

Intramural Flag Football Rules

Field Rules

1. The games will be played at Prescott field.
2. The field is 60 yards from goal line to goal line with two 10 yard end zones. There are two 20 yard first downs.

Game Rules

1. Teams consist of eight players on the field. All teams must have at least two males and two females on the field at all times. One of every four plays must involve a female. This does not include snapping the ball but does include a play as quarterback. If the play is attempted on 4th down and the quarterback is rushed, the play must still be attempted to a female. If not, the play will be incomplete.
2. Games will have two 20 minute halves. The clock will only stop on a whistle during the last minute of each half.
3. There is no overtime during the regular season. In the playoffs there is a 5 minute sudden death overtime in the case of a tie.
4. Each team is allowed one timeout per half.
5. At the start of the game, second half and after a score, the ball is placed on the goal line.
6. Each team is allowed four downs.
7. 4th down may be attempted or you may opt to have the ball walked forward 20 yards as a punt.
8. A touchdown is worth 6 points. After a touchdown the scoring team must attempt an extra point. The ball is placed on the 5 yard line, if the team scores by a forward pass, they are awarded one point, a run is worth two points.
9. Laterals may only take place behind the line of scrimmage.
10. A fumble results in a dead ball. The spot of the ball is placed where the player last had control.
11. Quarterbacks may not run unless they are blitzed. The Blitz flag will be dropped after 5 seconds.
12. There is NO blocking; this will result in a 5 yard penalty from the line of scrimmage.
13. Interceptions may be run back, fumbles may not.
14. A player is down when their flag is stripped, falls off or part of their lower body touches the ground.
15. If a snapped ball hits the ground before the QB catches it, the play is dead and the ball is spotted at the same spot as the previous down. All snaps must be between the legs.
16. When you remove a flag hold the flag until the refs have determined where the ball should be placed. Do not throw the flag or run around with it.
17. Each team will receive one 30 second time out per half.
18. Protests will only be heard from team captains.
19. Any issue or question arising from play is left up to the discretion of the refs. You are given 2 Challenges during the regular season and 1 during the playoffs. Referee decisions are final.

Penalties

1. Holding/Blocking: Any action by a player that restricts another player's movement. Repeat the down. Offensive: 5 yards back from line of scrimmage. Defensive: 5 yards forward from the line of scrimmage.
2. Offsides: When a player crosses the line of scrimmage before/during the snapping of the ball. Repeat the down. Offensive: 5 yards back from line of scrimmage. Defensive: 5 yards forward from line of scrimmage.
3. Pass Interference: Physical contact with offensive or defensive player that impedes either player's chances of catching the ball. This must occur before either player touches the ball. Defensive pass interference: 15 yards forward from line of scrimmage. Offensive pass interference: 15 yards back from line of scrimmage.
4. Un-sportsmanlike conduct: Any unnecessary roughness resulting in an unfair advantage for the other team, or any violation of the RFC rules and regulations: 15 yard penalty.
5. Guarding your flag will result in a 5 yard penalty.
6. Plays should continue after a penalty flag is thrown. The penalty will be assessed once the ball is down.

* Parking is limited. Intramural participants may not park in the lots of any surrounding businesses. If you drive, please utilize campus parking.