

BIRMINGHAM-SOUTHERN COLLEGE

INTRAMURAL FLAG FOOTBALL RULES

(Revised – 8/10)

The NIRSA Flag Football Rules will govern play. The basic rules of the sport, with our modifications, are outlined below. Please refer to the NIRSA rulebook for specific interpretations and rulings.

The Game

1. The game will be played between two teams of seven players each. Five players are required to play and avoid a forfeit.
2. Game time is forfeit time. Both teams should be warmed up and ready for play at the scheduled time.
3. Coin Toss - The Home Team shall call the coin toss and shall have the choice of options for the first half or shall defer his/her option to the second half. The options are:
 - a. To choose whether his/her team will start on offense or defense.
 - b. To choose the goal his/her team will defend.
 - c. The captain not having the first choice of options for a half shall exercise the remaining option.
4. Playing time shall be 40 minutes, divided into two halves of twenty (20) minutes each. The clock will run continuously for the first 18 minutes of each half unless stopped for an officials' time out or injury. Half-time will be 5 minutes in duration.
5. During the last two minutes of each half, the clock will stop for a/an:
 - a. Incomplete forward pass
 - b. Out-of-bounds
 - c. Safety
 - d. Team time-out
 - e. First down
 - f. Touchdown (PAT's are not timed)
 - g. Penalty and penalty administration
 - h. Referee's time out
 - i. Touchback
6. Each team will have three (3) 30-second time-outs to utilize during the game. In the event of overtime, each team will receive an additional 30-second time-out per OT period.
7. Play at the beginning of each half and after each score will start at the offense's 30 yard-line.
8. The offensive team shall have four downs to score a touchdown or advance the ball into the next 20-yard zone for another set of four downs.
9. Scoring
 - a. Touchdown – 6 points
 - b. Safety – 2 points and loss of possession
 - c. PAT – 1 point or 2 points
 - i. 1 point – run or pass reception from the 3-yard line
 - ii. 2 point – run or pass reception from the 10-yard line
10. Punting - Prior to making the ball ready for play on the fourth down, the referee will ask the offensive team captain if they want to punt.
 - a. If the captain elects to punt, then the ball will be advanced 40 yards and the defensive's team offense will take possession at that point.
 - b. If the offensive team is inside the opponent's 40-yard line, and elects to punt from that point, it will result in a touch back and the defensive team's offense will take possession at the 20-yard line.
 - c. The offensive team may request to punt on any down.
11. Screen Blocking - The offensive screen block shall take place without contact. The screen blocker shall have his/her hands and arms behind the back. Any use of the hands, arms, elbows, legs, or body to initiate contact during an offensive player's screen block is illegal. A blocker must be on his/her feet before, during, and after the screen.
 - a. A player who screens shall not:
 - i. Make contact when assuming a position at the side or in front of a stationary opponent.

- ii. Take a position close to a moving opponent such that the opponent cannot avoid contact.
 - iii. After assuming the legal screening position, move unless the blocker moves in the same direction as the opponent.
- 12. Flag Guarding - Runners shall not guard their flags by using their hands, arms, or the ball to deny their opponent the opportunity to pull or remove his/her flag belt. Examples of flag guarding include, but are not limited to:
 - a. Placing or swinging the hand or arm over the flag belt.
 - b. Placing the ball in position over the flag belt.
 - c. Lowering the shoulders in such a manner which places the arm over the flag belt
- 13. Charging - A runner shall not charge into nor contact an opponent in their path. If a runner in progress has established a straight path, he/she may not be crowded out of that path, but if a defensive player legally established position, the runner must avoid contact by changing direction.
- 14. Obstructing the Runner - The defensive player shall not hold, grasp, or obstruct the forward progress of a runner when in the act of removing the flag belt.
- 15. Legal Positions
 - a. Anytime on or after the ball is marked ready for play, each offensive player must be within 15 yards of the ball before the snap.
 - b. The offensive team must have at least four players on their scrimmage line.
 - c. One offensive player may be in motion, but not toward the opponent's goal line at the snap. Other offensive players must be stationary in their positions without movement of the feet, body, head, or arms.
 - d. The player receiving the snap must be at least two yards from the offensive line of scrimmage.
 - e. All players must be standing (two-point stance) prior to the snap of the ball.
- 16. Dead Balls – All fumbles, laterals, muffed snaps, or other instances where a live ball hits the ground will be blown dead at that point. The team that possesses the ball at the time the ball is blown dead will retain possession, unless the play was a fourth down attempt.

The Field

1. The field dimensions are 80 yards by 40 yards with two 10-yard end zones. The playing field is divided into four 20-yard zones.
2. The lines bounding the sidelines and the end zones are out-of-bounds.
3. Each team box is a designated area for players. Each box is marked from the 20-yard to 20-yard line and one yard from the sideline. Players and spectators must stay within this team box.

Game Equipment

1. Footballs - The men's teams shall use the regulation-sized football while the women's teams shall use the youth-sized football. The referee shall be the judge of any ball offered for play and may change the ball during play at his/her discretion.
2. Flag Belts
 - a. All players on the field will wear a flag belt provided by the PF&R Department.
 - b. Each team will wear belts of the same color, which will contrast as much as possible with the shirts/jerseys that the team is wearing.
 - c. A player is "down" when his/her flag belt has been removed legally by a defensive player.
 - d. If a player has possession of the ball and the flag belt and becomes detached prior to a defensive player pulling or plays without a flag belt, that player will be "tagged" with one hand between the shoulders and knees, including the hand and arm.
 - e. When a player scores, he/she must raise his/her arms so the nearest official can de-flag the player. If the player is not de-flagged with one pull to the left or right and the official determines the belt has been secured illegally, the touchdown is nullified and the team is penalized accordingly.
3. Jerseys & Shorts – Members of each team shall wear similarly-colored shirts or jerseys. The shirts must be tucked in and the flag belts worn around the waist on the outside of the shirt. Numbers are helpful, but are not mandatory. Each player must wear pants or shorts without any belt(s), belt loop(s), pocket(s), holes, or exposed drawstrings. Pants or shorts must be as much of a contrast to the flag color as possible. Pants or shorts may not be turned inside out, and pockets may not be taped.

4. Shoes – All participants must wear shoes at all times. Shoes must be either molded cleats or running/tennis-type shoes. No metal cleats or shoes with removable cleats will be allowed.
5. Safety, Safety, Safety
 - a. No jewelry will be worn at any time. This includes, but is not limited to rings, earrings, watches, necklaces, and any form of body piercings.
 - b. No hard casts will be allowed at anytime. All hard braces (knee, elbow, etc.) will be evaluated prior to the start of the game.
 - c. No hats with bills or bandanas with knots tied in them will be allowed to be worn. Also, sunglasses will not be allowed to be worn during play.
 - d. Alcohol and/or tobacco products may NOT be used by the participants prior to or during the game.