

Department of Recreational Sports
Intramural Sports

Stadium Flag Football Rules

I. GOVERNING RULES

The National Intramural and Recreational Sports Association Flag Football Rules will apply in all situations, 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/Affiliates 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 is required. Exposed hoods or pockets on hoodies are not allowed.**
- B. Teams must be wearing the appropriate color uniforms that are indicated on the game schedule.
- 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 belt loops or pockets. 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.
- G. Metal, ceramic, screw in, or detachable cleats are illegal. Athletic, closed toe shoes must also be worn. 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 still material.
- I. No braces or supports that may cause other players harm will be permitted.
- J. Teams must provide their own game ball. For Men's Leagues, regular size footballs must be used. For Women's and Co-Rec Leagues, regular, intermediate, junior, or youth may be used.

IV. PLAYING FIELD

- A. The playing field is 50 yards wide and 40 yards long, plus 10 yard end zones.
- B. Two games will be played simultaneously on each half of the field.

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 tournament staff on duty before each game to verify their team's roster.
- C. Team managers will meet with the officials prior to game time.

VI. GAME TIME

- A. Game time listed on the schedule is the official game time.
- B. Officials will keep track of the game time by using a count down timer.
- C. Eight players may be on the field at one time. A minimum of six players must be on the field ready for play at game time; otherwise, a forfeit will be awarded to the opposing team. A score

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of 21-0 will be recorded for a forfeit.

IV. PLAYING TIME

- A. The game will consist of two 16-minute halves.
- B. Three minute intermission between each half.
- C. Teams will have 25 seconds from the “ready to play” whistle to snap the ball. Failure to do so will result in a delay of game penalty.
- D. The clock will stop only during the last two minutes of the game, if mercy rule is not in effect.
- E. In the last two minutes of the game, time will be stopped according to NIRSA Flag Football timing rules. This includes an incomplete pass, out of 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.
- F. Substitutions: Players may substitute on any dead ball.
- G. Game Over: At the completion of the game, each manager must sign the score sheets.

VII. TIME-OUTS

- A. Each team is allowed one 1-minute time-out per half. They are not cumulative.
- B. One 30-second time-out will be allowed during an overtime period.
- C. The game clock will stop during time-outs.

VIII. SCRIMMAGE LINE

- A. Eight players per team (minimum of 6 needed to start).
- B. Offense must have 5 players on the line of scrimmage.
- C. Defense must line up 1 yard from the ball.
- D. Snaps must be taken in the shotgun position (at least two yards) and the ball must be snapped between or to the side of the center’s legs for all plays.
- E. Only one offensive player may be in motion, but not in motion toward the line of scrimmage at the snap.
- 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 be 5 yards from the sideline at the time the ball is snapped.
- 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. GENERAL RULES

- A. All possessions will start from the northern (southern) 40-yard line moving toward the north (south) goal line (See “Interceptions” for exception).
- B. Running, passing, and place-kicking will all be legitimate forms of scoring.
- C. Safe Zone
 - 1. Defined as the area between the 45-yard line and the 50-yard line.
 - 2. Ball carriers may not go past the back of the Safe Zone. Violations will result in a turnover and the defensive team will get possession at the 40-yard line.
 - 3. Any play ending in the Safe Zone will result in a turnover and the defensive team will get possession at the 40-yard line.
 - 4. Enforcement of penalties shall not move a team past their 45-yard line.
- D. The offensive team will have four (4) downs to reach the 20-yard line. If this occurs, they will receive an additional four (4) downs to score.

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- E. If the offense has not reached the 20-yard line or goal line and they have at least one down remaining, they may choose to kick a field goal (See "Kicking Game").
- F. If a team has not reached the 20-yard line or goal line and have no downs remaining, the defense will receive possession on the 40-yard line.

X. KICKING GAME

- A. There are no kick offs. All possessions to start each half, after Safe Zone violations, after a turnover on downs, and after touchdowns will begin at the 40-yard line.
- B. There will be no punts.
- C. PAT
 - 1. PAT's can only be attempted after a touchdown has been scored.
 - 2. The ball will be placed on the 3-yard line and must be kicked within five (5) seconds of the snap. Exceeding the time limit will constitute a "no-good" try.
- D. Field Goals
 - 1. Field goals may be attempted given the offense has at least one down remaining in their possession.
 - 2. Field goals will be place kicked.
 - 3. There shall be no rush on a field goal attempt.
 - 4. All offensive players (excluding the center) must go down on one knee or clear out towards the sidelines.
 - 5. The center must snap the ball between or to the side of his/her legs and must travel a minimum of five (5) yards before it is placed for the attempt.
 - 6. If the field goal is not attempted for any reason (i.e. bad snap), there will be a loss of down. If the offense has more downs remaining, then another field goal may be attempted.
 - 7. In the case of a bad snap, the ball will be placed at the spot where the snap touches the ground.

XI. PASSING

- A. A forward pass may be made from any point behind the line of scrimmage. Handing off the ball will not be considered a forward pass.
- B. At least one foot must be in bounds for a pass to be complete.
- C. Simultaneous catch: If a legal forward pass is caught simultaneously by members of opposing teams, then the ball becomes dead and the possession remains with the offense.
- D. Pass Interference will be called in the following situations:
 - 1. During a legal forward pass, contact which interferes with an eligible receiver.
 - 2. An eligible receiver is de-flagged prior to touching the ball.
 - 3. Pass interference will not be called if two or more eligible receivers make a simultaneous and bona fide attempt to reach, catch, or bat a pass.
- E. Interceptions
 - 1. If the defensive team intercepts a pass and returns it past the 45-yard line, they are awarded possession of the ball at the 20-yard line with four downs to score.
 - 2. No points are awarded for a returned interception.
 - 3. If a team does not return the interception, they will be given possession at the 40-yard line.

XII. SCORING

- A. Touchdowns are 6 points
- B. Points After Touchdown:

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1. 1 point - The ball will be placed on the 3-yard line and must be kicked within five (5) seconds of the snap and pass between the goal posts. Exceeding the time limit will constitute a “no-good” try.
 2. 2 points – The ball will be placed on the 10 yard line and must cross the goal line on a pass or run.
- C. If the defense intercepts on the try, they will receive possession at the 40-yard line, unless they return it past the 45-yard line, in which they are awarded possession of the ball at the 20-yard line with four downs to score.

XIII. OVERTIME

- A. Each team will receive one possession from the 10 yard line. If the score is still tied, the overtime procedure will repeat until there is a winner.
- B. If the defense intercepts a pass and has already scored, the game is over.

XIV. MERCY RULE

- A. If a team is 17 or more points ahead when the referee announces the two-minute warning for the second half, the clock will not stop. The same rule applies if a team scores inside of 2 minutes with this differential. If a team brings the score within 16 points, the clock will begin stopping.

XV. COMMON RULE MISINTERPRETATIONS

- 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.
 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.
- 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 touches the ground it is dead.

XVI. 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.

XVII. 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. Improper language
 2. Unsporting conduct

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