



Campus Recreation
INTRAMURAL SPORTS/LEAGUES RULES: FLAG FOOTBALL

TEAM REQUIREMENTS:

- A team will consist of a maximum of 7 players on the field at one time.
- A minimum of 4 players are required to start a game.
- Coed teams must have 3 females minimum on the field at all times

EQUIPMENT:

- Athletic shoes must be worn at all times.
- Shirts must be worn at all times and tucked in. Flags must be at the hips.

GAME RULES:

- Rock, paper, scissors is played for first possession.
- Official places the football on the line of scrimmage.
- Time between snaps: 15-20 seconds from when the whistle is blown to when quarterback says "hike."
- Quarterback grabs football for "start of play."
- Defense must wait 5 seconds before crossing the line of scrimmage to rush the quarterback.
- 1st down is every 20 yards.
- Maximum of 3 lateral passes per play.
- No punting.
- One timeout per half per team.
- Quarterback has 10 seconds to run a play before the ball is called dead, resulting in loss of down.
- If the quarterback is rushed, he/she can run the ball.

PENALTIES:

**Penalties range from loss of down to ejection of player. CampusRec Supervisor and Officials have final say over matters.*

- No excessive contact.
- No flag guarding.
- No diving.
- No steam rolling.

- No ball stripping.
- No blocking.
- No spinning.
- No excessive shirt grabbing.
- No pass interference – ball gets placed at spot of the foul.
- No rushing the quarterback before 5 seconds.
- NO PROFANITY. Players who use profanity on the field will have an immediate ejection from the game. **NO EXCEPTIONS.** Must talk with Andrew DeMaria and Phil DeTonnancourt.
- All offensive fouls result in loss of down back at the line of scrimmage.
- All defensive fouls result in replay of down at the spot of the foul.

TIE BREAKERS/OVERTIME:

- Rock, paper, scissors is played for first possession.
- First team to score wins.
- Maximum time limit: 5 minutes.
- If neither team scores, the game will end in a tie.

RULES AND REGULATIONS ARE SUBJECT TO CHANGE AT ANY POINT DURING THE SEASON AT THE DISCRETION OF CAMPUS RECREATION