



Texas A&M University - Corpus Christi
Department of Recreational Sports
INTRAMURAL SPORTS
Flag Football Rules



Flag football games will be conducted under the rules of the NIRSA. This document covers the major rules with some exceptions.

Team Captains and Player Eligibility

1. Game clock will start at scheduled game time.
2. A maximum grace period of 10 minutes will be granted to teams waiting on players. Every minute (up to ten) that a team does not have the minimum number of players to start, the opposing team will be granted one point.
3. The game will result in a forfeit if a team cannot meet the minimum player requirement after the 10-minute grace period.
4. A team will be assessed a forfeit fee of \$10 if they forfeit a game. Teams will not be allowed to play until the fee is paid.
5. A team with two “no call, no show” forfeits will be dropped from the league.
6. Team captains are responsible for informing their teammates of all Intramural Sports policies and procedures.
7. Only team captains or designated players may address an official regarding rule interpretations or to obtain essential information.
8. Team captains are responsible for their team and fans behavior before, during, and after the game. Fan penalties will be awarded to the captain.
9. Team captains are responsible for any equipment given to them, such as team jerseys and team balls. **Team captains will be charged for missing or damaged items.**
10. Team rosters are frozen after the last game of the regular season.
11. **NO ID NO PLAY!** All participants must present their Sandollar ID to the Intramural Supervisor on duty in order to be eligible for play.
12. Presenting a false ID will result in a suspension of all participants involved. The offending team will lose their right to win the coin toss and be awarded an unsportsmanlike conduct. Usage of illegal or ineligible players will result in an automatic forfeit of that game.
13. **UNDER NO CIRCUMSTANCE IS ALOCHOL ALLOWED ON IM FIELDS.** UPD will be called if any fan or participant is in possession or under the influence of alcohol.
14. Smoking is not allowed inside the perimeter of Momentum Fields. Smoking includes, but is not limited to cigarettes, e-cigs, vape machines, illegal substances, etc.

The Field, Players, and Equipment

1. The field shall be a rectangle 100 yards by 40 yards, including two 10-yard endzones. The width of the field shall be lined at 20-yard intervals from goal line to goal line. The 3 and 10 yard try for point lines shall be 1 yard wide.

2. Seven players constitute a men's or women's team. A team may play with five (i.e., team must start if five players are present). If fewer than five players are present, the game will be declared a forfeit. If at anytime a team falls below the minimum number of players, the game will be declared a forfeit unless due to injury.
3. A player's name must be on the printed score sheet and must sign-in with the scorekeeper with their sandollar to be eligible to play. (Write-ins will only be allowed during week 1)
4. Shoes must be appropriate, athletic shoes. No boots, open toed shoes, or metal cleats will be allowed. Cleats must be made of nonabrasive rubber or rubber-type synthetic material, which does not chip or develop a cutting edge.
5. The use of headgear, jewelry, shoulder pads, body pads or any unyielding or dangerous equipment is prohibited. Players may wear a knit or stocking cap and use soft, pliable gloves if they desire. No baseball style caps or bandannas may be worn at anytime.
6. Tape or bandage on the hand, wrist, forearm, or any other part of the body is prohibited except to protect an injury. Under no circumstances will a player wearing a cast or splint be allowed to play. Braces with exposed metal parts must be covered.
7. Each team must wear the same color jersey or shirt. If not, jerseys will be provided by the IM staff but may not always be clean. The jersey must be tucked in at all times or be at least 4 inches above the flag belt.
8. Belt loops, pockets, exposed drawstrings, or untucked hoods on sweat tops are illegal.
9. The flag belt must be free of all knots.
10. The manager on duty's decision regarding the legality of any equipment will be final.

The Toss and Options

1. Prior to the start of the game, the referee shall toss a coin and the visiting team captain will call the toss. The winner of the toss shall have the choice of offense, defense, direction, or defer their option until the second half. The team losing the toss shall have the choice of options at the start of the 2nd half, unless the team winning the toss deferred their option until the second half.

Timing, Periods, and PreSnap

1. Playing time shall be of 40 minutes duration, divided into two halves of 20 minutes each. Half-time shall be 3 minutes long. In case of overtime, there will be a one-minute intermission between the end of the game and the overtime. Time shall run continually throughout the entire game until the final 2 minutes of the both halves. During this period, the clock will stop under all normal dead ball situations. The referee shall have discretion to reduce the length of half-time if conditions deem it necessary.
2. MERCY RULE: If a team is winning by 19 or more points when the referee announces the 2 minute warning for the second half, the game shall be over. The same rule applies if a team scores inside 2 minutes with this differential.
3. Each team will be permitted 3 time-outs per game; two per half. These time-outs shall be 1 minute in length. If a timeout is not used in the first half it will not carryover to the second half.
4. The referee may start or stop the game clock whenever, in his/ her judgment, either team is trying to conserve or consume playing time by using illegal or unfair tactics.
5. No offensive player shall make a false start. A false start includes simulating a charge or start of a play.

6. Following the ready-for-play, it is encroachment for any player to break the scrimmage line plane, except for the snapper's right to be over the ball.
7. After the ready for play whistle, the offense will have no more than 25 seconds to snap the ball.
8. Players can enter and leave the game, as many times as they want to, but substitutions must be made during a dead ball.
9. All offensive players must be set and 10 yards in from the sideline prior to the snap; unless in legal motion.

Overtime

1. There will only be an overtime period during the playoffs.
2. To begin the overtime period, the two captains will determine the possession by a coin flip. The home captain will call the toss. Teams will alternate choices if additional overtime periods are played.
3. All overtime drives will be played toward the same endzone.
4. Each team will be given a series of downs from the 10-yard line. The goal line shall always be the line-to-gain in overtime.
5. During a try, if the defense gains possession, the ball is dead and the series is over. The ball will be placed at the 10-yard line, and the defense will begin their series.
6. If Team A scores, a try will be attempted. If the defense secures possession of the try, the try ends.
7. Each team is entitled to only one time-out during the entire overtime.

Kicking the Ball

1. Punt Line-ups - The offensive team must have the snapper on their line of scrimmage at the time of the snap. Neither team may cross the scrimmage line until the ball is kicked. The defensive team may block the punt. No fake punts are allowed.
2. Kicking the Ball - The kicker must be at least 2 yards behind the line of scrimmage when receiving the snap. After receiving the snap, the kicker must kick the ball immediately and in a continuous motion. If the punter delays the kick, the referee will enforce the "attempting to consume time" rule. Penalty: 5 yard penalty for illegal procedure, reset the game clock to the previous playing time and start the clock on the snap.
3. Opportunity to Catch Kick - A player of the receiving team who is within the field of play, must be given fair and reasonable space to catch the kick. The protection terminates when the kick is touched by any player of the receiving team or the ground. Upon touching the ground, the ball is considered dead. If the kicking team catches a muff, prior to the ball hitting the ground, the ball is dead and belongs to that team.
4. During a punt, if the receiving team fouls beyond their neutral zone before the end of the kick, the foul will be enforced where the kick was caught. If the kick ends in the end zone, it will be enforced from the 14 yard-line.
5. When a punt breaks the plane of the receiving team's goal line, it is dead and declared a touchback.

Snapping, Passing, and Deflagging

1. A team shall snap the ball from their 14 yard-line to begin each half and following a try for point, safety, or touchback.

2. The player who receives the ball from snapper must be at least 2 yards behind his/her scrimmage line. The snapper shall pass the ball back from its position on the ground with a quick and continuous motion of the hand(s). It is illegal for the snapper to snap the ball to himself/herself.
3. The offensive team is only required to have the snapper on the line of scrimmage at the time of the snap. The offensive team must come to a complete stop for one second before ball is snapped. After this, only one person may be in motion at a time. This person may not be in motion toward the opponent's goal line at the time of the snap.
4. If the ball is fumbled, it is immediately dead upon hitting the ground. No advancement can be made by either team. A fumble going out of bounds without hitting the ground remains in possession of the fumbling team at the spot where fumbled or wherever the ball went out of bounds. INTERPRETATION: A team may not intentionally fumble the ball forward to gain yardage.
5. All players are eligible to touch a forward pass. The passer may only catch his/her own forward pass after it has touched another player. Only one legal forward pass may be thrown per down from behind the line of scrimmage. The offensive players are responsible for retrieving the ball after a down has ended. Officials are not responsible for retrieving the ball.
6. A forward pass is a live ball thrown towards the opponent's goal line. A backward pass is a live ball thrown parallel or towards the passer's goal line. A backward pass hitting the ground is ruled the same as a fumble.
7. A catch is established when a player possesses the ball with one foot in bounds.
8. If a forward pass or backward pass is caught simultaneously by members of opposing teams, the ball is dead and belongs to the offensive team.
9. It is illegal to attempt to steal a ball in any player's possession. Once a player has obtained possession of the ball, his/her opponent must play for the flag not the ball.
10. Defensive players may not contact the passer anytime during or after the play. Rushers may try to deflect the ball, but they may not contact the passer even if the ball is deflected. Penalty: 10 yards from end of related run if run ends beyond the line of scrimmage and there is no change of possession (if not, previous spot), automatic first down.
11. After the ball is snapped and until it has been touched by a receiver, there shall be no offensive pass interference beyond the line of scrimmage. Penalty: 10 yards, loss of down.
12. After the pass is thrown, and until it has been touched, there shall be no defensive pass interference beyond the line of scrimmage. Penalty: 10 yards, automatic first down.
13. If a player is purposely deflagged before the legal forward pass is touched, it is pass interference.
14. Removal of the flag belt - The player is considered down when the flag belt is removed. If the flag inadvertently falls to the ground, a one-hand tag between the shoulders and knees constitutes the runner being down. The runner is also down if any part of his body touches the ground other than his feet or hands.
15. No players shall place their hand, arm, shoulder, or the ball over the flag or flag belt to place the opponent at a disadvantage when attempting to deflag a runner. Penalty: Flag guarding, 10 yards from the spot of the foul.

16. The offense will receive a series of 4 downs to advance the ball to the next zone line to gain for a first down.
17. Any player may hand the ball forward at any time.
18. If there is a foul by the defensive team during a down which results in a successful touchdown or try, the penalty will be enforced from the location where the ball will next be snapped.
19. The half may end if a loss of down foul is committed during the last play of the half.
20. If there is a foul by the defensive team during a down that results in a successful touchdown, the scoring team may choose to have the foul enforced at the succeeding spot or the 14-yard line.

Screening, Rushing, and Contact

1. Contact that places either team at a disadvantage is illegal.
2. An offensive player may screen a defensive player by maintaining a position in their path. The offensive player in maintaining position may not move in such a manner as to initiate contact with the defensive player nor may the defensive player contact the offensive player with an extended arm, shoulder, hip, or knee. The concept of screening and rushing is similar to blocking and charging in basketball during most, but not all cases.
3. Down field screens are allowed, but the player must be set.

SCORING

- | | | |
|----|----------------|---|
| a. | Touchdown | 6 points |
| b. | Safety | 2 or 1 point(s) |
| c. | Try for points | 1 point from 3 yds.
2 points from 10 yds.
3 points from 20 yds. |

NOTE: The try ends when the defense secures possession.

4. Touchdowns will be verified by the official deflagging the player. If the flag does not come off and the official determines the flag belt has been illegally secured, the touchdown is disallowed. The player is disqualified, and it is a personal foul. Penalty - 10 yards from the previous spot and loss of down.

Miscellaneous

1. There can only be a protest regarding a player's eligibility or a rules interpretation. An official's judgment call cannot be protested. Protest concerning eligibility must be made before, during, or immediately following the game. Protest concerning a rule interpretation must be made immediately following the play in question. The manager decision is final. Only players of the offended team will be allowed to protest.
2. Teams must have two wins AND an average sportsmanship rating of '3' to advance to playoffs.
3. Accumulation of three unsportsmanlike penalties by the same team will constitute a forfeiture of the game.

Playoff Eligibility

1. Teams must have a win percentage of .300
2. Teams will only be eligible for post-season play if they earn an average sportsmanship rating of 3 or higher
3. Teams that win via forfeit will receive a 5 rating.
4. Teams that lose via a forfeit will receive a 2 rating.
5. Teams that lose via default will receive a 3 rating.

CoRec Modifications

1. The Game – The game shall be played between 2 teams of eight players, four men and four women. Teams with seven players shall be four men and three women or three men and four women. Six players, three men and three women or four women and two men or four men and two women, are required to avoid a forfeit.
2. The Ball – The regular, intermediate, youth, or junior size football shall be used.
3. Minimum Line Players – The offensive team only needs the person snapping the ball on their scrimmage line at the snap.
4. Male Runner – A male runner on offense cannot advance the ball through scrimmage line. There are no restrictions: during a run by a male once the ball is beyond the scrimmage line; during a run by a female; and after a change of possession.
5. Male-to-Male Completion – During the offensive team's possession, there may not be 2 consecutive legal forward pass completions from a male passer to a male receiver. This rule applies to the try. 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 runner for positive yardage ("closed"). The spot where the ball becomes dead by rule must be beyond the scrimmage line. There are no other restrictions concerning a male passer completing legal forward passes to a female receiver, for female-to-female, or female to male. Any foul, whether accepted or declined, shall have no effect on whether the next legal forward pass completion is "open" or "closed." If the crew of officials incorrectly indicates the open/closed status of a down, the play is nullified and the down will be repeated.
6. Illegal Forward Pass – If a female passer completes a forward pass to a male receiver behind the scrimmage line and any male on offense runs beyond this scrimmage line, it is an illegal forward pass.
7. Mercy Rule – If a team is 25 or more points ahead when the Referee announces the 2-minute warning for the second half, the game shall be over. If a team scores during the last 2 minutes of the second half that creates a point differential of 25 or more points, the game shall end at that point.
8. Touchdown Value – If a female player passes, rushes, or receives a touchdown, the point value is 9.

PENALTIES

5 Yard Penalties:

1. Failure to wear required equipment
2. Illegal delay of game
3. Unfair tactics
4. Substitution rules infractions
5. Putting the ball in play before declared ready by ref
6. Exceeding 25 second count
7. Infraction of protected scrimmage kick-kickers or players
8. Illegal snap
9. Interlocked legs on scrimmage line
10. Interference with opponent's ball
11. Defensive encroachment
12. False start
13. Failure to pause a full second following huddle or shift
14. Infraction of scrimmage formation
15. Offensive player illegally in motion
16. Receiving snap within 2 yards of scrimmage line
17. Offensive player not within 15 yards of the ball
18. Intentionally throwing backward pass, fumble out of bounds*
19. Helping the runner
20. Illegal forward pass*

10 YARD PENALTIES:

1. Quick kick
2. Two or more consecutive encroachments
3. Eligibility lost going out of bounds
4. Unsportsmanlike conduct-includes coaches, players, or fans
5. Steal, bat, or attempt to steal ball from runner
6. Contact with opponent on ground
7. Throwing runner to ground
8. Diving for opponent's flag and contact is made
9. Hurdling
10. Unnecessary contact of any nature
11. Use body of teammate to loft oneself
12. Tackle***
13. Roughing passer**
14. Illegal offensive screen blocking
15. Offensive/Defensive pass interference
16. Illegal use of hands
17. Guarding flag belt
18. Stiff arm
19. Holding
20. Batting a free ball
21. Illegal participation

22. Illegal kicking
23. Illegally secured flag belt by the offense***
24. Illegally secured flag belt by the defense***

- * Loss of Down
- ** Automatic first down
- *** Player disqualification