

# **FLAG FOOTBALL RULES**

## **Proper Shoes and Clothing Rules**

1. Mouth Pieces are strongly suggested to be worn.
2. Shoes must be worn.
3. No Metal Cleats will be allowed!!!
4. No article of clothing may cover any portion of a player's flags. Jerseys must remain tucked in the pants/shorts during the entire down. Any hood on a coat, sweatshirt, or shirt that does not remain tucked-in is illegal.

## **Forfeit Policy**

If a team is not ready to play within ten minutes after scheduled starting time, the opponents are awarded the win on a forfeit. Each team must have seven players at the start of the game or it will be deemed a forfeit. If neither team has enough to play it is a double forfeit and results in a loss for each team in their overall record.

## **Time Penalty for the Ten Minutes Leeway before Forfeit:**

If a team does not have enough players after the scheduled start time, but does have enough players before the ten minutes leeway, time will be taken off the total amount of time played. How long it takes a team to arrive is the amount of total time taken off the game. For example, if a team shows up 6 minutes after the scheduled time, three minutes will be taken off the first half and three minutes will be taken off the second half.

## **Starting the Game**

A toss of a coin by the referee determines which team has the choice of starting the game on offense or defense and the choice of goals.

## **Start of Play: 1<sup>st</sup> Half and 2<sup>nd</sup> Half**

The ball is placed on the offense team's 20 yard line at the beginning of the game and at the beginning of the second half.

## **Number of Players**

1. Offense-A quarterback and eight receivers

2. Defense-Nine defenders
3. Substitutions are unlimited

### **Length of Game**

1. Two 20 minute halves with a five-minute halftime.
2. The clock will be continuously running during each half except for the last two minutes of the game when it will stop between each play.
3. Each team will receive two 30-second timeouts per each half.
4. If a team is 19 or more points ahead when the referee or supervisor announces 2 minutes left in the second half, the game shall be over.
5. Anytime during the game, the playing time of any remaining period or periods may be shortened by mutual agreement of the opposing captains and the Referee.

### **Delay of Game**

The ball must be put in play promptly and legally and any action or inaction by either team, which tends to prevent this, is delay of game. This includes:

- a) Consuming more than 15 seconds in putting the ball in play after the referee has blown the last play dead.
- b) Putting the ball in play before it is declared ready for play.
- c) Deliberately advancing the ball after it has been declared dead.
- d) Conducting a coach-referee conference after all permissible charged time-outs for the coach's team have been used, and during which the referee is requested to reconsider the application of a rule and no change results.

The player scoring the touchdown must raise his/her arms so the nearest official can deflag the player. If the player is not deflagged easily, and the official determines the flag belt has been secured illegally, the touchdown is disallowed. The player is disqualified from play for the remainder of the game.

### **First Down**

1. A team must move the ball 15 yards in four downs in order to make a first down.

2. If a team does not advance the ball from one zone to the next in four downs, the ball goes to the opponents at that spot. **Punting is allowed** under the following conditions: no rushing the punter and no return of the kick is allowed. The ball will be spotted where the player catches it unless he lets it go without touching it. Then it will be spotted where it rolls to or is downed by the opposing team. If the ball goes out of the end zone, the ball will be placed on the 20 yard line. If the ball goes out of bounds the ball will be placed where the ball went out of bounds.

### **Scoring**

1. An offensive team that scores a touchdown will be awarded six points automatically.
2. Should the team successfully convert from the 5 yard line, they will be awarded an additional point if successful. If they successfully convert from the 10 yard line they will be given 2 points.
3. A safety is worth 2 points. The offense team must then punt the ball from their 40 yard line.

### **Passing**

1. All eight receivers are eligible to catch passes.
2. Forward passes may be thrown from any point back of the line of scrimmage and lateral passes may be thrown anywhere on the field.

### **Blocking**

There is no blocking during play. Any block will result in a 15 yard personal foul from the spot of the block.

### **Fumbled Ball**

1. A fumbled ball is dead and will be spotted at the spot of the fumble. The ball still belongs to the team that fumbled the ball at the point of the fumble with the loss of a down.

### **Downed Ball**

The ball is dead and the player is downed when his (knee touches down) or when a player with the ball loses his flag or has his flag pulled. If a players flag comes off for any reason he is declared down at the spot where his flag comes off.

### **Rushing**

1. The defending team is allowed to rush every down but must wait till either the quarterback runs past the line of scrimmage or the referee has counted a full five seconds.
2. The quarterback cannot run past the line of scrimmage with the ball unless he is rushed.

3. There shall be only one back in the backfield who is eligible to run (meaning quarterback only). The ball can be pitched to another player. Once the ball is pitched the defense can cross the line of scrimmage and the play is live.

### **Running**

1. Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove the flag belt. Flag guarding includes:

- a) swinging the hand or arm over the flag belt to prevent an opponent from deflagging.
- b) placing the ball in possession over the flag belt to prevent an opponent from deflagging.
- c) lowering the shoulders in such a manner which places the arm over the flag belt to prevent an opponent from deflagging.

2. The runner shall be prohibited from contacting an opponent with extended hand or arm.

3. The ball carrier shall not grasp a teammate or be grasped, pulled, or pushed by a teammate.

4. The defensive player shall not hold, grasp, or obstruct the forward progress of a ball carrier when in the act of removing the flag belt.

### **Receiving**

A player must have both feet in bounds in order for it to be ruled an official completed pass.

### **Flag Belt Removal**

1. Players must have possession of the ball before they can be legally de-flagged.

2. When a runner loses his/her flag belt either accidentally, inadvertently, or on purpose, play is over and the runner is down at the spot where his flag came off.

3. In circumstances where a flag belt is removed illegally, play should continue with the option of the penalty or the play.

4. Defensive player intentionally pulling a flag belt from an offensive player without the ball is illegal.
5. Tampering with the flag belt in any way to gain an advantage including tying, using foreign materials, or other such acts is illegal, and will result in Immediate EJECTION from the game

### **Penalties**

1. 5 yard penalties are awarded for false starts and offsides.
2. 10 yard penalties include illegal formation, delay of game, illegal forward pass, and illegal blitzing. Delay of game and illegal forward pass will both result in loss of downs.
3. 15-yard penalties are awarded for illegal use of hands, an illegal block, unnecessary roughness (a push, tackle, shove, trip, or holding), tackle attempt, unsportsmanlike conduct and clipping. No stiff arms will be allowed, no lowering of shoulders and no wrapping-up will be allowed. 15 yard penalties will result in loss of down on offense.
4. Pass-Interference will result in a spot foul, with the offense getting the ball where the foul occurred. If it is offensive pass interference the offensive team will lose 15 yards and loss of down.

Note: Flagrant violations of rules will be met with one or two game suspension depending on the nature of the incident.

5. Any unnecessary roughness, or other unsportsmanlike conduct will first result in a warning, then suspension, resulting in a one or two game suspension, depending on the nature. A player that is ejected from a game must leave the facility not just the field of play.

### **Overtime**

There will be no overtime for regular season games. If a regular season game is tied at the end of regulation it is recorded as a tie. Overtime will only be used during post-season play.

### **Overtime during Postseason Play**

1. A coin toss will decide which team will have the ball on their opponent's 20 yard line and have four downs to score.
2. The opposing team will then have their opportunity to score.
3. The first team to score and hold their opponent wins.

**Spectators**

Spectators who are not players or Drury Intramural department staff/workers must be off the field and on the track for their own safety from play.