



## Flag Football Rules

- ❖ All players must present a valid Duquesne ID prior to the start of the game.  
NO ID, NO PLAY, NO EXCEPTIONS
- ❖ All teams must sign-in before each game, adding of players after the first week of play is prohibited.
- ❖ Players will not be allowed on the field until the preceding game on that field is finished.

### FORFEIT

- A forfeit will be assessed if a team is not ready to play at game time. **GAME TIME IS FORFEIT TIME.**
- If a team forfeits two (2) games during the season they will be dropped from eligibility for playoffs.

## 1. Game, Field, Players, and Equipment

1.1 Shirts must be long enough to tuck in so that they remain tucked in the pants/shorts during the entire down or short enough so there is a minimum of 4" from the bottom of the shirt to the player's waistline. No arm holes larger than your arm, and a fist can fit through.

1.2 Pants or shorts with BELT LOOPS or POCKETS are prohibited.

1.3 Towels may not hang from a player's waist or otherwise interfere with the possible removal of a flag. Towels however may be used and kept on the ground to wipe off the ball before the snap.

1.4 All jewelry must be removed including watches, earrings, bracelets, etc. Players may wear soft, pliable basketball or wrestling knee pads on legs, knees and/or ankle.

1.5 The game shall be played between two teams of 6 players each on a rectangular field. Each team must have 5 players on the field in order to begin the game.

1.6 The field is divided into 3 zones of 20 yards each and 2 end zones of 10 yards each.

1.7 Each team shall designate a captain to act as team spokesperson and make decisions. Only the captain may talk to officials. Team representatives including players, spectators, team managers, coaches, and group members subject to the rules.

1.8 The use of dangerous equipment is prohibited. Shoes must be worn; metal cleats are prohibited.

1.9 Men will use the regular size football, while women will use the intermediate size football. Game balls will be provided.

1.10 No one on the varsity football team is eligible to play Intramural Football. Participants must meet all Campus Recreation eligibility requirements.

## **2. Periods, Time Factors, Substitutions**

2.1 The winner of the pre-game toss shall have the first choice of options:

A.offense/defense

B.which goal to defend

C.to defer their choice of A or B until the second half.

2.2 Playing time and intermissions: A game shall consist of 4 quarters with a 3-minute intermission at halftime. Each quarter shall consist of 10 minutes. The clock will run continuously except during the last 2 minutes of the second and fourth quarter. During the last 2 minutes of the second half, the clock will stop such as in college football:

Penalties

Scoring plays

Incomplete passes/out of bounds

Injured players

First downs (until the ball is set in play by the referee's ready to play whistle (play clock)).

2.3 Mercy Rule: If a team is ahead by 19 points at the two-minute warning in the second half, the game is over.

2.4 Kickoffs: No Kickoffs. All "kick-offs" will take place on the 10-yard line. After every score the ball will be placed on the new offensive team's 10-yard line with a first and twenty situation.

2.5 Each team is allowed two (2) timeouts per half (1-minute time-outs); time-outs not used in the first half are not carried over into the second half. The clock will stop during time-outs.

2.6 Free substitution is allowed after any whistle provided the substitution does not delay the game. However, no offensive substitute may enter unless he joins the huddle and is part of the huddle at the time when it breaks. (A huddle is three or more players) Penalty- 5 yards

2.7 The offensive team has 25 seconds to put the ball in play after referee signals "ready for play." Penalty: 5 yards.

2.8 A maximum of 15 players is allowed on the roster.

## 2.9 Tie Games: Ties will be broken by the "Kansas City Tie Breaker"

- A. Play will begin on the 20-yard line and teams will have 4 plays each.
- B. A coin toss will precede "Tie Breaker". The team winning the toss has 3 options:  
Offense, Defense, or Direction. The opposing team then has the remaining choice.
- C. The object is to score a touchdown and subsequent extra point (1, 2, or 3 points). After team A scores, team B then has 4 plays within which to score. If no team has scored after their respective plays the process is repeated.
- D. When a pass is intercepted the defense becomes the offense and begins their series of Kansas City Tie Breaker unless, the interception is returned for a touchdown, then the game is over.
- E. Penalties are assessed similar to the regular game. A team shall be given a new series of 4 plays when an automatic first down penalty is accepted. Dead ball penalties after a touchdown are penalized on the extra point attempt.
- F. If a third overtime is reached, after each score, the subsequent extra point must be tried for 3 points.

## 3. Definition of Playing Terms

3.1 Removal of flag belt: When the flag belt is clearly taken from the ball carrier the down shall end and the ball is declared dead. A player who removes the flag belt from the ball carrier should immediately hold the flag belt above his head to assist the official in locating the spot where the capture occurred. A player may dive to remove a flag belt as long as no contact is made with the opposing team.

3.2 The position of the ball when a player is deflagged determines the spot of the next line of scrimmage.

3.3 A defensive player may not hold, push, or knock down the ball carrier in an attempt to remove the flag (Penalty: 10 yds)., nor shall an offensive player hold, block, or run through a defensive player trying to remove the flag belt (Penalty: 10 yds).

3.4 When a runner loses his/her flag belt, either accidentally or inadvertently, play continues. The deflagging reverts to a one-hand tag of the runner.

3.5 Scrimmage line: The scrimmage line for team A is the yard line and its vertical plane which passes through the point of the ball nearest its own goal line. The scrimmage line for team B is the yard line and its vertical plane, which passes one yard from the point of the ball nearest its own goal line. A colored puck will signify each.

3.6 A runner may not lower their head or shoulders to make contact with a defender. He must run in an upright position at all times (recommended with the ball in front of body). You may spin or jump during a run to avoid being downed. You cannot stiff-arm a defender.

## 4. Ball in Play, Dead Ball, Out-Of-Bounds

4.1 The ball is declared dead when the ball touches the ground: A) on a fumble B) on a lateral C) on a pass or D) after touching a player on a punt.

4.2 The sideline and end lines are considered out of bounds. (Only one foot needs to touch in bounds in order for a pass to be complete).

4.3 Once an offensive or defensive player steps out of bounds, that player is no longer eligible to touch the ball first. Penalty: 5 yards and replay the down.

## **5. Series of Downs, Number of Downs**

5.1 In a series of 4 downs, the ball must be advanced forward into the next zone (20 yards) in order for a new series of downs to be awarded. Yardage lines are considered part of the forward zone.

## **6. Kicking the Ball**

6.1 If a punt is to be made, the team punting must announce it before the down starts. After the announcement, the punt must actually be made, and neither team may move until after the ball has been punted. Defensive and offensive teams must have 3 players on the line of scrimmage with no movement, until the punt is made. After receiving the ball the punter must put the ball in play within 5 seconds. Quick kicks are illegal. Penalty: Delay of game.

6.2 The defensive team may not build a pyramid or support each other in any manner in order to block or attempt to block a kick. Penalty: 5 yards from the previous spot. The punt is dead once it has touched a player, or has made contact with the ground.

## **7. Snapping, Handling, and Passing the Ball**

7.1 The ball must be snapped to the QB from the Center.

7.2 The player who receives the snap must be at least 3 yards behind the offensive scrimmage line. Direct snaps are always illegal (under center).

7.3 It is defensive pass interference if an eligible receiver is deflagged prior to touching the ball on a forward pass attempt.

7.4 The offensive team must have a minimum of three players on the line of scrimmage.

7.5 All players are eligible for a forward pass. The passer may pass from anywhere behind the LINE OF SCRIMMAGE.

7.6 The passer shall not intentionally ground the ball in order to avoid a sack. Penalty: 5 yards and loss of down

## **8. Scoring Plays and Touchbacks**

8.1 A team is given the choice of going for 1, 2, or 3 points after scoring a touchdown. Once the captain makes the choice, it may only be changed if a time out is called. Ways of scoring a successful point-after-attempt: A) By running or passing from 3 yards = 1 point. B) By running or passing from 5 yards = 2 points. C) By running or passing from 10 yards = 3 points.

8.2 Touchdown Verification: The player scoring the touchdown must raise his/her arms so the nearest official can deflag the player. If the player is not deflagged with one good pull, and the official determines

the flag belt has been secured illegally, the touchdown is disallowed. The player is disqualified, and it is a foul. Penalty: 10 yards from the previous spot and a loss of down.

8.3 Play after safety. After a safety is scored, the team that is awarded 2 points will automatically gain possession at their own 20-yard line.

## 9. Players' Conduct

9.1 It is illegal to steal or attempt to steal (strip) the ball from a player in possession. Penalty: 10 yards from the end of the run.

9.2 Roughing the passer: Defensive players must make a definite effort to avoid charging into a passer after it is clear that the ball has thrown and may not make contact with the throwing arm. Penalty: 10 yards and automatic first down, tacked on the end of the play (if positive yards have been gained), if not, 10 yards from the original spot and automatic first down.

9.3 Guarding the flag belt: Ball carriers shall not guard their flags by blocking, with arms, hands or ball, the opportunity for an opponent to pull or remove the flag belt. Penalty: 10 yards.

9.4 The defensive player shall not (intentionally or accidentally) hold, grasp, or obstruct forward progress of a ball carrier when in the act of removing the flag belt. Penalty: 10 yards.

9.5 The flag belt removal: Intentionally pulling or removing a flag belt from an offensive player without the ball by a defensive player is illegal. Penalty: 10 yards.

9.6 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 arms, elbows, legs, or knees to initiate contact during an offensive player's screen block is illegal. A blocker may use his/her feet in order to gain position before, during and after screen blocking. Penalty: 5 yards.

9.7 Screen blocking fundamentals: a player who screens shall not: **A.**when he/she is behind a stationary opponent, take a position closer than a normal step from him or her; **B.**when he/she assumes a position at the side or in front of a stationary opponent, make contact with him/her;; **C.**take a position so close to a moving opponent that his opponent cannot avoid contact by stopping or changing direction. The speed of the player to be screened will determine where the screener may take his/her stationary position. This position will vary and may be one to two normal steps or strides from the opponent; **D.**After assuming his/her legal screening position, move to maintain it, unless he/she moves in the same direction and path of his/her opponent. Penalty: 5 yards.

9.8 Blocking and interlocked interference: Teammates of a runner or passer may interfere for him/her by screen blocking, but shall not use interlocked interference by grasping or encircling one another in any manner. Penalty: 5 yards.

9.9 Use of hands or arms by the defense: Defensive players must go around the offensive player's screen block. The arms and hands may not be used to grab or push the opponent aside (ex: swim move). The application of this rule depends entirely on the judgment of the official. A rusher may use his/her arms or hands to break a fall or retain his/her balance. Penalty: 5 yards.

9.10 There shall be no bumping, checking, or other intentional contact between a defender and an offensive pass receiver. Both offense and defense are limited to screening an opponent.

9.11 Fighting of any kind will result in expulsion from the league and possible one-year suspension from participating in any Intramural event. Any player ejected from a game by an official or supervisor must leave the building immediately and will be suspended from the league for a minimum of one (1) game. If a player is ejected a second time during the season, the entire team will be expelled from the league for the remainder of the season.

**REMEMBER:** Altercations occurring during an intramural competition will be referred to the Judicial Affairs Office and are subject to Duquesne University policies.



## Flag Football Penalty Enforcement

### Loss of 5 yards

- Required equipment worn illegally
- Delay of game
- Illegal snap
- False start
- Encroachment
- Illegal procedures
- Illegal forward pass (5 yards from point of pass and loss of down)
- Intentional grounding (5 yards from point of pass and loss of down)
- Helping the runner: the runner shall not grasp a teammate or be grasped, pulled or pushed by a teammate
- Illegal Shift
- Illegal Substitution
- Less than 3 offense people on the line
- Illegal Motion (only one person may be in motion)
- Offensive Diving or Jumping
- Unnecessary contact of any sort.
- Defensive use of hands
- Illegal batting.

### Loss of 10 yards

- Illegal participation.
- Offensive pass interference. (Loss of down).
- Defensive pass interference. (Automatic 1st down).
- Illegally secured belt on touchdown. (Revoke touchdown and loss of down).
- Unsportsmanlike conduct. (2<sup>nd</sup> offense = ejection)
- Spiking the ball or not returning the ball to the official during the dead ball.
- Attempt to steal the ball from the carrier.
- Roughing the passer (Automatic 1st down)
- Guarding the flag belt (and stiff arming).
- Illegal flag belt removal.
- Personal foul.

## **Disqualification**

- Flagrant Unsportsmanlike conduct.
- Flagrant personal fouls.
- Intentionally tampering with flag belt.