Nevada Intramural Sports  
Flag Football League Rules

THE FIELD

- All flag football league and post-season games will take place on the John Sala Intramural Fields.
- The playing field is 80 yards long and 30 yards wide. The field is divided into 4 twenty-yard zones. The end zone is 10 yards long and outlined. When the ball is first downed in a zone, the team in possession is allowed four downs to move the ball into either the next zone or the end zone.

PLAYERS

- SEVEN players make up a team.
- The game may be played with only SIX players.
- All SEVEN of the players on the team will wear flags and are eligible to receive passes and carry the ball.

EQUIPMENT

- Flags must be clipped together. Under no circumstances can they be tied or hidden under clothing. Flags must be worn with a flag positioned on the left, right, and back of the player.
- No metal spikes of any kind may be worn. Only standard type gymnasium shoes or soft rubber field shoes will be allowed.
- Both teams will wear colored jerseys. Jerseys are to be returned to the officials after the game with the flags attached.
TIME REGULATIONS

• Games will consist of two twenty-minute halves.
• The intermission between halves shall be no more than five minutes.
• If the defense commits a penalty on the last play of the half or game, the offense will receive another play.
• Clock can be started or stopped at official's discretion.
• Each team will be allowed 4 time outs per game with only 3 carrying into the 2nd half. Timeouts will be the duration of one minute per timeout.
• The game clock will run continuously until the last two minutes of the second-half only if a team is within 17 points.

The clock will be STopped for the following:

• Incomplete passes.
• Plays that go out of bounds.
• Penalties.
• After punts.
• Touchdowns.

The clock WILL NOT STOP for:

• Turnovers.
• Change of Possession (Ex. Failed 4th down conversions).
GAME PLAY

Pregame

• Visiting team captain calls the coin toss.
• A team, in possession of the ball, shall have four consecutive downs to advance to the next zone by scrimmage. On fourth down, the offense is given the option to play or punt. If offense plays, and does not make a first down, the defense will take over at that spot.
• Any player guilty of unnecessary roughness or unsportsmanlike conduct will be barred from the sport and may cause his or her team to forfeit that game.
• Free substitution is allowed on downed balls.

Delay of Game

• The offensive team has 25 seconds to put the ball into play starting when the official spots the ball.
• A delay of game violation will be called after 25 seconds.

Mercy Rule

• If a team is ahead by 18 points or more, with two minutes remaining in the game and at the official's discretion:
  o The game will continue if it is being well played.
  o The game will be stopped if it seems to be overly aggressive.

Blood Rule

• A player with a bloody injury or blood on his/her uniform must leave the game. The player may not return to the game until the wound is no longer bleeding, the wound is covered and the uniform is changed.
**Injured Players**

- In the event of any head injury, the player must sit out the rest of the game. In all other injuries, the person injured is required to sit out at least one play, and/or at the official’s discretion.

**Line Play**

- The offensive team must have at least 3 people on the line of scrimmage on every offensive play and will be determined at the discretion of the referee.
- A player in motion is not counted as one of the 3 on the scrimmage line.
- Only **ONE** offensive player is allowed in motion prior to the snap.
- The defensive team must have 3 people on the line of scrimmage only during punts and after safety punts.
- At any time **NO STOMPING/CLAPPING/YELLING/ETC.** is allowed by the defense with the intent to cause the offense to jump offside. If this is done, an encroachment penalty will be called.
- Defense must be at least 1 yard back from the line of scrimmage (neutral zone).

**Centering the Ball**

- The **ball does** not have to be centered between the legs, but does **have to be in contact with the ground before it is snapped.**
- NO DIRECT SNAPS!
- The player receives the snap must be at least two yards behind the offensive scrimmage line.

**Line Stance Requirements**

- No offensive or defensive player may assume a three-point stance.
- All players on both teams, except the snapper, must be on their feet during the snap without their hands touching the ground.
Line Blocking

- No "bull rushing"; defensive players must pick one side of the offensive linemen to go around.
- All blocking must be done on the area of the opponent's body between the waist and shoulders.
- Blockers may not leave their feet before, during, or after a block is made.
- Blockers may use their hands to block but they may not make contact with the face of their opponent.
- When using the hands or forearm to block, the elbow of the blocker must be entirely inside the shoulders. The blocker may not swing, throw or flip their elbow or forearms.
  - Double Team Blocking
    - Is NOT permitted!
    - Defenders may be passed from one offensive lineman to another, but any **SIMULTANEOUS blocking of a defensive player will result in a penalty**.
  - Downfield Blocking
    - No blocking allowed beyond five yards on all pass plays.
    - **NO PICKS ALLOWED**!
    - There must be at least 3 yards of separation when a team is making cut patterns or routes.
    - No downfield blocking is allowed.
    - No intentional surrounding of a ball carrier by his/her own team.

GAME PLAY & SCORING

Proximity of Player to Sideline

- At the start of each play, no players may be within five yards of the sidelines.
- No player may lie on the ground or attempt to hide at the start of any play.
• All spectators and players must remain behind the five-yard restraining line.
• A five-yard penalty will result on each violation.
• **For player and spectator safety, fans are to sit on the opposite side of the field from the players and scorekeeper.**

**Passing**

• In order to avoid an "intentional grounding" penalty, any pass must land within 5 yards of an offensive player.

**Pass Receiving**

• **The receiver must have one foot inbounds when receiving a passed ball.** NO bump and run defense is allowed at any point in time.

**Run Plays**

• An attempt to run the ball through the center of the defending team will result in an offensive contact violation.
• **Quarterbacks MAY run up the middle ONLY after making a legitimate attempt to throw the ball and ONLY if the defensive rush does not permit the quarterback to run to the outside.**
• An illegal procedure penalty will be enforced at the referee’s discretion.
• **All running plays must go outside of the linemen!**

**Fumbles**

• **All fumbled balls which touch the ground are immediately dead.**
• **NO planned loose ball plays, (i.e. "fumblerooski").**

**Touchdown**

• A **touchdown scores six points.**
• Forward motion of the ball carrier into the end zone after the flag has been pulled is not counted as a touchdown.
• Only the ball is required to break the plane to be considered a touchdown.
  o However, a **touchdown is scored if the defender physically tackles a runner within ten yards of the goal line.**
Safety

- A safety is scored (two points) when the defensive team allows the ball to become dead and downed at the goal they are defending.
- The kick is from the 20-yard line.
- A safety can also be scored if the offense commits a penalty in its own end zone.

FLAG REMOVAL

- A player in possession of the ball is considered down when the flag is pulled free.
- The ball will be spotted by where the waist is at when the flag belt is broken.
- No forward motion is considered in placing the ball down.
- When any part of the ball carrier's body makes contact with the ground, the ball is down.
- If the flag of the ball carrier is inadvertently lost, or the player has no flags, he will be downed by a one-handed touch on any part of the body.
- Defensive players must “play the flags rather than the man,” (i.e., they cannot tackle or hold a ball carrier).
- When the ball carrier and the defensive player are both aggressors and contact is made, the ball is dead at the spot of contact.
- If the flag fails to be pulled off or a shirt is grabbed inadvertently the play will be called dead.

FLAG GUARDING

- The ball carrier must attempt to avoid defenders.
- The ball carrier may not slap or straight-arm a defensive player in an attempt to protect the flag.
- Diving for additional yardage is not allowed and will result in a penalty.
- 360-degree spinning by the ball carrier is not allowed.
He/she may not turn in excess of 180 degrees in their attempt to dodge the defensive player.

- The ball is dead at the point where any of the above infractions occurred.
- A player may not backpedal with the ball to advance yardage.
- A **player may not jump forward or over another player in order to avoid a tackle.**

**EXTRA POINTS**

- After a touchdown is scored the scoring team has three options for the PAT; a team may try for the extra point by either running or passing from either the three, the ten OR THE TWENTY-YARD LINE.
  - **Option 1 = Score from the 3-yard line.** Conversion = 1 pt.
  - **Option 2 = Score from the 10-yard line.** Conversion = 2 pts.
  - **Option 3 = Score from the 20-yard line.** Conversion = 3 pts.

- All extra point attempt plays are live-ball plays.
- The defensive team may intercept a pass and score (2pts).

**TIE GAMES**

- Unless moved by a penalty, each team will start first and goal from the twenty-yard line.
- A coin flip *at the start of overtime* determines order.
- If the first team that is awarded the ball scores, the opponent will still have an opportunity to try for a score.
- If during the extra period a team loses possession of the ball before they complete the four plays, the attempt is over.
- **One, two and three point PAT attempts will be in effect during overtime play.**
**KICKING**

**Punt**

- Before a punt is attempted the offensive team must declare it.
- The receiving team must have three players within one yard of the scrimmage line when the ball is kicked.
- There is no rush and no one on either team can cross the line of scrimmage until the ball has made contact with the kicker's foot.
- The ball is immediately dead if it is dropped by anyone.
- Once a punt is declared there are no fakes allowed.
- A player receiving a punt must be given an unimpeded opportunity to catch the kick.
- No player of the kicking team may be within two yards of the player receiving the kick.
- The ball is down where it first bounces.
- After a safety, a punt is made from the 20-yard line.
- Only screen blocking will be allowed during a punt.

**CO-ED PLAY RULES**

- All standard flag football league rules and penalties apply to co-ed flag football league play. These are the added modifications for co-ed play:
  - The game shall be played with **FOUR MEN** and **THREE WOMEN**, but may start with 3 males and 3 females.
  - A team may have more female participants than male participants on the field but must have at least one male at all times.
  - Extra point values will remain the same in co-ed flag football league play.
Female Play Rules

- A female play must be attempted ONLY AFTER the completion of a successful male play.
- Directly after a successful male play (anything gaining positive yardage that involves all males) a female play must be attempted.
- A female play is defined as a play involving a female where the female player is responsible for an attempt at positive yards (i.e. throw, catch, run, etc).
- On a female play a male QB cannot pass the line of scrimmage and then pitch the ball to a female (this will be ruled a male play).
- The ball must be pitched before the line of scrimmage in order to be credited for a completed female play.
- Only female players may return kickoffs and punts. If a female participant scores, or throws for, a touchdown, the point value is nine.
- All running plays must go outside of the linemen in co-ed flag football league play.

Male Play Rules

- A male player may not intentionally stop his forward progress in order to pitch/hand off the ball to a female player from within an offensive team's twenty-yard line. An unsportsmanlike penalty will be called.
- On offense, a male runner cannot advance the ball through the opposing team's line of scrimmage. (Exception - QB forced scramble) Penalty = Illegal Procedure.
- A male player may not line-up across from a female player on the offensive/defensive line of scrimmage.
- If 4 females are in the game the male on defensive may line up against the extra female but must start at least 7 yards back.
- Male QBs will only have 7 seconds to release the ball when they are not being rushed.
### PENALTY CHART (BELOW)

- Two unnecessary roughness calls against a player in the same contest will result in that player being ejected from the contest.
- Anytime a player is ejected from a contest they will automatically be suspended for at least one game, and before they can be reinstated they must meet with the Coordinator of Intramural Sports.

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<td>15 yards &amp; 1st down</td>
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SPORTSMANSHIP VIOLATIONS

- The flag football league penalty chart will be used in conjunction with the Intramural Sports Handbook to control unsportsmanlike behavior and improper behavior.

- A player or team that is removed from flag football league pay for excessive inappropriate behavior and unsportsmanlike conduct will be removed from Intramural Sports play and will meet with the Intramural Sports Coordinator before further participation in any CRW programs.