



**Florida Southern College
Intramural Flag Football Rules**

General Information

- 1) All participants must have their current valid FSC ID card with them
- 2) Jewelry, pockets, and metal cleats are not allowed.
- 3) All participants must arrive to the playing surface 15 minutes before game time.



Team Requirements

- 1) A team shall consist of 7 players. A team can play with a minimum of 4 players.
- 2) The offensive team must have 4 players within 1 yard of the line of scrimmage at the time of the snap.
- 3) Substitutions are allowed between plays and time-outs.
- 4) All players must have checked in with the supervisor/scorekeeper and be recorded on the game sheet before they are allowed to participate.
- 5) The designated team area is located between the 20 yard lines, one yard off the sideline. This area is for all players and maximum of two coaches.

Game Balls

The official ball shall be pebble-grained leather or rubber covered and meets the recommendations of size and shape for regulation football. There are no requirements regarding ball pressure and markings. Men shall use the regular "official" size while women shall use the men's, intermediate, youth, or junior size. The referee shall be the sole judge of any ball offered for play and may change the ball during play at his/her discretion. During the game each team must use a legal ball of its choice when in possession.

Flags

Flags will be provided to each team on site. Shirts MUST be tucked in and flag belts must be worn on the outside of all clothing. **Flag belts must be centered around the waist, clasped in the front, so that the flags are positioned one on each hip and one in the middle of the back. It is illegal to tie your flag belt in a knot OR to wrap it so it will not come off.**

Equipment

All equipment is subject to the approval of the intramural staff on duty.

- 1) All players must wear shoes.
- 2) Rubber cleated shoes will be allowed. Screw-in cleats will be allowed, only if the screw is part of the cleat. Open toe, open heel or hard soled shoes will not be allowed. **NO METAL CLEATS!!**
- 3) Pants/and or shorts with belt loops and/or pockets are strictly prohibited. A player may not turn his/her shorts inside-out or tape his/her pockets in order to play.
- 4) Towels may not hang from a participant's waist or otherwise interfere with the removal of a flag. **Penalty: Illegal Equipment**
- 5) All flag must be free of knots. **Penalty: Unsportsmanlike conduct and ejection from the game.**
- 6) Equipment such as helmets, pads or braces worn above the waist, leg, and knee braces made of hard, unyielding substances, casts and all jewelry are strictly prohibited. Knee braces made of hard, unyielding substances covered on both sides with all edges overlapped and any other hard substances covered with at least ½ inch of slow recovery rubber or similar material will be allowed.
- 7) Teams must use flags provided by intramural sports. All team members must wear the same shade of color shirt. Shirts must be tucked in the players' pants. Shirts may not have pockets.

Jewelry

- 1) **Captains will be given a warning before the game that all jewelry should be taken off -it is up to the captain to inform his/her players before the game!**
- 2) **If after that: a player is caught with jewelry on- both team captains will get another warning and the specific player is subject to sport specific punishments (5 yard penalty)**
- 3) **If after the 2nd warning any player that is caught with jewelry will be ejected from the game (it doesn't matter what team) and the game shall be a forfeit for the team with the 2nd illegal equipment penalty.**

Captain's Meeting, Game Time and Scoring

Coin Toss:

The referee shall toss a coin and ask the winning Captain...

- 1) **Do you want the ball to start the first half? Or the second half?**
- 2) **If the player chooses "first half," the losing captain shall choose the direction of play and will start the 2nd half with the ball.**
- 3) **If the player chooses "second half," the losing captain shall begin with the ball and choose the direction of play.**

Starting the game: The first and second half shall begin with the ball placed on the 14-yard line. There will be no kickoffs.

- 1) **First & Second half:** The clock will run continuously for the first 17 minutes of the first half and the first 18 minutes of the first half. With approximately 2 minutes remaining in the game the Referee shall stop the clock and inform both captains of the playing titaptains1)he g Tf-0.00d m i n u e : n n i g



- i. Touchback – starts on the snap.
 - j. Team A is awarded a new series – dependent on the 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. Inadvertent whistle – starts on the ready.
 - n. Team attempting to converse time illegally- starts on the ready.
 - o. Team attempting to consume time illegally- starts on the snap.
- 2) Half time = Three minutes

Forfeit Procedure

Any team not ready to play at game time (scorecard completed, flags on, minimum number of players on the field) shall be penalized in the following manner: For every minute the team is late to start, the opposition receives 2 points

10 minutes after game time – the opposition receives 20 points – Forfeit



- 11) All offensive players must be momentarily within 15 yards of the ball. It must be clear who the seven offensive players are on each player. The intent of this rule is to eliminate all sleeper or hideout plays. These plays will result in a 10 yard penalty for illegal formation.
- 12) Fumbles
 - a. Fumbles are dead when the ball touches the ground.
 - b. The ball is put into play at the point where the ball first touched the ground.
 - c. Any passed or fumbled ball that does not touch the ground may be advanced by any player catching the ball.
 - d. A ball fumbled into the offensive team's end



Clarification

- 1) A defensive player may not remove an offensive player's flag when the offensive player does not have the ball. Similarly, the defensive player may not remove the quarterback's flag after the ball has been thrown. *Penalty:* Illegal flag belt removal, 10 yds.
- 2) During a loose ball (pass), a defensive player may not remove an offensive receiver's belt prior to the receiver touching the ball. *Penalty:* defensive pass interference, 10 yards.
- 3) A defensive player must avoid running into the quarterback behind the line of scrimmage. If a defender contacts the passer's hand or arm, whether or not he/she touches the ball, it is roughing the passer. *Penalty:* 10 yards and automatic first down.
- 4) A player may not fasten his/her flags to his/her uniform or belt other than prescribed in the rules. *Penalty:* 10 yards and automatic disqualification. The official will check the flags of each person who scores a touchdown or conversion. Following a touchdown or conversion, if a player removes their flag belt prior to being checked by the official the score will be nullified.
- 5) Pushing or chucking a receiver/defender is not allowed. *Penalty:* illegal contact, 10 yards
- 6) An offensive player may not dive or hurdle over, through or into an opponent who is on their feet.
- 7) Any dead-ball penalty occurring after a touchdown can be assessed on the extra point or ensuing possession. Any dead ball penalty occurring after a conversion will be assessed on the next play from scrimmage at the 14 yard line.
- 8) An offensive player may not stiff arm or guard his/her flags by blocking them with their hands or the ball.
- 9) When an inadvertent whistle is blown by an official, the ball is dead at the point when the whistle was blown. The team against which the inadvertent whistle was blown has the option of accepting the play or replaying the down.
- 10) All players on the field must wear flags. Failure to do so will result in a five yard penalty, regardless of when it is discovered. If noticed after the ball has been snapped, then the player without a flag belt must be touched with one hand between the shoulders and the knees (after the ball has been snapped, a penalty cannot be assessed).
- 11) Spiking the ball is considered unsportsmanlike conduct. *Penalty:* 10 yards.
- 12) The offensive team is responsible for retrieving the ball after a play. The offensive team, if they choose, may bring the ball into the huddle.
- 13) The 25-second clock begins when the official signals "ready for play."

Summary of Fouls and Penalties:

Loss of 5 Yards

- 1) Required equipment worn illegally.
- 2) Delay of game.
- 3) Illegal snap.
- 4) False start.
- 5) Encroachment.
- 6) Illegal procedure.

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Co-Rec Modifications

1) Teams shall play with a maximum of 4W and 4M at a time, with a minimum of five players required to begin the game.

- The following combinations are allowed if playing with 5:

- 3W / 2M

- 2W / 3M

i. Once the 6th, 7th or 8th participant arrives – they may enter

2) If a male passer completes a legal forward pass to a male receiver, the next legal forward pass completion must (er)0.7 ()150.5 (nex)18.4 (t)-6 (s)3