



INTRAMURAL SPORTS

4v4 Flag Football Rules

SECTION 1: PLAYERS AND EQUIPMENT

1. As a team manager it is your responsibility to notify all of your team members of all policies and procedures relating to Intramural Flag Football. Notify all team members of place, date and time of the contest and see that everyone is ready to play at the scheduled game time. It is suggested that team members show up at least 15 minutes prior to their scheduled game time. ***Game Time is Forfeit Time... No Excuses!***
2. Each participant must be currently enrolled at Tarleton or be a faculty/staff member and provide a current, valid Tarleton ID card in order to play. Players must have cards at every game in order to play. **No Exceptions** will be made.
3. **Team Roster:** Will be limited to 8 players. Teams may add to roster until gameday.
4. **Former Athletes:** Only 2 former athletes of a college football program may be on the same team. A former athlete is defined as having lettered in their respective sport. Red shirt football players are not eligible to play. You have to be removed from the roster to be considered a former athlete.
 - a. **Current members** – players or coaches listed on the Tarleton Football roster are NOT eligible to play.
5. **Participation:** Players are only allowed to compete on 1 men's/women's and 1 Co-Rec team per season. Any player who plays on more than one team within the same division will be declared ineligible for all intramural sports for the remainder of the academic year. Any games in which the ineligible player participated will be declared forfeits.
6. **Players:** A team will consist of a minimum of 2 players Men's/Women's/Co-Rec.
 - a. *Teams may play a game with less than the required number of players in the event of an injury if the game is still within reach. (Officials discretion)*
7. **Blood Rule:** If there is any blood present on a player or his/her uniform he/she must leave the game until the situation has been resolved. Once the situation has been resolved the player may re-enter the game.
8. **Ejection:** If an official removes a player from a game, he/she will not be eligible to participate in any intramural event until they have met with the Intramural coordinator. Ejected players are required to leave the facility for the remainder of the night. It is the responsibility of the ejected player to contact the Intramural Assistant Director the following day to set up a meeting. (254.968.0763) (Gheath@tarleton.edu)
9. **Equipment / Uniforms:**
 - a. **Shoes:** The players may wear regular football/soccer cleats (rubber or plastic) or tennis/running shoes. No open toed shoes, boots or bare feet will be allowed. **METAL SPIKES ARE NOT ALLOWED!**
 - b. **Jerseys:** Teams must wear like colored jerseys. Jerseys are available for checkout on the field prior to game.
 - c. **Jewelry:** No jewelry or any other item deemed dangerous by the official may be worn during play. Any player with exposed permanent jewelry (i.e. body piercing) will not be permitted to play unless the jewelry is removed.
 - d. **Headwear:** No hats, visors, helmets, tie headbands, bandanas or any other hard headwear may be worn at any time. Cloth or elastic headbands may be worn to control hair.
 - e. **Shorts:** Players must wear athletic shorts or pants without belt loops, khakis or jeans will not be allowed.
10. **IM Weather Hotline:**
 - a. In the event that there is inclement weather that could affect games please call **254.968.0763** or email Gheath@tarleton.edu for updated information regarding the status of games. Information will be updated as changes in weather occur.
11. **Scheduling / Playoffs:**
 - a. **Game Times:** Games will be played Friday & Saturday. **GAME TIME IS FORFEIT TIME!**
 - b. In cases of inclement weather please call 254.968.0763 or email Gheath@tarleton.edu for updated information regarding game status.
 - c. **League Format:** Games will be played in a Round Robin format.
 - d. **Playoffs:** Playoffs will begin on the Saturday following the last league play game.

SECTION 2: RULES OF PLAY

1. *All games will consist of two (2) 10 -minute halves with a running clock. Half time will be 2 minutes in duration.*
2. **Game Time is Forfeit Time:** A team must have two (2) players men's/women's/CoRec in order to start the game. If a team does not have the minimum number of players necessary to start the game that team must forfeit the game... **No Excuses!**
 - a. *Forfeit Fee: A team that does not show up or have the minimum number of players necessary to play the game will be charged a \$20 forfeit fee. Forfeit Fees are to be paid in the Campus Recreation office (between 8AM and 5PM, M-F) prior to the teams next regularly scheduled game. Two (2) forfeits back-to-back will result in a team being dropped from the league. Two (2) forfeits in a season will deem your team ineligible for playoff contentions.*
3. **Rock, Paper, Scissors:** prior to the start of the game the officials will conduct a game to determine which team will begin as defense or offense. The winner of the game will choose offense, defense, or defer to second half. The loser of the game will take the remaining option. (If the winning team chooses to receive than that team will automatically be offense in the second half.) Play starts at the beginning of each half with the ball placed on the 26-yard line.
4. **Timeouts:** Each team is permitted two (1) timeout per half and one (1) timeout per overtime period. Timeouts do not carry over from the half to half or from overtime periods. A timeout shall not exceed one (1) minute. The clock will stop during all timeouts.
5. **Mercy Rule:** If a team is up by 30 or more points (45 or more points for co-rec) at halftime or any time after halftime the game shall be declared over. If a team is ahead by 19 or more points (25 or more points for co-rec) when the official announces the two-minute warning in the second half or at any time after the two-minute warning, the game shall be declared over.
6. **Delay of Game:** After a ball is declared ready for play, the offensive team has twenty-five (25) seconds to put the ball in play. Penalty: Delay of Game, 5 yards. The official may order the clock to be stopped or started when, in his/her opinion, either team is trying to conserve or consume playing time using tactics in his/her judgment to be unfair.
7. **Thor Guard:** If you hear one 15-second horn sound and see the flashing light on top of the press box, this means there is a chance of lightning or there is lightning in the area. If this occurs, everyone will be informed immediately to vacate the complex and wait in their vehicle for further information or for three 5-second horn sounds. (This indicates that conditions have improved and play can resume.) If after 15 minutes the lights at the Vance Terrell Complex shut off than games for the remainder of the night have been cancelled.
8. **Substitutions:** Players are free to substitute in and out of the game in between plays, but they must exit/enter from the proper side of the field. Each substitute shall be in uniform and ready for play with flags in position.
9. **Overtime:** If the score remains tied at the end of regulation play, an overtime period will be played. For Women's & CoRec, an overtime period consists of a series of downs by each team from the 10-yard line. For Greek Men's & Men's, an overtime period consists of a series of downs by each team from the 20-yard line. The object of which is to score a touchdown. If the score remains tied after one overtime period, play will proceed to a second overtime period and so on until a winner is decided. (Possession at the beginning of the overtime will be determined by Rock, Paper, Scissors) **After the second overtime both teams will have to go for 2-point conversion for the point after try.**

SECTION 3: BALL IN PLAY, DEAD BALL, OUT OF BOUNDS

1. The offense must snap the ball within 25 seconds after the referee has put the ball in play (sounding whistle and dropping hand).
2. Ball declared dead:
 - A. When a forward pass strikes the ground.
 - B. When a backward pass or fumble by a player strikes the ground.
 - C. When a runner has a flag belt removed legally by a defensive player.
 - D. When a runner is legally touched with one hand between the shoulders and knees, including the hand and arm, once the flag belt is no longer attached.
 - E. When a snap hit the ground.
 - F. When a muff of a free or protected scrimmage kick strikes the ground.
 - G. When the passer is de-flagged before releasing the ball.
3. **Fumbles:** A fumble or backward pass is dead at the point it hits the ground. The ball goes to the team that last had possession. Just touching the ball is not sufficient for legal possession. A fumble by the offense into the opposing team's end zone will result in a safety (2 points) and the ball will be turned over and placed on the opposing teams 14-yard line.

4. **Out-of-Bounds:** A ball in player possession is out-of-bounds when either the ball or any part of the runner touches the ground or anything else, except a player or game official, which is on or outside a boundary line. If the runner inbounds bumps into or is touched by player or an official on the sidelines out-of-bounds, the ball is still in play.
5. **Rushing Time:** A defender can not rush until given signal from Official. (5 second count)
6. **Quarterback:** A QB cannot rush unless they are getting pressured by the opposing team. (Men's and Women's)

SECTION 4: KICKING THE BALL

1. There are no fair catches.
2. The receiving team may advance the ball out of its end-zone.
3. **Protected Scrimmage Kick:** A legal protected scrimmage kick is a punt made in accordance with the rules. Prior to putting the ball in play on fourth down, the offensive team must declare whether it chooses to go for a first down or punt. If the offensive team chooses to kick, the ball must be kicked.
 - A. The offensive team may put the ball in play with a punt on any play, but it must notify the Referee. There are no quick kicks.
 - B. The snap must be received at least two (2) yards back and the kick must be executed behind the scrimmage line within a reasonable time. There are no fake punts.
 - C. After receiving the snap, the kicker must kick the ball immediately and in a continuous motion.
 - D. No player may cross the line of scrimmage until the ball has been kicked.
 - E. Kick out of bounds - If the kicked ball goes out of bounds between the goal lines or comes to rest in bounds untouched and no player attempts to secure it, the ball becomes dead and belongs to the receiving team at that spot.
 - F. A protected scrimmage kick that touches anything while the ball is on or behind the receiving team's goal line can be downed by the receiving team and is a touchback.
 - G. Opportunity to catch a kick - A player on the receiving team who is within the boundary lines and who is so located that he/she could have caught a kick which is beyond the scrimmage line while such a kick is in flight must be given an unmolested opportunity to catch the kick. Penalty: Kick Catch Interference, 10 yards.
 - H. No blocks will be allowed.
 - I. There will be an allowance of 1 bounce of the ball, then you must run. If the ball bounces more than once, it is considered a dead ball. The ball will be spotted where the second bounce occurred.

SECTION 5: CO-REC RULES

1. **The game of Co-Rec Flag Football shall be played by 2 teams consisting of 2 men/2 women. In order to start the game a team must have 2 players (1 men/1 women) or the game will be deemed a forfeit.**
2. **The Ball:** The regular, intermediate, youth or junior sized ball can be used.
3. **Minimum Line Player:** The offensive team must have at least 1 player on the scrimmage line prior to the snap. Penalty: Illegal Procedure -5 yards
4. **Male Runner:** A male runner may not advance the ball past the scrimmage line.
5. **Male to Male Completion:** During the offensive teams' possession there may not be 2 consecutive male to male completions from a male passer to a male receiver. If a male passer completes a legal forward pass to a male receiver, the next play must involve a female passer or female receiver and result in positive yardage. The spot where the ball becomes dead must be beyond the offenses original line-of-scrimmage. Penalty: Illegal Forward Pass, -5 yards from the spot where the ball was released and loss of down. Any foul, whether accepted or declined shall have no effect on whether the next forward pass shall be "open" or "closed".
6. **Substitutions:** In Co-Rec play substitutions must be male-for-male and female-for-female.

SECTION 6: SNAPPING AND PASSING THE BALL

1. The ball must be snapped backwards and off the ground. The ball need not be snapped between the center's legs, but the center cannot have his/her feet over the scrimmage line. In a legal snap, the movement must be a quick and continuous motion of the hand or hands backwards. Once the ball leaves the ground, the defense may rush.
2. The player who receives the snap must be at least two (2) yards behind the offensive scrimmage line.
3. Any time at or after the ball is ready for play, each offensive player must momentarily be within fifteen (15) yards of the ball before the snap.
4. The offensive team must have a minimum of one (1) player (1 for Co-Rec) on their line of scrimmage at the snap.
5. **Offensive Player in Motion:** One offensive player may be in motion, but not in motion toward the opponent's goal line. Such a player must be behind the line of scrimmage when the ball is snapped. A player in motion is not counted as one

of the players on the scrimmage line. Only one offensive player may be in motion at a given time. Penalty: Illegal motion, 5 yards from the previous spot. Other offensive players may not draw the defense offside's.

6. **Fumbles:**
 - A. A backward pass or fumble which touches the ground between the goal lines is dead immediately at the spot where the ball hits the ground and belongs to the team last in possession unless lost on downs.
 - B. Out of Bounds - A backward pass or fumble going out of bounds between the goal lines remains in possession of the fumbling team at the out of bounds spot. If out of bounds behind the goal line, it is a touchback or safety.
 7. **Encroachment:** After the snapper has made his/her final adjustment of the ball, it is encroachment for any player to break the plane of his/her scrimmage line (Exception: the snapper/center has the right to be over the ball.) Penalty: Encroachment, 5 yards from the previous spot.
 8. Offensive players are responsible for retrieving the ball after each scrimmage down. The snapper will bring the ball from the huddle to the scrimmage line (first ball spotter - orange). A towel may be used to help keep the ball dry and must be placed behind the deepest offensive player at the start of each play from scrimmage.
 9. All offensive players must be motionless for one second preceding the snap, except for a (one) player moving parallel to or away from the scrimmage line. Penalty: Illegal motion, 5 yards from the previous spot.
 10. An offensive player that shifts (other than going legally in motion) must stop for one full second before the snap. Penalty: Illegal shift, 5 yards from the previous spot.
 11. *A player may hand the ball forward or backward at any time.*
 12. **CO-REC ONLY: A male runner cannot advance the ball through the scrimmage line until the ball has been advanced past the line of scrimmage. Note: There are no restrictions concerning runs by a female runner. After a change of team possession, any male runner may advance the ball through the neutral zone. Penalty: Illegal procedure, 5 yards from the previous spot.**
 13. **Forward Pass:** All players are eligible to touch or catch a pass. During a scrimmage down and before team possession has changed, 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. Only one (1) forward pass can be thrown per down.
 14. A forward pass is completed when caught by a member of the passing team in bounds. A forward pass is intercepted when caught by a member of the opposing team in bounds. It is counted as a completion or interception as long as the first part or the person to contact the ground after the catch, usually one foot, touches in bounds.
 15. A forward pass is illegal:
 - A. If the passer's foot is beyond Team A's scrimmage line (orange ball spotter) when the ball leaves his/her hand.
 - B. If thrown after team possession has changed during the down.
 - C. If intentionally grounded to save a loss of yardage.
 - D. If a passer catches his/her untouched forward pass.
 - E. If it is the second forward pass during a down.
 - F. **CO-REC ONLY: if a male completes a forward pass to a male during a closed play then advances the ball through the line of scrimmage.** Penalty: Illegal forward pass, 5 yards from the spot, loss of down, if prior to change of possession.
 16. After the ball is snapped, and until it has been touched, there shall be no offensive pass interference beyond the offensive scrimmage line when the legal forward pass crosses the offensive scrimmage line (orange ball spotter). Penalty: 10 yards from the previous spot and loss of down.
 17. After a legal forward pass is released by the passer and until it is touched, there shall be no defensive pass interference beyond Team A's scrimmage line while the ball is in flight which crosses the Team A scrimmage line. Penalty: 10 yards from the previous spot and automatic first down.
 18. **Simultaneous Catch:** If a forward pass is caught simultaneously by members of opposing teams, the ball becomes dead and belongs to the team that snapped the ball at the spot of the catch.
 19. **CO-REC ONLY: If a male passer completes a forward pass to a male receiver, the next forward pass completion must involve either a female passer or a female receiver for positive yards. Any foul, whether accepted or declined, shall have no effect on whether the next forward pass completion is "open" or "closed."**
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SECTION 7: BLOCKING, RUSHING AND CONDUCT

1. **Defensive Start:** Defensive team must start 1 yard away from the line of scrimmage.
2. **Offensive Screen Blocking:** Screen blocking is permitted and shall take place without contact. The screen blocker shall have his/her hands and arms at his/her side or behind his/her back. Any use of the hands, arms, legs, elbows, or

body to initiate contact by an offensive player is illegal. A player must be on his/her feet before, during, and after screen blocking.

3. Defensive players must go around the offensive player's screen block. The arms and hands may not be used as a wedge to contact the opponent.

4. **Player Restrictions:**

A. No player shall contact an opponent which is deemed unnecessary.

B. There shall be no clipping or tripping. If deemed intentional.

C. There shall be no bumping the receiver. The defensive player must play the ball and shall not interfere with a receiver. However, defensive and offensive players are equally entitled to a passed ball.

D. Pulling or removing the flag belt from an offensive player as the ball is snapped or before a pass reception with the obvious intent of confusing the offensive player as an eligible pass receiver or ball carrier is illegal.

E. A defensive player may not bump or push a runner out of bounds.

F. Offensive charging is not permitted. The ball carrier may not run through a defensive player but must attempt to evade the defensive player. The runner is allowed to spin in order to avoid being de-flagged as long as he/she does not charge during the spin.

G. The ball carrier shall not guard his/her flags by blocking with hands or the ball, thereby denying an opponent the opportunity to pull or remove the flag belt. Penalty: Flag guarding, 10 yards from the spot of the foul.

H. Stiff arming by the ball carrier is illegal. Holding or swinging the arm near the flag to ward off attempts to seize the flag is illegal and results in flag guarding.

I. Defensive players may not steal or strip the ball from an offensive player once he/she has control.

J. The flag belt is to be fastened around the waist by use of the end clip. Any tampering to secure the flags so as to make them more difficult to pull is illegal and will result in ejection from the game. Penalty: Unsportsmanlike conduct, 10 yards from the previous spot, loss of down, and player disqualification.

K. Players, coaches, and spectators are to position themselves between the 20-yard line markers on their teams' respective sideline.

5. **Pass Interference:** Once a pass is in the air, the ball belongs to anyone who can get it. Any contact which occurs between two or more players making a legal attempt to catch or bat the pass is considered incidental. Screening a player's eyes or waving the hands or arms in his/her face to distract a receiver is considered interference.

6. **Roughing the Passer:** Defensive players must make a definite effort to avoid charging into a passer after the ball has been thrown. No defensive player shall contact the passer.

7. **Personal Fouls:** There shall be no personal fouls committed by players, substitutes, or coaches. Personal fouls include: Using fist, foot, knee, or leg to contact an opponent; tackling the ball player (disqualification); illegal contact; unnecessary roughness, hurdling, roughing the passer (when the defender contacts any part of the passer during his/her motion or follow through).

8. The fifth unsportsmanlike foul by the same team results in their forfeiture of the game.

SECTION 8: ENFORCEMENT OF PENALTIES

1. Penalty Enforcement at the basic spot:

A. Pass play or during the protected scrimmage kick (before possession is gained) – basic enforcement spot is the scrimmage line (where ball was snapped).

B. On all running plays - basic enforcement spot is the end of the run.

C. All fouls are marked from the basic enforcement spot (Exception: An offensive foul behind the basic enforcement spot which becomes a spot foul.)

D. The only exception to the above regulations is Roughing the Passer; this penalty will be added on to the end result of the play.

SUMMARY OF NIRSA FOOTBALL PENALTIES

<u>Loss of 5 yards:</u>	<u>Loss of 10 Yards:</u>
1. Delay of Game (Dead Ball Foul)	1. Illegal Contact
2. False start (Dead Ball Foul)	A. Strip or Attempt to Strip the Ball (Automatic 1st Down)
3. Encroachment (Dead Ball Foul)	B. Contact with Opponent on Ground
4. Illegal Snap (Dead Ball Foul)	C. Throw Runner to the Ground (Automatic 1st Down)
5. Offsides	D. Contact Before or After Ball is Dead
6. Illegal Motion	E. Tackle Runner (Automatic 1st Down) (Disqualification)
7. Illegal Shift	F. Defensive Use of Hands
8. Illegal Procedure/Illegal Formation (Less than the required number of players on the scrimmage line at the snap)	G. Holding the Runner (Automatic 1st Down, spot foul)
9. Player receiving the snap within 2 yards of scrimmage line	H. Drive or Run into Player (Loss of Down)
10. Illegal Forward Pass (Loss of Down, if by Team A)	I. Position Upon Shoulders or Body
11. Intentional Grounding (Loss of Down)	2. Offensive Pass Interference (Loss of Down)
12. Intentionally throwing backward pass or fumble out of bounds (Loss of Down, if by Team A)	3. Defensive Pass Interference (Automatic 1st Down)
13. Illegal Substitution	4. Stiff Arm (Loss of Down)
14. Required Equipment Worn Illegally	5. Flag Guarding (Loss of Down, spot foul)
15. Offensive Player Not Within 15 Yards of the Ball	6. Unsportsmanlike Player Conduct (Disqualification if Flagrant)
16. Aiding of Runner by Teammates	7. Unsportsmanlike Conduct by Coaches, Substitutes, or Others (Disqualification if Flagrant)
17. Male advancing ball through the neutral zone (Loss of down) (Co-Rec)	8. Roughing the Passer (Automatic 1st Down) (Disqualification if Flagrant)
18. Two consecutive Male-to-Male forward pass completions (Loss of down) (Co-Rec)	9. Intentional Tampering with Flag Belt - Offense (Loss of Down and Disqualification)
19. Infraction of Punt Formation – Line players	10. Intentional Tampering with Flag Belt – Defense (Automatic First Down and Disqualification)
20. Infraction of Punt Formation – Kickers	11. Illegal Kicking
	12. Illegal Player Equipment
	13. Quick Kick
	14. Spiking, kicking, or throwing ball during dead ball (Disqualification if Flagrant)
	15. Hurdling Any Player
	16. Intentionally Contacting an Official (Disqualification)
	17. Flagrant Personal Fouls (Disqualified)

SECTION 9: ACCIDENTS AND INJURIES

1. Participation in the Intramural program is voluntary and at the participants own risk. Tarleton State University and the Recreation Sports Department do not assume financial responsibility for any injuries. It is strongly recommended that each participant be certain he/she has some form of insurance which would cover claims resulting from accidental injury during Intramural participation. The participants or their insurance companies are responsible for any expenses, due to injuries occurring while participating in the program. Each person must sign a team roster prior to participation in any intramural event.

Section 10: Onside Conversion

- A. Article 1. When allowed.
 - a. A team may elect to attempt an onside conversion at any time in the second half if they score a touchdown unless they are leading by 19 (25 CoRec) or more points following the Try.
- B. Article 2. Referee's Responsibility and Team's Choice.
 - a. The Referee must speak to the coach or captain immediately following the Try, asking them whether they would like to attempt an onside conversion from the 20-yard line. Once the coach/captain makes the choice, they may change the decision only when an A or B charged time-out is taken. Possession will be retained by A if the onside conversion results in what would have been a touchdown.
- C. Article 3. Onside Conversion Begins and Ends.
 - a. The onside conversion begins when the ball is marked ready for play. The onside conversion ends when B secures possession, the onside conversion is successful, or the ball becomes dead by rule. Neither team can score during the onside conversion.
- D. Article 4. Next Play.
 - a. After a successful onside conversion, the ball shall be snapped by the scoring team at their own 30 yard line, unless moved by penalty. After an unsuccessful onside conversion, the ball shall be snapped by the opponent of the touchdown-scoring team at their opponent's 30 yard line, unless moved by penalty

Onside Conversion Penalty Enforcement

- A. If either team commits a dead ball foul following a Try and prior to the initial ready for play on an onside conversion, the penalty will be enforced after the onside conversion, at the succeeding spot.
- B. If there is a live-ball foul by A (other than unsportsmanlike or nonplayer) during a down those results in a successful onside conversion, acceptance of the penalty nullifies the conversion. The foul carries a loss of down and the onside conversion is not replayed.
- C. If there is a foul by B during a successful onside conversion, the penalty may be enforced from the succeeding spot.
- D. If a double foul occurs, the down is replayed
- E. PLAY. Team A scores a 1 point Try and spikes the ball. Team A elects to attempt an onside conversion. RULING. The 1-point conversion counts. The penalty is enforced to start the new series after the onside conversion.
- F. PLAY. After the ready-for-play on A's onside conversion attempt, (a) A-1 false starts, or (b) B-2 encroaches. RULING. In (a) A's attempt will now be from B's 25. In (b) A's attempt will now be from B's 15.
- G. PLAY. On A's onside conversion attempt from B's 20, A-2 (a) is flagged for illegal motion on an incomplete pass, (b) flag guards at B's 8 and successfully converts, (c) runs with the ball, is held by B-1 at B's 2 and successfully converts, or (d) is guilty of flag guarding at B's 10 and B1 roughs the passer. RULING. In (a) and (b) A's onside conversion attempt fails due to A-2's foul. It will be B's ball, 1st and 10 from A's 30. In (c), the conversion was successful. It will be A's ball, 1st and 20 at the 40. In (d), the penalties offset. The onside conversion attempt will be repeated from B's 20.