KSU Intramural Sports
Flag Football Rules
Updated 9/21/2015

Team Formation

• Games will be played 7 on 7.
  o Minimum of 5 players
• Up to 14 players can be checked in per game.
• All players must show their KSU ID to the Intramural Sports Staff to sign-in for each game. Players without their KSU ID will not be permitted to play.
• If one or both teams do not have the minimum number of players ready to play, the grace period will begin at game time, please see the grace period table in the IM Handbook.
  o If a team does not have the minimum number of players at the end of the grace period, that team will forfeit the match. If neither team has the minimum number of players, the game will be ruled a double forfeit.
• If a team knows that they will not be able to field a team for their upcoming match, they must complete the default form at www.ksuimsports.com by noon on the day of their game to report a default. The team will still be given a loss, but will not lose their forfeit deposit. A team can only default once per season.
  o 1 forfeit or 2 defaults in a season result in loss of forfeit deposit and removal from league
  o Following a forfeit, teams must call the Intramural Sports Office by 12:00pm the next day to remain in league
• Intramural Sports Participant must complete the Spectator Request form by 5pm to receive a Spectator Pass for their Guest at the Sports and Rec Park

Player Equipment and Behavior

Player Equipment
• Shirts must be long enough to tuck-in and remain tucked-in the pants/shorts during the entire down or short enough so there is a minimum 4" from the bottom of the shirt to the player's waistline.
  o Teams must wear the same color.
• Players must wear athletic pants or shorts without pockets, exposed drawstrings or belt loops.
  o A player may not turn their clothes inside out or tape pockets closed.
• Towels may not hang from a player's waist or otherwise interfere with the possible removal of a flag. Towels however may be used and kept on the ground in between the pucks before the snap or on the ground under the ball.
• Knit caps, stocking caps, or a headband no wider than 2" are the only headwear allowed to be worn.
• Players may wear soft, pliable basketball or wrestling knee pads on legs, knees and/or ankle.
• Athletic shoes (sneakers or cleats) must be worn; metal cleats are prohibited. Rubber cleats with a tipped metal material are legal.
• All players must wear a flag belt supplied by Intramural Sports.
• The flag belt should be worn around the waist so that a flag hangs off of each side and one from behind.
• All jewelry must be removed.
  o Medical alert jewelry is the only jewelry allowed and it must be taped down
  o If jewelry is seen by a staff member, it must be removed. It cannot be taped over.
• Intramural Sports staff reserve the right to not allow an injured player to play or continue playing in a match
  o A player who is in obvious pain or discomfort by performing basic sport-specific skills will not be allowed to continue

Player Behavior
• Unsportsmanlike conduct will not be tolerated. The following behaviors will result in a technical foul:
  o Refusal to comply with or abide by a request or decision of an official
  o Intentionally kicking, spiking, or throwing the ball aside from game play
  o Attempting to influence the decision of an official
  o Disrespectfully addressing an official or an opponent
  o Playing or attempting to play without signing in with their KSU ID
  o Participating in a fight (AUTOMATIC EJECTION)
  o Any act deemed by an official to be unsportsmanlike

• Officials should not be pursued off the court to discuss game issues. Harassment of an official or Intramural Staff member will result in suspension from play.
• If a team accumulates 3 unsportsmanlike penalties in a game, they will forfeit the contest
• The team captain is responsible for the conduct of his/her spectators. A team can be penalized for the actions of their spectators, including influencing the sportsmanship rating for the game.

Game Length and Timing

Play Periods
• A game shall consist of two twenty-minute halves with a five-minute halftime.
• The clock will run continuously for the first thirty-eight minutes of the game.
  o Clock will stop only for time-outs, injuries and unusual delays during first 38 minutes of play. (Injured players will have to leave the game for one play after the clock is stopped.)
  o Games will stop at 2 minutes in the second half, following NIRSA Flag Football rules.
• Free substitution is allowed after any whistle provided the substitution does not delay the game. However, no offensive substitute may enter unless he joins the huddle and is part of the huddle at the time when it breaks.
• The offensive team has 25 seconds to put the ball in play after referee signals "ready for play."

Overtime
• During the regular season, the game will end in a tie.
• A coin toss will precede "Tie Breaker". The team winning the toss has 3 options: Offense, Defense, or Direction. The opposing team then has the remaining choice.
• Play will begin on the 10-yard line and teams will have 4 plays each to score
  o If a team scores, they will be allowed a PAT.
• When a pass is intercepted, the ball is dead and the series is over.
• Penalties are assessed similar to the regular game. A team shall be given a new series of 4 plays when an automatic first down penalty is accepted. The zone-line-to-gain will always be the goal line. Dead ball penalties after a touchdown are penalized on the extra point attempt. Live ball penalties committed by either team after team B gains possession during an attempt or an overtime shall be enforced at the succeeding spot. Dead ball penalties (i.e. unsportsmanlike) following a successful attempt will be penalized from the succeeding spot, the team B 10-yard line, if accepted

Timeouts
• Each team will have 2 timeouts per game
• Timeouts must be called by a player on the field

Mercy Rule
• Game automatically ends if the losing team reaches 40 points.
**Facility Specifications**

- The field is divided into 4 zones of 20 yards each and 2 end zones of 10 yards each.
- Both teams will have team areas on the same side of the field, team boxes will be set up between the 20 and 40 yard line on each side of midfield. Failure to remain within the team box can result in a 5 yard penalty.

**Rules of Play**

**Starting the Game**
- The ball will be placed on the 14-yard line to begin each half.
- The position of the ball when a player is de-flagged determines the spot of the next line of scrimmage.

**Ball in Play, Dead Ball, Out-Of-Bounds**
- The offensive team must have a minimum of four players on the line of scrimmage.
- 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, hurdle, or run through a defensive player trying to remove the flag belt.
- When a runner loses his/her flag belt, either accidentally or inadvertently, play continues. The de-flagging reverts to a one-hand tag of the runner between the knees and shoulders.
- The ball is declared dead when the ball touches the ground: A) on a fumble B) on a lateral C) on a pass or D) after touching a player on a punt.
- The sideline and end lines are considered out of bounds.
- Only one foot needs to touch in bounds in order for a pass to be complete.

**Kicking the Ball**
- If a punt is to be made, the team punting must announce it before the down starts. After the announcement, the punt must actually be made, and neither team may cross the line of scrimmage until after the ball has been punted.
- The kicking team must have 4 players on the line of scrimmage until the punt is made. After receiving the snap, the kicker must punt the ball immediately in a continuous motion. Penalty: 5 yards.
  - Quick kicks are illegal.
- If a punt crosses the goal line, it is automatically a touchback and may not be advanced by the receiving team.

**Snapping, Handling, and Passing the Ball**
- The ball may be snapped between the legs or to the side of the snapper.
- The player who receives the snap must be at least 2 yards behind the offensive scrimmage line.
- It is defensive pass interference if an eligible receiver is de-flagged prior to touching the ball on a forward pass attempt.
- All players are eligible for a forward pass. The passer may pass from anywhere behind the line of scrimmage.
- The passer shall not intentionally ground the ball in order to avoid a sack.

**Scoring Plays and Touchbacks**
- A team is given the choice of going for 1, 2 or 3 points after scoring a touchdown. Once the captain makes the choice, it may only be changed if a time out is called. If a team intercepts a try the ball is dead and cannot be returned for points.
- The player scoring the touchdown must raise his/her arms so the nearest official can de-flag 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.
• After a safety is scored, the team that is awarded 2 points will automatically gain possession at their own 14-yard line.

CoRec Modifications

Teams
• Teams shall be comprised of 8 players, 4 men and 4 women. The regular, intermediate, youth or junior size football shall be used. 6 players must be present to start the game.
  o The maximum of either gender is 4 and the minimum number is 3.
• The offensive team must have at least 5 players on their scrimmage line at the snap.
• Males cannot advance the ball through the offensive scrimmage line. There are no restrictions: during a run by a male runner once the ball has been beyond the scrimmage line; during a run by a female runner; and after a change of possession.
• Every change of possession begins “Open”
  o If a male passer throws a completed pass to a male receiver, the next play will be “closed”
    ▪ Play must return to open before a male passer can legally throw to a male receiver.
  o Play will remain closed until both of the following are fulfilled:
    ▪ A female either throws or catches a legal forward pass
    ▪ The end of the play results in positive yardage
• Any foul, whether accepted or declined, shall have no effect on whether the next play is “open” or “closed”.

Scoring
• If a female is involved with a scoring play by either throwing the scoring pass or running the ball across the end zone line, the score will be worth 9 points
• If no female was involved in the play, the score will be worth 6 points
• All point after tries will be assessed similar to a single gendered game, however open and closed play still applies

Any rules not specifically covered by this document will refer to the NIRSA rule book for clarification and ruling.