



Drexel Rec Sports...Where Everyone Plays!

Intramural Flag Football Rules

ANY OTHER RULES WILL ADHERE TO NIRSA.

1.) Players:

- Male, Female & Co-Rec -6 on 6 players
- Co-Rec will consist of 3 Males/3 Females.
- Teams must have 6 players to begin contest.

2.) The Ball:

- Will be provided by the Intramural Sports program.
- Teams may choose to use their own ball if approved by opposing team and game officials
- Males will use an official sized college ball
- Females will use jr. or intermediate ball
- Co-rec will use a female ball.

3.) Coin Toss:

- Coin toss starts each game - called by "away" team.
- Captain will choose ball or side to defend.
- Option automatically alternates at half
- If overtime is needed, a coin toss will begin OT. Winner will choose the ball or defense with option alternating each OT.

4.) Game Time:

- Playing Time shall be (40) min., divided into two halves of 20 minutes each
- The intermission between halves shall be (5) minutes.
- The First (38) Min. will run continuously unless it is stopped for a:
 - Team time-out - *clock re- starts on the snap.*
 - Referee's time-out - *clock re- starts when ready for play.*
- The Final (2) Min. of the game, the clock will stop for a:
 - Penalties- *starts on the ready -ball is placed down & official whistles play ready*
 - Scoring Plays- *stops for extra point*
 - First Down- *starts on the ready*
 - Change of Possession (includes touchback/safety) -*starts on snap.*
 - Incomplete pass - *starts on the snap.*
 - Out-of-bounds - *starts on the snap.*
 - Team time-out - *starts on the snap.*
 - Referee timeout- *starts on the ready.*
 - Inadvertent whistle-*starts on the ready.*
 - Injury- *starts on the ready.*

5.) Time-Outs:

- Teams get 3 time-outs per game, which do not carry over into overtime.
- Teams get 1 time-out in the overtime.

6.) Overtime:

- NCAA COLLEGE RULES ARE MODEL FOR OVERTIME.
- ALL OVERTIMES ARE PLAYED TOWARD THE SAME GOAL LINE. - DETERMINED BY OFFICIALS.
- Unless moved by penalty, each team will start 1st and goal from the twenty (20) yd. Line and receive four downs to score a touchdown and extra point as necessary.
- A Coin Toss will determine who goes first. Captains will alternate choices if additional overtime periods are played.
- Interceptions are dead balls & there will be a change of possession.
- Teams will alternate until winner is established.

- Penalties are administered similar to the regular game.

7.) Uniform Rule:

- Contrasting color shirts/pinnies with numbers must be worn.
- Teams may wear their own shirts if they are the same color & have numbers
(consult IM policy on uniforms).
- All Shirts must be tucked in during play. Teams will be penalized for individuals violating this rule.
- Pants or Shorts must be without any belt(s), belt loop(s), pocket(s) or exposed drawstrings. Individuals will be prohibited from playing or removed from play.

8.) Flag Belts:

- Belt clip must be used to secure flag belt.
- Must be worn above shirt, free of any knots, at the waistline with three flags permanently attached.
- Two flags shall hang at each side with the third in the center of the back.
- Teams will be penalized for illegally worn belts. Individual may be disqualified from the game for tying belt in place.

9.) Flag Belt Removal

- Ball carrier is “de-flagged” when flag belt is removed by defender.
- Defender removes belt by “tugging” on one of the three belt flags.
- When ball carrier has flag belt removed the down shall end & ball declared dead.
- Defender should raise belt above head to show official that play is dead.
- When a runner loses his/her belt inadvertently, the deflagging reverts to one-hand tag of the runner between the shoulders and the knees.
- Tampering with the flag belt in any way to gain an advantage including tying, using foreign materials, or any such acts is illegal.
- A defensive player may not hold, push, or knock down the ball carrier in an attempt to remove the flag, nor shall an offensive player hold, block, or run through a defensive player trying to remove the flag belt.
- It is defensive pass interference if an eligible receiver is deflagged prior to touching the ball on a forward pass attempt.
- Intentionally pulling or removing a flag belt from an offensive player without the ball by a defensive player is illegal.

10.) Ball Carrier- Flag Guarding:

- **Ball Carriers** shall not “flag guard” their flag belt by blocking, with their hands, arms, or the ball, the opportunity for an opponent to pull or remove the flag belt.
- Defensive Players shall not -intentionally or accidentally- hold, grasp, or obstruct the forward progress of a runner when in the act of removing the flag belt
- **Running in a traditionally fashion in open space is permitted, however, once a defender is within space to de-flag, ball carrier must lift arms with ball.**

11.) Offensive Screen Block- Defensive Use of Hands:

- The Offensive Screen Block shall take place without contact. The screen blocker shall have their hands & arms at their side or behind their back. Any use of the hands, arms, elbows, legs, or body to initiate contact is illegal.
- A blocker may use their feet in order to gain position before, during and after screen blocking
- **Screen blocking fundamentals** – a player who screens shall not:
 - When he/she is behind a stationary opponent, take a position closer than a normal step from him or her
 - When he/she assumes a position at the side or in front of a stationary opponent, make contact with him/her
 - Take a position so close to a moving opponent that his opponent cannot avoid contact by stopping or changing direction. The speed of the player to be screened will determine where the screener may take his/her stationary position. This position will vary and may be one to two normal steps or strides from the opponent.

- After assuming his/her legal screening position, move to maintain it, unless he/she moves in the same direction and path of his/her opponent.
- **Blocking and interlocked interference:**
 - Teammates of a runner or passer may interfere for him/her by screen blocking, but shall not use interlocked interference by grasping or encircling one another in any manner.
- **Use of hands by the defense:**
 - Defensive Players must go around the offensive player's screen block. The arms and hands may not be used to grab or push the opponent to the side.
- There shall be no bumping, checking, or other intentional contact between a defender and an offensive pass receiver.
- Both offense and defense are limited to screening an opponent.

12.) Live, Dead Ball:

- A ball is live on the snap and dead at the whistle.
- A ball is dead once it hits the ground, i.e.-a fumble.
- Fumbles (when ball touches the ground) are dead - no change of possession, unless change of downs.
- Player is down & play stopped once player is "de-flagged".
- Ball is dead & player down once knee touches ground.

13.) Line Of Scrimmage (LOS), Encroachment & False Start:

- Position of ball when player is de-flagged determines spot of the next line of scrimmage.
- Offensive and defensive line of scrimmage will be marked by discs one-yard apart.
- *Offense must have at least three (3) players on the offensive LOS at the snap.*
- *Co-Rec must have (3) player on offensive LOS.*
- It is encroachment or false start for any player to break either scrimmage line plain, after the center has placed his/her hand(s) on the ball.

14.) Motion:

- One player may be in motion at one time, parallel to line of scrimmage, but not towards the opponent's Goal Line.
- In a snap preceded by a shift, all offensive players must come to a complete stop and remain stationary in legal position for at least one full second before the snap.

15.) The Snap:

- The ball may be snapped between the legs or to the side of the snapper.
- *Ball can be snapped to a player in motion provided he is directly behind the center and 2 yards deep.*
- The "snapper", after assuming position for the snap and adjusting the ball, may neither move nor change the position of the ball in a manner simulating the beginning of a play until it is snapped.
- The snapper shall pass the ball back from its position on the ground with a quick continuous motion of the hand (s).
- NO DIRECT SNAP. The snap must be received at least two yards behind the offensive scrimmage line.

16.) Possession/Out of Bounds:

- Must have control of ball and one foot touch in bounds for a catch or interception.
- If opponent's contact causes them to first touch out-of-bounds, then it is a legal catch.
- A Simultaneous Catch - Offense keeps ball.
- The sideline and endline are out of bounds.
- Once an offensive or defensive player steps out of bounds, they are ineligible to touch the ball on that down

17.) Ball Responsibility- Delay of Game:

- The Offense is responsible for the ball at all times.
- Offense must retrieve the ball each play. The snapper will bring it from the huddle to the line of scrimmage.

- Each play, ball must be snapped within 25 seconds
- Once on the line of scrimmage, offense team has 10 seconds to snap the ball.

18.) Substitutions:

- During a dead ball, a substitute must enter the field directly from his/her team area and play at least (1) down.
- The replaced player must leave the field at the sideline nearest his/her team area prior to the snap.

19.) Series of Downs:

- Series of Downs is (4) consecutive downs to advance to the next zone -past midfield or the endzone (a score).
- Any down may be repeated or lost if according to penalty enforcement.
- The Zone Line-to-Gain shall be the zone in advance of the ball - either midfield or endzone
- A new series of downs shall be awarded:
 - When a team moves the ball into the next zone on a play free from penalty
 - If an accepted penalty moves the ball into the next zone
 - Penalty involves an automatic first down.
 - Change of possession.

20.) Kicking the Ball:

- No Kickoffs. Play begins on the 10 yd. line of the offense, unless changed by penalty.
- Protected Scrimmage Kicks – Punts- may take place on any down.
- Punts must be announced.
- Neither team move or advance beyond their respective scrimmage line until the ball is kicked.
- After receiving the snap The Kicker must kick the ball immediately and in a continuous motion.
- Ball can be played off the bounce off the ground by receiving team
- Both offensive and defensive teams must have four players on respective line of scrimmage during punt.

21.) Handling the ball:

- A player may hand the ball backwards at anytime.
- An offensive player may hand the ball forward behind the offensive line of scrimmage only.
- A backward pass may be caught or intercepted in flight inbounds by any player and advanced.

22.) Legal & Illegal Forward Pass

- All players are eligible to touch or catch a pass.
- A forward pass may be thrown provided the passer's feet are behind the offensive scrimmage line when the ball leaves the passer's hand.
- One (1) Forward Pass can be thrown per down.
- The passer shall not intentionally ground the ball in order to avoid a sack

23.) SCORING PLAYS, SAFETY & TOUCHBACK

Touchdowns:

TDs = 6 points.

Co-Rec

Female TD = 9 pts.

If a female player throws a legal forward pass that results in a TD,

TD= 9 pts.

The player scoring the touchdown must raise his/her arms so the nearest official can deflag the player. If the player is not deflagged with one good pull, and the official determines the flag belt has been secured illegally, the touchdown is disallowed. The player is disqualified, and it is a foul. Penalty: 10 yards from the previous spot and a loss of down.

Extra Points: 1, 2 or 3 points

1pt.= from the three yd. line

2pts.= from the ten yd. line

3 pts.= from the 20 yard. Line.

Extra point is a dead ball play & defense cannot return for points.
Clock is running during extra point try in first 38 minutes of regulation.

In OT, an interception will be a change of possession.

"Mercy Rule":

If a team is 19 or more points ahead at the 2 min. warning or anytime thereafter, the second half of the game shall be over.

Co-Rec Rule - 25 points

Safety = 2 pts.

When a runner carries the ball from the field of play to or across his/her own goal line, and it becomes dead -de-flagged, ball or knee touches ground- and there is no change of possession, two points shall be awarded the defense, who then takes possession of ball at their 10 yd. Line.

Any foul for which the penalty is accepted and measurement is from on or behind its goal line, which is now the basic spot, is a safety.

**EXCEPTION: When original momentum is the force -inside the 5yd line.
The spot is where possession was gained by the defense.**

Touchback:

It is a touchback when the ball is out of bounds behind a goal line, when the ball becomes dead in possession of a defending player on, above or behind the team's own goal line, and the attacking team is responsible. Play begins on the 10yd. Line

24.) ENFORCEMENT OF PENALTIES

- When a foul occurs the referee shall toss yellow penalty marker on field & at the end of the down, notify both captains of the penalty.
- The captain of the team not committing violation will make penalty enforcement choice.
- A captain's choice of options may not be revoked.

- **Summary of Penalties & Enforcements:**

- **False Start** 5 yards, repeat down.
- **Encroachment** 5 yards, repeat down.
On 2nd violation consecutively-10 yard penalty.

NOTE- False Start & Encroachment are dead ball penalties & play is stopped.

- **Too many players** 5 yards, repeat the down
- **Illegal Screen Block** 5 yards (*unless unsportsmanlike*) repeat down
- **Flag Guarding** 5 yards (*unless unsportsmanlike*) spot foul & loss of down
- **Pass Interference** 10 yards, automatic first down or loss of down (*unless unsports.*)
- **Bench penalty** 5 yards (after 2 warnings) repeat down
- **Intentional Grounding** 5 yards, loss of down
- **Penalty on Extra Point**

"D" commits foul, "O" has option to accept and replay or accept result of play & penalty is enforced in change of possession. If "O" commits a foul on try, "D" can accept or decline penalty.

- **Illegal touch of ball** (player went out of bounds & then touches ball)- 5 yd.repeat the down
- **Illegally secured belt** If "O" commits foul- 5 yards & loss of down
If "D", 5 yards & automatic first down (*Maybe unsportsmanlike*)
- **Illegal forward pass** loss of down, 5 yards
- **Illegal handoff** loss of down, 5 yards
- **Holding/ Illegal use of hands** 5 yards (*unless unsportsmanlike*) repeat down
- **Illegal Contact** 5 yards, (*unless unsportsmanlike*) repeat down
- **Equipment violation** (shirt not tucked in, etc)- 5 yards, repeat down.
- **Double Penalty** Offsetting & repeat the down, unless unsportsmanlike behavior involved.
- **Offensive Pass Interference** - 5 yards from LOS and loss of down

25.) CONDUCT OF PLAYERS /UNSPORTMANLIKE BEHAVIOR:

- Unsportsmanlike fouls will result in 10 yard penalty or spot penalty depending on advantage; automatic 1st down or loss of down.
- Player may be disqualified depending on nature of foul, at discretion of game official.
- Penalties include:

- Roughing the passer.
- A Punch, strike, strip, steal, or attempt to steal the ball.
- Trip, throw, clip, and/or tackling an opponent.
- Make any contact with an opponent that is deemed unnecessary of any nature including using fists, locked hands, elbows or any part of the forearm or hand.
- Roughing of any kind
- Hurdling
- Diving
- Illegally tied belt.
- Illegal de-flag (*intentionally pulling or removing a flag belt from an offensive player without the ball by a defensive player is illegal*).
- Failure to adhere to any officials warnings may result in unsportmanlike penalty (for example, equipment violation).
- Any detrimental, unsafe play actions.
- Players subject to ejection and team disqualification depending on circumstances.
Consult Program.Sportsmanship Policy.

26.) SUMMARY OF CO-RECREATIONAL RULES

- **Players**
Two Teams @ 6 Players each- 3-men / 3-women
Must start w/ 6 players.
- **Line of Scrimmage:**
3 Players on LOS for Snap.
- **Male Runner:**
Cannot advance the ball through their own scrimmage line.
No restrictions once the ball is beyond their scrimmage or following a change of possession.
- **Male to Male Completion- OPEN vs. CLOSED:**
During a possession there may not be two consecutive legal forward pass completions from a male passer to a male receiver. This rule applies to the extra point also.
The next legal forward pass completion must involve either a female passer or receiver for positive yds.
Before each snap, official will state whether play is "OPEN" (no required passer/receiver) or "CLOSED"(female must handle ball as passer or receiver).
- **Touchdowns:**
Female TD = 9 points.
If a female player throws a legal forward pass that results in a TD, TD= 9 points
- **Mercy rule:**
If a team is 25 or more points ahead at the 2 min. warning or anytime thereafter, the second half of the game shall be over.

27.) Equipment Summary:

- **Sneakers and Multi-Purpose Shoes:**
 - Athletic Sneakers or turf shoes are permitted.
 - No metal spikes, molded cleats, street shoes or barefeet are permitted.
- **Player Equipment-Optional:**
 - Knee/Elbow Pads made of soft, pliable & non-abrasive materials may be worn.
 - **Mouth and Tooth Guards** are recommended.
- **Player Equipment-Illegal:**
 - Headgear containing any hard, unyielding, stiff material, including billed hats, or items containing exposed knots (visors, bandannas prohibited)
 - Shirts or Jerseys, which do not remain tucked in. Any hood on a coat, sweatshirt, or shirt, which does not remain tucked in. Untucked shirts are illegal.
 - Pants or Shorts with any belt(s), belt loop(s), pocket(s) or drawstring(s).
 - Towels attached at the players waist are illegal.
 - Jewelry is illegal and must be removed.

Remember the Sportsmanship Policy!
Consult the IM Sports Office.