NORTH PARKUNIVERSITY
INTRAMURAL FLAG FOOTBALL RULES

Article 1 – Facility, Playing Area, and Equipment

- **Location**
  - Holmgren Athletic Complex

- **Equipment**
  - Will be provided by the Helwig Recreation Center

- **Pennies/ Jerseys/ Flags**
  - Will be supplied by Helwig Recreation
  - Teams may wear their own jerseys/ shirts
  - Must display clean language
  - Must be worn by all team members

- **Headwear** – Only headbands will be acceptable.
  - All other types of headwear must be taken off prior to competition.

- **Jewelry** - may not be worn by any participants.
  - **This includes: watches, all necklaces, rubber wristbands, earrings, etc.**

- **Other equipment** – Various types of braces or aids may be worn, but with the approval of the sport supervisor. Gloves may be worn during competition.

- **Shoes** – Only Athletic Sneakers and Rubber (Molded) Cleats

Article 2 – *The Field*

- The Field should be a minimum of 40 yards in width, and contain four (4) twenty (20) yard zone with a ten (10) yard end zone on each end.

- Cones will be utilized at the three (3) and ten (10) yard line during the time of an extra point attempt.

Article 3 – *General Rules*

- The game should be played between 2 teams of 7 players each. Five players are required to avoid a forfeit.

- The game shall be played under the supervision of 1 to 2 officials and 1 sport supervisor.

Article 4 – *Periods, Time Factors, Subs*

- ***GAME TIME IS FORFIET TIME!***

- **Captains Choice**
  - The home team will have the choice to start on offense or defer their choice to the away team. The away team will then select the direction of play. The direction of play will then switch at the beginning of the second half.

- **Length of Game**
  - Playing time will be 40 minutes, divided into two (2) halves of 20 minutes each. Half time shall last 2 minutes. When overtime is needed a 3 minute intermission will be given.

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- **Extended Periods**
  - A half may be extended by an untimed down, when one of the following occurs:
  - If there is a foul by both teams and the penalty is accepted.
  - If there was a double foul.
  - If there was an inadvertent whistle and the down is to be replayed.
  - If a touchdown was scored, the attempt of the extra point will take place unless that attempt does not affect the outcome of the game.

- **Continuous Clock**
  - The clock will stop when the play is legally snapped. It will run continuously for the first 19 minutes unless it is stopped for:
  - Team time-out (clock resumes on the next snap)
  - Referee's Time-out (clock resumes on the official's ready whistle)

- **2-Minute Warning**
  - Approximately 2 minutes before the end of each half the Referee shall stop the clock and inform both captains of the playing time remaining in that half. Remaining time of play/ Clock status will then be announced to the captains after every play during the final 2 minutes.

- **Stopped Clock**
  - During the final 1 minute of each half the clock will stop for the following and resume on the snap of the next play unless otherwise noted:
    - Incomplete Pass
    - Out-of-Bounds
    - Score
    - Team Time-Out
    - Fair Catch
    - Penalty and administration
    - Ref Time-Out
    - Touchback
    - Change of Possession
    - Team attempting to conserve time legally

- **Tie Game/ Overtime**
  - Over time play will only occur during postseason and tournament play.

  - Rock, Paper, Scissors (one round) will determine the team that will decide one of three choices. These choices will consist of offense, defense, or direction. The loser will then make a choice from the remaining two options. Each overtime period will begin with rock, paper, scissors for the choice of offense or defense.

  - **All Overtime Periods will be played towards the same goal line.**

  - An overtime period will consist of one possession by each team. Each team will start on the twenty yard line at 1st and goal. The object will be to score a touchdown. If the score is tied after both possessions a second overtime period will follow. Play will continue until there is a winner. Interceptions or fumble can be returned for touchdowns and can decide the winning team.

  - One time will be give per overtime period.

  - **Penalties**
    - The offense will be awarded a new set of 4 downs when the penalty for defensive pass interference or roughing the passer is accepted. Dead ball fouls following a successful try will be penalized from the succeeding spot.

- **Time Outs**
  - Each team is entitled to 2 charged timeouts per game.

  - Ref or Coaches Conference may occur. Each team will not be penalized.

- The clock will stop during all time out situations.

Delay of Game

- The ball must be in play promptly and legally and any action or inaction y either team is considered a delay of game. This includes:
- Failure to snap or free kick within 25 seconds after the ball is ready and officials whistle.
- Putting the ball in play before it is declared ready to play.
- Deliberately advancing the after is has been declared dead.

- **Subs**
  - No sub shall enter the playing area during a down. All subs must enter the game during a
  - dead ball.

Article 5 – *Series of Downs, Number of Down, Team Possession after Penalty*

- Each team receives four (4) downs to pass the zone-line-to-gain or end zone.

- The zone line-to-gain in any series shall be the zone in the advance of the ball, unless distance has been lost due to penalty or failure to gain.

- A new series of downs is awarded when a team moves the ball into the next zone on a play free from penalty; or a penalty against the opponents moves the ball into the next zone; or an accepted penalty against the opponents involves an automatic first down; or either team has obtained legal possession of a ball as a result of a penalty, free kick, protected scrimmage kick, touchback, pass interception, or a failure to gain the zone in advance of the ball.

- If offsetting fouls occurs during a down, that down shall be repeated.

Article 6 – Kicking the Ball and Fair Catch

- **Protected Scrimmage Kick**
  - Prior to making the ball ready for play on fourth down, the Ref must ask the offense if they want to kick (punt). The Ref will then communicate the decision to the defensive captain and the other officials.

  - All offensive players must be on the line of scrimmage. The defense must have at least five players with 1 yard of their line of scrimmage. All players “on the line” on offense and defense must remain motionless until the ball is kicked. The kick cannot be blocked. Any foul will result in a five yard penalty.

  - The kicker must be 5 yards behind the line of scrimmage. The kicker must kick the ball.

  - The ball cannot be advanced by the offense (the kicking team).

- **Fair Catch**
  - Any receiver may signal for a fair catch. The ball may not be advanced after the reception of the ball.

Article 7 – *Penalties*

- **5 yard Penalties from the previous spot of the foul**
  - Prior to the snap, no player of defense may encroach, touch the ball, or contact/ interfere with any player on the offensive side

  - At least 4 players must be on the line of scrimmage prior to the snap.

  - All offensive players must be within 15 yards of the ball.

  - One offensive player may be in motion, but not in motion toward the opponent’s goal line.

- The player receiving the snap must be at least two yards behind the offensive scrimmage.
- In a snap preceded by a huddle or shift, all offensive players must come to a complete stop and remain stationary in legal position without movement for at least one full second before the ball is snapped.
- Intentional grounding or clock stoppage by an illegal act

- **10 Yard Penalties**
  - **Pass Interference**
    - **Offensive** – 10 yards from previous spot, loss of down
    - **Defensive** – 10 yards from previous spot, automatic first down
  - **Flag Guarding** – The protection of the flag belt by the current ball carrier . Will result in a 10 yard penalty from the sport of the foul
  - **Face Guarding** – The attempt to block or interfere with the view of a possible offensive receiver. Will result in a 10 yard penalty and automatic first down.
  - **Contact – Defensive Holding** – When a defensive player holds onto an offensive player in an attempt to remove a flag belt. The defensive player may not contact an offensive player in any manner. Will result in a 10 yard penalty from the spot of the foul.

Article 8 - *Blocking*

- **Offensive Blocking** shall take place with zero contact. The blocker shall have his/ her hands and arms at their side or behind their back. Any use of the hands or body will result in a 10 yard penalty from the spot of the foul.
- **Interlock Blocking** – Teammates of a runner or passer may interfere, but shall not use interlocked interference by grasping or encircling one another in any manner.
- **Defensive Rush and Use of Hands** – Defensive players must attempt to go around the offensive blocker. Defensive players must not use any part of the body to contact the offensive player. Any foul will be considered a personal foul and a 10 yard penalty will be awarded.

Article 9 – *Scoring Plays and Touchbacks*

- **Mercy Rule** – If a team is winning by 20 or more points with 5 minutes to go in the second half, the game will be officially called.
- **Touchdowns** – All touchdowns are 6 points
- **Extra Point Try** – The decision of which yardage to attempt from will be made after the touchdown by the team captain. If a offensive penalty is made during a completed attempt the down will be repeated if the penalty is accepted by the defensive team. Defensive Interceptions during an extra point attempt can be ran back for 2 points.

  1 Point = 3 yard line
  2 Points = 10 yard line
  3 Points = 20 yard line

- **Safety** = 2 Points
  - Ball Possession will then be awarded to the scoring team**.**