Intramural Flag Football
Official Rules

General Rules
1. Respect the officials – remember we are all here to have fun.
2. 2-25 minute halves – Last 3 minutes of the half = 5 plays (conversions or kickoffs not included)
3. Games are played 7 on 7 (coed minimum 2 females on the field at all times if possible)
4. **Teams have 3 downs to gain 15 yards**
5. No blocking (Whistle blows, 10 yard penalty)
6. No stiff arms or blocking your flag (Whistle blows)
7. No diving/jumping forward when you have the ball (Whistle blows, ball placed at the beginning of the dive)
8. Both Flags must cross the goal line in order for the touchdown to be counted; no stretching the ball across the line.
9. If the ball is dropped at any time it is a DEAD BALL.
10. 1 Timeout per game, if timeout is taken in the last 5 plays, an additional play is added.
11. Excessive questioning or complaining about a call on the field will result in a delay of game penalty and a loss of the team time out for the game.

Kickoff (outdoor only)
12. Must kick from your own goal line.
13. Must kick the football from a tee or with someone pinning it to the ground.
14. All players on the kicking team must be behind the goal line when the ball is kicked. (5 yard penalty)
15. No onside kicks. If kicking team recovers, it is a dead ball at the spot of the recovery.
16. If the kick goes out of bounds the receiving team has two options: Take the ball where it went out + 10 yards OR 2. Re-kick (if second kick goes out +20 yards)
17. If the kick goes straight through the end zone (touchback), you must take it from your own 10 yard line. **1 point is awarded to the kicking team for a touchback on a punt or kickoff**
18. If ball is dropped by the returner, it is a dead ball. The ball is also dead once it hits the ground on the kick.
19. Indoors – Teams take possession at the 5 yard line.

Offense
20. Touchdown = 6 points / 5-yard conversion = 1 point / 10-yard conversion = 2 points **(DEFENSE CAN SCORE 1 or 2 PTS ON A CONVERSION, BASED ON THE OFFENSE CHOICE)**
21. No Field Goals/ Teams must declare if they are punting/ No Fake Punts
22. From the time the ref puts down the ball, you have 30 seconds to snap the ball (5 yard penalty, loss of down)
23. 1 player must snap the **ball between his legs** to the quarterback who must be at least 5 yards behind the center.
24. If the snap is dropped in the end zone, or flies through the back of the end zone, it is a **SAFETY**- 2 points awarded to the defense, offense kicks-off (outdoors only). Indoors on safety offense takes the ball from the 20 yard line.
25. There must be **1 player** on either side of the quarterback when the ball is snapped (5 yard penalty, replay down)
26. No player can pass the line of scrimmage before the ball is snapped (5 yard penalty, replay down)
Defense
27. Defenders must only go for the flag (10 yard penalty for holding the belt/shirt/shorts)
28. Rushers must line up 5 yards from the line of scrimmage and 1-2 yards to either side of the center – they must also announce that they are rushing the quarter back (5 yard penalty - replay down)
29. Defensive pass interference (ball is placed at the spot of the foul, automatic first down)
30. Other than the rusher, all other defensive players can be 1 yard from the line of scrimmage, but cannot cross the line of scrimmage unless there is a handoff. (5 yard penalty, replay down)
31. Rushers **CANNOT** touch the quarterback unless they are going for the flags. Any contact with a quarterback’s arm in throwing motion (unless ball is tipped beforehand) or head is a personal foul (15 yard penalty automatic first down)
32. Rushers who cross the rush line before the snap must return to the rush line to rush, or they are not permitted to cross the line of scrimmage.
33. Once the ball has been handed off to a running back, the rest of the defense may cross the line of scrimmage in pursuit.

Tie Breaking Rule(s (2 teams tied):
1. Head vs Head
2. Points for
3. Points against
4. Points Differential
5. Coin flip

Tie Breaking Rule(s (3 or more teams tied):
1. Head vs Head between teams involved then
2. Points Differential
3. Coin flip