

FLAG FOOTBALL RULES

GENERAL:

- Games are played on the West field, located south east of the Field house
- Games are played consecutively on an 80 yard field

TIME:

- Games will consist of 20 minute halves and a 5 minute intermission
- Clock runs continuously
- Teams have one 1-minute time out per half

SCORING:

- 6 points are awarded per touchdown
- Successfully converting an extra point from 5 yards out results in 1 extra point
- A safety results in 2 points
- There are no field goals

PARTICIPANTS:

- Only full-time Regis students, faculty, and staff may participate
- Up to 8 players on the field per team
- 2 women per team must be on the field at all times
- Each team must have at least 5 players to play
- No more than 20 players on a roster
- Teams must wear readily identifiable jerseys, or use intramural pennies
- Flags must be readily accessible at all times
- No metal cleats allowed

POSSESSION:

- Initial possession belongs to the home team, as decided by the schedule.
- Team that receives initial possession will kick-off after half-time.
- Kicking team may elect to kick off from a tee, punt, or throw.
- Kicking team lines up on the 20 yard line.
- Receiving team must have 5 people on the 40 yard line.
- Ball is dead at the spot that it hits the ground; there are no fumbles.
- Possession will change with a punt, an interception, or on downs.

OFFENSE:

- The offense must have three players on the line of scrimmage, three players lined up as wide receivers/running backs, and a quarterback.
 - There must always be three linemen that are ineligible receivers
- Players may not line up in a three point stance
- Players may block defenders only by interposing their body between that of the ball-carrier and the defender. Tripping, grabbing shirts, or tackling a defender is prohibited.
- Players may not block below the waist
- There is no offensive motion. All offensive players must be set when the play begins.
- The quarterback is allowed to rush the ball
- Receptions are made with at least one foot in bounds
- Ball-carriers may not “flag guard,” straight-arm or otherwise use their arms to keep defenders at bay
 - Flags must be worn over the top of player’s shirt
 - Flags may not be tied, only worn by using the clip on the flags
- Ball-carriers may not leap or jump over other players
- Plays are over when the ball hits the ground, the ball-carrier’s flag is taken, the ball-carrier’s flag falls off, or the ball-carrier’s knee hits the ground
- The offense has **ONLY** four plays to advance the ball over the first down markers, which are the 20 yard lines and mid-field (40 yard line). The offense will **NOT** be awarded another set of four new downs
- On every fourth play, the ball has to go to a women player. First Downs do **NOT** reset the order of downs, unless possession changes

DEFENSE:

- The defense must have three players on the line of scrimmage. Defensive players on the line of scrimmage may not line up further than the outside shoulder of the outermost lineman.
- Players may not line up in a three point stance.
- Defenders may not trip, grab, leap at, tackle, or “bull rush” offensive players.

PUNTING:

- Punts must be declared, there are no fake punts.
- Offense will have seven players on the line of scrimmage, defense will have six.
- There is no motion by either team until the ball is kicked.

BLOCKING:

- Blocking, as in regulation tackle football, is prohibited. Screen blocking is permitted, provided that the blocker does not use hands, arms, elbows, legs, or body to initiate contact.
 - A blocker may use his/her hand 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.
 - The principle of screen blocking is the same as the block/charge principle in basketball.
 - Screen blockers may not be interlocked with another teammate.
- Opponents must go around the offensive player's screen block. The arms and hands may not be used as a wedge to displace the opponent.

PENALTIES:

Five yard infractions

- Off-sides
- Delay of game
- Flag tying
- Flag guarding
- Ball carrier hurdling another player