

-University of Houston-
DEPARTMENT OF CAMPUS RECREATION

Intramural Flag Football Rule Modifications, Key Points, and Reminders
-Fall 2006-

- 1-4-1 **Jersey.** Players need numbers on the front OR the rear of their jersey. Numbers (0-99) are permitted. All team members must wear the same shade of color shirt/jersey. Shirts/jerseys must be tucked in the players' pants or cut off a minimum of 4 inches above the waistline. Shirts may not have pockets and may not be tied in knots.
- 1-4-2 **Team Requirements.** A team shall consist of seven players. A team can play with a minimum of 4 players. A **Co-Rec** team will consist of 8 players 4 men and 4 women. A Co-Rec team may start a game with six but may not play with more than 4 or less than 3 players of either gender.
- Each team is required to provide at least one official from their team roster in order to complete registration!!
- 1-4-3 **Substitutions:** Are allowed between play and during time-outs.
- 1-4-4 **Spectators:** The spectator area is designated as five yards from the sideline. Spectators are not allowed in the team area. Teams are responsible for their spectator's actions and behaviors.
- 3-1-1 **Coin Toss.** Options are to start on offense, defense, direction, or defer.
- 3-2-1 **Playing Time.** Playing time will be 40 minutes (2 - 20 minute periods). During the final two minutes of the second half the clock will stop for every dead ball, incomplete pass, out of bounds, penalties, score, time out, touchback, first downs, and change of possession.
- 3-2-2 **Players.** All players must have checked in with the supervisor or official and be recorded on the game sheet before they are allowed to participate.
- 3-2-3 **Equipment.** Rubber cleated shoes will be allowed. Screw-in cleats will be allowed, only if the screw is part of the cleat. Open toed, open heel or hard soled shoes will not be allowed. **No metal cleats**
- 3-2-4 **Equipment.** Towels may not hang from a participant's waist or otherwise interfere with the removal of a flag.
- 3-2-5 **Flags.** All flag belts must be free of knots. Penalty: Unsportsmanlike conduct and ejection from the game.
- 3-2-6 **Flags.** When the flag belt is taken from the runner, the down shall end and the ball is declared dead. The spot of the ball is determined at the point where the clip of the flag belt becomes detached, not where the belt fall to the ground.
- 3-2-7 **Game Rules:** All offensive players must be momentarily within 15 yards of the ball. It must be clear who the seven offensive players are on each play.
- 3-2-8 **Game Rules:** Before the snap, all offensive players must come to a complete stop for at least 1 full second. Four offensive players must be on the line of scrimmage. Only one offensive player may be in motion, and may not be moving towards the opponent's goal line at the time of the snap. If two or more players go into motion before the snap, then this is considered a shift and all players must come set for one full second prior to the snap.

- 3-2-9 **Screening:** Blocking, as in regulation tackle football, is prohibited. A screen block shall take place without contact. The screen blocker shall have his/her hands and arms at his/her side or behind his/her back. Any use of the hands, arms, elbows, legs, or body to initiate contact during a screen block is illegal. A blocker may use his/her hands or arm to break a fall or retain his/her balance. A player must be on his/her feet before, during, and after screen blocking. Penalty – personal foul, 10 yards.
- 3-2-10 **Defense:** A defensive player must avoid running into the quarterback behind the line of scrimmage. If a defender contacts the passer's hand or arm, whether or not he/she touches the ball, it is roughing the passer. Penalty – 10 yards and automatic first down.
- 3-2-11 **Offense:** An offensive player may not stiff arm or guard his/her flags by blocking them with their hands or the ball. An offensive player may not dive or hurdle over, through or into an opponent who is on their feet.
- 3-2-12 **Unusual Situations.** By mutual agreement of the opposing captains, the Referee, and an Intramural sports supervisor the game may be shortened.
- 3-2-13 **Unusual Situations.** Games interrupted because of events beyond the control of the responsible administrative authority shall be continued from the point of interruption, unless the Intramural sports supervisor on duty, the opposing captains and the Referee may agree to terminate the game with the existing score.
- 3-2-2 **Unusual Situations.** When weather conditions are construed to be hazardous to life or limb of the participants, the crew of officials is authorized to delay or suspend the game. Note: When in doubt, consider that safety of all is more important than the game.
- 3-4-3 **Charged Time Outs.** The Referee will communicate the number of charged time-outs remaining for each team to the Team A and B captains after each charged time-out is taken.
- 7-4-1 **Handing the Ball.** Any player may hand the ball forward or backward at any time.
- 7-4-2 **Punts.** Punts must be announced before the ball is ready for play. The kicking team must have 4 players on their line of scrimmage. Punts must be snapped from the center. The punter must punt the ball immediately. The kicking team may not advance into the neutral zone until the ball is kicked. Penalty – 5 yards, the receiving team may not rush and can only attempt to block the punt from their side of the line of scrimmage.
- 7-7-3 **Illegal Forward Pass (Co-Rec only).** If a crew of officials erroneously indicates the “open/closed” status of a down, then Team A has the option to repeat the down or to take the result of the play. Note: This must be done prior to the next snap.
- 8-2-1 **Mercy Rule.** The point total for Men's and Women's games will be 19 points at the two-minute warning. The point total for has Co-Rec will be 25 points at the two-minute warning.
- 9-1-5 **Player Ejection.** Any player who is ejected from the game must leave “Sight and Sound”. An intramural sports supervisor will escort the player off the field, if need be, and the subjected player must speak with the Assistant Director of Intramural Sports before participating in any further intramural sports.
- 9-1-6 **Fourth Unsportsmanlike Conduct.** The 3rd unsportsmanlike conduct foul by the same team in the same game results in forfeiture of that game.

Co-Rec Modifications

- 1-1-2 **Game.** The game shall be played between 2 teams of 8 players, 4 men and 4 women. Teams with 7 players shall be 4 men and 3 women or 4 women and 3 men. Six players, 3 men and 3 women, are required to start the game and avoid forfeit. The game may be continued with less than 6 players as long as the team has a chance to win. NOTE: If in doubt, continue the game. **Penalty: Illegal Participation, 10 yards.**
- 1-3-1 **The Ball.** The regular, intermediate, youth or junior size football shall be used.
- 7-3-2 **Minimum Line Players.** The offensive team must have at least 5 players on their line of scrimmage at the snap. **Penalty, Illegal Procedure, 5 yards.**
- 7-5-1 **Male Ball Carriers.** A ball carrier on Team A cannot advance the ball through Team A's line of scrimmage. There are no restrictions: during a run by a male ball carrier, once the ball is beyond the line of scrimmage.
- 7-7-3 **Male to Male Completions.** During the offensive team's possession, there may not be 2 consecutive legal forward pass completions from a male passer to a male receiver. This rule applies to the try after a touchdown as well. If a male passer completes a legal forward pass to a male receiver, the next legal forward pass completion must involve either a female passer or a female receiver for positive yards. The spot where the ball becomes dead, by rule, must be beyond the team's line of scrimmage (first ball spotter—orange). There are no other restrictions concerning a male passer completing legal forward passes to a female receiver, or female to female, or female to male. **Penalty: Illegal Forward Pass, 5 yards from the spot where the second consecutive male to male completed legal forward pass is released, and a loss of down.** Any foul, whether accepted or declined, shall have no effect on whether the next legal forward pass completion is "open" or "closed."
- 7-7-4 **Illegal Forward Pass.** If a female passer completes a forward pass to a male receiver behind the team's line of scrimmage (first ball spotter—orange) to a male receiver and that male receiver or any other male ball carrier runs beyond the line of scrimmage, it is an illegal forward pass. **Penalty: Illegal Forward Pass, 5 yards, from the spot of the pass and loss of down.**
- 8-2-1 **Mercy Rule.** If a team is 25 or more points ahead when the referee announces the 2 minute warning for the second half, the game shall be over.
- 8-2-2 **Mercy Rule.** If a team scores during the last 2 minutes of the second half and that score creates a point differential of 25 or more points, the game shall end at that point.
- 8-3-1 **Touchdown Value.** If a female player scores a touchdown, the point value is 9. If a female player throws a legal forward pass and a touchdown is scored by any player on her team, the point value is 9. If only male players are involved then the point value of the touchdown is 6.