Colorado School of Mines ~ Intramural Sports

Flag Football Rules

I. Eligibility
   1. All participants are subject to Intramural Sports Eligibility Rules, which are available in the Intramural Sports Participant Handbook.
   2. Teams allowed one Ex-Varsity football player on roster.

II. Game, Players & Equipment
   1. *These rules are governed by the NIRSA Flag & Touch Football Rules with a few modifications/exceptions outlined below.*
   2. Teams will consist of seven (7) players. A team must have five (5) players in order to start and continue a game. Fourteen (14) players MAX on roster. See Co-Rec modifications below.
   3. The field is 80 yards from goal line to goal line and is broken up into 20 yard increments.
   4. Teams will receive a series of 4 down to advance the ball 20 yards.
   5. Teams will start their series of 4 downs for a new possession at the start of each half, start of overtime or after a score, from the 10 yard line.
   6. Coin toss to start game. Winner of toss chooses offense, defer or side to defend.
   7. The game shall consist of two 20-minute running clock halves, with the exception of the last 2 minutes of the second half where the clock will stop on all dead balls (High School Rules). Other than the last 2 minutes, the clock will only stop on injuries or timeouts.
   8. Half time will be 3 minutes.
   9. Each team is allowed two 1-minute time outs per half (4 total per game). Timeouts do not carry over from first half to second half or second half to overtime.
   10. For safety, all players MUST wear shorts or pants without pockets or belt loops.
   11. When the ball is declared ready for play by the official (they blow their whistle) the offense will have 25 seconds to snap the ball.
   12. Players may only substitute during dead ball situations. There may be unlimited substitutions throughout the game.
   13. Hats or caps with a bill may NOT be worn. Also bandanas with a knot are NOT allowed.
   14. NO JEWELRY. NO EXCEPTIONS.
   15. NO METAL CLEATS. Even metal tips.
III. Scoring
1. Touchdowns = 6 points (See Co-Rec Modification)
2. Safety = 2 points (occurs when a player gets de-flagged, fumbles the ball or commits a penalty in their own endzone)
3. No kicking extra points or field goals. Teams will have the opportunity to attempt a point after touchdown (P.A.T.). After a touchdown the team will have 3 different options for a P.A.T. and they are as follows:
   a. P.A.T. from the 3 yard line = 1 point
   b. P.A.T. from the 10 yard line = 2 points
   c. P.A.T. from the 20 yard line = 3 points
4. P.A.T's may be intercepted by the defense and returned for a score worth 2 points (regardless of the P.A.T amount attempted by the offense).
5. Mercy Rule: with 2 minutes or less left in the game, if a team is ahead by 19 points in Men's/Women's or 25 points in Co-Rec, the clock will NOT stop.

IV. Dead Ball Situations
1. When any part of the runner other than a hand (football may be an extension of the hand) or foot touches the ground, the ball is dead.
2. When a backwards pass, fumble, or snap touches the ground, the ball is dead.
3. When a runner has a flag belt removed legally by a defensive player, the ball is dead.
4. If a flag belt inadvertently falls to the ground, a one hand tag between the shoulders and the knees constitutes the ball being dead.
5. During a punt, if the kicked ball touches any player and then touches the ground, the ball will be dead at that spot.
6. Failure to wear a flag belt on the field results in: 5 yard, dead ball penalty.

V. Line of Scrimmage and Snapping the Ball
1. Offensive/defensive line of scrimmage shall be marked by cones. The offensive line of scrimmage will be marked by an orange cone. The defensive line of scrimmage will be 1 yard away from the ball and marked by a yellow cone. Offense and defense may NOT pass beyond their respective cones until the ball is snapped.
2. Then only player for either team that is required to be lined up on their respective line of scrimmage (cone) is the center (person snapping the ball).
3. No side snaps (the ball must be snapped between the legs).
4. 2 point, 3 point or 4 point stances are legal.
5. No direct snaps are allowed. The quarterback must be at least 2 yards behind the line of scrimmage when receiving the snap.
6. Teams may have one player “in motion” or moving parallel with the line of scrimmage at the time of the snap. If there is more than one player moving or a player is moving towards the line of scrimmage at the time of the snap, it will be a penalty.
VI. Blocking
1. Screen blocking will be the **only** allowed form of blocking anywhere on the field.
2. Any contact that occurs while attempting to screen block will be considered a penalty.

VII. Passing and Catching the Ball
1. All players of either team are eligible to touch, catch or throw a pass.
2. Only **one** legal forward pass can be thrown per down. This means the pass must be thrown from behind the line of scrimmage.
3. A player must have at least one foot (or other body part) touching the ground in bounds, with complete possession of the ball in order for the catch to be legal.
4. If an offensive and defensive player catch the ball simultaneously, the play will become dead and the catch will be awarded to the offense.
5. Teams are allowed unlimited backward passes and handoffs anywhere on the field.

VIII. Running the Ball
1. Offense
   a. Guarding of the flag belts with any part of the body to avoid being de-flagged is illegal.
   b. A player is not allowed to “stiff arm” a defender to avoid being deflagged.
   c. A player may not deliberately jump, dive or run into an opponent, or lower their head or shoulders causing any contact.
2. Defense
   a. The arms and hands may NOT be used to contact an opponent except when capturing a flag belt or tagging a runner without a flag belt.
   b. Attempting to steal or strip the ball from a player is illegal.
   c. Holding, pushing, or tackling a runner is illegal.

IX. Punting the Ball
1. A team may decide to punt on any down of their series of 4 downs.
2. When a team has decided to punt, they must announce to the official of their intention. They may only change their choice if either team takes a time out or if a penalty occurs prior to the snap.
3. There are **NO** fake punts.
4. The player punting the ball must receive a snap from center at least 2 yards behind the line of scrimmage.
5. Players from offense and defense may line up anywhere they wish on their side of the line of scrimmage. The only restriction is that all players must remain motionless and not cross the line of scrimmage until the ball is kicked.
6. Screen Blocking will be enforced for ALL punting situations.
7. There are **NO** “fair catches” during a punt. But if a player interferes with the receiving teams chance to catch the punt, it will be a penalty.
8. Punts that cross the goal line (in the air or on the ground) will become a dead ball (touchback). The ball will be taken by the offense at the 10 yard line.

X. Co-Rec Modifications
1. Teams consist of eight (8) players, minimum of six (6) players to start and play a game. Sixteen (16) players MAX on roster.
2. The gender difference between male and female players on field may never be greater than one. This means if you are playing with seven (7) players then you must have either 4 women / 3 men or 3 women / 4 men. If you are playing with the minimum number of players required (6 players) then you must have an equal number of male and female players.
3. Any touchdown where a woman is involved by throwing the initial pass, catching a pass in the end zone or running the ball into the endzone will count as nine (9) points.

XI. Over Time
1. NO overtime during the regular season, which means games may end in a tie.
2. During playoffs, if the game is tied after regulation, a coin toss will be used. The winner of the toss will choose offense, defense or side of field to use.
3. Each team will start the overtime period 1st and goal from the 20 yard line. Teams get a series of 4 downs, in an attempt to score.
4. Upon a score, the team can try for 1, 2 or 3 points on the P.A.T.
5. Once a team has scored and attempted the P.A.T, it will be the opposing team’s ball at the 20 yard line.
6. If the defense intercepts the ball and returns it for a score, the game will be over.
7. If the opposing team ties the score after their series of 4 downs and P.A.T, the same format will be used for the 2nd overtime. The team that started on offense for the 1st overtime will start on defense for the 2nd overtime and vice versa for the other team.
8. Beginning with the 3rd overtime and all successive overtime periods, all scores must be followed by a P.A.T attempt of 2 points or 3 points.
9. Teams will be allowed one time out for the entire overtime period.

XII. Penalties
1. 5 yards
   a. False Start (Dead Ball)
   b. Illegal Snap (Dead Ball)
   c. Encroachment (Dead Ball)
   d. Illegal Substitution (Dead Ball)
   e. Delay of Game (Dead Ball)
   f. Illegal Motion
   g. Illegal Shift
   h. Illegal Forward Pass (Loss of Down)
i. Intentional Grounding (Loss of Down)
j. Illegal Procedure
k. Failure to wear required equipment (Loss of Down)

2. 10 yards
   a. Pass Interference
   b. Illegal Contact
      • Illegal blocking (making contact with an opponent)
      • Tackling (could also be unsportsmanlike conduct)
      • Holding
      • Attempting to steal or strip the ball from a runner
      • Runner deliberately jumping, diving or hurdling an opponent
   c. Illegal Participation
d. Roughing the Passer (Automatic 1st Down)
e. Illegally Secured Flag Belt (Loss of Down or Automatic 1st Down)
f. Flag Guarding
   • Stiff Arm
   • Shirt, arm or ball covering the flag belt
g. Kick-Catch Interference
h. Unsportsmanlike Conduct
   • Spiking or kicking the ball during a dead ball
   • Excessive contact with an opponent
   • Inappropriate language

XIII. Sportsmanship
1. All players are expected to play with good sportsmanship and uphold Intramural Sports Spirit of Competition.
2. Teams must obtain a 3.0 or better sportsmanship rating average throughout the regular season in order to be eligible for playoffs.
3. HAVE FUN!!!