

Wayne State College Intramural Flag Football Rules

Note: **As played at Wayne State College, Division II rules will apply in all instances not otherwise stated herein.**

Playing Field:

- The game shall be played on a rectangular field, 80 yards by 40 yards with 10-yard end zones added to each end of the field.
- The field of play shall be marked at the twenty-yard lines, the ten-yard lines and the three-yard lines.
- There shall be one in bounds hash mark dividing the field into halves. (Referees will use their judgment with adverse field conditions.)
- There shall be no goal posts.

Equipment:

- Since no tackling is permitted, it is unnecessary to use heavily padded equipment.
- Regulation football pads and headgear may not be worn. Only a short, molded plastic or rubber type cleat will be permitted. No baseball cleats.
- No player will be allowed to participate in bare feet.
- Flags will be provided for each player.
- Penalty: 10 yards and loss of down for a player wearing any illegal equipment.

Players and Substitutes: Varsity Football lettermen are ineligible to compete.

- Team make-up.
 - Each team shall consist of seven players.
 - No team may play with less than five players.
 - A team starting with five players and losing one by injury or fouls, loses the game by default. If the defaulting team has the higher score, the score shall be 2-0; if the defaulting team has the lower score, the actual game shall stand.
 - Penalty: 5 yard delay of game penalty for too many men on the field.
- Position of players.
 - The seven offensive players will consist of four linemen and three backs. Any one and only one player may go in motion. If a player goes in motion, there must still be four linemen standing still.
 - The seven defensive players may lie positioned in any manner.
 - When a free kick is declared, four linemen of each team must be on the line of scrimmage until the ball is kicked.
- Penalty: 5 yards for less than four men on offensive line of scrimmage, or less than four men on defensive line of scrimmage on fourth down when a kick is declared.

- Substitutions.
 - There may be any number of substitutions.
 - A player may re-enter the game any number of times. A substitute does not have to report to any official when entering or leaving the game.
 - A substitute may enter the game only when the ball is dead.
 - A substitution may not consume more than 25 seconds allowed for the huddle.
 - Penalty: 5 yards of delay of game.

The Game:

- Length of game.
 - The game consists of two halves, 20 minutes each, (18 minutes of continuous time, last 2 minutes clock stopped on dead balls) with one time-out of one minute for each half (if requested).
 - Five minutes between halves.
- Scoring.
 - Touchdowns shall score 6 points.
 - The ball shall be put in play from the 3-yard line for a 1 point PAT or from the 10-yard line for a 2 point PAT.
 - Defenses may intercept a PAT and run it to their own end zone for 2 points.
 - Safety shall score 2 points.
- Start of the game.

The choice of (1) kick-off, (2) receiving the kick-off, (3) defer to 2nd half or (4) goal is decided by the flip of a coin in the presence of both Captains and Referee before the game is started. (Referee clearly announces these choices to both captains.)

 - The **winner** of the toss shall choose of one of the options listed above.
 - The **loser** of the toss shall exercise the remaining option.
 - Before the start of the second half the choosing of options shall be reversed.
 - Between the first and second halves the teams shall exchange goal lines.
- Kick-off.
 - The kick-off will be made from the 20-yard line by using the tee.
 - The receiving team must have four men on the line at midfield until the ball is kicked.
 - The kick-off is only a free ball for the receiving team, and may not be recovered by the kicking team. Once the ball has touched a receiving player and then hits the ground, it is dead.
 - The receiver of a kick-off may pass the ball forward provided he does not take more than two steps after the catch.
 - Penalty: A kick-off which goes out of bounds will be a 5-yard penalty. The kick-off will be made again after the penalty is assessed **OR** the receiving team may take the ball where it landed out of bounds. A player taking

more than two steps after fair catch will be a 5-yard penalty at the spot of the foul.

- Downs and necessary line.
 - A team in possession of the ball shall have four consecutive downs to advance to the next zone by scrimmage.
- Scrimmage.
 - 25 Second limit.
 - ✓ Each team is allowed 25 seconds between play.
 - ✓ The time shall be counted from the moment the ball is placed or the referee feels the team is ready to huddle.
 - ✓ A team may use a part of this time for the huddle.
 - ✓ Substitutions may be made at the time.
 - ✓ Penalty: 5 yard delay of game penalty.
 - Neutral zone/offside.
 - ✓ **A neutral zone of 1 yard must be kept between the two opposing teams until the ball is centered.**
 - ✓ The offensive team must be behind the ball and the defensive team 1 yard beyond the line of scrimmage.
 - ✓ The referee will raise his hand when the two opposing teams are behind the discs placed on the ground.
 - ✓ Penalty: 5 yards; down remains the same.
 - False starting is called against a team that attempts to center the ball by a feint and does not release it.
 - ✓ Penalty: 5 yards; down remains the same.
- Carrying the ball.
 - If the yardage needed for touchdown or PAT is 10 yards or less, the ball **may not be carried or passed** across the line of scrimmage inside the tackles (to either side) of the spot from which the ball was centered. (This does not prevent passes down the center that are **beyond** the neutral zone.)
 - ✓ Penalty: 5 yards; down remains the same.
 - When the ball carrier falls to the ground, he is “downed”. A player is “downed” when any part of his body other than hands and feet touches the ground.
- Passing.
 - All players are eligible to receive passes.
 - Passes may be made any place behind the line of scrimmage, but only one **forward** pass is allowed per play.
 - A forward pass which ends behind the line of scrimmage is treated as a lateral.
 - No player may pass either forward or laterally to himself.
 - Penalty: Illegal forward pass - 5 yard penalty plus loss of down.
 - Penalty: Pass interference: Offensive-10 yard penalty; loss of down. Defensive-10 yards, automatic first down. Intentional-20 yards; loss of down or automatic first down.

- Touching.
 - Tackling is not permitted.
 - The ball is declared dead when a defensive player removes one or both flags.
 - Action against the runner, other than removing the flag, is unnecessary roughness.
 - Penalty: For unnecessary roughness in de-flagging a ball carrier-10 yards after run. For tackling-10 yards. Automatic 1st down.
- Fumbles.
 - A fumble which strikes the ground is dead at the point from which it was fumbled, and belongs to the team which fumbled it.
 - A fumble from scrimmage that goes out of bounds will be put in play at the in-bounds mark, opposite the spot where it went out of bounds.
 - A snap from center which touches the ground before reaching the ball handler is dead where it touches the ground.
 - A dropped lateral is considered a fumble.
- Blocking.
 - **No contact is to be made between any blockers.**
 - The runner may not straight-arm an opponent.
 - No player may use his arms in blocking. Arms must remain at sides or may be folded across the chest. Any player blocking by extending his arms forward, sideways, or around an opponent is committing a penalty.
 - Penalty: For unnecessary roughness in blocking or an illegal block – 10 yards from spot of foul.
- Punting.
 - A free kick may be declared by the offensive team only on the fourth down (announced before down starts).
 - When a free kick is declared, the ball must be kicked. Ball is dead if hits ground.
 - The kicker may not be rushed on a free kick.
 - Everyone on the punting team must be on the line of scrimmage except for the punter.
 - The defensive team must have at least four on the line.
 - Penalty: For crossing line of scrimmage too soon during punting or for not kicking after such announcement – loss of 5 yards.
- Free kicks.
 - Free kicks following a safety, and plays following a touchback shall be started from the 20-yard line.
- Dead ball.
 - A fumble or pass which strikes the ground is dead.
 - A kick which strikes the ground after being muffed by a receiver is dead.
 - If a flag inadvertently falls to the ground, the ball is dead.
 - If a referee blows his whistle inadvertently, the offensive team may choose to accept the ball at that point or the choice of replaying the down.

- The ball is dead until it is again put in play in a manner indicated by the referee.
 - ✓ When a touchdown is made.
 - ✓ When a safety is made.
 - ✓ When the ball goes out of bounds.
 - ✓ When the ball carrier is legally touched by an opponent.
 - ✓ When the referee calls for suspension of play.
- The game.
 - If the game is tied at the end of the second half, the ball is taken to 10-yard line and each team is allowed a series of four downs.
 - A coin toss will determine which team will choose whether it takes the ball first.
 - In the play-off period if a touchdown is scored a try for point will be allowed. Defenses may intercept a PAT and run it to their end zones for 2 points.
- 45 point rule.
 - If, in the second half, both teams have had a least one possession and one team holds an advantage of 45 or more points, the game shall be declared complete with the team holding the advantage declared the winner.
 - ✓ When considering teams for playoffs, and a point differential tiebreaker becomes necessary, any game ended by this rule shall be considered a 45 point win and a 45 point loss for the teams involved, regardless of the actual point differential.

Remember – you must play in at least two regular season games in order to play in the playoffs.

Summary of Penalties:

Loss of 5 yards:

LOS = Line of scrimmage

Dead Ball Penalties.

Delay of game (exceeding 25 second count). LOS

False starting by any offensive member. LOS

Non Dead Ball Penalties

5 Yard Penalties

From LOS

Encroachment (offside) or not 1 yard off the ball

Less than 4 players on A's line at snap

Illegal forward pass (also loss of down)

Too many men on the field

Kickoff going out-of-bounds

Protected scrimmage-kick infractions

Invalid fair catch signal

Fair catch interference

SPOT Penalties

Flag guarding (also loss of down)

Intentional grounding (also loss of down)

Article of clothing covering flag belts
(also loss of down)

Handing ball forward illegally (also loss
of down)

Helping runner (also loss of down)

10 Yard Penalties

From LOS

Offensive pass interference (loss of down)

Defensive pass interference (automatic first down)

Unsportsmanlike conduct

Roughing the passer (automatic first down)

Knocking, stealing or attempting to steal ball from
ball carrier

Quick kicks (unannounced punt)

Eligibility lost by going out-of-bounds

Illegally secured belt on touchdown (also loss of down)

Tampering with flag belt (also loss of down)

SPOT Penalties

Holding or illegal block (replay down)

Illegal use of hands or arms
(replay down)

Downfield blocking (also loss of down)

Clipping or tripping.

Tackling – automatic first down

Initiating contact – running over a
defender (also loss of down)

Stiff arm (also loss of down)

Obstructing ball carrier by unnecessary
roughness, grasping clothing or
holding (tack on after run)

Intentional Pass Interference (tack on an
extra 10 yards)

First 18 minutes

Clock will start on the kickoff and run continuously. It will only stop for timeouts and injuries.

Last 2 minutes of each half the clock stops for:

- Incomplete pass – starts on the snap.
- Out-of-bounds – starts on the snap.
- Penalty and administration – dependent on the previous play.
- Touchdown- starts when kickoff is legally touched.
- Team time-outs – starts on the snap.
- All first down and PAT attempts – starts on kickoff.
- Fair catch – starts on the snap.
- Referee's discretion – starts at his/her discretion.

