

**Kettering University
Intramural Sports
Flag Football Rules**

In adopting official football rules for use in flag football, the object has been to keep as close to the national rules as possible. All rules not covered below shall be found in the 2000-2001 edition of the NIRSA Flag Football Rulebook. You may come to the Assistant Director's office to look through it.

Safety and health: Kettering University does not assume the responsibility for payments of outside medical expenses (x-rays, emergency room, doctor's fees, etc.). Payments of such expenses are the responsibility of the student.

All players must have their name on the score sheet at game time.

It is strongly recommended that all players wear a mouthpiece.

All players must wear gym shoes or molded rubber cleats. No street shoes, bare feet, metal or posted cleats will be allowed. No player may wear a towel.

Game time is forfeit. However, teams will receive a 5-minute grace period.

Each player must correctly wear one flag belt. All shirts, jersey's, jackets, etc. MUST be tucked in the pants.

All games consist of two- 20-minute periods with a 3-minute half time. A running clock will be used. The clock will only stop during timeouts, injuries, official's timeouts and the final two minutes of the game, for the following: a. Incomplete legal or illegal forward pass – starts on the snap. b. Out-of-bounds – starts on the snap. c. Safety - starts when the free kick is legally touched. d. Team time-out – starts on the snap. e. First down – dependent on the previous play. f. Touchdown – starts on the snap (after the Try). g. Penalty and administration – dependent on the previous play. (EXCEPTION: Delay of game – starts on the snap). h. Referee's time-out – starts on his/her discretion. i. Touchback – starts on the snap. j. Team A is awarded a new series – dependent on previous play. k. Team B is awarded a new series – starts on the snap. l. Either team is awarded a new series following a legal kick – starts on the snap. m. Team attempting to conserve time illegally – starts on the ready. n. Team attempting to consume time illegally – starts on the snap. o. Inadvertent whistle – starts on the ready. p. First touching on a free kick and ball strikes the ground – starts on the snap. A two-minute warning will be given only in the second half.

Options on the coin toss: The captain who wins the coin toss has the following options: 1. Elect to take ball; 2. Play defense; 3 defend a goal. If he chooses #1, the other captain elects the goal he will defend; if he chooses #2, the other captain gets the ball and the choice of which goal to defend; if he chooses #3, the other team gets the choice of playing offense or defense. Goals and Kicking/Receiving team will alternate at the beginning of the 2nd half

The snap may occur from the side. The player who receives the snap must be at least 2 yards behind the offensive scrimmage line.

Each team will be allowed only **2**, 30-second time outs **per game**.

If a team is ahead by **25** or more points, with ten minutes or less remaining, the game will be stopped and the team that is ahead will be declared the winner.

A fumble, snap, or lateral that strikes the ground, is dead at that point.

Teams consist of 7 players. A team may start with 5 players to avoid a forfeit. Team captains are responsible for the actions of both players and spectators.

Every member of a team is eligible to receive a forward pass.

The offensive team has 25 seconds from the time the ball is set by the officials to put the ball back into play. If the team exceeds 25 seconds, the officials will signal a delay of game penalty. The second delay of game penalty in a series of 4 downs is a 10-yard penalty with a loss of down, clock will be stopped. The clock will start on the snap of the ball.

Each team must furnish a non-playing scorekeeper.

The ball shall be placed on the 15-yard line after every score. (Safety Included)

The only style of blocking allowed is screen blocking. Screen blocking is legally obstructing an opponent without contacting him/her with any part of the screen blocker's body.

"Bull Rushing" (i.e. running through a blocker) is a 10 yard personal foul. If flagrant, the offender shall be disqualified. Likewise, an offensive player may not initiate contact while blocking.

All players must be wearing flagbelts. Deflagging may only occur if the player has possession of the ball (similar to tackling in football). The ball is declared dead when the clip is detached from the belt. EXCEPTION: if a ball carrier INADVERTENTLY loses a belt, the ball is dead when touched by the defender (one hand-between shoulders and knees.)

Touchdowns will score 6 points. A point after try (PAT) from the 3-yard line will score one point, from the 10-yard line will score two points.

Overtime will prevail in play-off games only. In the playoffs, each team will get four downs to attempt to score beginning at the ten yard line from the same endzone. In the event that neither team scores, this process will be repeated. PAT try will occur.

If the defensive team intercepts a pass during the PAT try and returns it for a touchdown, they score two points.

There must be at least 4 players on the offensive line of scrimmage.

A huddle is not required; however, if one player huddles all players must huddle. (NO SLEEPER PLAYS).

After the play is competed, the offense has the responsibility of bringing the ball back to the line of scrimmage.

The location of the passer's foot, rather than the ball, is used to determine whether the passer is beyond Team A scrimmage line.

The referee will order the game clock started when a team calls 3 or more timeouts.

If a pass/pitch is backwards, the official will extend their arm and yell "backward".

A runner may not hurdle or leap a defender in an order to avoid being deflagged. Players may spin away from defenders.

It is legal for the quarterback to catch the snap and **immediately** throw the ball into the ground to stop the clock.

Personal fouls- tackling a runner (grasping or encircling hands and taking the opponent towards the ground) is an automatic ejection. A participant may not punch, strike, strip or attempt to steal the ball while a

player is in possession.

“Sleeper play”- any play involving deception by placing a wide receiver near the sideline without returning to the huddle is illegal. A wide receiver must break from the huddle to be eligible to receive a pass and line up 5 yards inside the sideline.

Fumble in the end zone; if you fumble in your own end zone it will be a safety.

Defensive pass interference is the only penalty that carries an automatic first down. It is first down for the offensive team 10 yards from the line of scrimmage.

Ball carrier cannot buck the line or lower his head or shoulder in any attempt to run over a defensive player. Ball carrier must run in an upright position.

There will be a one-yard neutral zone at the line of scrimmage. No player may enter this zone until the ball is snapped.

A player who is bleeding or has an excessive amount of blood on the uniform shall be considered an injured player and will not be allowed back into the game until the bleeding stops and blood free clothes are worn.

When catching a pass, only one foot needs to be inbounds for a legal completion to occur.

A kneeling or prone player may catch the ball. However, after the completion, the player may not advance the ball.

In the playoff, all overtime periods are played toward the same goal line.

Quick kicks are illegal.

Punts must be announced. Each team must have 4 players on the line of scrimmage. Those players may not move until after kick is made. Quick kicks are illegal.

A free kick begins each half of a game.

There are **no** onside kicks.

If a free kick goes out of bounds the receiving team may

Ask for re-kick with 5-yard penalty.

Take the ball where it went out of bounds.

Take the ball on their 35-yard line.

The ball carrier cannot hurdle a defensive player in an attempt to avoid being deflagged.

Defenders may not strip the ball from runners.

Each team is allowed 1 (one) time out per overtime period.

SOME COMMON PENALTIES:

5 Yards

Delay of game

False Start

Encroachment

Illegal forward pass (loss of down)

Intentional Grounding (loss of down)

Illegal Motion

10 Yards

Offensive pass interference (loss of down)
Striking, tripping, kicking, kneeling (also disqualification)
Hurdling
Holding or Illegal block
Interlocked interference
Clipping
Illegal use of hands or arms, contact
Illegal participation
Unnecessary roughness
Unsportsmanlike conduct
Defensive pass interference (10 yards and automatic first down)
Flag guarding

CO-REC RULES

Co-Rec teams consist of 8 players, 4 male and 4 female.

Team may start with 7 players, 3 women, 4 men or 4 men and 3 women.

During the offensive team's possession, there may not be 2 consecutive legal forward pass completions from a male passer to a male receiver. This rule applies also to the try. There are no restrictions concerning a male passer completing legal forward passes to a female receiver, a female to female, or female to male. The penalty is a 5 yard loss and loss of down.

A male runner cannot advance the ball through the opposing team's line of scrimmage. After a change of team possession, any male runner may advance the ball through the neutral zone.

If a female scores a touchdown the point value is 9.

PLAYER CONDUCT

Section 1-The objective of the Intramural Sports program is to promote good sports behavior.

Section 2- If a participant is ejected from a game for unsportsmanlike conduct, the player will be immediately suspended from the program and the action will be followed by a review by the Assistant Director to see **if** and when the suspension will be lifted.

Section 3- (Fighting)- All persons involved in a fight will be suspended from the program. After a full review of the incident, the Assistant Director shall set a date for the lifting of the suspension. In addition, the team involved will be put on probation for the remainder of the season. While on probation, if the team or any individual on the team shall be involved in a fight, the team will be dropped from that sport.

Section 4 (Disrespect of officials)- Addressing an official in an unsportsmanlike manner will disqualify the participant for the remainder of that game and the next game. Excessive profanity also will result in disqualification. Profanity will not be tolerated. The official will give the person's name to the Assistant Director who will rule on probation measures. A second offense will result in suspension for the remainder of the year.

Section 5 (Striking an official)- Striking or shoving an official shall result in suspension from Intramurals forever and submission of the incident to the University Discipline Board for further action.

Section 6- If a player is ejected for unsportsmanlike conduct, the team manager needs to provide the official with the ejected player's name. The ejected player is expected to leave the gym or field or the game will be defaulted.

Section 7- The team manager is expected to keep control of his/her team member's conduct and/or

spectators.

Section 8- The use of alcohol or drugs is not permitted and is against University policy.

Section 9- The procedure for misconduct will be as follows: upon receiving notification of the misconduct of a participant, the Assistant Director will be notified of details about the incident. The details about the incident will be gathered as follows: the parties directly involved, the officials working, the supervisor in charge that night, teammates of those involved and spectators who witnessed the incident. Decisions may be appealed to the Assistant Director of Recreation Services