



FLAG FOOTBALL

I. Eligibility

- a. Any undergraduate student, enrolled in a minimum of one credit hour, with a valid Bethany ID card is eligible until they withdraw from the college or fail to comply with other eligibility guidelines.
- b. Any faculty member or administrative/staff personnel employed by the college w/ an administrative/staff ID card.
- c. Current school year intercollegiate student-athletes are eligible to participate in all IM sports NOT related to their respective sport in their NCAA traditional season. Refer to IM handbook for further details.

II. Roster Size

- a. Unlimited number of players. (A max of twelve "Intramural Champion" t-shirts will be awarded to the winning team.)
- b. New players may be added to the roster anytime during the regular season game by emailing IM Coor, Renee Tatge and having the new players fill out the appropriate paperwork. Players may not be added during play-offs. Players must have participated in at least one regular season game to be eligible to participate in play-offs.
- c. Participants may only play on one team.

III. General Rules

- a. A team will consist of up to 8 players on the field at a time with an equal number of men and women playing.
 1. If less than four men or four women are available, then the difference between the number of men and women may not exceed two.
- b. Players are prohibited from wearing jewelry or metal cleats at any time.
- c. Opposing teams must wear contrasting colored shirts or jerseys (pinnies will be provided).

IV. Playing Rules

- a. Playing time will be two 20 minute halves. The first half will have a running clock. The second half will also have a running clock, until the last 2 minutes, when the clock will stop between plays.
- b. Rock, paper, scissors will determine possession or side.
- c. The field is 80 yards long with markers at each 20 yards plus the end zone.
- d. Teams will have 4 plays (downs) to advance to the next 20 yard marker.
- e. Each half will begin with a free kick from the kicking team's own 20 yard line (unless moved due to penalty).
 1. Free Kick:
 - i. The ball shall be either held (un-elevated) by a designated placeholder or placed on a tee.
 - ii. The receiving team's free-kick line shall be at their forty-yard line.
 - iii. When the ball is legally kicked, all players must be in-bounds and behind their free-kick line or they will be penalized
 - iv. Any punts or kickoffs that go out the back of the endzone will be placed on the receiving team's 20 yard line.
- f. The 25 second play clock will begin once the ball is placed on the field and declared ready for play.
- g. In the event a team has 3 downs, they may either punt the ball to the other team or make a final attempt. If this final attempt fails, the opposing team takes control of the ball from the final spot.
 1. Punts:
 - i. The offensive team must declare its intention to punt. No fake punts are allowed.

- ii. Defensive players MAY attempt to block the punt by jumping straight up in the air. They may not, however, penetrate the line of scrimmage.
 - iii. After receiving the snap, the punter must kick the ball immediately and in one continuous motion.
 - iv. A muffed punt reception is ruled dead at the spot, with the receiving team maintaining possession unless the punt returner fumbles directly into the hands of a player on the kicking team without the ball hitting the ground.
- h. Each team will be allotted two time outs per half and one for any overtime period. An official may stop the clock at other times if, in his/her judgment, unusual conditions prevail that call for such an action (i.e. an injury).

V. Scoring

- a. Touchdowns: A touchdown is worth 6 points.
- b. Point after touchdown (PAT): A team can score 1 point from the three yard line or 2 points from the ten yard line. Interceptions of a PAT can be returned. If returned to the endzone, the intercepting team will be awarded 2 points.
- c. Safeties: A safety is worth 2 points.
 - 1. It is a safety when any player in possession of the ball is downed in his/her end-zone or when the ball is fumbled or muffed in one's own end-zone.
 - 2. It is a safety when any foul for which the penalty is accepted and results in a measurement from on or behind the offensive team's goal line (i.e. intentional grounding).
 - 3. EXCEPTION Momentum Rule - When a player intercepts a forward pass or catches a kick between their five yard line and their goal line and their momentum carries them into the end zone where the ball becomes dead, the ball will belong to the receiving team at the spot of the catch or reception.

VI. Snapping, Handling, and Passing the Ball

- a. Legal Snap: The ball must be snapped with one fluid motion from the ground. The player who receives the snap must be at least 2 yards behind the offensive scrimmage line. Snaps need not be through the legs.
 - 1. Formation: The offensive team must have at least one player on their line of scrimmage.
 - 2. Motion: One offensive player may be in motion any time before the ball is snapped but not toward the opponent's goal line. The player in motion is not considered the player on the line of scrimmage. Other offensive players must be stationary in their positions without movement of their feet, body, head, or arms.
- b. Passing Plays:
 - 1. A forward pass may be made from any point behind the line of scrimmage. Handing the ball forward will not be considered a forward pass.
 - 2. Only one foot needs to touch in bounds for a pass to be complete.
- c. Simultaneous Catch: If a legal forward pass is caught simultaneously by members of opposing teams, the ball becomes dead at the spot of the catch and belongs to the team that snapped the ball. Such catches may not be advanced.
- d. Pass Interference:
 - 1. During a legal forward pass, pass interference occurs when there is contact which interferes with an eligible receiver or when an eligible receiver is deflagged prior to touching the ball.
 - 2. A simultaneous attempt to reach, catch, or bat a pass is not pass interference.
 - 3. Pass interference results in 15 yards from the previous spot with the down replayed for both offensive and defensive pass interference.
 - 4. If the pass interference by either player is intentional or unsportsmanlike, his/her team shall be penalized an additional 10 yards.

VII. Player Conduct

- a. Blocking: The offensive screen block shall take place without contact. The blocker shall have his/her hands and arms at his/her side or behind his/her back. Any use of the hands, arms, elbows, legs, or body to initiate contact during an offensive player's screen block is illegal.

- b. Runner:
 1. Runners shall not flag guard by using their hands, shoulders, arms, or the ball to deny opportunity for an opponent to remove a flag.
 2. Spinning is allowed.
- c. Loss of Flags: When a runner loses his/her flag belt, inadvertently or intentionally, play continues and the deflagging reverts to a one-hand tag between the shoulders and knees.

VIII. Dead Balls

- a. Inadvertent Whistle: If an official blows his/her whistle inadvertently, the ball is dead and the play stops. Referee's judgment will govern the situation.
- b. Fumbles: All fumbles are dead as soon as the ball touches the ground. The ball will be spotted for the next down at the point where the ball first touched the ground, if the ball lands parallel to or behind the ball carrier. If the ball lands in front of the ball carrier, it will be spotted from the point where the player fumbled the ball.
EXCEPTIONS: Fumbles that land in either end zone.
- c. Downs: Once any part of the ball carrier's body touches the ground (excluding hands and feet) plays shall be ruled dead.
- d. Touchbacks: A touchback consists of any of the following and results in the spotting of the ball at the receiving team's 20 yard line.
 1. A kick that lands or is caught on or behind the receiving team's goal line and is not advanced.
 2. A kick that goes out-of-bounds behind the goal line.
 3. A punt reception that is muffed in the end zone.

IX. Mercy Rule and Tie Games

- a. Mercy Rule: If a team is 25 points or more ahead when the referee announces the two-minute warning or if a team becomes ahead by 25 points after the two-minute warning is announced, the game shall be over.
- b. Tie Game: In the event of a tie game, the following procedures shall govern play. The tie game will be resolved in the following manner:
 1. Rock/paper/scissors shall be held at a Captain's meeting. The winning side can choose to play offense or defense first, or can choose which side of the field to play on. The losing side makes the choice yet unmade.
 2. Each team will be given four downs to attempt to score a touchdown from the 10 yard line. If a touchdown is scored, the PATs will be attempted. The second team will then be given four plays to match or beat their opponent's score.
 3. No coin toss will be held if the game is still tied after one overtime period. Teams will alternate starting on offense as the number of overtime periods increase. If the defense returns an interception for a touchdown, the game ends.
 4. There is no game clock, however, the 25-second play clock shall begin once the ball is placed and declared ready for play. Each team is entitled to one time-out during the overtime period.

X. Sportsmanship and Disqualification:

- a. Sportsmanship
Good sports conduct is essential in IM Sports contests. Therefore, if a player or players are ejected from a game, they will receive a minimum, automatic one game suspension. The suspension of that player becomes effective immediately following the ejection and carries through the remainder of that game and the following game. While on suspension, the player is not allowed to participate in any IM Sports-sponsored sport, special event, or activity. In order to be reinstated for play, the player(s) must meet with the IM Coordinator. Failure to meet with the IM Coordinator maintains the suspension in full effect. In some cases where appropriate, the IM Coordinator may suspend the player(s) for a longer period. In extreme situations, the matter will be referred to the Dean of Student Services.

b. Officials Authority:

An official assumes authority 15 minutes prior to the scheduled game time and until they have left the field. The officials have the authority to rule on any situation not specifically covered in the rules. His/her decision is final. The official has the right to eject players or have them sit out of part or all of the game. Fans, coaches, and spectators are a part of a team and any fouls they commit will go against their team.

XI. Penalties

a. Offense

1. Delay of Game – 5 yards
2. False Start – 5 yards
3. Illegal procedure – 5 yards
4. Illegal Motion – 5 yards
5. Illegal Shift – 5 yards
6. Intentional Grounding – 5 yards (loss of down)
7. Illegal Substitution – 5 yards
8. Not enough players on the line – 5 yards
9. Illegal Forward Pass – 5 yards (spot of the pass, loss of down, if prior to possession change)
10. Pass interference – 10 yards (from line of scrimmage, loss of down)
11. Guarding of the flags – 10 yards (from line of scrimmage, loss of down)
12. Straight Arm – 10 yards
13. Holding – 10 yards
14. Spiking, Kicking, or Throwing Ball During Dead Ball – 10 yards
15. Fake Punt – 10 yards (replay the down)

b. Defense

1. Encroachment – 5 yards
2. Off sides – 5 yards
3. Holding – 5 yards (automatic first down)
4. Rushing a punt – 10 yards
5. Guarding of the flags – 10 yards (from spot of foul)
6. Straight Arm – 10 yards
7. Roughing the Passer - 10 yards (automatic first down)
8. Pass Interference – 15 yards (from the previous spot and an automatic first down)

c. Neutral

1. Illegal Substitution – 5 yards
2. Unsportsmanlike Conduct – 10 yards
3. Cursing – 5 yards (first offense), 10 yards (second offense), sidelined for the half (third offense)
4. Unnecessary Roughness – 5 yards (first offense), 10 yards (second offense), sidelined for the half (third offense)
5. Tackling – automatic ejection (1 game suspension)
6. Repeated questioning of an official - sidelined for remainder of the half
7. Inside 2 minutes of the second half, infraction committed by:
 - i. Team on offense: First delay of game of game (loss of down).
 - ii. Team on offense: Second delay of game (loss of possession).
 - iii. Team on defense: First delay of game (automatic 1st down for offense).
 - iv. Team on defense: Second delay of game (loss of 1 player/rest of game).