Flag Football
National Intramural and Recreation Sport Association (NIRSA) rules are in effect with a few modifications.

Roster:
1. Seven players may be on the field
2. Five are needed at minimum to start the game

Attire:
1. First team listed wears a dark shirt, second team listed should wear a light-colored shirt
2. No metal cleats, screw in cleats, or baseball cleats allowed. Use of these shoes will result in removal from the flag football league for the remainder of the season
3. Players must wear shirts long enough to be tucked in and remain tucked in the entire game
4. No shorts or pants allowed with exposed drawstrings, pockets, or belt loops
5. No baseball hats or rigid headwear allowed

Game Format:
1. Two halves, 15 minutes each
   a. Teams will switch direction at half
   b. Game start will be determined by a coin flip (direction of play); the winning team will have possession of the ball starting at their own 20-yard line
2. Halftime will be 2 minutes long
3. Continuous clock will be in effect except during timeouts and after touchdowns
4. The last 2 minutes of each half the clock will be stopped for:
   a. Timeouts
   b. Penalties
   c. Player in possession goes out of bounds
   d. Incomplete pass
   e. Change of possession
   f. First downs
   g. Touchdowns
      1. If time expires as a touchdown is being scored, an extra point attempt will be given
   h. Injury
5. Each team has 2 total timeouts
6. No overtime during the regular season
7. Overtime: Playoffs
   a. Coin flip determines choice of possession or playing defense; Loser chooses endzone to play to
   b. Ball place on the 10-yard line
   c. Each team has 4 downs to score a touchdown
   d. Extra points will be attempted in overtime
   e. The series is repeated until there is a winner
   f. After 4 series the score is still tied, a team who scores must attempt a point after kick from the 10-yard line
   g. If the defense intercepts a pass and return for a touchdown, that team wins the game and the game is over. If the defense does not return the touchdown, the series is over and the original defense (intercepting team) receives a series of 4 downs
   h. Each team has 1 time out for overtime period (no carry over from regulation)
8. Start of each half begins at the team’s own 15-yard line

Field Size:
1. Field will be 80-yards by 40-yards with each end zone 10-yards deep
2. Each “line of gain” will be every 20-yards; A team has 4 downs to cross each “line of gain”
Game Flow:
1. First Downs – Each team has 4 downs to advance the ball to the next “line of gain” (20 yards)
2. Dead Ball:
   a. Ball carrier falls to the ground (knee, shoulder, elbow ruled down)
   b. Ball carrier loses flag (?? Then 1 hand touch between shoulders and knees to down ball carrier??)
   c. Incomplete pass
   d. Ball carrier goes out of bounds
   e. Fumble is a dead ball (opponent cannot recover a fumble)
   f. Snap hits the ground
      1. Snap that hits the ground in the end zone results in a safety
   g. Free substitutions are allowed on a dead ball, before the snap
3. Offense has 25 seconds to put the ball in play
   a. On the snap, the ball must be between the center’s legs or to the side
      1. Player must be at minimum 2-yards behind the center when receiving the snap
   b. Offensive line (consisting of 4 players) must be motionless for 1 second
      1. Use of hands prohibited by the line
      2. 2-point stance only (2-point or 4-point stance not allowed)
   d. Quarterback may run at any time
   e. All players eligible for a pass; 1 forward pass allowed per series (or down??)
   f. One player may be in motion parallel to the line at any one time prior to the ball being snapped
   g. A player may hand the ball off forward of their position providing they are behind the line of scrimmage
   h. Ball carrier may not guard the flag or hurdle the opponent (ball down at that spot)
   i. Ball carrier is allowed to spin
   j. Ball is down where flag removed
   k. A legal catch occurs with a minimum of 1 foot down inside the field of play
4. Diving: Illegal in an attempt to advance the ball (particularly at the goal line or “line of gain” – first down)
   a. Diving is allowed in an attempt to receive a pass
5. Punts
   a. Punts must be announced
   b. No fake punts allowed
   c. The line must consist of 4 players for each team and no movement allowed until after the ball punted
   d. A muffed punt results in a dead ball
   e. A ball that is punted out of bounds will be spotted at the yard line
   f. If a ball hits the ground on a snap, the ball is dead and the defense takes possession
   g. On a touchback, the ball is placed on the 15-yard line
6. Blocking: Use of hands is prohibited at all times
   a. Use of arms, elbows, or legs is prohibited at all times
7. Defense
   a. No bull rushing
   b. Linemen may be within 1-yard of the restraining line
8. Tackling
   a. Done by pulling the ball carrier’s flag off the belt
   b. Attempts at the ball, holding the shirt, or tackling the body is illegal
   c. Tackling the body and ruled as unnecessary roughness resulting in a 10-yard penalty; Should the referee call a fragrant foul, the participant will be removed from the current game and meet with the intramural coordinator for future eligibility status
9. Unsportsmanlike Behavior
   a. Spiking the ball, taunting, and excessive celebration is prohibited; results in a 10-yard penalty
11. Mercy Rule
   a. If a team is winning by 21 or more points ahead of the 2 minute warning in the second half, the game is over
1. Touchdown = 6 points
2. Extra Point from 3-yard line = 1 point
3. Extra Point from 10-yard line = 2 points
4. Extra Point from 20-yard line = 3 points
5. Interception run back for a touchdown during an extra point attempt = 2 points
6. Safety = 2 points

Penalties:
1. 5-yard penalties
   a. Delay of game, false start, encroachment
   b. Illegal procedure, illegal motion, illegal shift, illegal snap
   c. Less than the required number (4) players at the line of scrimmage
   d. Player receiving the snap within 2-yards of the scrimmage line
   e. Illegal handing the ball forward (also a loss of down)
   f. Illegal forward pass (also a loss of down)
   g. Intentional grounding (also a loss of down)
   h. Illegal substitution
   i. Illegal equipment
2. 10-yard penalties
   a. Illegal contact (including clipping, holding, and tripping; also included is aiding running (ie, setting a pick))
   b. Unnecessary roughness, personal foul, or unsportsmanlike conduct
      1. Defense: from previous spot, automatic first down
      2. Offense: from previous spot, loss of down
   c. Eligibility (going out of bounds and then continuing to participate in play)
   d. Offensive pass interference (from the previous spot, also a loss of down)
   e. Defense pass interference (from the previous spot, also a loss of down)
   f. Straight arm
   g. Roughing the passer (automatic first down)
   h. Fair catch interference
   i. Illegally securing flag belt (also loss of down)
   j. Bull rushing
   k. Too many players on the field
3. Flagrant actions result in ejection for the current game, meeting with intramural coordinator for future eligibility status

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