

Men's and CoRec Flag Football Rules

Season League

Games are played at Alpine Turf Field

Number of Players: 4 vs. 4

MAXIMUM OF 8 PLAYERS ON A ROSTER

OFFICIAL'S DISCRETION: a. Officials will have the discretion to rule on any situation not specifically mentioned in this rulebook. These rulings are not subject to protest or appeal and shall be considered final

1. GOVERNING RULES

- a. Situations not specifically covered or implied by these rules shall be governed by the 2021-2022 NIRSA Flag Football Rules Handbook except where a special University of Colorado Colorado Springs Intramural Sports rule applies.

2. ELIGIBILITY

- a. All Participants must be either students registered at the University of Colorado Colorado Springs or Faculty/Staff/Affiliate with a Recreational Sports Membership.

3. PREGAME

- a. All participants will need to bring their ID card to sign in for their game.
- b. Team managers must fill out jersey numbers of players participating in that night's game. If a player is not currently printed on the score sheet, the player must see a supervisor to gain approval before playing. Players will need their ID to be added.
- c. Team captains will take part in meeting with the officials prior to game time.
- d. Team jerseys may be checked out at Equipment Issue.

4. GENERAL

- a. All participants **must** bring some form of identification to each game. Participants without proper identification will **not** be allowed to play. **Every player must sign in at least one time in order to be eligible for the playoffs.**
- b. **Intramural regulations and policies concerning eligibility are in effect.**
- c. **All** injuries must be reported to the supervisor on duty. IM supervisors are trained in first aid and CPR.

SPECIFIC GAME RULES AND SITUATIONS

1. NUMBER OF PLAYERS:

- a. Each team consists of 4 players. A team must have 3 players present to start and continue a game.
- b. CoRec games shall be played between 2 teams of 4 players, 2 men and 2 women.
 - i. Teams with 3 players shall be 2 men and 1 women or 2 women and 1 men.
 - ii. A minimum of 3 players must be present to start and continue a game.

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2. EQUIPMENT:

a. Game Ball

- i. The department will supply a game ball
- ii. A team captain, with the referee's approval, may choose to use a different ball.
- iii. Men's games will use the regular size football while Women's and CoRec games will use the regular, intermediate, or youth size.
- iv. The referee is the sole judge of any ball offered for play and may change the ball during play at his/her discretion.

b. Shoes

- i. Each player must wear athletic shoes.
- ii. Only rubber/plastic cleats are allowed.
 1. Rubber cleats with a metal tip will be accepted as long as the metal portion is determined to not be sharp or dangerous in any way.
- iii. NO completely metal cleats will be allowed.
 1. Penalty: Illegal Equipment – 3 yards, removal from the game until corrected

c. Tape

- i. Tape or bandages on the hand, wrist, forearm or elbow are prohibited except to protect an injury.

d. Blood Rule

- i. Players who sustain injury causing an open wound will be required to leave the game.
- ii. A player may not reenter the contest until the flow of bodily fluids is stopped and the wound covered.
- iii. Any clothing with blood on it must be changed before reentering the game.

e. Jewelry

- i. There will be no jewelry allowed during any contests.
 1. Penalty: Illegal Equipment – 3 yards

f. Jerseys

- i. Players of opposing teams must wear contrasting colored jerseys, without pockets, numbered on the front and/or rear. Players of the same team must wear jerseys with different number. If teams do not have numbered jerseys they must wear numbered pennies provided by intramural sports. The visiting team is responsible for avoidance of similarity color.

g. Pants/Shorts

- i. Each player must wear athletic style pants or shorts.
- ii. Shorts cannot have pockets or belt loops.

h. Headwear and Gloves

- i. Players may wear a knit or stocking cap, bandanas (without knots), and/or soft, pliable, non-abrasive gloves.
- ii. The cap must have no bill.
- iii. No hair clips made of hard material may be worn.

3. GAME PLAY:

a. Playing Time and Intermissions

- i. A game will consist of two halves.
- ii. Each half will consist of 18 minutes of running clock.
- iii. There will be a 3-minute halftime.

b. Possession Decision

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- i. Five minutes before the start of the game the Referee shall call captains to find a fair and simple solution to decide possession. (ex. rock paper scissors, coin flip, etc). All officials shall be present for the decision.
 - ii. The winning captain shall have a choice of options for the first half or shall defer their option to the second half. The options for each shall be:
 1. To choose whether their team will start on offense or defense.
 2. To choose the goal their team will defend. The captain, not having the first choice of options for a half, shall exercise the remaining option.
- c. **Two Minute Warning**
- i. Approximately 2 minutes before the end of the last half the referee shall stop the clock and inform both captains of the playing time remaining in the half.
 - ii. The clock starts on the snap.
- d. **Delay of Game**
- i. The ball must be put in play promptly and legally, and any action or infraction by either team which tends to prevent this is delay of the game.
 - ii. This includes:
 1. Consuming more than 25 seconds to put the ball in play after it is marked ready for play.
 2. Deliberately advancing the ball after it has been declared dead.
 3. A captain-referee conference after the permissible charged timeout has been used, during which the referee is requested to reconsider the application of a rule and no change results.
 4. The referee may order the game clock started or stopped whenever, in his/her opinion, either team is trying to conserve or consume playing time by tactics in his/her judgment to be unfair.
 - a. Penalty: Delay of Game - 3 yards from the previous spot of the ball.
- e. **Weather**
- i. If for any reason the game must be called before completion, it will be called official if one full half has been completed.
- f. **Timeouts**
- i. Each team is entitled to three charged timeouts per game.
 - ii. A charged timeout requested by any player will not exceed one minute.
 - iii. Each team WILL NOT receive an additional timeout in overtime.
- g. **Captain-Official Conference**
- i. When a team requests a charged timeout for a rule interpretation, the referee will confer with the team captain.
 - ii. If the referee changes his/her ruling, it is an official's timeout.
 - iii. If the ruling is not changed, it is a charged timeout.
 - iv. If the team has used its timeout, a delay of game penalty will be assessed.
- h. **Substitutions**
- i. No substitute may enter during a down.
 - ii. Between downs any number of eligible substitutes may replace players if the game is not delayed.
 - iii. **Illegal Substitutions**
 1. During a dead ball, no substitute may enter the game and leave before the next play or leave the game and reenter before the next play unless a dead ball foul occurs, there is a charged timeout, or the period ends.
 - a. Penalty: Illegal substitution - 3 yards.

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- iv. Substitutions in Uniform
 - 1. Each substitute must be in uniform, ready for play, with flags in position.
 - a. Penalty: Delay of game - 3 yards.
 - v. Using substitutes with an obvious attempt to confuse or deceive the opposing team is subject to an unsportsmanlike conduct penalty.
- i. **Series of Downs, Line to Gain**
 - i. Series
 - 1. A series of three consecutive scrimmage downs will be awarded to the team that puts the ball in play to start a half or after a change of possession.
 - ii. Putting the Ball into Play
 - 1. The ball shall be placed at the offensive team's 10-yard line to begin each half of a game and following an extra point(s), touchback or safety, unless moved by penalty.
 - iii. Yardage on Downs
 - 1. The field is divided into 20-yard zones. A team has three downs to move the ball from one zone to the next.
 - 2. A first down results when the ball is declared dead, any part of which is on or above the next zone line, and a live ball penalty does not bring the ball behind the first down zone.
 - 3. There will be no option to punt the ball on the last down or third down.
 - iv. Penalty Accepted
 - 1. If a penalty is accepted, the down will remain the same unless otherwise specified by the rules regarding penalty enforcement.
 - v. Penalty Declined
 - 1. If a penalty is declined, the number of the next down will follow as if that foul had not occurred.
- j. **Snapping the Ball**
 - i. Legal Snap
 - 1. There will be a snapper, the quarterback will signify the start of the play and the start of the quarterback 5 second count
 - ii. Players on the Line
 - 1. The offense must have 1 player on the line of scrimmage when the ball is snapped.
 - a. Penalty: Illegal procedure - 3 yards.
 - 2. Motion and Shift
 - a. One offensive player may be in motion, but not in motion toward the opponent's goal line at the time of the snap.
 - b. Other offensive players must be stationary in their positions without movement of the feet, body, head or arms.
 - c. All other offensive players must remain stationary at the time of the snap.
 - i. Penalty: Illegal shift - 3 yards.
- k. **Fumbles**
 - i. Spot
 - 1. When a player fumbles the ball, or if a snap hits the ground before being received, the ball is dead immediately at the spot where the ball hits the ground
 - ii. Fumble out of bounds

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1. A fumbled ball that goes out of bounds without hitting the ground remains in possession of the fumbling team where the ball went out of bounds.
- iii. Fumble in the end zone
 1. A fumble which becomes dead in the end zone is:
 - a. Declared a safety if it becomes dead in the end zone the fumbling team is defending.
Exception: If a team gains possession of the ball in the end zone and fumbles the ball without advancing the ball out of the end zone, it is a touchback and the fumbling team retains possession.

I. Passing the Ball

i. Pass clock

1. From the time the ball is snapped, a team will have 5 seconds to throw a forward pass (the stand counter will count).
2. After 5 seconds the play will be blown dead and a loss of down will result.

ii. Eligibility

1. All players except the passer are eligible to touch or catch a forward pass before an opponent has touched it.
2. A forward pass may be thrown provided the passer's arm is behind the offensive line of scrimmage when the pass is made.
3. Only one forward pass can be thrown per down.

iii. Simultaneous Catch

1. If members of opposing teams catch a legal forward pass simultaneously, the ball becomes dead and belongs to the team that put the ball in play.

iv. Completed Pass

1. A forward pass is completed when caught inbounds by a member of the passing team.
2. It is counted as a completion as long as the first part of the receiver makes contact with the ground after the catch touches inbounds.

v. Pass Interference

1. Pass interference is contact by a player that prevents an opponent the opportunity of receiving a catchable forward pass.
2. It is also pass interference if a receiver is de-flagged prior to touching the ball, or a player playing the opposing player instead of the pass.
 - a. Penalty: 5 yards from the previous spot; and loss of down (if committed by offense) or automatic first down (if committed by defense.)

Exception: If the contact is the result of two opponents making simultaneous, legitimate attempts to reach, catch or bat a pass, there is no foul. A player may not go through another player when making an attempt to catch the ball.

m. Rushing

i. Offensive Rushing

1. No offensive player may advance the ball beyond the offensive scrimmage line unless it has already been broken by a forward pass.

ii. Defensive Rushing

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1. No defensive player may advance past the neutral zone into the offensive zone unless a legal forward pass has been completed.
2. Defense may not pass the scrimmage line to rush the quarterback. Once the legal forward pass is completed defense may pursue.

n. Scoring

- i. Touchdown = 6 point (Male), 6 points (Female)
- ii. Touchdown Verification
 1. The player scoring the touchdown must raise his/her arms so the nearest official can de-flag the player.
 2. If the official determines that the flag belt has been secured illegally, the touchdown is disallowed and the player is disqualified.
 - a. Penalty: 5 yards from the previous spot and a loss of down.
- iii. Extra Point(s) = 1, 2 or 3
 1. An opportunity to score 1 point from the 3-yard line, 2 points from the 10-yard line or 3 points from the 20-yard line
 2. Once the team representative makes the choice, he/she may change the decision only by taking a charged timeout.
 3. A team's choice cannot be changed if a penalty should occur. Enforcement of yardage penalties does not change the value of the extra point(s).
 4. The point(s) will be awarded if the try for point results in what would have been a touchdown.
- iv. Defensive Score on Extra Point(s) = 2 Points
 1. On an extra point(s), if the defensive team legally gains possession and returns the ball across the offensive team's goal line, the defense will be awarded two points.
 2. Fouls that occur after the defense gains possession will be enforced from the succeeding spot.
 3. If there are offsetting fouls after defensive possession, the extra point(s) is not replayed.
- v. Safety = 2 Points
- vi. Overtime
 1. If scores are tied at the end of the second half, an overtime period will be played.
 2. A possession decision will determine the options.
 3. All overtime periods shall be played toward the same goal line.
 4. Procedure
 - a. Each team will be awarded ONE attempt to score by passing from the 3-yard line for 1 point or from the 10-yard line for 2 points.
 - b. This will continue until a winner has been determined.
 - c. If a defender intercepts the pass/fumble, the attempt is over.

o. Blocking

- i. Offensive Screen Blocking
 1. The offensive screen block must take place without contact.
 2. The screen blocker shall have his/her hands and arms within the frame of his/her body.
 3. Any use of the arms, elbows, or legs to initiate contact during an offensive player's screen block is illegal.

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4. A blocker may use his/her hand or arm to break a fall or to retain his/her balance.
 - a. Penalty: Illegal contact - 5 yards.
- ii. Screen Blocking Fundamentals
 1. A player who screen blocks may NOT:
 - a. Take a position closer than a normal step from the opponent when he/she is behind a stationary opponent.
 - b. Make contact with the opponent when he/she assumes a position at the side or in front of a stationary opponent.
 - c. Take a position so close to a moving opponent that his/her opponent cannot avoid contact by stopping or changing direction. The speed of the player to be screened will determine where the screener may take his/her stationary position. This position will vary and may be one to two normal steps or strides from the opponent.
 - d. Move to obstruct an opponent after assuming his/her legal screening position, unless he/she moves in the same direction and path of his/her opponent.
 2. If a player violates any of these provisions and contact rules, he/she has committed a personal foul.
 - a. Penalty: Illegal contact - 5 yards.
- p. **Penalties**
 - i. 5 Yard Penalties
 1. Unsportsmanlike Conduct - See Special Enforcement of Penalties
 2. Illegal Contact
 3. Illegal Blocking
 4. Charging
 - a. The ball carrier may not run through a defensive player, but must evade the tackler.
 - b. The runner shall be allowed unlimited 360 degree turns.
 5. Tackling
 - a. The tackler must not hold the ball carrier and must “play the flag” rather than the opponent
 6. Stripping the Ball
 7. Stiff Arming
 8. Illegally Secured Belt
 - a. Tampering with the flag belt in any way to gain an advantage including tying, using foreign materials, or other such acts (Loss of Down)
 9. Illegal Belt Removal
 - a. No opponent may exert any extra force than is necessary to remove the ball carrier’s flags
 10. Flag Guarding
 - a. Holding or swinging the arm near the flag to ward off attempts to remove the flag is illegal
 11. Offensive Pass Interference (NO loss of down)
 12. Defensive Pass Interference (NO automatic first down)
 13. Holding
 14. Roughing the Passer (Automatic First Down)

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- ii. 3 Yard Penalties
 - 1. Delay of Game
 - 2. Encroachment
 - 3. Interference with Opponent or Ball before Snap
 - 4. False Start or Illegal Snap
 - 5. Illegal Motion, Shift, or Position at Snap
 - 6. Illegal Forward Pass (Loss of Down)
 - 7. Illegal Substitution
 - 8. Receiving Snap within 2 yards of Line of Scrimmage
 - 9. Illegal Procedure
- iii. Special Enforcement of Penalties
 - 1. Two unsportsmanlike conduct penalties on the same player at any time during the game will result in automatic ejection.
 - 2. Half the Distance
 - a. No penalty may exceed half the distance from the enforcement spot to the offending team's goal line.
 - 3. Safety/Goal Line
 - a. If the offensive team commits any foul on or behind its goal line for which the penalty is accepted, it is a safety.
 - b. The ball will be given to the safety awarded team on their 10yd line.
 - c. For a defensive team foul on or behind the offended team's goal, measurement is from the goal line.
 - 4. Foul on Score
 - a. If there is a player foul by the offensive team, other than unsportsmanlike, during a down which results in a successful touchdown or try-for-point, the acceptance of the penalty nullifies the score.
 - b. If there is a live ball foul committed by the defensive team during a down, which results in a successful touchdown, or try-for-point, the offensive may choose to have the foul enforced at the succeeding spot or, after the Try, at the 10-yard line.
 - 5. Dead Ball Fouls
 - a. All dead ball fouls will be enforced from the spot where the ball would next be snapped or free kicked if a foul had not occurred
- q. **Further Clarifications**
 - i. Pass clock
 - 1. From the time the ball is snapped, a team will have 5 seconds to throw a forward pass.
 - 2. After five seconds the play will be blown dead and a loss of down will result.
 - ii. If a flag belt inadvertently falls to the ground, a one-hand tag between the shoulders and knees constitutes a "tackle." If in the judgment of an official the contact is unnecessarily rough, it will result in a penalty.
 - 1. Penalty: Illegal Contact – 5 yards
 - iii. Forward & Backward Pass
 - 1. A forward pass is a pass thrown with its initial direction toward the opponent's goal line.

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2. A backward pass is a pass thrown with its initial direction toward or parallel to the passer's goal line. [A pass continues to be a pass until it is caught or strikes the ground.
3. A backward pass that hits the ground is dead at the spot where it strikes the ground.]
- iv. Offensive Rushing—No offensive player may advance the ball beyond the offensive scrimmage line unless it has already been broken by a forward pass.
 1. Penalty—Illegal Procedure 3 yards
- v. Backward Passes
 1. Any team may throw an unlimited number of backward passes.
- vi. Mercy rule
 1. The mercy rule is 28 points with 2 minutes left of the game and
- vii. Runner
 1. A team runner cannot advance the ball through the scrimmage line.