



Campus Recreation
DIVISION OF STUDENT AFFAIRS

INTRAMURAL FLAG FOOTBALL RULES

Current NIRSA rules will govern all rules not specifically noted.

Gray highlighted sections denote rule changes since the 2021-2022 academic year.

FIELD DIMENSIONS

- 40 yards by 80 yards with 10-yard end zones. Field is marked into 4 20-yard zones.
- Team areas are located 2 yards from each sideline and between the 20-yard lines.

PLAYER EQUIPMENT AND UNIFORM

- Each player must wear shoes made of soft, pliable upper material (canvas, leather, or synthetic), which covers the foot, attached to a one-piece molded composite bottom. Screw-in cleats are allowed if the screw is part of the cleat. Cleats may not be metal.
- Each player must wear a one-piece belt (provided by Campus Rec), without any knots, at the waistline with 3 flags attached permanently.
- Jerseys must be long enough to remain tucked in during the down or short enough so that they are 4" above the player's waistline. Jerseys must be of like color. Jerseys will be provided for teams who do not have jerseys.
- Teams may check out a football or bring their own. If you bring your own ball, the official ball shall be pebble-grained leather or rubber covered and meets the requirements of size and shape for a regulation football. There are no requirements regarding ball pressure and markings. Men's games shall use the regular size ball only. The regular, intermediate, youth, or junior size football shall be used for Women's and Co-Rec games. The referee shall be the sole judge of any ball offered for play and may change the ball during play at their discretion. During the game each team must use a legal ball of its choice when in possession.

TEAMS AND SUBSTITUTIONS

- Players must check in with their Mav Express ID Card with the supervisor in order to get on a roster.
- 7 players constitute a Men's, Women's, or Open team.
 - A team must have a minimum of 5 players present, checked in, and ready to play to start the game
- The roster maximum is 16 players.
- Substitutions are allowed at any time that the ball is dead, but games must not be delayed by them.
- Each substitute shall be in uniform and ready for play with flags in position.
- All subs must enter/exit the game on the team sideline.

TIME FACTORS

- The game consists of 2 18-minute halves.
- **THE CLOCK WILL NOT STOP FOR DEAD BALLS UNTIL THE LAST MINUTE OF THE FIRST HALF AND THE LAST 2 MINUTES OF THE SECOND HALF.**
- From that time on, the clock will stop in the following situations: (Situations with a * mean the clock will start of the next snap of the ball, and situations with a ^ clock will start when the referee signals the ready for play whistle.)
 - Scoring (touchdown*, extra points* and safety*)
 - Time-Outs (team* and official^)
 - Incomplete pass*
 - Out-of-bounds*
 - First down^
 - Penalty and administration^
 - Touchback*
 - The awarding of a new series*
 - An inadvertent whistle^
 - Following first touch^
 - A team attempting to conserve time illegally-starts on the ready^
 - A team attempting to consume time illegally-starts on the snap*
- Halftime will be 3-5 minutes long.

TIMEOUTS

- Each team will be allowed 2 30-second time-outs per game.
- Each team is entitled to 1 30-second time-out for all of overtime.

OVERTIME

- If the score is still tied at the end of the regulation period, the game will go into overtime.
- The two team captains will determine which team gets the decision by a coin flip. The home captain will call the toss. The options are ball first, ball second, or side. Teams will alternate choices if additional overtime periods are played. Both teams will go in the same direction for the entire overtime. Each team will be given 4 downs from the same 10-yard line. If the first team scores a touchdown, the second team will have 4 downs to respond by either tying or winning the game. If the second team fails to at least tie the game, the first team wins the game. Extra points will be attempted and scored as previously stated. If the defense intercepts the ball, it will be blown dead.
- If the score is still tied at the end of the first overtime period, the game will end in a tie.
- **FOR PLAYOFFS:**
 - If the score is still tied at the end of the first overtime period, the game will continue until there is a winner.
 - For the second overtime period, the teams will switch the order of who plays on offense/defense first. The team who played defense first in the first overtime will play offense first in the second overtime. Each team will still get 4 downs from the same 10-yard line to score, but teams **MUST** go for 2 points after the touchdown.
 - If the score is still tied at the end of the second overtime, all overtime periods will consist of 1 play from the 3-yard line sudden death style. The offense/defense order will still alternate. Both teams will continue to get 1 play from the 3-yard line until there is a winner.

LATE TEAM PROCEDURE

- GAME TIME IS FORFEIT TIME.
- If a team does not have the minimum number of players to start a game:
 - The game clock will start and run. Wait 10 minutes for the absent team to attain more players. If the absent team attains the minimum number of players within 5 minutes after game time, the game starts 7-0 in favor of the present team. If the absent team attains the minimum number of players after 5 minutes past game time, the game starts 14-0 in favor of the present team.
- Mercy Rule – If a team is ahead by 19 points or more when the referee announces the 2-minute warning for the second half, the game shall be over. The same rules applies if a team scores inside 2 minutes with this differential. If a team is ahead by 37 points with 10 or less minutes to play in the game, the game will be over.

CO-REC MODIFICATIONS

- 8 players constitute a Co-Rec team. Teams must have a minimum of 6 players to start the game. There may not be more than 4 players of the same sex and no less than 2 players of the same sex.
- Open and closed plays are used for Co-Rec flag football games.
 - During the offensive team's possession, there may not be 2 consecutive legal forward pass completions from a male passer to a male receiver, and this rule applies to the points after try.
 - If a male passer completes a legal forward pass to a male receiver, the next forward pass completion must involve either a female passer or a female receiver for positive yardage. The spot where the ball becomes dead by rule must be beyond the Team-A's scrimmage line. There are no restrictions concerning a male passer completing a legal forward pass to a female receiver, or female to female, or female to male. Penalty: Illegal Reception, 5 yards from the previous spot, and a loss of down. Any other foul, whether accepted or declined, shall have no effect on whether the next legal forward pass is "open" or "closed"

SERIES OF DOWNS AND ZONE LINE-TO-GAIN

- There are 4 downs to advance the ball into the next zone. Zone lines are the 20-yard, 40-yard, 20-yard, and Goal lines.

SCORING

- Touchdown – 6 points/ Safety – 2 points.
- Point After Try:
 - By running or passing from the 3-yard line - 1 point.
 - By running or passing from the 10-yard line – 2 points.
 - By running or passing from the 20-yard line – 3 points.
- No field goals or kicking for point after touchdown.
- A change of possession on a PAT that results in a score will always be worth 3 points.

SAFETY

- A safety occurs when an offensive player is downed in their own endzone or commits a penalty in their own endzone.
- RESULT: The defensive team received 2 points and the ball on their own 30-yard line.

PERSONAL FOUL

- Block: Teammates of the runner or passer may use screen blocking but shall not use interlocked interference by grasping or encircling one another.
- Offensive blocking shall take place without contact. The blocker shall have his or her hands behind his or her back. Any use of the arms, elbows, or legs during on offensive player's screen block is illegal.
- Defensive players must go around the offensive player's screen block. The arms may not be used as a wedge to contact the opponent.
- The application of this rule depends entirely on the judgement of the officials.

ONSIDE CONVERSION

- A team may elect to attempt an onside conversion at any time in the second half with 10 minutes left in the game if they score a touchdown unless they are leading by 19 or more points following the PAT.
- If the team elects for the onside conversion, they will receive one attempt, similar to a 3-point attempt, from the 20-yard line.
- If the play results in the offense advancing the ball across the goal line, the offense will receive possession of the ball at their own 30-yard line to begin the series, unless moved by penalty.
- If the play does not result in the offense advancing the ball across the goal line, the defense will receive the ball at their opponent's 30-yard line to begin a series, unless moved by penalty.
- All penalties will be enforced as if they occurred during a PAT.
- The clock will also operate as if this play is a PAT.
- Turnovers that occur during the onside conversion will be blown dead.