

## **Benedictine University Intramural Flag Football Rules**

### **For clarification, illegal equipment consists of:**

- A. Headwear containing any hard, unyielding, stiff material, including billed hats, or items containing exposed knots.
- B. Jewelry.
- C. Pads or braces worn above the waist.
- G. Leg and knee braces made of hard, unyielding material, unless covered on both sides and all edges overlapped.
- H. Any slippery or sticky foreign substance on any equipment or exposed part of the body.
- I. Exposed metal on clothes or person.
- J. Towels attached at the player's waist.

### **NUMBER OF PLAYERS:**

Each team should start the game with 7 players; a minimum of 5 is needed to avoid a forfeit. A player may play on only one team per sport.

### **LENGTH OF GAME:**

Playing time shall be 44 minutes, separated into two halves of 22 minutes. Half-time shall be 3 minutes. There will be a running clock for the entire first half, and the first 20 minutes of the second half. Rock, paper, scissor, determine who shall receive the choice of possession or side at the beginning of the game. If only one team is ready to play at game time, they will automatically have the choice. In the case of overtime, there will be a 3-minute intermission prior to starting overtime. Should darkness threaten the completion of a game, periods can be shortened by mutual consent of both captains, the referee, and a supervisor.

### **MERCY RULE:**

If a team is 19 points or more when the Referee announces the two-minute warning for the second half, the game shall be over. If a team scores during the last two minutes of the second half and that score creates a point differential of 19 or more points

### **OVERTIME (TIE GAME):**

If the game score is tied after regulation time, Rock, paper, scissor, will determine who will get the ball & side. If additional overtime periods are needed to decide the outcome of the game (more than first overtime), captains shall alternate choices. Each team will have the chance to score in series of four downs from the 10 yard line. If the score is still tied after each team has had a try (including extra point attempts), a second series is played, and so on until a winner is determined. **(Exception: Regular season games will end in a tie if teams are tied after the third series).**

### **FREE KICK:**

There will be no free kicks, only punting.

### **PUNTING:**

Quick punts are illegal. On fourth down the Referee must ask the Offensive team if they want a protected scrimmage kick. Once the offense has declared their choice, the Referee will inform the Defense of the offense's choice. The only way the Offense can change their decision is to call a time-out, or if a foul occurs anytime prior to or during the down and the down is to be replayed. In the later case the Offensive team will be asked if they want a protected scrimmage kick or not. The kicking team must have all of its players, except for the punter, on the line of scrimmage. No kicking team players may move until the ball is kicked. There are no restrictions to the number of players the defensive team must have on the line. Defensive players MAY attempt to block the punt by jumping straight up in the air. They may not, however, penetrate the line of scrimmage. If a punt crosses the scrimmage line and touches a player from either team and then hits the ground, the ball is dead at that spot and belongs to the receiving team.

### **LINE OF SCRIMMAGE:**

Players in motion do not count as players on the line of scrimmage. Once the center has placed his hands on the ball no offensive player may enter the neutral zone. Following the ready for play whistle and until a legal snap, no defensive player may encroach, touch the ball, stand in, or in any other way interfere with the offensive team

**BACKWARD PASSES AND FUMBLES:** Any ball that is fumbled during a down will be dead by rule once it has touched the ground. A player may not intentionally throw a backward pass out of bounds to conserve time or to avoid being downed.

### **FORWARD PASSES AND INTERCEPTIONS:**

If a player is in the air attempting to catch a ball, the player must contact the ground with at least one foot in-bounds with the ball in their possession prior to going out of bounds, unless contact by an opponent causes the player to first touch out-of -bounds. If possession of the ball is lost simultaneously when they hit the ground, it is not a catch. If a forward pass is caught simultaneously by members of opposing teams, the ball is dead at that spot and belongs to the team that snapped the ball.

### **PASS INTERFERENCE:**

Any contact that, in the view of the official, interferes with the attempt to catch a pass (offensive or defensive player) is pass interference unless, in the view of the official, it occurs when two or more eligible receivers make a simultaneous and bona fide attempt to reach, catch, or bat a pass. It is also pass interference if an eligible receiver is deflagged

or touched prior to touching the ball on a pass thrown beyond the offense's line of scrimmage. If the pass interference by the defense is intentional and/or unsportsmanlike, the defense may be penalized an additional 10 yards.

**SCORING:**

Touchdowns = 6 points

Extra Points = 1 point if successful from the 3 yard line

Safety = 2 points

Once a team has made their choice on the extra point, they can only change their decision by taking a time-out.

**SAFETY:**

If a player carries the ball across the goal line they are defending and the ball becomes dead while in their team's possession, it is a safety. If a team commits a foul in the end zone where the spot of enforcement is designated as the spot of the foul, it will be declared a safety.

Exception- Momentum Rule - When a player intercepts a forward pass or catches a scrimmage 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.

**PERSONAL FOULS:**

Any act listed below or any other act of unnecessary roughness is a personal foul.

Players shall not :

- Punch, strike, strip, steal, or attempt to steal the ball from a player in possession.
- Trip an opponent.
- Contact an opponent who is on the ground.
- Throw the runner to the ground.
- Hurdle another player.
- Contact an opponent either before or after the ball is declared dead.
- Make any contact with an opponent that is deemed unnecessary.
- Deliberately drive or run into a defensive player.
- Clip an opponent.
- Position themselves on the shoulders of a teammate or opponent to gain an advantage.
- Tackle the runner. (warrants ejection)

**SCREEN BLOCKING:**

Legally obstructing an opponent without using any part of the body to initiate contact. Screen blocking shall take place without contact. The blocker shall have their hands and arms at their sides or behind their back. A screen blocker cannot use their hands, arms, elbows, legs or body to initiate contact. If they do use contact it will be called a Personal

Foul.

Screen blockers may not:

- Take a position closer than a normal step when behind a stationary opponent.
- Make contact when assuming a position at the side or in front of a stationary opponent.
- Take a position so close to an opponent that they cannot avoid contact by stopping or changing direction.

### **STIFF ARMING:**

Stiff arming is not allowed; a personal foul will be called, and if warranted an unsportsmanlike conduct or ejection will result.

### **OBSTRUCTING THE RUNNER:**

A defensive player shall not hold, grasp, or obstruct the forward progress of the runner when attempting to remove the flag belt.

### **THE FLAG BELT:**

All shirts must be tucked in, and are not permitted to hang over the flag belt. Should a player loose their flag belt legally or illegally during a down and should that player gain possession of a live ball, that player will be considered down when a legal tag (one hand touched by the defense between the shoulders and knees, including the hand and arm) is made. When a player scores they must immediately raise their hands and allow an official to remove their flag belt. This is done to insure that the flag belt has not been illegally secured. If the belt has been illegally secured the score is disallowed, the player ejected and a 10 yard Unsportsmanlike Conduct penalty will be administered from the previous spot. Players must have possession of the ball before they can legally be deflagged. It is illegal for a defensive player to intentionally pull a flag from an offensive player who is not in possession of the ball. In cases where a flag belt is removed illegally, play should continue with the option of the penalty of the play (Penalty: Personal foul, 10 yards).

### **GUARDING THE FLAG BELT:**

Runners shall not flag guard by using any part of the body or ball to deny the opportunity for an opponent to pull or remove the flag belt. Flag guarding includes but is not limited to:

- Swinging the hand or arm over the flag belt to prevent an opponent from deflagging.
- Placing the ball in possession over the flag belt to prevent an opponent from deflagging.
- Lowering the shoulders in such a manner that flag guards.

### **OFFICIAL'S 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, unless ruled otherwise by the supervisor on

duty or the Director of Intramural Sports. 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.

\_\_\_\_\_  
Signature of Team Captain                      Date                      Team Name

By signing this form I \_\_\_\_\_ attest that my team and I have  
Print Name  
read and agree to abide by the Benedictine University Campus Recreation Intramural  
rules for this activity as they are stated above.