University of Oregon
Intramural Sports

Flag Football Rules

NIRSA Flag Football rules will govern play except for the following Intramural Sports modifications:

The Game
1. Two teams of seven players (all pass eligible)
2. Minimum to start is five (COED minimum five as long as at least two of each gender is on the field at all times)
3. COED must play one half with 4:3 ratio and one half with a 3:4 ratio of men:women.
4. 20 minute halves
5. The clock does not stop until the last two minutes of the second half provided the score is less than 19 points
6. During 'stop time' the clock will stop when:
   a. a player goes out of bounds
   b. incomplete passes
   c. scores (including point after touchdown)
   d. all timeouts
   e. penalties
   f. first downs until the ball is set
7. Three 1-minute timeouts per game. Timeouts will stop the clock at any time.

Eligibility
1. Current UO students; faculty and staff; spouses of students, faculty, and staff members
2. EVERY PLAYER MUST BE ON THE ROSTER PRIOR TO 8:00 A.M. THE DAY OF THEIR GAME (or 8:00 A.M. FRIDAY IF THEY PLAY ON A SUNDAY)
3. Players must bring a valid UO ID to EVERY game
4. NO ID = NO PLAY, NO EXCEPTIONS!
5. Current Varsity football players are not eligible
6. Varsity football players are not eligible to participate in their respective or alike intramural sport, activity or event until a period of one year has passed following completion of all activities for the Department of Athletics. After the period has passed, former intercollegiate athletes must participate at the highest level of competition offered in their respective sport.
7. Professional athletes, current or former, may not participate in their respective or alike sport, activity or event. A professional athlete is defined as a person who has been paid to participate in a sport, under contract with a professional team, included on a professional team roster, practiced with a professional team or compensated for trying out for a team.

Equipment
1. NO JEWELRY IS PERMITTED DURING PLAY!
2. Pockets in shorts or pants are NOT permitted.
3. Teams must provide a game ball. Men’s leagues must use regulation size ball, women’s and coed can use regulation, intermediate, youth or junior size ball.
4. Flags will be provided
5. Proper footwear and attire is mandatory (cleats shall not contain any metal)
6. Articles that may endanger other players not permitted (jewelry, plaster casts, etc.)
7. Eye glasses are NOT permitted; Contact lenses or protective goggles are highly recommended. Only shatterproof glasses may be worn and must have a connecting strap.
8. Shirts must be tucked in at all times to avoid flag interference
9. Towels are not to be worn in the waist band of pants or shorts.
10. No hard-billed hats or hoods permitted.

Scoring
1. Touchdowns are worth six points
2. Point after touchdown:
   a. One point from the three-yard line
   b. Two points from the 10-yard line
   c. Three points from the 20-yard line
3. An interception by the defense on a PAT is DEAD.
4. Safety is worth two points
5. No field goals
6. All ties stand at the end of regular season games
7. PLAYOFFS: if tied at the end of regulation each team will alternate starting from the 20 and have four downs to score until a winner is determined
**The Try**

1. Following a touchdown, the scoring team’s captain must announce what points they will be attempting to gain—one, two, or three points. The official will announce this to the defending team.
2. The offensive team may ONLY change their decision when a timeout is taken by either team.
3. If, during the try, a loss of down penalty is given on the offense, then there is no score and no replay.
4. If there is a foul on the defense during a successful try, the penalty will be enforced from the 14-yard line once the change of possession has occurred.
5. If a double foul occurs, the down will be replayed.

**Safety occurs when:**

1. A runner carries the ball into their own end zone, and it becomes dead while in their possession—they become de-flagged, step out of bounds, or drop the ball.
2. A player on the offense commits any foul for which the penalty is accepted and the measurement is from a spot in their end zone.
3. After a safety, the ball will be snapped by the scoring team at their own 14-yard line (unless moved by penalty).

**Playing Field**

1. Fields are divided into four ZONES TO GAIN that are 20 yards long
2. Teams have four downs to gain NEXT zone to gain
3. Endzones are 10 yards

**Play**

1. There are no kickoffs. Beginning of the game, half, after scores, or safeties the ball is put into play on the receiving team’s 14-yard line
2. There is a 25-second play clock once the referee has put the ball in play and blown the “ready for play” whistle
3. Offense must have at least one player on the line of scrimmage at the time of the snap
4. A snap must be made from the ground (not the cone) in one continuous motion
5. Teams must line up outside the neutral zone (one yard between line of scrimmage and defense)
6. Fumbles are dead where they hit the ground
7. Ball is dead if ball carrier (excluding hand or foot) touches ground
8. Any lateral or backwards passes are dead at the spot where they hit the ground
9. Ball carrier is downed by one-hand tag between shoulder and knee if the flag belt is inadvertently lost
10. Teams are awarded one legal forward pass per down

**Punts**

1. Punts may be attempted on any down but they must be declared (no fake punts)
2. Snap must be made
3. No defensive restrictions on the line
4. No penetration of line of scrimmage is allowed until the ball is kicked
5. Ball is only dead if the punt is muffed, touches the ground in the end zone, or touched by the kicking team first
6. Participant receiving the punt may advance the ball off the ground as long as it hasn’t touched anyone
7. The receiver must have the opportunity to catch the ball

**Dead Ball Penalties**

**False Start** | Penalty: five yards
Offensive players may not enter the neutral zone or simulate the start of a play prior to the ball being snapped. Doing so will result in the play being blown dead by the officials.

**Illegal Snap** | Penalty: five yards
A player must make one continuous motion to snap the ball from the ground to the person receiving the snap.

**Encroachment** | Penalty: five yards
Defensive players may not enter the neutral zone prior to the ball being snapped. Doing so will result in the play being blown dead by the officials

**Delay of Game** | Penalty: five yards
Offense has a 25-second play clock that starts once the referee blows the ready-for-play whistle
**Unsportsmanlike Conduct** | Penalty: 10 yards—disqualification if flagrant
- Abusive or insulting language
- Unfair play
- Excessive celebration
- Fighting
- Spiking the ball

**Live Ball Penalties**

**Illegal Motion** | Penalty: five yards
A player may be in motion, but not moving towards the line of scrimmage at the time of the snap.

**Illegal Substitution** | Penalty: five yards
Offense may only have seven players on the field at the time of the snap. Failure to substitute in and out legally prior to the ball being snapped will be a live ball, five-yard penalty.

**Illegal Shift** | Penalty: five yards
There can be no more than one person shifting or moving at once.

**Illegal Participation** | Penalty: 10 yards
A player may not go out of bounds to gain an advantage on a defender, come back in bounds and be the first to touch the ball.

**Roughing Passer** | Penalty: 10 yards and automatic first down—disqualification if flagrant
Defense must make definite effort to avoid charging the passer after the ball is thrown. Any contact with the throwing arm or body is roughing the passer.

**Illegal Equipment** | Penalty: 10 yards
Players are required to have proper, legal equipment prior to the snap and the ball becoming live. Examples would be having jewelry, having pockets or a hood.

**Illegally Secured Flag Belt** | Penalty: 10 yards and ejection
A participant must not tamper with the flag belt and have it tied to prevent the removal by the defense. This would include tying or looping the clip so that it makes it more difficult for participants to pull the flag belt.

**Flag Guarding (Stiff Arm)** | Penalty: 10 yards from the spot of foul
Ball carrier may not use hands or arms to guard flags and may not stiff arm.

**Holding** | Penalty: 10 yards added to end of run
Defender may not hold an opponent by contact or with their clothing to gain an advantage to de-flag the runner.

**Illegal Contact** | Penalty: 10 yards
Participant may not use excessive contact to gain an advantage.

**Defensive Pass Interference** | Penalty: 10 yards
Note: De-flagging a receiver prior to the receiver catching the ball is pass interference
Note: “Face-Guarding” a potential receiver is also pass interference

**Offensive Pass Interference** | Penalty: 10 yards

**Substitutions**
1. Unlimited substitutions on a dead ball

**Mercy Rule:**
1. If a team is ahead by 19 or more points when the two-minute warning is announced in the second half, then the game is over. If a team scores in the last two-minutes of the second half and that score results in a point differential of 19 or more points, then the game is over.

**Sports Code**
1. All participants and spectators are governed by the SPORTS CODE available in 102 Esslinger
2. Only captains may address officials
3. Team captains are responsible for their sidelines and spectators.
4. Negative consequences for the team may result as a direct reaction to spectators’ behaviors

NO alcoholic beverages are permitted on university property
PROTESTS
Protests can only be made based on rule misinterpretation by the Intramural Sports Staff at the time of the incident (you cannot protest a rule misinterpretation after the game is over). A time-out must be called, and a protest requested to the officials must be made by the captain of the team. If the staff was incorrect, you will not lose the time-out. Protests based solely on a decision involving the accuracy of judgement on the part of an official will not be considered. Protests involving player eligibility will also be considered.

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