SECTION 1. LEAGUE FORMAT

I. Tournament Overview
   A. The tournament format is a single elimination tournament.

II. Rosters
   A. Teams will be allowed to add additional players to their rosters during the season and through the end of the semi-final game in the playoffs.
   B. Teams will be allowed a maximum of 20 players.

III. Location
   A. Games will be played in TREC.
   B. Teams will have a designated field assignment.
      i. This assignment can be found online.
      ii. Please contact an Intramural Supervisor if you need assistance finding your playing location.

IV. Supervision
   A. Officials will be assigned for all scheduled games. They will be responsible for officiating the game and providing sportsmanship ratings.
      i. ALL PARTICIPANTS MUST PRESENT THEIR ID IN ORDER TO PARTICIPATE.
      ii. GAME TIME IS FORFEIT TIME!
         a. All participants must be signed in and “ready to play” with the minimum number of players to avoid a forfeit.
         b. All participants must be registered and on the appropriate team roster in IM Leagues in order to check-in with the Intramural Supervisor.
         c. “Ready to play” includes having the proper game equipment and being at the field ready to begin at the scheduled time.
   B. An Intramural Supervisor will be responsible for the check-in procedure and will provide oversight and aid with the operations of the sport.
      i. Please alert the Intramural Supervisor if assistance is needed.

V. Alcohol and Drugs
   A. The Division of Recreational Sports Facility Policy clearly states that:
      ii. Alcohol, tobacco products, illegal drugs, firearms, and other weapons are strictly prohibited in DRS facilities.
      iii. Use of the facilities under the influence of alcohol or drugs is also prohibited.
   B. The Intramural Staff will strictly enforce these policies.

SECTION 2. THE GAME

I. Brief Overview
   A. Flag Football is a NON-CONTACT sport.
      i. *Penalty – Any illegal contact results in a five (5) yard Illegal Contact penalty from either the previous spot or spot of the ball.
   B. All players, except the quarterback, are considered eligible receivers.
   C. Quarterbacks may run, pass or handoff the ball.
   D. First downs are established by crossing over the 25 yard marker (see Section 2.II.).
E. Each team will receive 4 downs in order to achieve a first down.
F. No field goals will ever be attempted.
G. Punting will NOT be allowed.

II. The Field
A. The playing field will be divided as follows:
   i. The overall dimensions will be 40 yards wide by 50 yards long.
   ii. There will be two (2) 25 yard zones.
      a. Markers will be placed on the 25 yard line representing the line to gain.
      b. The 25 yard line will be considered midfield.
   iii. Two (2) end zones, five (5) yards deep, will be each team’s scoring area.
   iv. Play begins on the 7 yard line at the beginning of a period and after scores.
   v. Extra point tries will be from the 5 or 10 yard lines.
B. Players and fans must remain between the 10 and 25 yard lines
C. It is asked that players and fans allow Officials at least five (5) yards along the sidelines to reduce potential injuries and allow Officials room to complete their assignments.

III. Beginning Play
A. Captains’ Meeting
   i. Prior to the start of play, each team’s captain will be required to meet with the Officials.
   ii. Follow the Officials’ instructions and ask any desired rule clarifications at this meeting.
   iii. The coin toss (below) will occur to determine possession and field position.
B. Coin Toss
   i. Either a coin toss or even/odds game will determine the first choice.
   ii. The visiting team captain will be designated to make the call.
   iii. The captain winning the toss or game shall choose one of the following options:
      a. Take the option in the first half.
      b. Take the option in the second half (also known as deferring the option).
   iv. The options available to the first choice include:
      a. Starting on offense or defense.
         i. If this option is chosen, the remaining captain will choose which goal their team will defend.
      b. Choosing which goal their team will defend.
         i. If this option is chosen, the remaining captain will choose between starting on offense or defense.
C. Upon completion of the coin toss, the receiving team will begin play on the 7 yard line.

SECTION 3. EQUIPMENT
I. Equipment Provided
A. A regulation men’s football will be provided for men’s divisions. A regulation men’s or women’s ball will be provided for women’s divisions.
   i. Players may use their own footballs; each side may use a DIFFERENT BALL if desired.
   ii. The offense is the team responsible for acquiring their ball after each before and after each offensive play.
   iii. In the women’s division, a men’s football may only be used if both captains agree prior to play.
   iv. Footballs may be checked out from the Intramural Supervisor prior to play.
B. Flag belts will be provided for each team at the field.
i. Flag belts must have three (3) flags positioned at each side and centered at the back and must be worn at the waistline.

ii. Players are prohibited from tying their flag belts in knots and tucking flag belts into their shorts/pants.
   a. *Penalty – Any such violation results in a five (5) yard, loss of down Illegally Secured Flag Belt penalty from the previous spot. If discovered after a touchdown, the score will not count. Players in violation are DISQUALIFIED immediately.

iii. Flag colors cannot match the color of the player’s shorts. Select a flag belt with different colored flags if this is the case.

II. Illegal and Required Equipment
   A. Shoes
      i. Players must wear athletic shoes.
      ii. Shoes must be made up of soft, pliable upper material (molded plastics, canvas, leather, or synthetic) which covers the foot attached to a composition bottom.
      iii. Shoes with rubber cleats are acceptable
      iv. Rubber cleats with a tipped metal material are considered illegal.
   B. Pockets
      i. NO pockets may be exposed. This rule stands as a safety precaution.
      ii. Shorts or pants may only be turned inside out if the pockets do not hang on the outside (no “bunny ears”).
      iii. Pockets may not be taped shut.
   C. Attire
      i. It is required that teams wear uniformly colored shirts to help distinguish one team from another.
      ii. Players must wear athletic shorts or pants and shirts.
      iii. Jeans are not permitted.
      iv. Jerseys may be rented from TREC Entry.
   D. No jewelry, baseball hats, wristbands, watches, rings, or anything that would be considered potentially harmful may be worn.
   E. No cast or brace with an outermost layer composed of exposed metal, hard and/or sharp plastic or other material will be permitted. These braces and casts must be covered by a standard sleeve or other soft, pliable material in order to be permitted.
   F. *Penalty – Any such violation results in a five (5) yard Illegal Equipment penalty from the previous spot.

III. Recommended Equipment
   A. Mouth guards are highly recommended but not required.

SECTION 4. PLAYERS

I. Team Composition
   A. Each team will be made up of seven (7) players on the field.
   B. *Penalty – Any violation exceeding these limits results in a five (5) yard Illegal Participation penalty from the previous spot.

II. Minimum Team Requirements
   A. Games may be started with a minimum of five (5) players.
   B. Once the game has started, it may not be continued with fewer than the minimum number of eligible players on either team. If a team has fewer than the minimum number of eligible players due to any
reason, including, but not limited to: a player being required to complete documentation due to misconduct, an injured player being attended to or no longer able to continue, the game shall be terminated and a default (results in a loss) shall be declared.

III. Substitutions
   A. Teams may substitute an unlimited number of players during each dead ball period.
   B. Players may not enter and/or leave the playing field from a location that is not their own sideline.
      i. *Penalty – Any such violation results in a three (3) yard Illegal Substitution penalty from the previous spot.
   C. Players arriving late must first sign in with the field’s Intramural Supervisor before entering play.

SECTION 5. TIMING

I. Periods
   A. A regulation game will consist of two (2) 15 minute halves.
   B. The clock will not stop during the first half but will stop within the last two (2) minutes of the second half.
      i. The Back Judge will be the only Official responsible for keeping time; address all time questions to this Official.
      ii. There will be a “two-minute warning” stopping the clock in both halves; the clock will continue to run after this warning in the first half.
   C. Halftimes will be a maximum of five (5) minutes long and teams will switch sides at the start of the second half.

II. Play Clock
   A. Offensive teams have 25 seconds to initiate play after the Referee’s ready whistle has been blown.
      i. *Penalty – Any such violation results in five (3) yard Delay of Game penalty from the previous spot.
   B. It is the offense’s responsibility to retrieve the ball after each play.

III. Stoppage Inside Two Minutes During the Second Half
   A. The following will cause the game clock to stop and resume on the next snap:
      i. An incomplete legal or illegal forward pass hits the ground.
      ii. A player runs out of bounds with ball possession.
      iii. A touchdown, touchback, safety or extra point try occurs.
      iv. A team timeout is called.
      v. A change of possession.
      vi. Certain penalties occur.
   B. The following will cause the game clock to stop and resume on the Referee’s ready whistle:
      i. A first down is achieved and play ends inbounds.
      ii. An Officials’ timeout occurs.
      iii. Certain penalties occur.

IV. Timeouts
   A. Teams will receive two (2) timeouts PER GAME.
   B. Injury time outs may be determined only by the Officials and/or Intramural Supervisor.
   C. Each team is granted one (1) timeout per overtime period in the playoffs.
      i. No timeouts may carry over from the first two (2) halves into an overtime period.

V. Overtime
   A. During league play, there are no overtime periods, and games will result in a tie.
   B. During the playoffs, each team will receive four (4) downs starting from the ten (10) yard line.
i. A new coin toss will be used to determine possession but not field position since all overtime periods will be played at one (1) end zone for both teams.

ii. Teams will still have the option to choose their extra point try location (see Section 6.II.C.)

iii. If scores are still tied at the end of an overtime period, (an) additional period(s) will be played until a winner is recognized.

iv. If a pass is intercepted during overtime the play will end.

v. There will still be play clocks but no game clocks.

VI. Official Game

A. If a game has reached halftime and inclement weather stops play, the game will be over and its score will be considered official.

B. If a game has not yet reached halftime and inclement weather stops play, the game will be considered cancelled.

   i. Cancelled games will not count toward playoff qualification.
   
   ii. Cancelled games will only be made up if time and space permits.

SECTION 6. SCORING

I. Football Scoring Terminology

   A. Touchdowns are scored when a ball carrier crosses the vertical plane of the opponent’s goal line or when a loose ball is caught within the end zone boundaries of the opponent’s goal line.
   
   B. A safety is scored during the following situations:

       i. A ball carrier is de-flagged in their end zone.

           a. This rule does not apply when a ball is intercepted or received after a punt and the ball carrier’s momentum carries themselves into their own end zone.

       ii. A player punts, passes, fumbles, snaps, muffs or bats a loose ball from the field of play across their goal line and that ball subsequently becomes dead there.

       iii. A player commits any penalty in their own end zone.

   C. After a touchdown is scored, teams will have the option to attempt an extra point from one (1) of two (2) locations for different point values (see Section 6.II.C.).

II. Points

   A. Touchdowns are six (6) points.

   B. A safety will be worth two (2) points.

   C. Teams will have the following extra point options:

       i. A one (1) point try from the five (5) yard line.

       ii. A two (2) point try from the ten (10) yard line.

D. The ball shall be declared dead if there is a turnover during a PAT or OT

III. Mercy Rule

   A. Games will end if a team is ahead by 17 or more points when the Back Judge announces the two-minute warning or anytime thereafter.

IV. Forfeit Score

   A. In the event of a forfeit, a score of one (1) – zero (0) will be given.

SECTION 7. LIVE BALL, DEAD BALL AND OUT OF BOUNDS

I. Live Ball

   A. A dead ball may only become live after a legal snap.
II. Dead Ball

A. A live ball becomes dead and an Official’s whistle shall signify the end of a play when:
   i. The ball goes out of bounds or the ball carrier steps out of bounds.
   ii. Any part of the ball carrier, other than the hands or feet, touches the ground.
      a. The ball carrier may use the football as an “extension” of the hand and is not
         considered down if only the football, with their hand on it, touches the ground.
   iii. The ball carrier’s flag belt is successfully removed.
      a. If the ball carrier’s flag belt inadvertently falls off, any touch between the shoulders
         and knees will signify the spot the runner is to be considered down and the ball
         becomes dead.
   iv. A touchdown, touchback, safety, or extra point try is complete.
   v. A fumble or any muffed punt occurs.
   vi. A forward pass hits the ground or is caught simultaneously by members of the opposing
       team.
       a. If this simultaneous catch occurs, the ball is awarded to the offense at the spot of the
          catch.
   vii. Any backwards pass or lateral touches the ground.
   viii. An inadvertent whistle is blown.
       a. During a run, the offensive team will have the option to accept the yardage and thus
          begin the next down or to replay the down.
       b. During a legal forward pass, the offensive team will replay the down.

III. Out of Bounds

A. A player who steps on the out of bounds line is considered out of bounds.
B. If part of the player or ball touches anything, other than an Official or other player that is out of
   bounds, that player is considered out of bounds at that spot.
C. If a player unintentionally fumbles or laterals a ball out of bounds, the ball is then spotted even with
   the vertical plane at which point the ball crossed out of bounds.

SECTION 8. THE SNAP AND PRE-SNAP

I. Minimum Players on the Line

A. The offensive line of scrimmage is the yard line last gained and its vertical plane which passes
   through the point of the ball and is marked by an orange ball spotter.
B. The offensive team may only have the snapper on the line of scrimmage prior to the snap.
   i. All remaining players must be behind the line of scrimmage.
   ii. *Penalty – Any such violation results in a three (3) yard Illegal Formation penalty from the
       previous spot.
C. All players on offense and defense must have legally secured flag belts at the start of the snap.
   i. *Penalty – Any such violation results in a three (3) yard Required Equipment Worn Illegally
      penalty from the previous spot.
D. The offensive team must have all players within 15 yards of the ball at the time of the snap.
   i. *Penalty – Any such violation results in a three (3) yard Offensive Player Not Within 15
      Yards of the Ball penalty from the previous spot.

II. Motions and Shifts

A. One (1) offensive player may be in lateral motion at the time of the snap, but not in motion toward
   the opponent’s goal.
i. *Penalty – Any such violation results in a three (3) yard Illegal Motion penalty from the previous spot.

B. A shift occurs when two (2) or more offensive players move to a new set position after previously taking a set position. Players involved in a shift must come set for at least one (1) second prior to the snap.
   i. *Penalty – Any such violation results in a three (3) yard Illegal Shift penalty from the previous spot.

III. Illegal Snap
   A. The player who receives the snap must be at least two (2) yards behind the offensive scrimmage line.
      i. NO direct snaps.
   B. Each time the ball is snapped, it must be a quick and continuous motion of the hand(s). The ball must leave the hand(s) in this motion.
   C. *Penalty – Any such violation results in a three (3) yard Illegal Snap penalty from the previous spot.

IV. Encroachment and False Start
   A. Encroachment occurs if any player enters the neutral zone prior to the snap of the ball.
      i. *Penalty – Any such violation results in a three (3) yard Encroachment penalty from the previous spot. Should the penalty occur in consecutive plays, the second penalty results in a five (5) yard loss.
   B. Offensive players may not advance pass the line of scrimmage prior to the snap or simulate a charging motion.
      i. *Penalty – Any such violation results in a three (3) yard False Start penalty from the previous spot.

SECTION 9. BLOCKING

I. Offensive Screen Blocking
   A. All blocking will be limited to screen blocking which legally obstructs an opponent without physically contacting them with any part of the screen blocker’s body.
      i. Offensive and defensive players are prohibited from using any hands.
      ii. Defensive players must go around an offensive player’s screen block.
      iii. If an offensive player has been beat to a spot by a defensive player, the offensive player may not move into that spot.
      iv. Blockers must remain inside the frame of their body, defined as the width of shoulders extended, while blocking.
         a. *Penalty – Any such violation results in a five (5) yard Illegal Contact penalty from the spot of the foul.
      v. A player may use their arms or hands to break a fall or retain their balance.
   B. Teammates of a runner or passer may interfere for them by screen blocking but shall not use interlocked interference by grasping or encircling one another in any manner.

II. Screen Blocking Fundamentals
   A. The screen blocker shall have their hands and arms at their side or back.
      i. Any use of arms, elbows or legs to initiate contact during a screen block is illegal.
   B. A player who screens shall not:
      i. Take a position closer than a normal step from a stationary opponent.
      ii. Make contact with an opponent when they assume position at an opponent’s side or front.
      iii. Take a position so close to a moving opponent that this opponent cannot avoid contact by stopping or changing direction.
iv. After assuming a legal screening position, move in a position opposite the direction or path of their opponent’s movements.

SECTION 10. RUNNING THE BALL

I. Flag Guarding
   A. Ball carriers are prohibited from denying their opponents an opportunity to remove their flag belt.
   B. Examples of flag guarding include but are not limited to:
      i. Placing or swinging the hand or arm over the flag belt.
      ii. Placing the ball in possession over the flag belt.
      iii. Lowering the shoulders in such a manner that places the arm over the flag belt.
      iv. Intentionally batting a defender’s hand or stiff arming.
   C. *Penalty – Any such violation results in a five (5) yard Flag Guarding penalty from the spot of the foul.

II. Contact
   A. The ball carrier may not charge into an opponent in their path.
      i. *Penalty – Any such violation results in a five (5) yard Illegal Contact penalty from the spot of the foul.
   B. If a defensive player has established position, it is the ball carrier’s responsibility to change direction.
   C. An offensive player, other than the ball carrier, may not aid the ball carrier in any way during their run.
      i. *Penalty – Any such violation results in a three (3) yard Help the Runner penalty from the spot of the foul.

III. Diving
   A. Diving is permitted on offense and defense as long as the player attempts to avoid contact.
   B. Once a player leaves their feet, any contact made by an individual in the act of diving will be considered the fault of the person diving.
   C. Hurdling, or any similar act, over another player is not permitted.

IV. Quarterback
   A. The quarterback is permitted to run the ball if desired.

SECTION 11. HANDING, PASSING, AND RECEIVING THE BALL

I. Handing the Ball Off
   A. Any player may hand the ball off backwards or forwards at any time.
   B. When the ball is handed off behind the line of scrimmage, that player retains the option to attempt a forward pass.

II. Backwards Pass (Lateral)
   A. The ball carrier may pass the ball backward given that its initial direction is parallel with or towards the defenders end line.
   B. When the ball is passed backwards behind the line of scrimmage, that player retains the option to attempt a forward pass.
   C. A backwards pass that hits the ground is considered a fumble and will be dead at the spot it touches the ground.
   D. Should a backwards pass go out of bounds, the team last in possession receives the ball at the out of bounds spot.
i. If out of bounds behind the goal line, it is a touchback or safety.
ii. It is illegal to throw a backwards pass out of bounds intentionally to conserve time.
   a. *Penalty – Any such violation results in a three (3) yard Intentionally Throwing a
      Backwards Pass or Fumble Out-of-Bounds penalty from the spot of the foul. If
      committed by the initial offensive team, it is a loss of down penalty as well.

III. Legal and Illegal Forward Pass
    A. During a scrimmage down, one (1) forward pass may be thrown provided the passer’s feet are
       behind the offensive scrimmage line when the ball leaves the passer’s hand.
    B. A forward pass is considered illegal if:
       i. The passer’s foot is beyond the scrimmage line when the ball leaves their hand.
       ii. The pass is thrown after team possession has changed during a down.
       iii. The pass is intentionally thrown to the ground or out of bounds to save a loss of yardage.
           a. *Penalty – Any such violation results in a three (3) yard, loss of down Intentional
              Grounding penalty from the spot of the foul.
       iv. A passer catches his or her own untouched forward (or backwards) pass.
       v. There is more than one (1) forward pass per down.
    C. *Penalty – Any such violation results in a three (3) yard, loss of down Illegal Forward Pass penalty
       from the spot of the foul.
    D. A player may run across the line of scrimmage, return behind the line of scrimmage, and then still be
       able to complete a legal forward pass.

IV. Eligible Receivers
    A. All players, except the quarterback, are eligible to touch or catch a pass.
    B. An offensive player forfeits their eligibility once they go out of bounds.
       i. *Penalty – Any reentry from out of bounds results in a five (5) yard Illegal Participation
          penalty from the previous spot.

V. Legal and Simultaneous Catch
    A. A pass is considered a catch as long as the first part of the person to make contact with the ground,
       after the catch, is inbounds.
       i. Only one foot is required to touch inbounds to be considered a catch.
    B. If a pass is caught simultaneously by members of opposing teams, the ball becomes dead and
       belongs to the team that snapped the ball at the spot of the catch.

VI. Pass Interference
    A. A defensive player may not interfere with an offensive player’s opportunity to make a catch.
       i. No physical contact may occur while the ball is in the air.
       ii. Defensive players may not “face guard” the offensive player without making an attempt to
           play the ball.
       iii. *Penalty – Any such violation results in a five (5) yard, automatic first down Defensive Pass
           Interference penalty from the previous spot.
    B. An offensive player may not interfere with a defensive player’s opportunity to make a play on the
       ball.
       i. The same restrictions applying to a defensive player apply to an offensive player.
       ii. *Penalty – Any such violation results in a five (5) yard, loss of down Offensive Pass
           Interference penalty from the previous spot.
    C. Offensive Pass Interference may occur before a pass is thrown, whereas Defensive Pass Interference
       may only occur while the pass is in the air.
SECTION 12. DEFENSE

I. Flag Belt Removal
   A. When the flag belt is clearly taken from the ball carrier, the down shall end and the ball is declared dead at the spot of the ball when the belt is removed.
   B. If the flag belt inadvertently falls to the ground, the ball carrier must be tagged between the knees and shoulders to be considered down.
   C. It is a penalty to remove the flag belt of a player who does not have possession of the ball.
      i. *Penalty – Any such violation results in a five (5) yard Illegal Flag Belt Removal penalty from the previous spot.

II. Legal and Illegal Defensive Contact
   A. In an attempt to remove the ball carrier’s flag belt, defensive players may inadvertently contact an opponent with their hands, except for the carrier’s face, neck or head.
   B. A defensive player may not hold, grab, push or knock down the ball carrier in an attempt to remove the flag belt.
      i. *Penalty – Any such violation results in a five (5) yard Illegal Contact penalty from the spot of the foul.
   C. Defensive players must make a clear attempt to avoid contact with a passer; any contact with the passer, including contact on the follow through, will be a penalty.
      i. *Penalty – Any such violation results in a five (5) yard, automatic first down Roughing the Passer penalty from the previous spot.

SECTION 13. PUNTING

I. There will be no punting in Arena Flag Football

SECTION 15. PENALTIES, PERSONAL FOULS, AND MISCONDUCT

I. Penalty Enforcement
   A. The Officials will throw (a) yellow flag(s) to mark the spot(s) of a penalty.
   B. Once a penalty is committed, the opposing captain is given the opportunity to accept or decline a penalty and its resulting effect(s).
      i. Should penalties occur by each team, all penalties offset and the down is replayed.
   C. The zone line-to-gain shall be established after all penalties are administered and prior to the ready for play signal.
   D. A penalty enforcement measurement cannot take the ball more than half the distance from the enforcement spot to the offending team’s goal line; thus, the ball is placed halfway between the enforcement spot and the goal line.

II. Personal Foul
   A. Personal fouls include but are not limited to:
      i. Attempting to strip the ball carrier’s ball by striking or punching it.
      ii. Throwing the runner to the ground.
      iii. Hurdling another player.
      iv. Contact with another player during a dead ball period.
      v. Positioning oneself on another teammate to gain an advantage.
   B. *Penalty – Any such violation results in a five (5) yard Personal Foul penalty from the previous spot.
III. Misconduct
   A. Violations of unsportsmanlike conduct include but are not limited to the following:
      i. Persistent rule infringement throughout the game.
      ii. Shows dissent by word of mouth or action to decisions given by the Official.
      iii. Is guilty of any incidental vulgar or profane language.
      iv. Is guilty of unsporting conduct.
      v. Commits excessive incidental contact.
   B. Violations resulting in an immediate ejection include but are not limited to the following:
      i. Is guilty of violent conduct or serious foul play.
      ii. Is abusive in language or gesture towards a player or Official.
      iii. Persists in misconduct after receiving caution.
      iv. Intentionally harms another participant.
   C. A team’s captain is responsible for their fans; it is possible for fans supporting a team to receive unsportsmanlike conduct penalties.
   D. *Penalty – Any such violation results in a five (5) yard Unsportsmanlike Conduct penalty from the succeeding spot.

SECTION 16. SPORTSMANSHIP

I. Minimum Rating
   A. Teams must receive an average of 2.75 sportsmanship rating during league play to be eligible for the playoffs.
   B. Sportsmanship ratings will range between 0-4 with detailed explanations available in the Participant Handbook Article 9: Sportsmanship and Player Conduct

II. Officials
   A. The game’s Officials will determine sportsmanship ratings for each of the game’s teams.

SECTION 17. PROTESTS

I. Eligibility Protests
   A. If a player is believed to be ineligible (please see our Policy and Procedure Manual Section I. Eligibility for more details), the game may be played under protest.
   B. Please contact the Intramural Supervisor to file a protest form.

II. Rule Interpretation Protests
   A. Rule interpretation questions must be declared immediately after the play in question.
   B. Rulings involving judgment MAY NOT be protested.
   C. Team captains must announce this protest to the Intramural Supervisor and both captains will be required to fill out information on the protest form.