



## Flag Football Rules

### Men's and Women's Rules

1. All rules in the Intramural Policies and Procedures Handbook shall supercede the following rules should a conflict between the two arise. The Intramural Program Advisor will make the final determination on all rules interpretations. Campus Recreation reserves the right to add, delete, and revise rules periodically to insure fair play for all involved.
2. All Rules not covered below shall be found in the National Collegiate Flag and Touch Football Rules.
3. All participants are required to bring a valid WVU identification card to all contests. Failure to do so will result in that player being unable to participate in that contest.
4. All players who are expected to compete throughout the course of the game must have their name on the score sheet, these need to be turned into the intramurals office 24 hours prior to the competition that this player will compete. Except when the contest falls on Sunday or Monday, then the form must be turned in by 11 am the previous Friday. If this is not done the player will not be able to compete in the contest.
5. No pets are permitted on university property.
6. No alcoholic beverages are permitted. Any participant who is under the influence of alcohol will be asked to leave the premises.
7. Participants must meet all other eligibility requirements stated in the Policies and Procedures Handbook.
8. The officials' and supervisors' authority and jurisdiction will be in effect in and around the field of play.
9. Any captain, player, or spectator ejected from a game for conduct reasons will be suspended for at least one game and must follow the ejection procedures listed in the Policies and Procedure Handbook. The captain's ejection policy shall be in effect for all contests. Any player or spectator ejected from a contest after their captain has received a warning to control his team's and/pr spectator's actions shall result in the captain also being ejected for the remainder of the contest. According to the captains' ejection policy, for each player ejected, the team must play a player shorthanded. The captain may be replaced on the field, unless he/she has been ejected for his/her own conduct, rather than those of his/her players or and/or spectators.
10. No teams are permitted to wear black jerseys. Teams are asked to wear jerseys of the same color. If it is judged that too many different jersey colors are creating confusions, one team may be required to wear pennies provided by Campus Recreation.
11. Teams should bring their own ball.
12. A mouthpiece is suggested, but not required.

13. All players must wear gym shoes or molded rubber cleats. No street shoes, bare feet, sandals, metal or posted cleats will be allowed.
14. No player may wear a towel.
15. No player may wear jewelry including, but not limited to watches, bracelets, necklaces, earrings, and various body rings.
16. Each player must begin each play wearing one flag belt. The flag belt must be clipped in the front and must have one flag each dangling from the left side, right side, and back. Any player not wearing a flag belt at the time the ball is snapped shall be flagged for an illegal participation penalty. Any player who continues to wear the flag belt incorrectly after being warned shall be flagged for an illegal participation penalty. And player caught with a flag belt that is tied in any fashion shall be ejected and an illegal participation penalty will be enforced. The player may be replaced on the field. Substitutes shall not be granted and extra time to receive flag belts from teammates coming off the field.
17. Free substitutions are allowed after each play.
18. All shirts, jackets, jerseys, and other clothing must be tucked completely in the pants.
19. Teams are required to be signed in before a game time. Once game time has arrived and a team does not have a sufficient number of eligible players, the game shall be forfeited. Teams are allowed a limitless number of players, but must have six players to start men and women's games. Seven are allowed on the field at one time. Any team may finish a game with less than the required number of players.
20. The captains shall meet the officials before each game. A coin toss will occur. The winner of this toss has the following options: (1) elect to take the ball to start the first half. (2) Elect to play defense to start the first half. (3) Elect to defend a particular goal in the first half. (4) Defer choice to the second half. The other team shall then take the remaining option. To begin the second half, whichever team has the right to first choice will choose to take the ball, play defense or defend a particular goal. The other team shall then take the remaining option. ***Special notes: 1) Teams are not required to switch the directions to start the second half; 2) If the team winning the coin toss chooses to play defense to start the first half in stead of choosing to defer, that team will lose its right to first choice in the second half.***
21. All games consist of two 20-minute halves. Halftime shall last three minutes. The clock will only stop in the first 38 minutes for officials and team timeouts. A two-minute warning will be given at the two-minute mark of the second half only. This break shall last 30 seconds. Inside the last two minutes, the clock will stop on official and team timeouts, accepted and declined penalties incomplection, out-of-bounds violations, changes in possession, and scores. The clock will not run on any one or two point conversion attempts in the last two minutes. The clock will continue to run on all fumbles, unless a change of possession occurs. The offense shall be allowed to attempt conversions with no time left on the game clock if they scored a touchdown on the last play of either half. The offense has the right to extend a half by one play if a defense penalty occurred on the last play of the half. The clock will be stopped and not restarted until the next snap if a team is deemed to be illegally wasting time.

22. Teams shall be granted two 30-second timeouts per contest. Officials will notify teams of timeouts remaining for the game once a team has called a timeout. The clock shall continue to run if a team attempts to call a third timeout in a game. Playoff overtime rules can be found in a later section.
23. Regular season games ending in a tie shall remain a tie.
24. All teams are required to provide a scorekeeper, whether it it's a player or spectator. Both teams shall over see the process of scorekeeping in whatever manner they see fit. The official score sheet will be checked at halftime and at the conclusion of regulation and each playoff over time period. Of it is found that a team neglected to write adown any or all scores on the score sheet, those points will be lost. Captains are ultimately responsible for making sure of proper scorekeeping.
25. The ball shall be placed on the 14-yard line to begin a half, touchback, after a safety, and after every touchdown, unless a dead ball penalty is enforced.
26. Once the signal has been given to start a play, the offense shall have 25 seconds in which to snap the ball. Failure to do so will result in a delay of game penalty. A delay of game penalty by the same team on consecutive plays in the same possession will result in a 10-yard penalty and a loss of down.
27. There shall be two lines of scrimmage, one for the offense and one for the defense. A disc or other object shall mark these lines, with one yard in between each object. No player may go beyond their respective line of scrimmage with any body part once the official has signaled that the lines are in good standing. Failure to adhere to this rule will result in a false start or encroaching penalty. Teams may cross the lines of scrimmage without penalty before the official has signaled the line is good.
28. The offense is required to have at least four players on the line of scrimmage. Of the ball is snapped before at least four players are deemed to be on the line, an illegal procedure penalty fall be assessed. Should a team have more than four players on the line of scrimmage, they can send one or more players in motion, so long as the following rules are adhered to: (1) The team must maintain at least four players on the line at all times after the line is signaled good. (2) The team may not have tow or more players in motion at the time the ball is snapped. (3) All players in motion must be at least 3 yards behind the line of scrimmage at the time of the snap.
29. The center is not required to snap the ball between his/her legs. However, the snap must be made in one continuous motion, starting with the ball on the ground.
30. The individuals receiving the snap must be at least tow yards behind the line of scrimmage. Failure will result in an illegal formation penalty.
31. No offensive player may be going in forward motion at the time of the snap. An illegal motion penalty will occur.
32. All players on offense and defense must be within 15 yards of the play at the time of the snap. Failure will result in an illegal participations penalty.
33. If two members of the offense huddle, all members are required to huddle. Failure will result in an illegal procedure penalty.
34. Once the huddle is broken, no players are allowed to enter the field for either team. If the offense chooses not to huddle, then no player may enter the field after

- the lines are signaled good. All players must be at least five yards in from the sidelines at the time of the snap. Failure will result in an illegal participation penalty.
35. Once the ball is snapped, all players are allowed to go anywhere in-bounds.
  36. Any snap, lateral, or dropped ball, which touches the ground, is dead at that point. The point at which it touches the ground shall be the line of scrimmage for the next play. If a team fumbles a ball in or out of its own end zone, a safety shall result. If a team fumbles a ball in or out of its opponent's end zone, a touch back will result.
  37. Every member of the team in men and women's contests is eligible to catch a forward pass.
  38. No more than one forward pass may be thrown on one play, regardless of the position of catches. Failure will result in an illegal forward pass penalty.
  39. The location of the passer's foot at the time a forward pass is released will determine whether an illegal forward pass occurred.
  40. No player may go out of bounds under their own control; come back in, and be the first player to touch the forward pass. Failure will result in an illegal touching penalty.
  41. Players only need to come down with one foot in bounds to legally catch a pass.
  42. The only style of blocking allowed is screen blocking. Screen blocking is defined as legally obstructing an opponent without contacting him/ her with any part of the screen blocker's body. Hands must be placed with behind the back, across the chest, or directly in front of the body. Hands must maintain contact with the body. Elbows may **not** be outstretched. Hips, legs, and other body parts may not be used to obstruct the opponent. The blocker must remain in an upright position. Failure will result in an illegal hands or arms or illegal contact penalty.
  43. At no point may a player use their hands, arms, or any body part to initiate contact that gives them an advantage over an opponent. Failure will result in an illegal contact or illegal hands or arms penalty or similar foul.
  44. Tackling an opponent will result in an ejection. This is considered a conduct ejection.
  45. Deflagging of an opponent is only legal when the opponent has possession of the ball at the time of the deflagging attempt. Failure will result in pass interference or unsportsmanlike conduct penalty. Holding of any body part or article of clothing may not occur in the deflagging process. Failure will result in a holding penalty. If a ball carrier's flag belt has inadvertently fallen to the ground during the play, he shall be considered deflagged when an opponent touches the carrier with one hand between the shoulders and knees.
  46. A ball carrier may not hurdle or leap in an attempt to avoid being deflagged. Failure will result in a hurdling penalty. Ball carriers are allowed to dive. The ball carrier may not use any part of his/her body or the ball itself to obstruct the flag from the grasps of a defender. Failure will result in a flag-guarding penalty. The ball carrier may not lower his/her head in an attempt to run over an opponent. Failure will result in an illegal contact penalty.

47. No defender may strip the ball carrier of the ball or touch the ball in any manner while the ball carrier has full possession. Failure will result in an illegal touching or illegal striking penalty.
48. The passer may not be touched in any manner while attempting a pass or on the follow-through motion. Failure will result in a roughing the passer penalty.
49. Teams will be given four downs in which to gain enough yardages to score a touchdown or give them a new series of downs.
50. The offense has the responsibility of bringing the ball back to the line of scrimmage following each play.
51. When a team scores a touchdown, they have the option of attempting a one, two, or three point conversion. A one-point attempt shall be taken from the three-yard line. A two-point attempt shall be taken from the ten-yard line. A three-point conversion shall be taken from the twenty-yard line. Once the ball has been signaled ready for play on a conversion attempt, it cannot be changed to another point value unless the offense is charged with a timeout. If a penalty occurs on a conversion attempt and must be replayed, the point value cannot be changed. The team captain's decision shall be the official decision. All conversion attempts (1, 2 or 3 points) can be returned by the defense into the other end zone for two points. All dead ball penalties assessed in between the touchdown and conversion attempt, during the conversion attempt process, or following the attempt shall be enforced at the start of the next possession.
52. Whether a team elects to punt on any down, the location of the line of scrimmage will determine where the ball will be placed after the punt. If the offense has the ball inside their own 15-yard line, the defense will take possession at midfield. If the offense has the ball at or outside their own 15-yard line, the defense will take possession at its own 15-yard line.
53. There shall be a mercy rule in effect for all regular season contests and specific playoff contests. If a team is leading by 25 or more points with 10 minutes or less remaining, the game will be stopped. If a team is leading by 17 points or more with 2 minutes or less remaining, the game will be stopped. **Exception:** If the team is jeopardy of losing via mercy rule has possession at the time that one of the mercy rules go into effect, and the possession grants them a change to come under the deficit needed to continue the contest, that team shall be allowed to complete their possession. If their possession results in bringing the margin of points close enough to avoid the mercy rule, than the game shall proceed until time expires or until the margin is no longer close to avoid a mercy ruling rule, which ever come first.
54. Should an inadvertent whistle be blown, the team with possession of the ball at the time the whistle shall have the following options: (1) replay the down (2) place the ball at the spot where it was blown dead and proceed with the next down (all penalties flagged on the play would still apply)
55. If a player is bleeding, the game must be stopped and the wound must be covered. All clothing covered in blood must be cleaned or removed. The player must sit out at least one full play after he/she leaves the game before being allowed back in. An injured player must sit out at least one full play id the game must be halted to attend to them.

56. The following shall be considered 5-yard dead ball penalties:  
False start, encroachment, delays of game, illegal motion, illegal formation, illegal procedure, and illegal participation.
- The following shall be considered a 10-yard dead ball penalty:  
Dead ball unsportsmanlike conduct (which also brings an automatic first down if on the defense.)
- The following shall be considered 5-yard live ball penalties:  
Illegal forward pass (which also brings a loss of down), intentional grounding (which also brings a loss of down)
- The following shall be considered 10-yard live ball penalties:  
Offensive pass interference (which also brings a loss of down), defensive pass interference (which also brings an automatic first down), holding, illegal block, illegal use of hands or arms, illegal contact, hurdling, clipping, unnecessary roughness, flag guarding, roughing the passer (which also brings an automatic first down), live ball unsportsmanlike conduct (which also brings an automatic first down if on the defense), tripping, tackling.

Any roughing the passer penalty will be tacked on the end of the play or taken from the line of scrimmage, whichever benefits the offense. **Exception:** The offense may choose to have the roughing the passer penalty enforced from the line of scrimmage if the play resulted in a touchdown. Roughing the passer penalties cannot be applied to the try or the next possession.

Any live ball penalty committed on a ball carrier will be enforced from the spot of the foul.

Any penalty committed by the offense at any time shall be enforced from the spot of the foul. **Exception:** If a penalty occurred further downfield than the point where the play was whistled dead, the penalty shall be enforced from the end of the run.

Any defense live ball unsportsmanlike conduct penalty shall be tacked on to the end of the play.

When both teams commit at least one live ball penalty on a play, the ball will be brought back to the previous line of scrimmage and the down replayed.

57. Teams are required to average a sportsmanship rating of 3 in the regular season in addition to having a sufficient won-loss record in order to qualify for the playoffs. Once in the playoffs teams must finish each game with at least a 3-sportsmanship rating to advance to the next round. Teams must earn a 3 sportsmanship rating in the championship game to win the championship. See the Policy and Procedure handbook for more information on sportsmanship ratings.

58. Playoff rules are as followed:

The mercy rule may be wavered in specific playoff contests. Teams will be made aware prior to each contest whether the mercy rule is still in effect.

Each team needs at least a 3-sportsmanship rating in each playoff game to advance to the next round, or win the championship.

Overtime will only take place in the playoffs. Overtime rules are as follows:

There is no game clock, but the play clock is still in effect.

A coin flip shall take place at the beginning of each odd numbered overtime period. The team that wins the coin flip has the following options: (1) Start the first overtime on offense, (2) Start the first overtime on defense, or (3) Play the entire first overtime on a particular half of the field. The team that loses the coin toss will take the remaining option. No team can defer their choice to an even numbered overtime.

An overtime period is defined as a period in which each team gets a least one series of downs in which to score. **Exception:** If the team getting the ball first is intercepted and the defense returns the ball for a touchdown, or if any team is charged with a safety, the game is over.

Each team will receive one timeout per overtime period. Timeouts *will not* carry over from regulation to overtime or from overtime period to overtime period.

The team taking the ball first will get the ball at the 10-yard line. They will continue to have possession of the ball until they score a touchdown or turn the ball over.

After a touchdown, the offense will have the option of attempting a one, two, or three point conversion. They shall retain this right throughout all overtime periods.

After the first team finishes their possession, the second team will take over at the same 10-yard line and attempt to score the same amount of points or more points than the opposition.

If the game remains tied after an odd numbered overtime, the even numbered overtimes will begin as follows:

The team that did not choose the order of possession in the odd-numbered overtime will choose the order of possession in the even-numbered overtime. The team that did not choose the side of the field for the odd-numbered overtime will choose the side of the field for the even-numbered overtime. Play will then proceed as normal.

Teams are still responsible for keeping score as in regulation. The score sheet will be checked after each overtime and points will be forfeited if not marked down on the sheet.

This process will continue until a winner is determined.

### **Co-Rec Rules:**

1. All rules for men and women's contests will apply to co-rec contest except for the following.
  - Co-Rec teams consist of 8 players (4 males and 4 females).
  - A team may start the game with 7 players (3 women and 4 men or 4 women and 3 men).
2. The following are definitions of open and closed plays:

An open play is one in which all players are eligible to catch a forward pass.  
A closed play is one in which a male receiver may not catch a forward pass thrown from a male passer.

3. The passer shall be defined as the first person to throw a forward pass on a play. The receiver shall be defined as the first person to demonstrate possession of a pass.
4. AT the start of a team's possession, the play shall be open. All plays after the first play shall be open until there is a legal forward pass completed from a male passer to a male receiver for positive yardage. The next play is then closed. The play will remain closed until there is a legal forward pass for positive yardage from a male passer to a female receiver, from a female passer to a male receiver, or from a female passer to a female receiver. **Exceptions:** plays on first down will always be open, regardless of how the offense obtains the first down.
5. If a live ball penalty occurs after a legal forward pass for positive yardage has been completed, and the enforcement of the penalty brings the offense back behind the previous line of scrimmage, the next play will be played under the open/closed status of the previous play.
6. If a touchdown was scored on a play where there was completion from a male passer to a male receiver, the conversion attempt will be closed.
7. A male offensive player may not possess the ball behind or at the line of scrimmage and then advance the ball beyond the line of scrimmage. Failure will result in an illegal procedure penalty.
8. Any touchdown scored by a female is worth 9 points.