

FLAG FOOTBALL RULES

CHICO STATE INTRAMURAL SPORTS

In cases where a rule is not directly outlined in the following rules, the Intramural Sports Staff, Competitive Sports Coordinator, and/or the Assistant Director reserve the right to use common sense, fairness and the “Spirit of the Game” in providing interpretations on the rules, policies and procedures.

INCLUSION

Intramural Sports values diversity and seeks to create a safe and fun environment that is accessible to the Chico State Community. Intramural Sports is committed to maintaining an environment without discrimination as to race, religion, national origin, gender identity/expression or sexual orientation.

CONDUCT

The Chico State Intramural Sports program promotes good sportsmanship by staff, participants, and spectators. We request everyone’s cooperation by supporting the participants and staff in a positive manner. Profanity, racial or ethnic comments, anti-LGBTQ comments or other intimidating actions directed at staff, participants, or other spectators will not be tolerated and are grounds for removal from the site of competition and further disciplinary action.

ACCIDENT INSURANCE

The State of California and Chico State cannot accept liability for injuries. Participants are encouraged to provide their own accident insurance. Participants are not insured by Chico State or the State of California. Insurance is available at the University Health Center.

BLOOD RULE

A player with a bloody injury or blood on his/her uniform must leave the game. The player may not return to the game until the wound is no longer bleeding, the wound is covered and/or the uniform is changed.

FORFEITS

- A. Game time is forfeit time.
- B. No Show = No team members show up to a schedule game and the Intramurals Office was not contacted. A No Show can result in elimination from end of the season playoff participation.
- C. Forfeit = A team does not have the minimum amount of players to begin a contest. A team notifies the Rec. Sports Office of their forfeit by 3pm on gameday. One notification of a forfeit to Intramural Sports made by 3pm on gameday will not result in removal from league or postseason.
- D. Multiple forfeits may result in elimination from the end of the season playoff participation

THE FIELD

The field dimensions are 35 yards X 80 yards with 10 yards for each end zone. Three lines 20 yards apart constitute first down lines. Extra point lines are 10 and three yards from each goal.

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PLAYERS

- A. Seven players per side are on the field at one time. It takes a minimum of five players to start the game. Rosters size is unlimited, please note that only double the amount of players on the field will be awarded Intramural Champion t-shirts. Persons not on the roster are ineligible to participate. Free substitution on dead balls. NO ID CARD, NO PLAY, NO EXCEPTIONS! (Illegal Participation, 10 yards).
- B. Intramural Sports **DOES NOT** recognize coaches. Team captains are solely responsible for all team matters.

EQUIPMENT

- A. Team members must all wear the same colored jerseys and it is recommended that teams bring a second dark or light jersey.
- B. No bare feet, metal or spiked cleats.
- C. No jewelry.
- D. No arm or hand pads unless they are used to protect injury. Subject to referee's inspection.
- E. Any regulation football may be used as long as it is available to both teams.

PREGAME

Game time is forfeit time. Forfeits may result in expulsion from league. Coin flip decides possession. Team "B" chooses direction. Second half team "B" has possession and direction is reversed. Play begins from own 20 yard line. No kick off.

TIME

Forty minute game consisting of two twenty minute halves. The intermission between halves shall be five minutes. If defense commits a penalty on the last play of the half or game, offense gets another play. Two time-outs per game, per team. Clock can be stopped or started at official's discretion. When play is stopped due to injury, injured player must sit out at least one play.

During the last two minutes of play the clock will be stopped in order to place the ball on a first down. Once the ball is placed the clock will begin. The clock will also stop on incomplete passes, defensive penalties, change of possessions and out of bounds.

SCORING

Touchdowns are six points. A PAT from the 10 yard line is worth two points. A PAT from the three yard line is worth one point. PAT cannot be converted by the defense in the case of an interception. Defense will receive the point total that the offense was attempting. After a successful PAT, the ball will be given to the opposing team on their 20 yard line. After a safety, the ball will be given to the scoring team on their own 20 yard line. Ball will also be placed on the 20 yard line after a touchback.

GAME PLAY

Offense has three plays to move the ball past the first down line. On fourth down, offense is given the option to play or punt. If offense plays, and does not make a first down, defense takes over at that spot.

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NO DIRECT SNAP

The player who receives the snap must be at least two yards behind the offensive scrimmage line. Direct snaps are illegal. (Illegal Procedure, 5 yards).

FLAG REMOVAL

The following are some basic rules for legal and/or illegal removal of the flags.

- A. Deflagging (removal of the flag of an offensive player by a defensive player) is the equivalent to tackling in football and marks the end of the play. A player must have possession of the ball before he/she can legally be deflagged.
- B. When a player loses a flag belt, either accidentally, inadvertently, or on purpose, play continues. The deflagging reverts to a one hand tag of the runner between the shoulders and the knees.
- C. In circumstances when a flag is removed illegally, play should continue with the option of the penalty or the play. Penalty is a personal foul.
- D. Pulling or removal of the flag belt from an offensive player without the ball, by a defensive player, is illegal. Penalty is a personal foul.
- E. Tampering with the flag belt in any way to gain an advantage including tying, using foreign materials, or other such act results in an Unsportsmanlike Conduct penalty.
- F. Holding/Wrapping-up in anyway, while pulling a flag is considered a tackle (15yds + 1st down).
- G. The ball will be spotted at the spot of forward progress of the ball.
- H. In order for a quarterback to be considered down the flag belt must be completely pulled before the ball is released. (In the event of a tie, the QB will be given the pass)

FLAG GUARDING

Ball carrier must attempt to avoid defenders. Swinging the hand or arm over the flag to prevent defender access or lowering the shoulder to prevent access is prohibited (Flag Guarding - 10 yards). Spinning is not allowed (No penalty ball will be spotted at the point of spin). Diving for additional yardage is not allowed and will result in a penalty (Diving - 5 yards).

MINIMUM LINE PLAYERS

The offensive team must have at least 4 players on their scrimmage line at the snap. The remaining players must be either on their scrimmage line or in their backfield. All players must be inbounds. A player in motion is not counted as one of the 4 on the scrimmage line. (Illegal Procedure, 5 yards).

OFFENSIVE SCREEN BLOCKING

The offensive 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 an offensive player's screen block is illegal. A blocker may use his/her hand or arm to break a fall or to retain his/her balance. A player must be on his/her feet before, during, and after screen blocking. (Personal Foul, 15 yards).

DEFENSIVE RUSHING

Defensive players must go around the offensive player's screen block. The arms and hands may not be used in anyway to contact an opponent in order to gain an advantage. (i.e. using hands/arms as a

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wedge). A blocker may use his/her arms or hands to break a fall or retain his/her balance. (Personal Foul, 15 yards). A defender may spin to go around a defender.

PASSING

- A. One forward pass per play. Forward passes can only be made from behind the line of scrimmage (Illegal Forward Pass - 5 yards & loss of down). All players are eligible receivers.
- B. No bump and run coverage. This includes jamming the center and receivers. Picks are prohibited. No contact is allowed on pass plays other than incidental. Interference will be judged on whether or not a player impedes another player's chance to the ball and whether the ball was catchable (Interference - 10 yards loss of down/first down).
- C. One foot in bounds for a legal catch. If, after catching a ball, a player lands out of bounds; play may be determined a legal catch if official determines player was pushed. In cases of a simultaneous catch, the ball is dead and possession goes to the offensive team.
- D. An airborne receiver must be given the opportunity to land cleanly after making a catch. A defender may not intentionally push an airborne receiver out of bounds in order to avoid a completion.

DELAY OF GAME

Twenty-five seconds between plays. Time starts at ball placement.
(Dead Ball, Delay of Game, 5 yards).

OFFSIDE

Any player crossing the line of scrimmage prior to the snap will result in an infraction and play is dead (Offside - 5 yards). If a player lines up in the neutral zone, play will proceed. A flag will be thrown at the start of the play and penalty will be called. False Start will be called when an offensive player simulates the start of the play (Offside - 5 yards). The play will be blown dead.

MOTION

Only one offensive player is allowed in motion prior to the snap.

PUNT

If offense punts, both teams line up on the ball and ball is snapped to punter. Punter takes one step and kicks, the ball must be kicked not thrown. Ball is down where it is fielded, goes out of bounds, first contacts the ground, or is a touchback. There is no rush and the kicking team can cross the line of scrimmage in order to down the ball on a roll and there is no blocking/shielding the ball by the receiving team. Ball is down at the spot if hits the ground after if it is dropped by anyone. There are no fakes allowed. Any violation is illegal procedure. Only the receiving team can gain possession of the punt.

FUMBLES AND TURNOVERS

There are NO fumbles (exception laterals or loose balls that are intercepted in flight). Fumbles are an immediate dead ball and no change of possession can occur. Intentional stripping of the ball from an offensive player is not allowed and will result in a 10 yard penalty from the spot of the foul. Interceptions may be advanced.

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TIE GAMES

Unless moved by a penalty, each team will start first and goal from the TWENTY yard line, with a series of four downs. Coin flip determines order. If the first team that is awarded the ball scores, the opponent will still have a chance to win the game. Repeat until tie is broken. After a score teams will have to attempt either a one or two point PAT. If a game remains tied, after the fourth round teams will start from the 1 pt. conversion land.

MERCY RULE

If a team is ahead by 17 points, or more, with two minutes remaining and the game is deemed dangerous or lackadaisical by the officials it may be called. In any event of a 23+ point differential under two minutes the clock will continue to run.

SUMMARY OF CO-ED RULES

- A. Players: The game shall be played with three women and four men. Teams starting w/ five players can start with either 3 men and 2 women or 3 women and 2 men. However having more females on the field than males is not penalized.
- B. Run: On offense, a male runner cannot advance the ball through the opposing team's line (Illegal Procedure - 5 yards).
- C. Pass: There may not be two consecutive forward pass ATTEMPTS from a male passer to a male receiver. The spot where the ball becomes dead must be beyond the offensive team's scrimmage line (Illegal Forward Pass - 5 yards & loss of down). A foul on a pass play will have no effect on the consecutive pass rule.
- D. Points: If a female scores, or throws for a touchdown, the point value is nine.