Recreational Services Women’s Flag Football Rules

** If not covered in the following rules, 11-man high school football rules will govern intramural football play.

1. The regulation number of players on a team shall be four. A team may, however, play with three players.

2. Each team must have the minimum number of players present at the playing site at the scheduled time (If not, a forfeit will result).

3. Teams which anticipate problems fielding a team for a scheduled contest may contact the Recreational Services Department (4637) at least 2 hours prior to game time to be credited with a default. A loss will be assessed for a default, but it will not count as a forfeit.

4. Each game shall consist of two sixteen minute halves with a three minute half-time. The first fourteen minutes of each half will be a continuous clock. During the last two minutes of each half, the clock will be stopped according to regular football rules.
   a. **Two Minute Warning**: A two minute warning will be used in both the first and second half. The clock will start on the next snap.
   b. **Timeouts**: Each team is entitled to two one-minute charged time outs per half.

5. The referee and the captains shall get together five minutes prior to the start of the game for the coin toss.
   a. The winner may elect to kick, receive, or defer.
   b. The losing team will elect to kick or receive to begin the second half, assuming the winning team does not defer.
   c. Once a team chooses to kick or receive, the other team will choose which direction each team will go.

6. Only balls provided by Recreational Services are allowed for play; unless a different ball is agreed upon by both teams.

7. Line positions- There must be at least two players on the offensive line of scrimmage at the start of a play from scrimmage.
   a. There is no defensive line of scrimmage requirement.

8. The quarterback must be at least two yards behind the center at the snap. However, there are no restrictions as to how the ball is snapped.

9. Kickoffs will not be utilized. Each team will begin their possession on their own ten yard line.

10. **TACKLING IS NOT PERMITTED.** The ball shall be declared dead when a defensive player has removed the flag belt from the ball carrier.

11. If a ball carrier, while in possession of the football in the wide-open field, has his/her flags inadvertently fall off while running with the football, the official shall disregard this and let play continue until a defensive player places two hands on the ball carrier (two hand touch).

Updated November 18, 2013 by Chad Barman
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12. Blocking must be done without the use of the hands or extended arm. The blocker shall not leave their feet while executing the block. The blocker shall either have both hands at their sides or behind their back. This is the type of blocking known as screening. No part of the blockers body except his feet shall be in contact with the ground during the block. No three or four point stance allowed. Rough tactics such as attempting to run over or down an opponent must be penalized (unnecessary roughness).

13. Rushing- The ball carrier may not attempt to evade a defensive player by hurdling, jumping, or continuous spinning. (Ball carrier may spin 1 revolution and then establish forward progress prior to spinning again.)

14. As a good rule of thumb, it is important that the player blocking understand whose responsibility it is to avoid contact with whom. Generally, then BEHIND the line of scrimmage, the DEFENSE is responsible to avoid offensive blockers. BEYOND the line of scrimmage, or after a change of possession occurs or during a free kick, any OFFENSIVE screen blocker and ball carrier is responsible for avoiding would-be tacklers.

15. All team members are eligible to receive passes.

16. A lateral is defined as a ball pitched or passed in a parallel or backward motion.

17. A ball thrown laterally that strikes the ground becomes dead at that spot. An intercepted lateral is treated like an intercepted pass; it is live and can be advanced.

18. **Forward pass**- Ball that is pitched or thrown forward. When a forward pass is thrown behind the line of scrimmage and is incomplete the ball shall be blown dead and returned to the original line of scrimmage for the succeeding play.

19. In a series of three downs, the offensive teams must advance the ball to or beyond the closest 20 yard marker or to score.
   a. There is no punting allowed.

20. **Touchdown**- Shall count 6 points. After a player scores a touchdown or extra point, he/she must raise his/her arms in the air so the nearest official can deflag the player, if there is a question of whether flags are secured illegally. If the player is not deflagged in one pull, and the official determines the flag belt has been secured illegally, THE TOUCHDOWN OR EXTRA POINT TRY IS DISALLOWED.

21. **Point After Touchdown**: From the 3 yard line shall count 1 point; From the 10 yard line shall count 2 points; From the 20 yard line shall count 3 points. If the defense gains possession of the ball, the conversion try is over.

22. A Safety shall count 2 points.
   a. The defense will obtain possession at their own ten yard line.

23. **Overtime**: In the case of a tie game at the end of regulation, the following 10 yard overtime procedure shall be used. A coin toss will be made to determine team that has the first offensive series. Four downs will be allowed for the series. All extra points will be tried in overtime unless it is obvious who the winner will be without the trying the PAT.

24. If the score is still tied after two completed overtimes, the following additional requirement will be made. If both teams score a touchdown and team A made its 1 point or 2 point conversion, Team B is REQUIRED to go for the 2 or 3 point conversion to win the game.
25. **Dead Ball**: The ball is considered dead when it has touched the ground (except punts). When the ball touches the ground on the snap from the center, it shall result in a loss of down and the next down shall be played from the spot where the ball struck the ground.

26. A runner is declared down when any part of their body other than their hands or feet touch the ground.

27. **PROTESTS**: Incidents questioning an official’s judgment are not a basis for protest. Only matters involving eligibility and rule interpretation will be considered. A written protest must be submitted along with a $10 protest fee immediately.

**PENALTIES**

**5 Yard Penalties**

- Required Equipment Worn Illegally
- Delay of Game (Dead Ball)
- Illegal Substitution
- Punting The Ball w/o Declaration
- Encroachment (Dead Ball)
- False Start (Dead Ball)
- Illegal Snap (Dead Ball)
- Illegal Formation
- Player Out-of-Bounds When the Ball is Snapped
- Illegal Motion
- Illegal Shift
- Intentionally Throwing a Backward Pass of Fumble Out-of-Bounds (Loss of Down)
- Illegal Forward Pass (Loss of Down)
- Intentional Grounding (Loss of Down)
- Assisting the Runner

**10 Yard Penalties**

- Illegal Player Equipment
- Kick Catch Interference
- Two or More Encroachment Fouls During the Interval Between Downs
- Offensive Pass Interference (Loss of Downs)
- Defensive Pass Interference (Automatic First Down)
- Illegally Secured Belt of Touchdown
- Unsportsmanlike Conduct
- Spiking, Kicking, or Throwing the Ball During a Dead Ball
- Unsportsmanlike Conduct Non-players
- Strip or Attempt to Strip the Ball
- Throw Runner to the Ground
- Hurdle Any Player
- Contact Before or After the Ball is Dead
- Unnecessary Contact of Any Nature
- Drive or Run into an Opponent
- Position Upon Shoulders or Body of a Teammate
- Roughing the Passer (Automatic First Down)
- Illegal Offensive Screen Blocking
- Interlocked Interference
- Defensive Use of Hands
- Illegal Flag Belt Removal
- Guarding the Flag Belt
- Stiff Arm
- Obstruct or Hold the Runner
- Batting a Loose Ball
- Illegal Kicking
- Illegal Participation
- Illegal Substitute/Replaced Player
- Pretend/Unfair Substitution

Disqualification Associated With Certain 10 Yard Penalties

- Flagrant Unsportsmanlike Player Conduct
- Flagrant Spiking, Kicking, or Throwing the Ball
- Flagrant Unsportsmanlike Conduct by Non-players
- Intentionally Contacting an Official
- Flagrant Personal Fouls
- Tackle the Runner
- Fight an Opponent
- Intentional Tampering with Flag Belt

Flagrant offenders shall be disqualified and must appear before Mark Hecht (Recreational Services Director) before being allowed to participate in that activity again.