

BEMIDJI STATE UNIVERSITY
INTRAMURAL FLAG FOOTBALL RULES

****All Players must bring their Valid BSU ID to all games otherwise player will not be allowed to play. NO EXCEPTIONS.****

INJURIES: In case of an injury, please contact the Supervisor on duty immediately. The supervisor will contact security if emergency treatment is needed. Minor first aid is available from the supervisor. Individuals participate at their own risk.

FORFEITS: If a team forfeits a game or misses the captain's meeting they are automatically ineligible for the playoffs. A team can become re-eligible one time by coming in and paying a \$15 forfeit fee. This fee needs to be paid by 4pm on the day of their next game. If a team does not pay then they can play the rest of their games, but will not be included in the playoffs regardless of record. Once a team forfeits twice, they may be permanently removed from the league.

1. THE GAME: Flag Football is designed to utilize the skill and basic strategy of football without the contact. Elimination of contact is the purpose of the following set of rules. Violators of these rules who jeopardize the safety of other players will be asked to leave the field of play and may face further disciplinary actions.

2. TEAM: Men's and Women's Rec and Competitive leagues will consist of 7 players on the playing field. While on offense, 4 players must be lined up on the line of scrimmage. On defense, 3 players must be lined up on the line of scrimmage. Teams may not start a game with less than 5 players. Forfeits: Teams not able to field a starting team at game time will give up 1 point each minute they are late starting the game. After 10 minutes the game will be declared a forfeit.

Co-Rec leagues will consist of 8 players on the field (4 men and 4 women). On offense, 4 players must be on the line of scrimmage. On defense, 3 players must be on the line of scrimmage. A girl must be involved on every other play. Being involved means throwing, catching, or running the ball past the line of scrimmage (snapping the ball does not count as being involved).

3. EQUIPMENT: All players must wear the flag belts provided by the Intramural department. Flags must be totally exposed during the game, shirts must either be tucked in or at least 4" above the flag belt. Any attempt to hide the flags will result in a penalty. Tying flag belts to prevent removal will result in automatic ejection from the game. Game footballs will be provided but alternate balls may be used if approved by both team captains at the beginning of the game. No cleats with exposed metal or screw in cleats will be allowed. Hard billed hats, shorts or pants with pockets or belt loops, will not be allowed under any circumstances.

4. DURATION: The game will be divided into two halves, with each half consisting of 20 minutes continuous running clock. The clock will stop in the final two minutes of the

second half, provided that the lead is smaller than 17 points. The clock will also stop after touchdowns and for injuries. Mercy Rule: If at anytime after halftime a team is trailing by 40 or more points the game will be called at that point and the other team will be declared the winner.

5. **STARTING THE GAME:** A coin flip will be used at the start of the game to determine possession. The team winning the coin flip will have the choice of taking the ball first, picking which end zone to defend, or deferring to their choice to the second half. There will be no kickoffs. The offensive team will begin 1st down on their own 15 yard line. This will also be the case after a touchdown is scored or to start the first or second half.

6. **EXTRA POINTS:** After a touchdown is scored the offensive team will have the option of going for one, two, or three points. A one-point attempt will originate at the 3-yard line, a two-point attempt will begin at the 10-yard line, and a 3 point attempt from the 15-yard line. If the defending team intercepts an extra point try, they can attempt to return the ball to their end zone. If they do so successfully then the defending team will be awarded 2 points regardless of the point value the offense was trying to obtain.

7. **TIES:** Ties will be decided in this manner. There will be a coin flip to decide who gets the ball first. The winner of the flip will have their choice of offense or defense first. Each team will have four downs to score from the 20-yard line. If the first team scores, they will have the choice to go for one, two, or three points. Then the second team has their chance to score from the 20-yard line. If the score remains tied after the first overtime then the team that was on offense first in the first overtime will be on defense first for the second overtime. All subsequent overtimes will alternate the first offensive possession. In the third and all following overtime all extra point attempts will be a try for 3 points. If an interception occurs during the first half overtime it can be returned for a score and will end the game.

8. **DEAD BALL:** Anytime the ball carrier touches the ground with any part of the body other than the feet or hands, the ball is dead at that spot. Any time the ball touches the ground it is dead at that spot, this includes fumbles, bad snaps from the center, and muffed punts. The team that fumbles (fumbles will be dead at the spot of the fumble, not where it hits the ground) will retain possession unless the play occurred on 4th down and a 1st down was not acquired. If a player has the ball in their possession and loses their flag belt the play will remain live but to be downed the defensive team must touch the ball carrier with one hand below the waist. No defensive player may remove an offensive player's flag belt prematurely, in addition, no defensive player shall swat at the ball when an offensive player is in possession (unsportsmanlike penalty will be enforced for both violations).

9. **BLOCKING:** Blocking is limited to screen blocking. In addition to normal blocking penalties, anytime the arms of the blocker or the rusher are extended in front of the body or to the outside of the shoulders a penalty will be called. Defensive players must remain at least 1 yard off the line of scrimmage until the ball is snapped. Players attempting to

"bull rush" either with a lowered shoulder or extended hands will be penalized for unsportsmanlike conduct.

10. **BALL CARRYING:** Flag Guarding and Stiff-Arming are not allowed. A ball carrier must try to avoid all defensive players; trying to run over them will result in a penalty and could result in ejection from the game. A ball carrier cannot jump, hurdle, or dive to gain more yards, or for any other reason.

11. **ROUGHNESS AND UNSPORTSMANLIKE CONDUCT:** An official or a supervisor, for any unsportsmanlike conduct or unnecessary roughness, may remove a player from the game. If a player is ejected from a game then he/she is ineligible to participate in any further games until a meeting has occurred with the IM Director and the penalty levied has been served. Players are responsible for setting up a meeting with the IM Director. If a player is ejected from a playoff game then that player will be ineligible for the remainder of the playoffs.

12. **ROUGHING THE PASSER:** Any contact with the quarterback while he/she is in the throwing motion will be declared a roughing the quarterback penalty. The defensive player must be in control and must be going for the flag. If a defensive player is going for the ball and contacts any part of the quarterback then a penalty will be called.

13. **PUNTING:** An offensive team on 4th down must declare their intention to punt before they approach the line of scrimmage. Neither team may move until the ball is kicked. The defensive team must have 4 people on the line of scrimmage until the ball is punted. A punt may be either kicked or thrown.

14. **QUARTERBACK, RECEIVING AND SCORING:** The QB must line up a minimum of 1 yard behind the center. A receiver only needs one-foot in-bounds for a legal catch. To score a touchdown only the ball must cross the goal line, in bounds. The body does not have to cross the goal line. The center may snap the ball either between the legs or to the side of the center.

15. **INADVERTANT WHISTLE:** If a ball is blown dead before the play is finished, the team in possession of the ball at the time of the whistle may either repeat the down or take the ball where it was blown dead.

16. **PENALTIES:**

Loss of down + yardage

- Illegal forward pass + 5yds from the spot of the foul
- 2 consecutive male to male passes + 5 yards from the spot of the foul
- Intentional grounding + 5 yards from the spot of the foul

5-Yard Penalties

- Delay of game - from succeeding spot
- Offside / encroachment - from succeeding spot

- Not enough players on the line of scrimmage - from previous spot
- Illegal motion (only one person may be in motion at the time of the snap)

10-yard penalties

- Interference with attempt to field a punt (a minimum of 2 yard buffer zone)
- Defensive pass interference + 1st down (from the previous spot)
- Roughing the passer + 1st down (from previous spot or the end of the run)
- Unsportsmanlike conduct (from the succeeding spot)
- Holding, offensive or defensive + 1st down for defensive holding
- Illegal use of arms and/or hands (from the spot of the foul)
- Flag Guarding (from where the foul occurred)
- Clipping, Tripping, or Illegal block (from the spot)
- Hurdling or Diving (from spot of the foul)
- Pushing out of bounds (from the spot)
- Offensive pass interference + 10 yards from the previous spot

CAPTAINS ARE THE ONLY ONES TO DISCUSS PENALTIES WITH THE REFEREES AND MUST BE DONE IN A CIVILIZED MANNER!

17. SPORTSMANSHIP RATINGS: All teams must have a minimum cumulative Sportsmanship Rating of a 2.75 to be eligible for the playoffs. A team that does not meet this standard will be ineligible for the playoffs regardless of team record. Each game the participating teams will be graded on their behavior by the referees and the supervisor at each field/court. Each team will be awarded a grade from A-F. If a team has a player ejected from the contest will receive a grade of "D" at the highest. Sportsmanship grades will be posted along with schedules and standings. Any team can be removed at anytime for unsportsmanlike behavior, this includes the playoffs. Any team that receives lower than a 1.99 cumulative sportsmanship grade for a playoff game will be automatically removed from the playoffs.

18. ADD/DROPS: All add/drops must be turned into campus recreation before 12 noon on the day of the game for the change to be in affect for that game. Teams must remain at 14 players or fewer.

TEAMS THAT ARE LISTED FIRST ON THE SCHEDULE WILL BE CONSIDERED THE LIGHT TEAM AND SHOULD COME DRESSED ACCORDINGLY. GREY, WHITE AND YELLOW SHIRTS WILL BE CONSIDERED LIGHT COLORS.

The team captain of record is responsible for thoroughly informing all team members of all rules as documented here.