pulling a flag belt from an offensive player without the ball is illegal. Penalty: Personal Foul, 10 yards.



10.1.4. Tampering with the flag belt in any way to gain an advantage including tying, using foreign materials, or other such acts is illegal, and will result in immediate EJECTION from the game.

Penalty: 10 yards from previous spot, offense – loss of down; defense – automatic 1st down.

10.2. Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove the flag belt. Penalty: 10 yards. Flag guarding includes:

10.2.1. Placing or swinging the hand or arm over the flag belt.

10.2.2. Placing the ball in possession over the flag belt.

10.2.3. Lowering the shoulders in such a manner which places the arm over the flag belt.

10.3. The runner shall be prohibited from contacting an opponent with extended hand or arm. Penalty: 10 yards

10.4. The runner shall not grasp a teammate or be grasped, pulled, or pushed by a teammate. Penalty: 5 yards.

10.4.1. If the defensive player is making a play on the flag belt and the offensive player's clothing is in the way and get grabbed. No penalty will occur. Judgement of the official.

10.5. The defensive player shall not hold, grasp, or obstruct the forward progress of a ball carrier when in the act of removing the flag belt. Penalty: Personal Foul, 10 yards.

10.6. A runner may not leave his/her feet to advance the ball. Penalty: 5 yards, loss of down.

11. BATTING AND KICKING

11.1. Players shall not bat a loose ball other than a pass or fumble in flight. The passing team shall not bat a backward pass in flight forward. A ball in a player's possession shall not be batted forward by a player of the team in possession. Penalty: 10 yards.

11.2. No player shall intentionally kick a ball other than a punt. Penalty: 10 yards.

11.3. A kick or punt is live until the team drops the ball or the kicking team touches the ball.

12. SUMMARY OF FOULS AND PENALTIES

12.1. Loss of 5 yards:

12.1.1. Improper wearing of equipment.

12.1.2. Delay of game.

12.1.3. Illegal snap.

12.1.4. False start.

12.1.5. Encroachment (illegal rush).

12.1.6. Illegal procedure.

12.1.7. Illegal forward pass (3 yards from the spot of the foul and the loss of down).

12.1.8. Intentional Grounding (3 yards from the spot of the foul and loss of down).

12.1.9. Helping the runner: runner shall not grasp a teammate or be grasped, pulled, or pushed by a teammate.

12.1.10. Illegal Run (3 yards from the previous spot plus a loss of down).

12.2. Loss of 10 yards:

12.2.1. Delaying the start of either half.

12.2.2. Two or more consecutive encroachments during the same interval between downs. (initial encroachment will be a 3-yard penalty)



- 12.2.3. Illegal participation.
- 12.2.4. Offensive pass interference.
- 12.2.5. Defensive pass interference.
- 12.2.6. Illegally secured flag belt on touchdown. (Touchdown nullified and loss of down)
- 12.2.7. Unsportsmanlike conduct.
- 12.2.8. Spiking the ball or not returning the ball to the official during the dead ball.
- 12.2.9. Attempt to steal the ball from the carrier.
- 12.2.10. Hurdling.
- 12.2.11. Unnecessary contact of any sort.
- 12.2.12. Roughing the passer. (Automatic first down)
- 12.2.13. Defensive illegal use of the hands.
- 12.2.14. Guarding the flag belt and stiff-arming.
- 12.2.15. Illegal batting.
- 12.2.16. Illegal flag belt removal.
- 12.2.17. Personal foul.
- 12.2.18. Flagrant unsportsmanlike conduct. (Disqualification)
- 12.2.19. Flagrant personal foul. (Disqualification)
- 12.2.20. Intentional tampering with the flag belt. (Disqualification)
- 12.2.21. Illegal equipment.

13. ADDITIONAL COED RULES

- 13.1. Teams consist of 8 players. A minimum of 6 players are required to begin the game. The possible combinations are 4m/4w, 4m/3w, 3m/4w, 2m/4w, 4m/2w, 3m/3w.
- 13.2. The game will end if a team must drop to less than 6 players due to injury or ejection, unless the team has a chance to win.
- 13.3. The offensive line must have one person snapping the ball at the scrimmage line. Penalty: Illegal Formation, 5 yards.
- 13.4. An offensive team may not have multiple males to male completions. Penalty: Illegal Forward Pass, 5 yards from spot of pass and loss of down.
- 13.5. After a male-to-male completion is made, the play is then closed. A female must pass or receive the next completed pass for positive yards.
- 13.6. When a successful completion is made, the down is considered open in which another male-to-male completion is legal.
- 13.7. A male may not advance the ball through the line of scrimmage unless a female ball carrier has broken the plane. This includes the quarterback. Penalty: Illegal Advancement, 5 yards from previous spot.
- 13.8. Mercy Rule: If a team is up by 19 points or more at/or after the 2-minute warning, the game will end. If a team is up by 38 points or more at any point in the second half, the game will end.