

Gonzaga University Intramural Department

Men's, Women's and Co-ed Flag Football Rules

The Playing Field

The field shall measure between 40 yards wide and 80 yards long plus 10-yard end zones. The playing fields will be divided into three (3) zones by two (2) lines.

Ball

The official ball will meet the recommendations for size and shape for a regulation football provided by the Intramural Department.

Shoes

Players must wear athletic type shoes that cover the foot completely. Sandals, boots, and open toe shoes are NOT allowed. Cleats must be made of rubber; metal spikes and screw-in cleats are not allowed. The Intramural Staff will accept no protest regarding shoes.

Pants/Shorts

Each player must wear pants or shorts without any belt(s), belt loop(s), pocket(s) or exposed drawstrings. The pants/shorts and any stripes on the pants/shorts must be a different color than the flags.

Flags

- a. Each player must have a set of flags on at all times. Flags will be supplied by the Intramural department.
- b. Tampering with the flag belt in any way to gain an advantage including tying, using foreign materials, or other such acts is illegal. Anyone playing with a knot tied in the belt will receive an illegal equipment penalty. Anyone who ties the belt on will receive an unsportsmanlike conduct penalty (15 yards) and disqualification.
- c. If a player receives the ball and his/her flags have fallen off, the player is declared down at the spot where he/she received the ball.
- d. An opponent intentionally pulling a flag belt from an offensive player without the ball is illegal (Personal Foul, 15 yard penalty).

Shirts

- a. Must be either long enough so they remain tucked in the pants during the entire downs or short enough so there is a minimum of 4" from the bottom of the jersey to the player's waistline. (The Referee will use a closed fist to measure the distance between the waistline and the bottom of the jersey.)

Equipment

- a. No 'stickum' or similar substance will be allowed. Infractions will result in player disqualification.
- b. The use of headgear, or any nature, shoulder pads, body pads, or shoes with metal tipped cleats, regardless of material is prohibited. Additionally, any unyielding or dangerous equipment is prohibited.
- c. Jewelry shall not be worn. Religious and medical alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical alert medal must be taped and may be visible.

Game Format

1. Six (6) players will constitute a team.
2. A minimum of five (5) players must be ready to play at game time or the team will forfeit. The game official's watch is the "official" game time. **GAME TIME IS FORFEIT TIME.** A team must finish the game with the minimum starting number (5). Anytime a team falls below the minimum number, the game will be forfeited. **Individuals are required to show valid GU ID cards prior to each game.**
3. The captain winning the toss shall have first choice of options for either the first or second half. The loser shall have the first choice of options for the half the winner of the toss did not select. The options for each half shall be:
 - a. To choose whether his/her team will begin on offense, defense or defer to the second half.
 - b. To choose the goal his/her team will defend. The captain, not having the first choice of option for a half, shall exercise the remaining option.
4. The game will consist of two halves, each made up of a 20 minute running clock. The game clock will stop for all time-outs and in the last two (2) minutes of each half. In the last 2 minutes of each half the clock will stop for: incomplete forward passes, out of bounds, time-outs, injuries, first downs, penalties, scores, inadvertent whistles, and change of possession only.
5. Each team is allowed one (1) time-out per half. Time-outs will be limited to 30 seconds in duration. Teams will not be charged a time-out for an injured player. (All injured players must leave the game for a minimum of one play.)

6. The offensive team is responsible for securing the ball after each play. The offensive team should secure the ball and take it back to their team huddle after every play.
7. An orange puck will mark the offensive scrimmage line. The line official will serve as the defensive scrimmage line. The official will be three (3) yards from the orange puck.
8. Unnecessary delay of the game is prohibited. If the ball is not put into play within 25 seconds after being spotted by the referee, it will be considered delay of the game (5 yard penalty)
9. The ball will be placed on the offensive team's 20-yard line at the beginning of each half, as well as following touchdowns, touchbacks, and safeties.
10. A team in possession of the ball has four (4) downs to score or advance into the next zone.
 - a. If a penalty occurs during a play the zone to gain will be established after the enforcement of the penalty.
 - b. If a penalty moves the ball beyond the zone to gain or a penalty calls for a first down the next line will be the zone to gain.
 - c. Declined penalties will have no effect on the zone to gain and the number of the next down will be whatever it would have been had the foul not occurred.
11. When the ball becomes dead, the spot of the ball is directly under the position of the ball (foremost point of the ball).

Kicking

- a. A punt may be declared by the offensive team on any down. When declared, the offensive team must have at least five (5) players on the line of scrimmage.
- b. Once a team has declared they will punt, they may not change their decision unless there is a penalty or a time-out is called.
- c. Neither team may leave or cross the line of scrimmage until the ball is kicked. (5 yard penalty - Illegal Procedure)
- d. If a punt has been declared, it must be executed immediately after receiving the snap. (5 yard penalty - Illegal Procedure)
- e. The declared punt may be executed from anywhere behind the line of scrimmage.
- f. A punt that has hit the ground is dead on that spot.
- g. All punts must be announced. Quick kicks are illegal. (10 yard penalty - Illegal Kick)
- h. Punts that cross the goal line will immediately be blown dead and result in a touchback.
- i. There are no fair catches. Any fair catch signal shall be ignored. No foul occurs.

Snapping

- a. Men and Women: On offense, at least three (3) players must be on the line of scrimmage (from a line parallel with the ball). Players in motion do not count as being on the line of scrimmage.
- b. At all times, when the ball is snapped from the Center to another player, the snap must be between the Center's legs and the Center's shoulders must be parallel to the line of scrimmage. Any snap, muff, or fumbled ball that touches the ground is dead at the spot of the touching.
- c. The player who receives the center snap must be at least two (2) yards behind the offensive scrimmage line.
- d. "Sleeper" plays are not allowed. After the ball is ready for play, each offensive player must momentarily be within 15 yards of the ball before the snap.
- d. Only the Center may be in a 3 or 4-point stance.

Passing (All passing format; no running plays)

- a. Attempted running plays equal a dead ball from the original line of scrimmage and the down is consumed.
- b. Forward passes may be made from any place behind the line of scrimmage. Only one forward pass is allowed per down. (10 yard penalty and loss of down - Illegal Forward Pass)
- c. Lateral or backward passes may be made anywhere on the field and there is no limit to the number that may be attempted in each scrimmage down.
- d. Every member of a team is eligible to receive a pass. The passer becomes eligible to catch his/her own pass after a defensive player touches the ball.
- e. Intercepted passes may be returned from the opponent's end zone.
- f. The quarterback may catch the snap from center and IMMEDIATELY throw the ball to the ground to stop the clock; the quarterback may not do so to avoid loss of yardage.
- g. A forward pass caught behind the line of scrimmage is a dead ball at the point of reception.

Interference

Pass Interference: During a down in which a legal forward pass is thrown, contact which interferes with an eligible receiver is pass interference unless it occurs when two (2) or more eligible receivers make a simultaneous and bona fide attempt to reach, contact, or bat a pass. **The pass does not have to be**

catchable. (Defensive penalty: Spot of the foul and automatic first down; Offensive penalty: 10 yards and loss of down)

Screen Blocking

a. The offensive screen block shall take place without contact. The screen blockers shall have his/her hands and arms at his/her side or behind his/her back. Any use of the arms, elbows, torso, or legs to initiate contact during an offensive player's screen block is illegal; this applies to the offensive as well as defensive players. A blocker may use his/her hand or arm to break a fall or to retain his/her balance. A player must be on his/her feet before, during, and after screen blocking. (15 yard penalty: Personal Foul.)

b. A player who screens shall not:

1. When he/she is behind a stationary opponent, take a position closer than a normal step from him or her.
2. When he/she assumes a position at the side or in front of a stationary opponent, make contact with him/her.

3. Take a position so close to a moving opponent that his/her opponent cannot avoid contact by stopping or changing direction. The speed of the player to be screened will determine where the screener may take his/her stationary position.

This position will vary and may be 1 to 2 normal steps or strides from the opponent.

4. After assuming his/her legal screening position move to maintain it, unless he/she moves in the same direction and path as his/her opponent. If the screener violates any of these provisions and contact results, he/she has committed a personal foul. (15 yard penalty: Personal Foul.)

5. Use of Hands or Arms by the Defense-Defensive players must go around the offensive player's screen block. The arms and hands may not be used as a wedge to contact the opponent. The application of this rule depends entirely on the judgment of the official. (15 yard penalty: Personal Foul.)

Running after a catch

a. Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for opponents to pull or remove the flag belt. It is recommended that you run with the ball above your waist and arms straight out.

b. The runner shall be prohibited from contacting an opponent with extended hand or arm. This includes the use of a "stiff arm" extended to ward off an opponent attempting to deflag.

c. The runner shall not grasp a teammate or be grasped, pulled or pushed by a teammate.

d. The runner shall not lower his/her head or shoulders to avoid being deflagged.

e. Spinning while running is considered part of running and is allowed provided the runner maintains contact with the ground and is not attempting to jump/hurdle to gain yardage.

f. At no time during the game is a player to hurdle or dive in an attempt to gain yardage. This is illegal and will constitute a personal foul. Hurdling is an attempt by a player to jump with one or both feet or knees foremost over an opponent who is contacting the ground with no part of his/her body, except one or both feet. This applies to plays with or without opposing players in the area. This is a form of taunting when an offensive player is alone going into the endzone.

g. Obstruction of Runner. The defensive player shall not hold, grasp, or obstruct the forward progress of a runner when in the act of removing the flag belt or making a legal tag. Penalty: Holding.

h. Charging. A runner shall not charge into an opponent in his/her path or attempt to run between two opponents, unless the space is such as to provide a reasonable chance for him/her to go through without contact. (15 yard penalty: Personal Foul)

Flag guarding

1. Swinging the hand or arm over the flag belt to prevent an opponent from deflagging.

2. Placing the ball in possession over the flag belt to prevent an opponent from deflagging.

3. Lowering the shoulders in such a manner that places the arm over the flag belt to prevent an opponent from deflagging. (10 yard penalty and loss of down: Flag Guarding.)

Dead Ball

a. A fumble, muffed ball, center snap and lateral or backward pass which strikes the ground is dead at the spot. The ball shall go to the team that fumbled it at that spot, unless the play occurred on fourth down.

b. When any part of the runner other than their feet touches the ground, the ball is dead.

c. A runner is down: When a runner has a flag belt removed legally by a defensive player. A flag belt is removed when the clip is detached from the belt.

Scoring

a. The player scoring the touchdown must raise his/her arms so the nearest official can deflag the player. If the player is not deflagged with one reasonable pull and the official determines the flag belt has been secured illegally, the touchdown is disallowed. The player will be disqualified. (15 yard penalty: Unsportsmanlike Conduct from the previous spot)

b. The point value of scoring plays shall be:

1. Touchdown 6 points
2. Safety 2 points
3. Extra Points: from 5-yard line 1 point; from 10-yard line 2 points

Extra Points

1. After a touchdown is scored, the offensive team may try for either a one (1) point or two (2) point extra point attempt.
2. The ball shall be placed on the five (5) yard line for the one (1) point attempt and the ten (10) yard line for the two (2) point attempt.
3. If an interception occurs the play is considered dead; extra point is not awarded.
4. Once the captain has made the decision for one (1) or two (2) point attempt a team may not change its mind without using a time-out (by either team). If the distance of the attempt is changed by penalty, the attempt will be for the point value of where the penalty is enforced.

Tie Games

1. Regular season - if the game is tied, no overtime will be played, the game will be recorded as a tie.
2. Tournament play - A coin will be flipped by the Referee to determine the options as in the start of the game. Unless moved by penalty, each team will start 1st and goal from the Team B 20 yard line. The object will be to score a touchdown. An overtime period consists of a series of 4 downs by each team. If the score is still tied after one period, play will proceed to a second period or as many as are needed to determine a winner. If the first team awarded the ball scores, the opponent will still have a chance to win the game. Try-for-points will be attempted initially as a 1 (one) point or 2 (two) point conversion; every period after the first only 2 (two) point attempts will be allowed. No time-outs will be allowed during overtime.

Mercy Rule

When Team A leads Team B by 17 or more points, inside the two minute warning, of the second period, the game is over. When Team A leads Team B by 35 or more points anytime in the second half the game is over. Intramural Supervisor and Officials decision is final.

Player Restrictions

No player shall commit a personal foul during a period or an intermission. Any act prohibited here under or any other act of unnecessary roughness is a personal foul. No player shall:

- a. Punch, strike, strip, steal, or attempt to steal the ball from a player in possession.
- b. Trip an opponent.
- c. Contact an opponent who is on the ground.
- d. Throw the runner to the ground.
- e. Hurdle or dive over or around any other player or while other players are not present for taunting purposes.
- f. Contact an opponent either before or after the ball is declared dead.
- g. Make any contact with an opponent which is deemed unnecessary of any nature including using fist, locked hands, elbows or any part of the forearm or hand, as well as the legs, knees, and/or feet.
- h. Deliberately drive or run into a defensive player.
- i. Clip an opponent.
- j. Position himself/herself on the shoulders or body of a teammate or opponent to gain an advantage.
- k. Tackle the runner by grasping or encircling with the hand(s) or arm(s) and taking the opponent toward the ground as in tackle football. This will result in player disqualification. Penalty: 10 yards, and if flagrant, the offender shall be disqualified.

Blood Rule

Any player who is bleeding must be substituted for until the bleeding stops. An intramural staff member or game official has the authority to remove the player. If by removing the player who is bleeding, the team falls below the minimum number necessary to play, the following will apply: The game clock will stop and a maximum of five (5) minutes will be allowed for the player to stop the bleeding. Either an intramural staff member or game official must approve the player to reenter. If the bleeding is not stopped within the allotted five (5) minutes the team will forfeit the game. **THE TIME ALLOWANCE IS ONLY FOR PLAYERS WHO ARE BLEEDING, AND THE TEAM CANNOT CONTINUE TO PLAY WITHOUT THEM.**

Forfeits

A team forfeits when the entire team is a no-show or the team does not have the correct number of players to start the game *on time*. When a team forfeits for any reason, that team will receive no higher than a (2) two. The game will not be re-scheduled. The winning team will receive a (3) three for sportsmanship. Teams who forfeit two (2) games for any reason will be dropped from the tournament. For further explanation, see the forfeit policy. Forfeiture of game is not a penalty, but an edict by the Referee.

Defaults

A team defaults when contacting the Director (Shelly at x3977) at least 24 hours in advance of their next game to give plenty of time to notify the opposing team they will be receiving the win. The game will not be re-scheduled. When a team defaults, both teams will receive a (3) three for sportsmanship. **One default is given per team, per regular season play; two or more defaults will count as a forfeit(s).**

Player and Team Conduct

The officiating will be done by officials who are in absolute control of the game. Teams are responsible for keeping their players and spectators under control and in the designated areas. All players on the sidelines must stay between the 20-20 yard field box which are clearly marked. Misconduct of spectators, players or coaches can result in ejection or forfeiture of the game. The officials have the authority to make decisions on any matters or questions not specifically covered in the rules. Only a protest of player eligibility or rules interpretation will be accepted. Official's judgment is not protestable.

Individual and team sportsmanship is of the utmost importance to the Intramural program and all of its participants. Certain behaviors will not be tolerated before, during, or after intramural activities (examples, but not limited too):

- a) Actions meant to cause harm to any person.
- b) Verbally abusive or threatening language towards players, spectators, or officials.
- c) Lack of control by individuals or the team.
- d) Alcohol and/or drug use (Refer to Intramural Alcohol and Drug Policy online at <http://www.gonzaga.edu/Athletics/Intramurals/team-information/player-and-team-conduct.asp>)

This is a no-tolerance policy and is under the discretion of the Officials, Supervisors and/or Director to remove players at any point and time before, during or after a game.

Please refer to Team Information at:

<http://www.gonzaga.edu/Athletics/Intramurals/Team-Information/default.asp> for Player and Team Conduct, Unsportsmanlike Consequences, and Disciplinary Actions.