



# FLAG FOOTBALL

*Any rules or play interpretations not discussed below will be covered by the National Intramural Recreational Sports Association Flag & Touch Football Rules Book and Official's Manual.*

## I. GENERAL

### A. Rosters

- i. Players may play for only **one** men's or women's team and **one** co-rec team.
- ii. Men's and women's teams consist of 7 players. A minimum of four (4) players is needed to start the game.
- iii. Co-Rec teams consist of 8 players, 4 men and 4 women. A minimum of five (5) is required to start the game.
  1. Acceptable gender ratios: 3M/2W, 2M/3W, 3M/3W, 4M/3W, 3M/4W
- iv. Players may join a team any time during the regular season or playoffs, as long as they have not already joined and played for another team.
- v. There is no limit to players on the roster. Please note the maximum number of t-shirts awarded to a team will be two (2) times the number of required players for a game.
- vi. **NOMAD RULE:** Players may play for more than one team if they are playing as a "nomad" for any additional teams other than their original team.
  1. Players may not play for a team as a nomad if they are not already on another team. If they are not on any team, they will be added to the roster of the first team they play for.
  2. Players may only play as nomads in order to help a team meet the full roster size in order to play (i.e. if a team only has 2 players present for a 3v3 basketball game, they may only pick up one nomad player for that night).
  3. Nomads will not be allowed during playoff games.
  4. Teams may not use the nomad rule more than twice during the regular season.

### B. Roster Restrictions

- i. No current professional football player may play in intramural flag football.
  1. Player must be five (5) years removed from professional football.
- ii. No current varsity football player may play intramural flag football.
  1. Player must be one (1) year removed from varsity football team.

### C. Who is Eligible?

- i. Students with their active OWL Card
  1. Another photo ID may be used in place of an OWL Card if the participant is already on the roster
- ii. Those with a membership to the gym, must show membership ID

## II. Equipment

- A. Flag belts are provided by Intramural Sports.
  - i. The proper way to wear the flag belt is with one flag on each side and one in the center of the back.
    - 1. **NO TYING KNOTS – results in automatic ejection.**
- B. All participants must wear the proper athletic attire to participate. This includes:
  - i. Closed-toed athletic shoes or cleats. Metal spikes and screw in cleats are **not** allowed.
  - ii. Shorts or pants without: an exposed drawstring, pockets or belt loops.
  - iii. Team members must wear like colored shirts/jerseys with numbers.
    - 1. Intramural Sports has pennies for teams without like colored shirts/jerseys.
      - a. Participants must wear a shirt **with sleeves** underneath the intramural sports pennies.
  - iv. A shirt/jersey must be long enough to remain tucked in or is 4” above the flag belt.
    - 1. Shirts may not have pockets, exposed drawstrings, holes, and untucked hoods.
    - 2. Cut-off tanks that extend below four (4) inches below the arm are **not** allowed
  - v. In the event a player does not have the proper shorts, they will not receive a flag belt, and must play game using one-hand touch rules.
- C. **Prohibited Equipment**
  - i. Participants **may not wear jewelry.**
    - 1. Participants **may not** cover up jewelry with tape, Band-Aids or other such items.
  - ii. Participants **may not wear** hats, caps or bandanas.
  - iii. Cast or splints (hard or soft) **are not permitted.**

### III. Timing

- A. The game will consist of two 20 minute halves with a 3 minute half-time.
- B. The clock will not stop until the 2-minute warning of the second half except for team time-outs, official’s time-outs and injuries.
  - i. The clock will stop during the last 2 minutes of the second half for an incomplete pass, timeout, penalty, out-of-bounds, change of possession, after any score, on first downs and touchbacks. Depending on the situation the clock will either restart on the ready to play whistle or on the snap.
- C. Each team will be allowed 2 time-outs per half, lasting a maximum of 1-minute. 1 time-out is allowed per team during the entire overtime.

### IV. Regulations

- A. **The Game**
  - i. A coin toss shall begin the game.
    - 1. The options given to the winning team are to receive, defend, defer, or an end zone to defend.
  - ii. The ball shall be snapped on the 14-yard line starting a half, following a touchback or safety, and following the extra point try. Unless moved by penalty.
  - iii. A team has 25 seconds to snap the ball after the referee has signaled ready for play.  
*Penalty: Delay of Game – 5 yards*
  - iv. A first down can be gained when the offensive team passes the next zone line to gain.
  - v. There are **NO** fumbles. If the ball hits the ground it is considered dead at the spot where it contacts the ground. If the ball is fumbled forward, it will become dead at the spot where the runner lost control.

1. **Exception:** Ball is fumbled into opponent's end zone will result in a touchback.
- vi. If the ball carrier does not have a flag belt (whether it came off on its own or otherwise) a defender must touch an opponent with one hand between the shoulders and knees.

## **B. Scoring**

- i. Touchdown = 6 points
- ii. Safety = 2 points
- iii. Extra points
  1. = 1 point (from the 3 yard line)
  2. = 2 points (from the 10 yard line)
  3. = 3 points (from the 20 yard line)

## **C. Games that end in a tie will remain a tie during regular season.**

## **D. Overtime**

- i. In playoffs, if the game remains a tie, the game will proceed to overtime procedures.
- ii. A coin toss will determine offense, defense or direction.
- iii. All overtime periods will be played toward the same goal line.
- iv. Each team will receive a series of down from the 10 yard line with the object being to score a touchdown.
- v. After a touchdown is scored, the team will attempt a try for 1, 2, or 3 points.
- vi. Each team receives one 1 timeout for the ENTIRE overtime.
- vii. The game will continue with this process until a winner is determined.

## **E. Mercy Rule**

- i. If a team is ahead by 19 (25 for Co-Rec) or more points at the 2 minute warning or extends the lead by 19 (25 for Co-Rec) or more points at any time within the last two minutes of the second half, the game is over.

## **F. Forfeits**

- i. Ready to Play and Game Time
  1. A team is considered ready to play when the required minimum number of players for the sport are properly signed-in with IM staff, present at the specific field or court for their scheduled contest, and properly equipped at the designated game time
  2. If at game time, there is one team ready to play and one team that is not, the captain of the team ready to play will be presented the following options by the Intramural Sports Supervisor:
    - a. Elect to offer the team that is NOT ready to play a 10-minute grace period to acquire the needed amount of players to begin.
      - i. If the other team is able to acquire enough players, the game will be played in its entirety, minus the amount of time it took for the team NOT ready for play to field enough players to begin.
    - b. Elect to NOT offer the 10-minute grace period, and automatically take the win.
  3. The decision made by the captain of the team ready to play is final. They may not change their mind.
- ii. Penalty Points

1. In the event that the team ready for play elects to offer the 10-minute grace period, the Captain will then be presented with the following options by the Intramural Sports Supervisor:
  - a. Elect to start the game tied 0-0
  - b. Elect to start the game up the following amount of points:
    - i. Men's / Fraternity: 14
    - ii. Women's / Sorority: 14
    - iii. Co-Rec: 18
2. The decision made by the captain of the team ready to play is final. They may not change their mind.

#### **G. Defaults**

- i. If it becomes impossible for a team to play a scheduled contest, and if the team captain notifies the Intramural Sports staff in person, by calling the Recreation and Fitness Center, or by email and by 4:00pm the day of the game, the game will be scored as a loss by default.
  1. Defaulting through email – [fauimsports@gmail.com](mailto:fauimsports@gmail.com)
    - a. In the subject, please include the sport and team name that the email is about
- ii. If a game has begun and cannot continue due to injury, which leads to having less than the required minimum number of players, or a team chooses to not continue the contest, a default will be recorded.
- iii. The Intramural Sports staff will contact the opponent in case of a default. If you do not receive confirmation from an Intramural Sports staff member, the game has not been defaulted.
- iv. A default does not include a forfeit fine or exclusion from the playoffs
  1. Teams that default will receive a "3" in Sportsmanship

#### **H. Rule Clarifications**

##### **i. Snapping the Ball**

1. The player who receives the snap from the center must be at least 2 yards behind their scrimmage line. *Penalty: Illegal Formation - 5 yards*
2. The offensive team must have at least 1 player on the line of scrimmage at the time of the snap. A player in motion is not counted on the line. *Penalty: Illegal Formation - 5 yards*
3. If on a snap, the ball is fumbled, it is immediately blown dead at the spot upon hitting the ground.
4. Every offensive player must at least momentarily be within 15 yards of the ball on or after it is marked ready for play. The rule is meant to prevent a substitute deceiving the defense. *Penalty: Illegal Formation - 5 yards*
5. The offensive team is responsible for retrieving the ball after a down has ended.
6. The center can snap the ball between their legs or stand to the side of the ball. The snap must be one continuous motion, with the ball starting on the ground. *Penalty: Illegal Snap - 5 yards*

##### **ii. Passing the Ball**

1. A legal forward pass is a live ball thrown towards the opponent's goal line, from behind the line of scrimmage. The initial direction of the ball determines whether or not the ball is backwards or forwards.
2. There may only be one legal forward pass per down.
3. All players, with the exception of the passer, are eligible to touch a forward pass after it is thrown.
  - a. The passer may catch their own forward pass provided another player has touched it first.
4. Players only need one foot inbounds and the ball under control to establish possession.
5. When members of the opposing teams catch a legal forward pass simultaneously, the ball is immediately blown dead and possession belongs to the offense.
6. Defensive players shall not contact the passer before or after the ball is released behind the line of scrimmage. Defensive players must try to avoid contact with the passer at all times. The only contact allowed is that caused by grabbing for the flag belt. The ball cannot be contacted while in the passers hand. If the defender deflects a pass, they cannot follow through and contact the passer.  
*Penalty: Roughing the Passer - 10 yards and automatic first down.*

iii. **Screen Blocking and Rushing**

1. Screen blocking is legally obstructing an opponent without using any part of the body to initiate contact with them.
2. The offensive screen block shall take place without contact; screener shall have their hands and arms at their side or behind their back.
3. Defensive players must go around the offensive blocker without making contact. Their arms or hands may not be used to gain advantage or contact the blocker.

**I. Co-Rec Modifications**

- i. The ball used can be a regular sized, intermediate or youth.
- ii. A male runner **cannot** advance the ball beyond the line of scrimmage.
  1. EXCEPTIONS: A male may advance the ball beyond the line of scrimmage if, for example:
    - a. During a run by a male runner once the ball has been touched by any player beyond the line of scrimmage OR
    - b. If a female runs beyond the line of scrimmage, she may pitch back to a male behind the line of scrimmage OR
    - c. After a change of team possession OR
    - d. After a legal forward pass.
  2. For these purposes, once the ball is received or is run by a female beyond the line of scrimmage, the line of scrimmage is deemed to not exist.
- iii. There are "OPEN" and "CLOSED" plays in Co-Rec.
  1. The term "OPEN" means that any player can complete a legal forward pass to any other player.
  2. The term "CLOSED" means that a female player must be involve in the play for positive yardage. NOTE: it cannot be a male QB who throws to a male receiver

and he throws or hands-off to a female. The female must be the QB or the receiver AND gain positive yards.

- iv. If a male passer completes a legal forward pass to a male receiver, the next legal pass completion must involve a female passer or female receiver and the play must result in **positive** yards in order for the next play to be “OPEN”.
- v. A touchdown involving a legal forward pass thrown or received by a female player, or if a female player rushes for a touchdown, the touchdown counts as 9 points.

#### **J. Fouls and Penalties**

- i. No stripping the ball from opponent’s arms. *Penalty: Illegal Contact – 10 yards*
- ii. No hurdling over an opponent. *Penalty: Personal Foul– 10 yards*
- iii. A runner shall not flag guard by using their hands, arms, or the ball to cause contact between the runner and an opponent that denies the opponent the opportunity to pull or remove the flag belt. *Penalty: Flag Guarding (Stiff Arm = Personal Foul) – 10 yards*

### **V. SPORTSMANSHIP**

#### **A. Ratings**

- i. FAU Campus Recreation’s sportsmanship rating policy has been developed to protect the safety and equity of all participants and those affiliated with supervising our events. The Intramural staff reserves the right to end any intramural contest at any point.
  - 1. The Team Sportsmanship Rating is an objective means for assessing the behavior of teams through an Intramural Sport season.
  - 2. The Intramural staff on duty will grade all teams on their display of sportsmanship before, during and after each game. Failure by the Intramural Staff to give a grade will result in a “3”.
  - 3. Participating in Intramural Sports is **NOT** a right, it is a privilege. Therefore, the Intramural Sports program reserves the right to take away that privilege from any team or individual that does not abide by the governing rules and regulations, as well as does not exhibit good sportsmanship and fair play.
  - 4. Two unsportsmanlike penalties on the same player will result in disqualification from the game. The third unsportsmanlike foul by the same team results in forfeiture of the game (example 2 technical fouls on one player in basketball results in a player ejection, 3 technical fouls on a team results in a forfeit).
  - 5. Any player that is ejected for any reason must come in to speak to a Competitive Sports professional staff member before their next game. That player or team is **not** eligible to play until doing so. Team will forfeit their ensuing game if the ejected player does not comply with this policy.

#### **B. Rating Criteria**

- i. **4.0 – Great Conduct and Sportsmanship**
  - 1. Team members and spectators (on or off the playing area) cooperate fully with the supervisors and officials and the team captain has full control of their teammates and fans. If the captain converses with the officials about rules interpretations or calls, they do so respectfully and calmly. Team members and spectators were respectful of opponents and officials and encouraged each other’s efforts. At no time was this team disrespectful towards participants or officials.
- ii. **3.0 – Average Conduct and Sportsmanship**

1. Team members and spectators (on or off the playing area) are respectful of opponents and officials except for one or two minor incidents which may or may not merit a warning from the game officials or supervisor. These complaints may have been voiced verbally or non-verbally toward officials, opposing players, or opposing fans. The team captain exhibits control over teammates and themselves. Teams that default an Intramural Sports contest will receive a “3” in Sportsmanship. A team winning a game due to a forfeit/default will receive a “3” in sportsmanship.
- iii. **2.0 – Below Average Conduct and Sportsmanship**
1. Team members and spectators (on or off the playing area) show continuous or sustained verbal dissent toward officials, supervisors, and/or opposing team. The team captain exhibits little control over teammates and themselves. Teams receiving multiple warnings or having players penalized for an unsportsmanlike act (i.e. conduct yellow card, conduct technical foul, unsportsmanlike conduct penalty) should receive no higher than a “2” rating. Teams that forfeit an Intramural Sports contest will receive a “2” in Sportsmanship.
- iv. **1.0 – Unacceptable Conduct and Sportsmanship**
1. Team members and spectators (on or off the playing area) complain excessively to officials and/or opposing team. The team captain exhibits no control over teammates and themselves. Majority of individuals on this team are disrespectful of opponents or officials on a regular basis. The team captain of any team receiving a “1” in sportsmanship must meet with a Competitive Sports professional staff member prior to the team’s next contest.
- v. **0.0 – Season Ending Conduct and Sportsmanship**
1. Team members and spectators (on or off the playing area) are completely uncooperative and out of control before, during, and/or after Intramural Sports contest(s). The team captain (spokesperson) exhibits poor control over self, the team, and/or the spectators. Multiple ejections or blatant unsportsmanlike conduct that endangered participants, fans, officials, or supervisors.

**C. Positive Contributions to Sportsmanship Rating:**

- i. The following actions and behaviors by team members, spectators, and/or team followers can have a positive effect on a team’s sportsmanship rating:
  1. Team members cooperate with and demonstrate good sportsmanship toward members of both teams, spectators, officials, and all other IM staff.
  2. The team captain exhibits control over their team and spectators, converses reasonably and rationally with officials about rule interpretations/calls, and cooperates by providing any information requested by an IM official/staff.
  3. Team members participate in the spirit and intent of the intramural sport game rules and/or program policies. Team members accept judgment decisions made by the officials during the contest.
  4. Respect is shown for FAU Campus Recreation facilities and equipment.

**D. Negative Contributions to Sportsmanship Rating:**

- i. The following actions and behaviors by team members, spectators, and/or team followers can have a positive effect on a team’s sportsmanship rating:

1. Participants / spectators who continually complain about officials' decisions and display dissention which may include derogatory or abusive remarks. Complaints include both verbal and nonverbal behavior. Excessive arguing between opposing teams / spectators might also lead to a lower rating.
2. Team captain (spokesperson) exhibits little control over their team and spectators, converses in a dissenting manner with officials about rule interpretations/calls (discussion is allowed as long as it is done in a mature manner by the team captain), or does not cooperate with game officials or IM staff. Does not provide information requested by any intramural sports official/staff while performing duties.
3. Having any technical fouls or penalties for unsportsmanlike conduct or having a player ejected for unsportsmanlike conduct.
4. Taunting an opponent or opposing team spectator (trash talk)
5. Public indecency, vulgarity, or obscenity including foul or profane language and obscene gestures, incidental or intentional, non-directed or directed at an opponent, official, teammate, supervisor, spectator, or Intramural Sports staff member.
6. Physical abuse by participants / spectators in the form of fighting with an opponent, teammate, official, or staff member which occurred before, during, or after an Intramural Sports contest.
7. Any threatening behavior (verbal and/or nonverbal) to any FAU Intramural Sports or Campus Recreation employee, participant, or spectator which occurred before, during, or after an Intramural Sports contest.
8. Individuals / teams played after the consumption of alcohol / drugs. If the contest has begun when this is discovered, the player(s) will be immediately removed from the facility, and the contest will be forfeited to the opponent.
9. Damage to or destruction of any FAU or FAU Campus Recreation facilities including failure to remove trash from the field or court following a game or match.