

# **Intramural 7-on-7 Flag Football Rules**

## **I. TEAM**

### a. **Captain:**

- i. Team captains are responsible for the actions of their team and their team's fans. It is the team captain's responsibility to ensure that all team members are listed on the roster.
- ii. Only the team's designated captain is allowed to consult with the officials.
- iii. Captains should verify the score at the end of every game, and must sign the score sheet to verify the game winner.

### b. **Eligibility:**

- i. All players must present a valid Kutztown University ID to the scorekeeper prior to every game. The scorekeepers will hold all ID's until the end of the game. **NO ID, NO PLAY!**
  1. Any team caught using an illegal player will forfeit the game and will be subject to disciplinary action.
- ii. All current Kutztown University students, faculty, and staff are eligible to participate in intramural activities.
- iii. All players must have paid the Intramural Participation Fee and appear on the IM Leagues roster (Please reference the Intramural Handbook for payment process).
- iv. Please reference Intramural Handbook for policy on Varsity athletes.

### c. **Roster:**

- i. A team will consist of seven (7) players on the field. The roster may contain a maximum of fourteen (14) players
- ii. Five (5) players are needed to start a game.
- iii. Players may only play for ONE TEAM per league.
  1. Players cannot switch teams within a league once they have played in a game.

## **II. FORFEITS & STARTING GAMES**

- a. Game time is start time!!! If a team does not have the minimum number of players (5) at the scheduled game time, the game clock will start and the team will have 10 minutes to meet the minimum requirement. The following penalties will be enforced during the period:
  - i. Start of clock – Team ready to play will be awarded 6 points.
  - ii. 3 minutes – Team ready to play will be awarded additional 6 points.
  - iii. 6 minutes - Team ready to play will be awarded additional 6 points.
  - iv. 10 minutes – Team ready to play will be awarded 1-point and the game will be declared a forfeit with a final score of 19-0.



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1. Under all of these penalties, the team awarded the points will start off with the ball at the beginning of both halves, should the other team meet the minimum number of players.
  2. TEAMS MUST BE READY TO PLAY AT THAT TIME!
  3. If no members of a team are present at the scheduled game time, the game will automatically be ruled a forfeit and no clock will be started.
- b. Teams should try to notify the Coordinator of Structured Sports of any game they cannot make by 3pm the day of the game. This allows the Coordinator of Structured Sports time to possibly find a replacement team. If no team is found, the team will forfeit the game and receive a “B” sportsmanship rating. Forfeits without notice, or notice after 3pm will result in a “C” sportsmanship rating.

### **III. ATTIRE & EQUIPMENT**

- a. Teams are required to wear shirts of the same color.
  - i. Colors are chosen by the captain when a team is created on IM Leagues.
- b. All players must wear sneakers or plastic cleats.
- c. Hats with brims ARE NOT PERMITTED to be worn during games.
- d. Participants are REQUIRED to remove all jewelry prior to competing. Recreational Services is not responsible for lost or damaged jewelry.
- e. Items of clothing with profanity or deemed inappropriate by Recreational Services will not be tolerated. Players will not be allowed to wear such clothing when participating.
- f. **Game Ball**: Each offensive unit will choose which ball they would like to use. This could include their own, their opponent's, or the ball provided by Recreational Services. If a team chooses to use their own ball, they must allow the opposing team to use that ball as well if they choose to do so. Balls must be regulation size. Recreational Services will not provide warm up balls.
- g. **Flag Belts**: Must be worn at the waistline with two flags hanging at the side and the third at the center of the back.
  - i. All shirts must be tucked under the belt and not covering the flags.
  - ii. If a belt is illegally attached, the officials will inspect the belt and the player could receive an automatic ejection.
- h. **Miscellaneous**: Hard casts, hard headgear or towels attached at the waist will not be permitted!
- i. Mouth guards are strongly recommended.

### **IV. GAME LENGTH & TIME REGULATIONS**

- a. A game will consist of two 20-minute halves. Halftime will be two (2) minutes long.



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- b. **Timeouts**: Each team is granted three (3) time outs per game.
  - i. There will be no timeouts in overtime.
- c. The clock only stops for timeouts (team and official) during the first 38 minutes.
- d. The clock stops during the final two (2) minutes of the 2<sup>nd</sup> half for:
  - i. Incomplete pass – clock restarts on snap
  - ii. Out-of-bounds – clock restarts on snap
  - iii. Touchdowns – remains stopped on conversion. Restarts when opponent snaps ball on their possession.
  - iv. Change of possession – clock restarts on snap
  - v. Penalty and administration – clock restarts depending on the previous play.
  - vi. First-down (in bounds) – clock restarts when discs have been set and officials blow whistle.
- e. The offense has 20 seconds to snap the ball after the official marks it ready for play.
- f. **Mercy Rule**: If a team is leading by 21 or more points with four (4) minutes or less in the 2<sup>nd</sup> half, the game will be ended.
  - i. If a team is leading by 50 points or more at halftime or any point in the 2<sup>nd</sup> half, the game will be ended.
  - ii. If the team trailing is within one score of the mercy rule (9 points or less) and has the ball when the clock hits four minutes, they will be allowed to continue their possession. If they do not score/bring the game within 20 points at the end of their possession, the game will be ended.
- g. **Tie Games**: All regular season games will end in a tie.
  - i. Playoff games will use the college overtime system
    - 1. Coin toss decides who gets possession first.
    - 2. Each team starts 1<sup>st</sup> and goal at the 20-yard line and receives four downs to score a touchdown
    - 3. Conversions
      - a. During the first two overtime periods, teams have the option of a 1, 2 or 3-point conversion.
      - b. During the third and any consecutive overtime periods, teams may only attempt a 3-point conversion.

### **V. PLAYING FIELD**

- a. All games will be played in Andre Reed Stadium.
- b. The field will be 80-yards long end-zone to end-zone with two 10-yard end-zones.
- c. Each 20-yard zone is a first down.
  - i. Offense has four downs to move ball to next zone
  - ii. At the start of each half or following a score, the team that takes over possession will start their drive at their own 10-yard line.



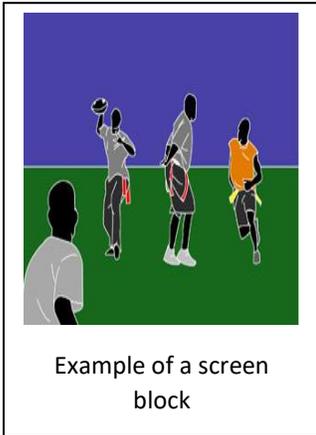
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## **VI. GAMEPLAY**

- a. A coin toss at the beginning of the game will allow the team to choose whether they want to start on offense or defense to start the game.
- b. **Line of Scrimmage Discs:** Two discs will be placed 2-yards apart on the ground:
  - i. One signifies the offense's line of scrimmage
  - ii. One signifies the defense's line of scrimmage
- c. **Play Clock:** Once the ball is spotted and cones are placed, the offense will have 20 seconds to snap the ball.
  - i. If a team is stalling to return the ball, the official can start the play clock before the ball is spotted, or a penalty can be assessed.
- d. **Prior to the Snap:**
  - i. The player snapping the ball is the only offensive player required to be on the line of scrimmage at the snap.
  - ii. One offensive player may be in motion but not in motion towards the opponent's goal line at the snap.
    1. All other players must come to a stop & remain stationary for a full second until the ball is snapped.
  - iii. The defense **IS NOT** required to have any players on the line of scrimmage.
- e. **Snapping the Ball:**
  - i. The snap may be between the legs or off to the side, however the snap must be in one continuous motion.
    1. The ball may not be snapped to a player in motion
    2. If a QB and RB are lined up side-by-side then a QB has not been defined and the ball may be snapped to either player.
- f. **After the Snap:**
  - i. The defense is able to rush the quarterback on every snap.
    1. Defensive rushers must go around the offensive player's screen block without using their arms, hands or shoulders as an advantage.
    2. Any defensive player that uses their hands, arms, or any other part of the body to gain an advantage on the blocker will be penalized.
  - ii. All players are eligible receivers.
  - iii. The quarterback may run with the ball at any time.



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- iv. BLOCKING:
1. The offensive screen block shall take place without contact. The screen blocker shall have their arms behind their back. Any use of the hands, arms, elbows, legs, or body to initiate contact is illegal.
- v. HANDLING THE BALL:
1. Any player may hand the ball backwards at any time.
  2. A backwards pass or underhand toss may be caught or intercepted in flight inbounds by any player and advanced.
  3. Once the ball hits the ground it is a DEAD BALL!
- vi. RUNNERS:
1. Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove the flag belt.
  2. The defense is not permitted to strip or knock the ball out from a ball carrier without receiving a penalty, unless they are attempting to break up a pass.
  3. **No stiff arms or slapping at the defensive player's hand is permitted.**
  4. If a player falls to the ground while carrying the football, the play is dead at the spot of the fall.
  5. Defensive players shall not intentionally hold, grasp, or obstruct the forward progress of a runner when in the act of removing the flag belt.
  6. Defensive players shall not push, shove, or tackle a player out of bounds or at all during a play. Such actions will result in a penalty and possible ejection/suspension.
  7. A fumbled ball becomes dead when it touches the ground.
    - a. If the ball is fumbled forward, the ball is placed at the spot the fumble occurred
    - b. If the ball is fumbled backward, the ball is placed where it hit the ground
    - c. If the offense fumbles the ball in its own end zone, a safety is awarded to the defense
    - d. If the offense fumbles into the opponent's end zone, the ball is awarded to the defense
  8. Players ARE NOT PERMITTED to dive to advance the ball.
- vii. PASSING:
1. A pass continues to be a pass until caught, intercepted, or the ball becomes dead. The initial direction determines whether a pass is forward or backward.



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2. A backwards pass (overhand or underhand) that hits the ground is marked dead at that spot.
  3. The offense can only have 1 overhand forward pass during the play.
  4. Any player receiving a pass must have at least one (1) foot down in bounds while maintaining possession of the ball.
    - a. If a player catches the ball in the air but gets pushed out of bounds intentionally by an opponent, the play can be ruled a completion and a penalty may be assessed for unnecessary roughness.
    - b. If a player catches the ball while on the ground, the play is dead at the spot of the catch.
- viii. **FLAG BELT REMOVAL:**
1. Players must have possession of the ball to legally be deflagged.
  2. When a runner loses his/her belt without a defender pulling a flag, the defense reverts **to one hand tag of the runner between the shoulders and the knees.**
- g. **After the Play**
- i. The offense is required to retrieve the ball after the play.
    1. If the offense delays in retrieving the ball, the 20-second play clock may be started by the official.
- h. **Punting:**
- i. Punts may take place on any down, however there are no fake punts.
    1. Punts must be a continuous motion from the snap! If the snap hits the ground, the play is dead.
    2. Offensive team must let the officials and other team know their decision to punt or not.
  - ii. The offensive players ARE NOT permitted to move past the line of scrimmage until the ball has been punted.
  - iii. There is no blocking of the punt.
  - iv. The punted ball may bounce and be picked up, however if the returner drops the ball or it contacts another player, it is a dead ball.
  - v. A punted ball that remains in play and not picked up by the receiving team, can be downed by the kicking team.
  - vi. A player receiving a punt must be given at least 2 yards to catch the kick.
  - vii. Screen blocking is permitted during the return of a kick.
- i. **Touchbacks:**
- i. The ball will be placed on the 10-yard line if any of the following happens:
    1. A punt is punted out of the end zone



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2. A punt is caught in the end zone and the runner takes a knee
3. A punt is dropped in the end zone
4. An interception is made and the defensive player takes a knee or is deflagged in the end zone.

j. **Substitutions:**

- i. All substitutions must enter and exit the playing field from their team area.
- ii. The team area is defined as the sideline where the team is situated
- iii. If the official signals a timeout for any injured player, the injured player must be substituted out for at least one play.

### **VII. SCORING**

- a. **Touchdowns:** 6 points
- b. **Conversions:** After a touchdown, teams will have the option to attempt:
  - i. One-point conversion from 2-yard mark
  - ii. Two-point conversion from 10-yard mark
  - iii. Three-point conversion from 20-yard mark.
- c. **Safety:** 2 points
  - i. Defense will retain possession at the starting marker
  - ii. A safety will occur if:
    1. A player is deflagged in their own end zone
    2. A snap lands on the ground in the end zone
    3. A snap flies through the back of the end zone
    4. A player drops the ball in the end zone
- d. **Interception on a Conversion:** 3 points
  - i. Must be returned to the end-zone.

### **VIII. PENALTIES**

- a. *Inadvertent Whistle:*
  - i. In the case of an inadvertent whistle, the offensive team shall have the option of replaying the down from the previous spot, or accepting the ball at the spot where it was blown dead.
  - ii. On all loose balls such as a pass in flight, the down must be replayed from the previous spot.

*10-yards from line of scrimmage*

- Delay of Game
- Illegal Snap
- False Start
- Lined up in Neutral Zone/Offsides
- Illegal Forward Pass (Loss of Down)
- Intentional Grounding (Loss of Down)



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- Personal Fouls (Language, arguing, taunting)
- Offensive Pass Interference
- Defensive Pass Interference (Automatic 1<sup>st</sup> Down)
- Defensive Use of Hands/Bull Rush
- Too Many Players on Field
- Illegal Blocking
- Diving
- Flag-Guarding
- Illegal Motion
- Illegally Secured Flag Belt (Possible Ejection)
- Unsportsmanlike Conduct (Possible Ejection)
- Roughing the Passer (Automatic 1<sup>st</sup> Down)

*10-yards from the spot (unless behind line of scrimmage)*

- Attempt to Strip Ball
- Kick Catch Interference
- Holding Player While Attempting to Remove Belt

*Unsportsmanlike Conduct*

- 3 Unsportsmanlike Penalties will result in a team disqualification regardless of the score. Further disciplinary actions may be taken such as a suspension.
- 2 Personal Unsportsmanlike Penalties will result in the player leaving the game.
- There is a **ZERO TOLERANCE** policy for any unsportsmanlike behavior directed towards players, officials, and staff. Unsportsmanlike conduct includes but is not limited to:
  - Taunting
  - Abusive or insulting language
  - Any acts of unfair play
  - Intentionally swinging an arm, hand or fist
  - Spiking, kicking, or throwing the ball high into the air intentionally
  - Pushing, tackling or any play deemed too physical during the game

### **IX. MISCELANEOUS**

- a. All participants of Kutztown University Intramurals are expected to treat their opponent, teammates, officials, and Recreational Services employees with the highest level of respect. Unsportsmanlike behavior will not be tolerated and can result in ejection from a game, suspension from a league or expulsion from Intramurals.
  - i. Unsportsmanlike acts include (but are not limited to):
    1. Taunting
    2. Profanity or obscene gestures
    3. Abusive or obscene language or actions



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- b. Any form of violent behavior or contact will result in an immediate ejection of the player from the game, a suspension and possible expulsion from Intramurals.
- c. Any player ejected from a game will receive a minimum one (1) game suspension.

### **X. PROTESTS & APPEALS**

- a. The proper process for filing an appeal or protest can be found in the Intramural Participant Handbook.
- b. A copy of the Intramural Handbook can be obtained from the Intramural Office or found online.

