I. GOVERNING RULES
The 2017-2018 NIRSA Flag Football Rules will apply in all except where a special Oregon State University Intramural Sports rule applies.

II. ELIGIBILITY
All Participants must be either students registered at Oregon State University or Faculty/Staff/Affiliate with a Recreational Sports Membership. For more information on eligibility, consult the Intramural Sports Handbook.

III. UNIFORMS/EQUIPMENT
A. No Jewelry (earrings, necklaces, bracelets, rings, etc.) will be allowed on the field at any time. Players will need to remove items immediately or leave the game. Taping is not permitted. Appropriate sport athletic attire must be worn. No exposed hoods or pockets on hoodies are allowed.
B. Teams must be wearing the appropriate color uniforms that are indicated on the league schedule. Home team will wear white and the Away team will wear black/dark.
C. Mouth guards for each player are recommended for protection.
D. Team jerseys must be long enough so they remain tucked in during an entire down or short enough that there is a minimum of 4” from the bottom of the jersey to the player’s waistline.
E. Each player must wear pants/shorts that do not have any pockets, belt loops or exposed metal, including zippers. Pants/Shorts must be a different color than the flags. PLAYERS WILL NOT BE ALLOWED TO PLAY IF THEIR PANTS/SHORTS DO NOT COMPLY WITH THESE RULES. NO TAPING OF POCKETS OR ZIPPERED POCKETS.
F. The Intramural Sports Program provides flags that each player must wear at all times. Flags must be worn on each hip and one behind. Flags are to be clipped on, not tied.
G. Athletic, closed toe shoes must also be worn. Metal cleats will not be allowed. No boots or sandals.
H. No hats are allowed. Players are permitted to wear head bands, or stocking caps provided they do not contain any hard, unyielding, or dangling material (i.e. pom poms or sting).
I. No braces, supports or casts that may cause other players harm will be permitted. Knee braces are acceptable as long as there is no exposed metal.
J. Teams must provide their own game ball. Footballs may be checked out from Equipment Issue in Dixon Recreation Center.
K. Any player that is bleeding MUST leave the game immediately. The bleeding must be stopped and the wound securely covered with a bandage before the player can continue. If there is blood on any clothing, it must be changed before the player resumes play.

IV. PLAYING FIELD
A. Flag football games will be played on Student Legacy Park.
B. The playing field is 40 yards wide and 80 yards long, plus 10 yard end zones.
C. The playing fields will be divided into four (4) zones by three first down lines.
D. The playing field will also be marked at the 3 and 10 yard lines with a hash for
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extra point attempts and at the 14 yard line with an “X” for the start of the game and after touchdowns.

E. A player is out-of-bounds when any part of his/her body touches anything, other than another player or game official, which is on or outside the side or end line. The line is out.

V. PREGAME
   A. All participants will need to bring their ID card to the game site.
   B. Team managers need to check in with the Sport Program Associate on duty before each game to verify their team’s roster.
   C. Team managers must check the score sheet to make sure all players are listed that will be participating in the game. If a player is not currently printed on the score sheet, the player must see a Sport Program Associate to gain approval before playing. Players will need their ID to be added.
   D. Team managers will take part in a meeting with the officials 5 minutes prior to game time.
   E. Coin Toss (Evens or Odds): The captain winning the “toss” will have three choices. In the event of a forfeit being declined to play the game, the first complete team will automatically win the toss.
      1. Start the game on offense or defense
      2. Choose direction to defend
      3. Defer the option to the second half

VI. GAME TIME
   A. Game time listed on the schedule is the official game time.
   B. You must have five players on the field ready for play at game time; otherwise a forfeit will be awarded to the opposing team.
   C. Officials will keep track of the game time by using a countdown timer.

IV. PLAYING TIME
   A. The game will consist of four (4) ten minute (10) quarters with a 3-minutes intermission between halves. One minute intermission shall be allowed between quarters. Field direction shall switch each quarter.
   B. Teams will have 25 seconds from the “ready to play” to snap the ball. Failure to do so will result in a delay of game penalty.
   C. In the last two minutes of the 2nd and 4th quarters, time will be stopped according to NIRSA Flag Football timing rules. This includes an incomplete pass, out of
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bounds, inadvertent whistle, penalty, touchdown, extra point attempts, safety, change of possession, time-out, and first down. The clock will start on the snap or when the referee marks the ball ready for play after a first down or inadvertent whistle. Exception: if the mercy rule is in effect, the clock shall not stop.

D. Substitutions: Players may substitute on any dead ball.
E. Game Over: At the completion of the game each manager must sign the score sheets.

VII. TIME-OUTS
A. Each team is allowed 2 one-minute time-outs per half. They are not cumulative.
B. No time-outs will be allowed during an overtime period.
C. The game clock will stop during time-outs.

VIII. SCRIMMAGE LINE
A. Seven players per team.
B. Offense must have 4 players on the line of scrimmage for both single gender and co-rec divisions.
C. Only one offensive player may be in motion, but not in motion toward the line of scrimmage at the snap.
D. Defense must be at least 1 yard from the ball.
E. The player who receives the snap must be at least two yards behind the line of scrimmage (ball spotter).
F. Offensive players may screen blocking only, similar to the concept of block/charge in basketball.
G. Defensive players must go around the offensive player’s screen block and may not use hand or arms to run through opponents. Absolutely no bull rushing.
H. Offensive players must momentarily move within 15 yards of the ball after the referee marks the ball ready for play and before the snap.
I. Both teams must use a two point stance.
J. Defensive players may not make any contact with the quarterback whether intentional or not; they must attempt to pull the flag belt otherwise a Roughing the Passer penalty will be called.

IX. KICKING GAME
A. There are no kick offs. All possessions to start each half, touchbacks, safeties, and after touchdowns will begin at the 14-yard line.
B. There will be no live punts. Teams wishing to punt may do so, however they may not be returned. Punts will be declared down when they are touched by either team, go out of bounds, come to rest or go into the end zone.
C. The kicker must be at least 5 yards behind the line of scrimmage to receive the snap. After receiving the snap, the kicker must kick the ball immediately and in a continuous motion.
D. The kicking team must have 4 players at the line of scrimmage for punts.
E. Fake punts are not allowed.
F. Defensive players may put their hands up or jump to attempt to block the punt as long as they do not pass the line of scrimmage.
G. If the ball hits the ground on the snap, the ball is dead and the defensive team takes possession.
X. SCORING
   A. It is a touchdown when a runner advances from the field of play so that the BALL penetrates the vertical plane of the opponent’s goal line. It is a touchdown when a loose ball is caught by a player while the BALL is on or behind the opponent’s goal line.
   B. Touchdowns are 6 points.
   C. Point after touchdown: 1 point from the 3 yard line, 2 points from the 10 yard line, or 3 points from the 20 yard line.
   D. If the defense intercepts on the point after try the ball is declared dead.
   E. The player scoring (touchdown or try) must raise his/her arms so the nearest official can deflag the player. If the player is not able to be deflagged and the official determines the flag belt has been secured illegally, the score is disallowed, the offending team is penalized, and the player is ejected. Penalty: Personal Foul, 10 yards from the previous spot. If by the offense, loss of down. If by the defense, automatic first down.
   F. If the ball carrier is deflagged or fumbles the ball in his/her end zone that will constitute a safety and the defense is awarded 2 points. Following a safety, the team that was awarded the 2 points will automatically gain possession at their own 14 yard line (no kickoffs).

XI. MERCY RULE
   A. If a team is ahead by 19 or more points, the clock will not stop in the two minute stoppage time. The same rule applies if a team scores inside of 2 minutes with this differential. If a team brings the score within 18 points, the clock will be stopped at the designated instances (see Playing Time).

XII. OVERTIME
   A. Overtime will begin with a “coin toss” by the referee and the team managers. The winner will have choice of:
      1. Offense or defense
      2. Direction during the overtime
   B. Each team will receive one possession from the 10 yard line. If the score is still tied, the overtime procedure will repeat in an alternating possession manner until a winner is declared. Exception: A game called for darkness will result in a tie.
   C. Both teams will go the same direction in the overtime.
   D. If the defense intercepts a pass a dead ball will be declared.
   E. Teams will alternate who is on offense first each overtime period.
   F. There will be no time-outs in overtime.

XIII. RULE CLARIFICATIONS
   A. There is no contact allowed in Flag Football.
      1. **Blocking as seen in tackle football is not permitted. Only screen blocking is allowed, which is similar to setting a screen in basketball.**
      2. When de-flagging a runner, the defense may not stop the runner’s forward progress by holding their clothing or any other part of their body. This is a holding penalty.
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3. The runner may not use his/her arms or the ball to protect their flags. This is flag guarding and is a 10 yard penalty.
4. All other contact is called on an advantage/disadvantage basis. If the contact gains a player an advantage in the play, it is a penalty.
5. Hurdling or jumping over another player is prohibited.
6. Diving is permitted as long as no contact is initiated.
7. Attempting to steal, punch, or strip the ball from a player is illegal.
   B. If a flag belt falls off a player with the ball, without contact from the opposing team, the player will be called down when touched with one hand between the shoulder and the knee by an opposing player.
   C. There are no fumbles in flag football. Once the ball hits the ground it is dead.

XIV. CONDUCT
   A. The Intramural Sports program promotes positive sportsmanship at all contests and activities. Unsportsmanlike conduct includes actions which are unbecoming to an ethical, fair, and honorable individual. It consists of acts of deceit, disrespect, or vulgarity and includes taunting.

XV. EJECTIONS
   A. Any player ejected from a game will be immediately suspended from participating in all Intramural Sports activities. The ejected player must then make an appointment with the Coordinator of Intramural Sports and Sport Coordinator to determine the length of suspension and any other sanctions. The following actions can result in ejections from Intramural Flag Football:
      1. Tied flag belt
      2. Improper language
      3. Unsporting conduct
      4. Unnecessary roughness

CO-REC MODIFICATIONS

I. PLAYERS
   A. Each team will consist of eight players, four men and four women. A team must have at least six players, three of each gender to start and finish a game. If they play with seven players, they can have any 4-3 combination of players.

II. BALL CARRIERS
   A. There are no rules on ball advancement through the line of scrimmage for men or women.

III. PASSING GAME
   A. There are no gender specific rules in regards to passing.

IV. SCORING
   A. Scoring for men and women will be the same. A touch-down will be worth six (6) points.
   B. Point after touchdown; one (1) point from the 3 yard line, two (2) points from the 10 yard line, or three (3) points from the 20 yard line.
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V. MERCY RULE
   A. If a team is ahead by 19 or more points, the clock will not stop in the two minute stoppage times. The same rule applies if a team scores inside of 2 minutes with this differential. If a team brings the score within 19 points, the clock will be stopped at the designated instances (see Playing Time).

   All other NIRSA Intramural Sport Policies and Flag Football Rules will apply.