

DEPARTMENT OF RECREATIONAL SPORTS
UNIVERSITY OF GEORGIA
INTRAMURAL SPORTS

FLAG FOOTBALL RULES

The National Collegiate Flag and Touch Football rules will govern intramural football at UGA. The National Intramural Recreational Sports Association publishes these rules. Some differences are necessary because of large numbers of games played in limited schedule time and playing space.

All players must show their UGA Card before every match. NO EXCEPTIONS!!

A. Field Size (regular field is 4 twenty-yard zones)

1. Forty (40) yards wide and eighty (80) yards long, one hundred yards including the end zones.
2. There will be a small adjustment in field size because of space.

B. Game Time

Periods (quarters) will be 10 minutes with a running clock until the last two minutes of the fourth quarter. During the first three quarters the clock will run continuously. The clock will only stop for timeouts or injuries.

C. Unsportsmanlike Conduct

Ejection from the game because of flagrant foul(s)/unsportsmanlike conduct (physical or verbal) will result in disqualification from at least the next scheduled game.

1. Individuals who receive two unsportsmanlike penalties or one major unsportsmanlike penalty will be ejected from the game and suspended from the next game.
2. When ejected from the game, the offending player(s) will be expected to leave the playing area within 60 seconds. This means "out of sight and sound."
3. Offending team will enforce the sound and sight rule.
 - a. Failure of team to maintain control of their players and fans will result in the forfeit of the game.
 - b. If a game is forfeited under the conditions of "3a" above, and the offending team is behind in score, their next scheduled game will also be forfeited.
4. Two discipline reports filed on individuals and/or the team as a whole, will result in the team being dropped from the program.
5. Teams receiving a bad sportsmanship rating for their last tournament game will receive a default for the first game of the next major team sport. Refer to the "Sportsmanship Ratings" in the Intramural Calendar on page 11.
6. A forfeit will be called for any team that has a player ejected for unsportsmanlike conduct during a tournament game. (A team must have a "C" or better sportsmanship rating to advance on in the tournament. A player ejected during a tournament game gives a team an automatic "D" or "F" sportsmanship rating.)

Local Rules:

7. **Spiking and aggressively throwing the flag after removal will constitute an unsportsmanlike foul.**
8. **Spinning, spiking, or throwing the ball, and other gestures to taunt opponents or to draw attention to oneself will be an unsportsmanlike foul.**
9. **Players are not allowed to wear jewelry. In each game the first player will be penalized for unsportsmanlike conduct. Other players on that team violating this rule during the game or overtime(s) will be ejected and the team penalized for unsportsmanlike conduct.**
10. **Player or substitute using tobacco in any form in warm-ups or during the game will be considered unsportsmanlike conduct. This infraction will be penalized as the jewelry rule above.**

D. Tie Games

During the regular season, a tie after one (1) over-time period will be recorded as a tie. In tournament play, over-time periods will continue until a winner is decided.

E. Coaches

Only two coaches are allowed on the team sideline. The coaches must be included on the roster and designated on the score sheet. Spectators must observe the game on the same sideline as the team they are cheering.

RULES - General Standard Flag Football Rules

A. The Game and Players

1. Flag football is a non-contact sport with contact.
2. The game shall be played between two teams of seven players each. Five players are required to avoid a default.
3. **A designated captain will be the only player to confer with the referees.** The team will identify this player before the game.

4. Winner of the coin toss can choose when to exercise their options (first or second half).
 - a. Overtime coin toss - winner has choice of ball, defense, or goal to defend.
 - b. In additional overtime periods during the tournament, choice is made alternately by teams. Example: Red won first overtime option and a second overtime period is necessary, blue has choice, etc.

B. The Field, Uniforms, and Equipment

1. Two ball spotters will be used. The orange ball spotter will mark the forward most point of the football. The yellow ball spotter will mark the defensive scrimmage line. The ball spotters will always be one yard apart.
2. Jerseys must be long enough so they remain tucked in the pants during the entire down or short enough so there is a minimum of 4" from the bottom of the jersey to the player's waistline.
3. **Each player must wear shorts/pants, which do not have belt loops, pockets, belts or exposed drawstrings. The pants must be a different color than the flags.**
4. **Players of opposing teams must wear contrasting colored shirts (light or dark is noted on schedules) without pockets.**
5. **No jewelry allowed!!**
6. **Penalty for improper dress: the player cannot play.**

C. Game Time

1. Playing time shall be 40 minutes, divided into four quarters of ten (10) minutes each. The intermission between halves shall be five (5) minutes. When overtime is used there will be a three (3) minute intermission. Each team will have three (3) timeouts **per game**.
2. The clock will start when the ball is legally snapped. It will run continuously for the first three quarters. During the fourth quarter, the clock will run continuously for the first eight (8) minutes unless it is stopped for a:
 - a. Team time-out -- starts on the snap.
 - b. Referee's time-out -- starts based upon referee's discretion.
3. Approximately two (2) minutes before the end of the fourth quarter the referee shall stop the clock and inform both captains of the playing time remaining in that quarter. The clock starts on the snap. **The back judge will announce the remaining time to both team captains after each play in the last two (2) minutes.**
4. During the final two (2) minutes of the fourth quarter, the clock will stop for a(n):
 - a. Incomplete pass -- starts on the snap.
 - b. Out-of-bounds -- starts on the snap.
 - c. Score (touchdown or safety) -- starts on the snap at the 15-yard line.
 - d. Team time-out -- starts on the snap.
 - e. First down -- dependent on the previous play inbounds/out of bounds.
 - f. Penalty and administration -- dependent on the previous play. (Exception: delay of game -- starts on the snap).
 - g. Referee's time-out -- starts at his/her discretion or previous play.
 - h. Touchback -- starts on the snap.
 - i. Change of possession -- starts on the snap.
 - j. Team attempting to conserve time illegally -- starts on the snap.

D. Series of Downs

1. The team on offense is responsible to get the ball at the end of every down. Center will bring the ball from the huddle to the scrimmage line.
2. Zone-line-to-gain: getting the ball to or into the next zone makes a first down.
 - a. Exception - first down because of penalty that results in automatic first down.
 - b. It could be first and near twenty or first and less than one depending on where the next zone-line-to-gain is.
3. Loss on the play or due to a penalty, a team may need more than twenty yards for a first down.

E. Punts

1. Must be announced by referee after asking team captain on fourth down how they want to play the down: kick or play.
2. There are no quick kicks - illegal kick.
3. Punting formation: Kicking Team must have at least four on the scrimmage line.
4. Kicker must kick immediately upon receiving the snap. If not, it is illegal procedure (5 yards).
5. Neither kickers nor receivers can cross their scrimmage line until ball is kicked.
6. Scrimmage kicks that are not announced are illegal kicks (10 yard penalty).
7. If a time-out is taken by either team, "K" team can change decision concerning a kick or an announced scrimmage play. Also, decision can be changed if down is repeated because of penalty.
8. A "K" player may not kick the ball to himself or any other "K" player. Illegal Kicking- 10 yards.

F. Snap - must be:

1. One continuous motion.
2. To a back at least two yards behind the scrimmage line on scrimmage plays and punts.

There cannot be a hand-to-hand center-back exchange on the snap. This would be an illegal snap.

3. Illegal snap is a dead ball foul.

G. Deflagging/tagging

1. Runners must not guard the flags with ball, hands or shoulders.
2. Flags must not be attached to runner in a way that one pull cannot deflag the runner. (Flag tampering results in a 10-yard penalty and disqualification.)
3. If a runner loses his/her flag belt, a one-hand tag by the opposing team between knee and shoulder will end the run. Touching the head or below the knee will not stop the play.
4. Runner scoring a touchdown must raise hands so nearest official can deflag the scorer.
If two pulls do not remove the flag, the touchdown does not count. Penalty: Ten yards from the previous spot and a loss of down.
5. Intentional deflagging of an offensive player by a defensive player results in a 10 yard penalty and an automatic first down if the ball is in the air for a pass. If quarterback still has the ball it is illegal contact and a 10-yard penalty.
Basic spot for penalty is based on all-but-one principle.
6. Deflagger may leave feet to deflag runner.

H. Runner cannot...

1. Stiff arm
2. Run over potential deflagger.
3. Flag guard in any way.

I. Defensive player cannot...

1. Intentionally deflag a player without the ball (personal foul).
2. Hold, push, or knock the runner down in an attempt to deflag.

J. Screen Blocking

1. Screen blocking is legally obstructing an opponent without contacting him/her with any part of the screen blocker's body.
2. Blocker cannot use arms or elbows. Hands must be at side or behind the back.
3. Blocker must get in moving rusher's direction of movement quick enough for a change of direction to be made prior to possible contact.
4. Screen block must be made short of contact in defensive player's visual field and one step away in defensive player's blind area (directly behind player being blocked).
5. Generally, blocking and defending follow same rules as for basketball rules concerning the block/charge.

K. Forward pass

1. Only one forward pass can be made per down.
2. Ball can be passed or handed backward to any player at any time.
3. Forward **handing** can be made at any point during the game and as many times as you want.
4. All players are eligible pass receivers.
5. Illegal forward pass:
 - a. Two forward passes during a down.
 - b. Intentionally throwing ball away; however, ball can be spiked into ground to stop clock.
 - c. Intentionally throwing ball away to save a loss. This includes backward pass out-of-bounds. Player can spike in ground to stop clock.
 - d. If passer is beyond offensive scrimmage line.
 - e. Pass after possession change.
 - f. Passer catches own untouched pass.
6. If a player throws a backward pass to conserve time or fumbles to keep from being deflagged/tagged, it is an illegal pass. (Penalty is five yards and is a loss of down; and the clock will be started on ready for play whistle.)

L. Ball touches ground:

1. **Ball is dead when it touches the ground. Including but not limited to:**
 - a. Incomplete pass.
 - b. Muffed.
 - c. **Fumbled.**
2. The only live ball after touching the ground is a punt that is untouched. If a player "R" or "K" touches a punt in the air or on the ground it becomes dead when the ball next touches the ground.

M. Basic penalty spots:

1. Previous spot is used to administer:
 - a. Loose ball fouls.
 - b. Fouls (including encroachment) that are committed at about snap time.
2. All-but-one penalty principle.
Used after play gets under way and does not involve a loose ball.
3. Spot of foul - distance is marked from foul spot.
 - a. Illegal pass.
 - b. Fouls by offense behind end of run.

N. Penalties that result in loss of down:

1. Illegal forward pass in all cases except after change of possession - illegal pass.
2. Illegally secured flag belt.
3. Illegal backward pass.
4. Offensive pass interference.

O. Fouls that create automatic first down:

1. Defensive pass interference.
2. Roughing the passer.
3. An illegally secured flag belt.

P. Rule decisions are final after the ball is next legally snapped.

Q. Inadvertent whistle:

1. Replay down if ball is loose on pass or kick.
2. Replay down or take play results option to team whose player is in possession at time of whistle.

R. Overtime:

1. Each team is given a series of downs from the ten (10) yard line.
2. Toss is made for:
 - a. Defense or offense first **or**:
 - b. End of field overtime will be played.
3. Choice on other overtime periods is made on an alternate basis. If red won choice on toss, blue has second overtime choice, etc.
4. If a team scores on first down their series of downs is over.
5. If the defense intercepts the ball and scores a touchdown the game is over. If interception does not result in a touchdown, overtime is over if defense has played its series in the overtime; otherwise the defense gets their series of plays.
6. Extra points will be played if the contest has not been decided.
7. One overtime, if necessary, will be used in regular season play. After one overtime a tie game is recorded. During the post season tournament overtime play will continue until a winner is decided.

S. Mercy Rule:

1. If a team is leading by nineteen (19) or more points at the two-minute warning in the fourth quarter the game is ended.
2. If a nineteen (19) point lead is achieved during the last two (2) minutes of the fourth quarter the game is ended.
3. **UGA Rule: A thirty (30) point lead at the start of the fourth quarter or any point during the fourth quarter will constitute a game. Games will end under this condition.**

T. Roughing the Passer:

If a defensive player trying to block a pass contacts the passer's arm, it will constitute roughing the passer. This is the case if the ball is touched or missed by the defender. **Defensive players should go for the flag belt ONLY.**

CO-REC FLAG FOOTBALL RULES

1. The game shall be played between two teams of eight players each: Four men and four women or three men and four women or four men and three women or four men and two women or two men and four women. Six players are required to avoid a forfeit (no less than two women).
2. The offensive team must have a minimum of five players on the scrimmage line at the snap for a punt or a regular scrimmage play. Infraction: Illegal Procedure, five yards from previous spot.
3. An offensive team male player may not advance the ball through the scrimmage line. There are no restrictions once the ball has been advanced past the scrimmage line or if there is a change of possession. Infraction: Illegal Procedure, five yards from previous spot.
4. The offensive team may not complete two consecutive male to male passes. This includes extra point attempts. Infraction: Illegal Forward Pass, five yards from point where pass was thrown, loss of down.
5. Mercy rule: If a team is leading by 25 or more points at the two-minute warning in the fourth quarter, the game is ended. If a 25-point lead is achieved in the last two minutes of the second half the game is ended.
6. **UGA Rule: A forty (40) point lead at the start of the fourth quarter or any point during the fourth quarter will constitute a game. Games will end under this condition.**
7. **Touchdown value: If a female is involved in a touchdown it will be worth nine (9) points. The female must either throw the pass or cross the goal line with the ball.**