What IS Flag Football?

It's football with …

... No Blocking, Tackling or Diving ... No Hard-hitting Contact
... No Down Field Screening ... No Helmets or Pads

Lots of Fun!

INTRAMURAL SPORTS HOUSE RULES

● All Intramural Sports participants are responsible for their own medical expenses.
● Any student unsure of their physical condition should check with their family physician before participating in Intramural Sports.
● Game time is forfeit time. The officiating will be done by the Intramural Sports Staff, who are in absolute control of the game. Teams are responsible for keeping their spectators under control. Misconduct of spectators, players or coaches can result in assessment of a penalty, ejection or forfeiture of the game. The officials shall have the power to make decisions on any matters or questions not specifically covered in the rules. Campus Police will be called in to escort players and/or spectators and handled according to campus policy.

Team Requirements:

● A team shall consist of four players (a team roster limit is 6).
● A team may start a game with 3 players. Should one of the three players be unable to continue, that team will forfeit the game; regardless if they are ahead or not.

Equipment: (Inspection can be made before each game)

● Rubber cleated shoes will be allowed - No metal cleats will be allowed
● No jewelry or rubber bands may be worn. (Exception: Medical Alert Tags may be worn)
● No Hats or bandanas may be worn by any player on the field.
● Teams are to wear same color of jerseys (if possible)
● Jerseys (T-shirts) must be tucked in. A jersey on the ball carrier which comes out during a play will be penalized if the defense’s attempt at flag is hindered
● All players must wear flags.

Field of Play for 4 on 4 Flag Football.
The game will be played on the soccer field at Valle Verde Campus - going side-to-side.
The field of play is 20 yards wide by 40 long including a 7-yard end zone.
The first down line is at mid-field (20 yard line).

**Coin Toss: winner takes ball, loser choice of end zone to defend.**

- The offensive team takes possession of the ball at their 5-yard line and has 3 plays to cross mid-field for a First down.
- Once a team crosses mid-field, they have three plays to score. If the offense fails to score, the ball changes possession.
- All drivers start from the 5-yard line except interceptions.

**Game Clock**

- Each game will be 45 minutes in length: (2) 20-minute halves and (1) 5 minute half.
- The clock will not stop unless a time out has been called or the official feels it is neccesary.
- Each time the ball is spotted the offensive team has 30 seconds to snap the ball.
  (Officials will warn the offense when there are 10 seconds left to snap the ball).
- Teams may not snap the ball until the officials are set or signals a Set sign.
  (No Quick Snaps).
- Mercy Rule will go into effect when a team leads by 25 or more points during any part of the game.

**Time Outs**

- Each team has two time outs per game.
- Time outs will only stop the game clock for 30 seconds.
- No additional time outs will be awarded in case of a over time but an used time out can be carried over.

**Scoring**

- Touch down = 6 points.
- Extra Points: 5 yards out = 1 point, 10 yards out = 2 points.

**Over Time**

- Coin toss will determine who will go first. Offense has the option to place the ball on the 5 yard line, for a one point attempt or at the 10 yard line for a two point attempt. Offense has one attempt to score, if they don't the ball goes over. Should the ball be intercepted, the play is dead. Teams will alternate until a winner is determined.
- No running clock, just the 30 second by the official.
The Basics of the Game

- All players are eligible to receive a pass, including the QB if the ball has been pitched back or handed off behind the line of scrimmage.
- The ball can not be advanced by running the ball pass the line of scrimmage; it must be passed forward of the line of scrimmage.
- No one can rush the Quarterback.
- The Quarterback has a 7 second "Pass clock". The QB has 7 seconds to advance the ball (i.e. pass) passed the the line of scrimmage; if he does not, the play is dead
- If the QB mishandles the snap or drops the ball, play is dead where the ball hits ground.
- Center may snap ball either between legs or from the side; however, ball must be touching ground. There are no direct snaps; the QB must be at least 2 yards behind the center.
- Team in possession of ball is responsible for retrieving the ball back to the referee.
- Offensive team must have at least 2 players on line of scrimmage (the center plus one other player)
- Once the ball has been passed down field, there are NO laterals or pitches permitted
- There are no fumbles. The ball is dead where is first comes in contact with the ground.
- Should a player catch a ball without a flag on, (offense or defense), that play is dead.
- Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving)
- Player must have at least one foot in-bounds to have a legal catch. Offensive player can not run off field and back on to catch a pass.
- Interceptions change the possession of the ball at the point of interception, and may be returned. Interceptions are the only changes of possession that do not start at the 5-yard line
- Substitutions may be made on any "dead" ball.
- Play is ruled "dead" when:
  - Ball carrier's flag is pulled.
  - Ball carrier steps out of bounds.
  - Touchdown or safety is scored.
  - Ball carrier's knee or ball touches the ground.
  - Ball carrier's flag falls off.

Please Note: The Clock is running when a play is ruled "dead" during one of the above Conditions.

- Bump and Run defense is not allowed.
- Blocking will not be permitted at anytime - This is non-contact game.
- Ball carrier can not guard his flag.
- There are NO punts or kick-offs.
- Fans/Spectators are on one side of the field while both teams are on the same side.
- Team names will be after the NFL teams. As teams return their rosters, the team captain will draw their team name at the Intramural Sports Office G101D Valle Verde Gym.
● An interception return to opponent’s end zone on any extra-point play by the defense will result in the defense scoring 2 points plus gaining possession for the next series at its own 5-yard line.

● On interceptions that occur and remain in the zone, the ball will become dead & will result in the ball belonging to the intercepting team at its 5-yd line. Should an interception occur in the end zone & the ball carrier leave the end zone, the ball will belong to the intercepting team at the spot the ball becomes dead. However, should the ball carrier return to the end zone and be de-flagged, the result would be a safety to the other team. The ball goes back to the passing team at their 5-yard line.

● Players are ineligible to catch a pass if their flag has fallen off.

● If the ball carrier's flag falls off after catch, the play is blown dead where the flag hits the ground.

● Once a flag is pulled, the defensive player should hold the flag above their head so that the referee can spot the location of the flag pull. The pulled flag should be handed to the player or team mate. Intentionally throwing the flag onto the ground will draw a warning to the team, the second time will draw a "Unsportman Like Conduct" flag and lose 5-yards.

Penalties

● All penalties are 5 yards; except when the offensive/defense is within the 10-yard line - it will be half the distance to the goal line.

● All yardage will be marked off from the line of scrimmage.

● Penalties can be declined.

● Referee determines incidental contact may result from normal run of play.

● Only the team captain may ask the referee questions about the rule clarification and interpretations. (Remember the clock is running.)

● Players cannot question judgement calls. (Judgement calls are final)

Defense

● Defensive Pass Interference - automatic first down.

● What is Defensive Pass Interference?

   face guarding, or any type of body contact before the ball arrives.

● Illegal contact - holding, bump and run, blocking … again remember the referee will determine incidental contact between players.

● Illegal Flag pull-before receiver has ball.

● Disconcerting signals - signals to distract opponent of simulate offensive signals prior to snap

● Attempting to steal the ball or slap the ball out of ball carrier's hand.

● Pitch Outs, Hand Offs, Reverses are allowed behind the line of scrimmage. Remember; the offense can not advance the ball running and the seven second clock is ticking.
Offense

- Flag guarding - player may not intentionally or unintentionally use hands or arms to guard flags
- Illegal motion (more than one person moving or person in motion and/or breaking to the line of scrimmage before the ball is hiked)
- Offensive Pass Interference- loss down.
- What is Offensive Pass Interference? illegal pick play (down field screen) pushing off/away defender
- Stiff-Arming - ball carrier must kept arms to themselves, above waist (away from flags.)
- Spiking of the ball, or fail to return ball to referee after play is over.
- Deliberately running over or attempting to run over a defender (making any unnecessary contact with opposing player). It's up to the ball carrier to avoid contact with the defender
- Down field screening.
- False start.
- Delay of Game/too much time.
- Intentionally Grounding the ball.

Additional Game Regulations

No alcohol allowed on field (campus), futhermore any person/team suspected to be under the influence and attempting to play will automatically ejected.

HIV/AIDS - All players with visible cuts, or abrasions, blood on clothing will be asked to address the situation before returning to the game.

Please clean up after yourself and ask your fans to help keep the area clean too.

Having a female on team is optional. Should a female score, the value of the touch-down is 9 points, and the other points remain the same.

League is open to all El Paso Community college students; there is no cost to join.

Play-offs are according to number of teams signed up.

REMINDER: The game referees have the power to make decisions on any matters or questions not specifically covered in the rules. Their decisions are Final.

We are all here for the love of the game ... Let's have Fun Playing!