

Flag Football Rules

Villanova Intramurals

Sport Type: Season + Playoffs
Cost: \$40 per team
Location(s): Austin, Mendel, Stadium

GAME TIME IS FORFEIT TIME!

All decisions on forfeit times are at the sole discretion of the on-site Intramural supervisor.

Rules

Eligibility

- A player can play on one (1) men's or one (1) women's team and one (1) All-Gender team.
- Current Villanova varsity football players are ineligible to play.
- Champions move on to play in the Philadelphia City 6 Extramural Tournament. See <http://www.phillycity6.com/> for rules.

The Team

- There may be a maximum of 7 and a minimum of 5 players on the field at all times.

Attire

- All players must wear flags and shirts must be tucked in. The flags must be clipped so that they fall off when being pulled by the other team.
- Securing of the flags so that they are difficult to remove is illegal. Officials will check flags after all touchdowns.

Length of Game/Timing

- Two (2) 17-minute halves will be played with the clock stopping only during time-outs, injuries, and after extra point attempts.
- Officials will manage the clock and will periodically update teams as to how much time is left.
- Halftime will be two (2) minutes long.
- In the final thirty (30) seconds of the first half, the clock will stop on incomplete passes, out-of-bounds, penalties, changes of possession, and scores.
- In the final two (2) minutes of the second half, the clock will stop on incomplete passes, out-of-bounds, penalties, changes of possession, and scores.
- There will be 20 seconds to put the ball in play after the official has placed it on the line-of-scrimmage (play clock).
 - On all punts, the ball must be kicked by the end of the play clock in order to avoid a delay of game penalty.

Mercy Rule

- Will be called at the official's discretion based on the following:
- If after ten minutes in the second half one (1) team is ahead by 30 points, the official can declare the game to be over.
- If a team is ahead by 19 (25 for All-Gender) or more points with 2 minutes remaining the official can declare the game to be over.
- If a team is ahead by 60 or more points at any time during the game, the official will declare the game to be over.

Starting the Game

- A coin toss will precede the start of each game. The winner chooses to defer or start the game on offense or defense. The other team chooses what goal to defend. The choice is automatically reversed at the start of the second half. At the start of the game and after every touchdown/PAT the offense will start at their own 14-yard line and have 4 downs/chance to advance 6-yards for a first down.

- There are no kickoffs. The offense will start on their own 14-yard line and will be given 4 downs to advance 6-yards for a first down.

Time Outs

- Each team will be permitted to use two (2) timeouts per game, which will be 30 seconds in length.

Player Positioning

- Four (4) offensive players must be on the line-of-scrimmage at the time of the snap.
- Defense must align at least one (1) player on the line-of-scrimmage at the snap of the ball. Any player can rush the quarterback.
- Also, see All-Gender rules below.

First Downs

- First downs are made by advancing past the first down markers which are 20 yards apart. The offensive team has four attempts to achieve a first down. If the offensive team fails to cross the next line in 4 attempts, the defensive team will take over at the line-of-scrimmage.
- First down markers are designated by spray-painted lines from one side of the field to the other.

Punts

- A team may choose to punt on 4th down. Neither team may advance beyond their respective scrimmage line until the ball is punted. If the punter mishandles and drops the snap on the 4th down, the ball is dead on the spot and possession changes. If the receiving team bobbles the ball while trying to field the punt and it hits the ground the ball is dead at the spot.
 - The ball can bounce if no one touches it and be played off the bounce. If the ball is touched by the receiving team and is fumbled, the ball remains in the possession of the receiving team at point of initial contact.

Screen Blocking

- An Offensive Screen Block shall take place without contact.
- The screen blocker shall have their arms close to their sides with elbows straight or behind the back. Any use of hands, arms, elbows, legs, or body to initiate contact is illegal.
- Defensive players must go around the offensive player's screen block. The arms and hands may not be used as a wedge to contact the opponent. No swim moves. No contact with an offensive blocker in position.

Neutral Zone

- There is a one-yard neutral zone between the line-of-scrimmage and the defense. There will be 2 markers that will distinguish this neutral zone (one for the offensive line and one for the defensive line).
- The official will move the markers indicating the neutral zone along with play, and ample time must be given to an official in order for them to designate this neutral zone. Once the markers are placed down, the official will signal that play may resume.
- Any violation of the zone by offense or defense will result in a dead ball, and a 5 yard penalty will result.

Safety

- Anytime the offensive team is downed in their own endzone two (2) points will be awarded to the defensive team.
- The team that received the two (2) points will then receive the ball on their own 14-yard line and proceed as the offensive team.

Point System

- TD – 6 pts.
- Safety – 2 pts.
- PAT from 3-yard line – 1 pt.

- PAT from 10-yard line – 2 pts.
- PAT from the 20-yard line – 3 pts.
- If the Defense intercepts a pass during the extra point attempt and returns it for a TD, they will be awarded 3 points.
- After scoring a touchdown, the team must notify the officials how many PATs they would like to go for (1, 2 or 3).

Tie Game

- If at the end of regulation in the regular season there is a tie, no overtime will be played.
- During the playoffs if there is a tie after regulation, the ball will be placed at the 15-yard line and each team will be given four downs to score one touchdown. Extra points will be administered as in the regular game. The winner will be the team with the most points after each team has had one possession (which is considered one complete overtime).
- This overtime process will repeat until a winner is determined.
- A coin toss at the beginning of overtime will determine the initial offense and defense. If Team A begins the first OT as defense they will begin the second OT as offense. Both teams will use the same endzone.

Substitutions

- Substitutions are unlimited; however, they may only occur in the event of a dead ball.

Other Rules

Flagbelts

- Flagbelts must be clipped in front so that there is a flag on each hip and one in the back. They should be clipped in such a way that the ends are not intertwined. The flagbelts must be a different color than the shorts.
- Shirts must be tucked.

Fallen Flags

- If a flag should inadvertently fall off, a one hand touch will rule that player down.

Offensive Obstruction

- The ball carrier may not impede the efforts of the defender in his/her attempt to grab the flagbelt.
- All flag guarding and stiff arms will result in a penalty.

General Obstruction

- A defensive player may not strip the flags of an offensive player who does not have the ball yet.

Diving

- Diving is only allowed in the attempt to catch the ball (offense or defense) or in an attempt to grab a flagbelt.
- A ball carrier diving to advance the spot of the ball is not allowed and the ball will be ruled a flag guarding penalty.
- Ball carriers are only allowed to dive for the endzone pylon. Any other attempt to dive will be assessed with a penalty.

Pushing Out of Bounds

- Pushing out of bounds is prohibited.
- The defense must be attempting to de-flag the runner and cannot intentionally push the runner out of bounds. Contact is not allowed!
- BUT, if the defense is in the way of the offense in a legal position the offense cannot create contact to draw a foul.

Receptions

- College Rules – One foot in bounds is considered a legal catch, and once a player makes contact with the ground the play is dead.

Fumbles

- The ball is dead when it hits the ground. There are no forward fumbles. A dropped ball in your own end zone is a safety.

Snaps

- The ball must be snapped by a player on the line-of-scrimmage beginning from the ground position either through the legs or from the side. The snap must be one fluid motion.

Forward Pass

- Anyone is eligible to receive a forward pass but not if the quarterback is beyond the line-of-scrimmage.
- Only one forward pass is allowed per play, even if the forward pass is completed behind the line-of-scrimmage.

Unsportsmanlike Conduct

- Any conduct considered by the officials to be unsportsmanlike, such as the defense simulating the snap count, taunting, etc. will result in a penalty. In addition to being penalized by loss of yardage, teams will be subject to sportsmanship rating reductions.

All-Gender Flag Football Rules

Players

- Maximum of 8 players, (Max 4M). Teams with 7 players will have (4/3 M). Six players are required to avoid a forfeit, (Max 3M).

Player Positioning

- All-Gender requires five (5) offensive players on the line-of-scrimmage at the time of the snap.

Penalties and Infractions

Offensive Team Infractions

5-yard Penalties

- Illegal Procedure/Players (PLAY IS DEAD)
 - Motion, formation, # of time outs
- Offsides/false start (PLAY IS DEAD)
- Delay of game
- Illegal snap (PLAY IS DEAD)
- Illegal forward pass (SPOT & LOSE DOWN)
- Illegally tied belts
- Leaving feet for additional yardage (SPOT FOUL)

10-yard Penalties

- Pass interference (LOSS OF DOWN)
- Flag guarding (SPOT & LOSE DOWN)
 - (Includes untucked shirts after warning)
- Roughing, tripping, holding, tackling
- Stiff arming
- Contact blocking
- Unsportsmanlike Conduct

Defensive Team Infractions

5-yard Penalties

- Illegal procedure/players
 - # of time outs, formation
- Offsides/encroachment

10-yard Penalties

- Pass interference (AUTO 1ST DOWN)
- Stripping the ball/attempted stripping
- Roughing (SPOT FOUL)
 - Tripping, holding, tackling, illegal block
- Unsportsmanlike Conduct