

Southern Illinois University Edwardsville
Intramural Sports
7v7 Flag Football

General Information

NIRSA Flag Football rules and regulations govern all play with the following intramural clarifications and modifications:

- **Everyone must have their Cougar ID Card during every game.**
- *Eligible Participants:* Students, Staff, Faculty with Student Fitness Center Memberships.
- All participants must have an [IMLeagues](#) / [RecIT](#) account.
- BE on time!
 - Grace Period: In order to avoid a forfeit, a team may be offered a 10-minute grace period from the original start time to obtain the minimum number of players required to participate (Opposing team has the option of taking a 5 run lead to start, no time deductions)
- A men's/women's team must have minimum of (5) players to start a game. Co-Rec teams must have the minimum of (6) players to start and finish.
- A participant may play in only one gender specific league, and 1 Co-Rec League.
- No Jewelry
- Players may play for one gender specific team and one Co-Rec team

Equipment:

All equipment is subject to the approval of the Intramural Sports staff on duty.

- Men's teams shall play with an official sized ball. Women's and Co-Ed teams may play with an official, intermediate, or youth sized ball.
 - Teams may use their own footballs if both agreed. Intramural Staff will also have football available for game purposes.
- Flag belts are provided by Intramural Sports.
 - The proper way to wear the flag belt is with one flag on each side and one in the center of the back.
 - The flag belt must be worn with the clip in the front. The belt may not be tied, looped, or tampered with in any way that gives an unfair advantage. (Penalty: Illegally secured flag belt, 10 yards, loss of down / automatic first down, player is ejected)
 - **NO TYING FLAG BELT** – Automatic Ejection.
- Teams should wear jerseys or t-shirts of one primary color.
 - Intramural Sports has pinnies for teams without like colored shirts/jerseys.
 - Participants must wear a shirt with sleeves underneath the intramural sports pinnies.
 - Jerseys and shirts must remain tucked in at all times, unless short enough to have at least 4 inches from the bottom of the shirt to the top of the shorts/pants.
- Shorts/Pants/Shirts may not have any pockets, belts, belt loops or exposed drawstrings.
- Metal cleats are not allowed. Molded cleats or athletic footwear must be worn. (no boots, sandals, etc.)
- Hoods on jackets and sweatshirts must remain tucked in at all times.
- Hats with brims are not allowed. Bandanas may be worn, provided it is not tied in a knot.
- Cast or splints (hard or soft) are not permitted.
- Braces made of hard, unyielding material must be covered on both sides and all edges must be lined with appropriate slow-recovery padding.

Rosters:

All participants are subject to the rules of the game and Intramural Sports guidelines. Participants include, but are not limited to: players, non-players, substitutes, coaches, spectators, fans, and trainers.

Roster additions can be made until the end of half-time during the last regular season game.

Injured Player and Blood Rule:

An injured or apparently injured player, who is discovered by an official while the ball is dead and the clock is stopped, shall be replaced for at least one down unless the time-out or intermission has occurred. A player with an excessive amount of blood (determined by the officials) shall be considered an injured player and must sit out until they have secured a clean uniform and stopped bleeding.

Game Structure

Players

- Men's and Women's teams consist of seven (7) players.
 - A minimum of five (5) players are required to start the game.
- Co-Ed teams consist of eight (8) players (four (4) men and four (4) women).
 - A minimum of six (6) are required to start the game.
 - Acceptable combinations of males and females include: 4M & 4W, 4M & 3F, 3M & 4F, 3M & 3W, 4M & 2W, 4M & 2W
- The only player required on the line of scrimmage is the ball snapper.
- There are **No Fumbles and No Tackling**

Pre-Game Captains Meeting:

The referee will conduct a coin toss.

- The winner of a coin toss will have the option to start on offense or defense, defend a specific end zone or defer these options until the second half. The remaining options will be given to the opposing captain.
- The result of the initial coin flip shall determine who gets first choice at the start of the second half.

Timing:

- The game shall consist of four 10-minute quarters.
- Teams will change goals between the first/second and the third/fourth quarters
- Half-time will be 3 minutes.
- Each team receives 2 (1 minute) timeouts per half. They do not carry over.
 - If a team uses a timeout for rule-interpretation and the call is not overturned, they will lose a timeout.
- Clock will run continuously (except for timeouts) until the final 2 minutes of each half.
- Two minute warning: Clock will stop and 2-minute warning will be announced by the timing official. The clock will then start on the snap.
- Post- two minute warning: The clock shall stop according to high school rules. This includes, but is not limited to:
- Incomplete passes, out-of-bounds, first downs, penalties, scores, change of possession.
- The clock shall start on either the snap or whistle dependent upon the previous play.

Scoring:

- Touchdown is worth **6 points**. *(9 points in Co-Ed if a female scores or throws for a touchdown)*
- Point after try: *If the defense intercepts the ball during a try, the play is dead.*
 - 1 point from 3 yard line
 - 2 points from 10 yard line
 - 3 points from the 20 yard line
- Safety = 2 points

Start of Series:

- No Kickoffs. The ball shall be snapped from the 14-yard line to start each half, or to start a new series following a try for point, safety, or touchback. (Unless there is a penalty)
- The offensive team shall have four (4) downs to legally advance the ball into the next zone. The zone line-to-gain shall be the immediate zone in advance of the ball, unless changed due to loss of distance by penalty or by failure to gain.

Mercy Rule:

- If at any time following the first half any team accumulates 30 points more than the opposition, the game shall be declared over and said team shall be declared the winner.
- If a team is ahead by 19 (25 for Co-Ed) or more points at the 2-minute warning or thereafter extends the lead past 19 (25 for Co-Ed) or more points, the game is over.

Overtime:

Overtime only occurs during the playoffs (see last page). Regular season games shall be recorded as a tie.

Game Play**Neutral Zone:**

- The neutral zone is a one (1) yard area that separates the offensive and defensive lines of scrimmage. The offensive line of scrimmage is an extended plane that is marked using an orange ball spotter. The defensive line of scrimmage is an extended plane that is marked using a yellow spotter.
- Encroachment: Following the ready for play signal, no player may encroach into the neutral zone. The player is not allowed to jump back on-sides. (Penalty: Encroachment, dead-ball, 5 yards)

1. The ball will be declared dead when :

- a forward pass strikes the ground or is caught simultaneously by opposing players.
- a backward pass or fumble by a player strikes the ground.
- a runner has a flag belt removed legally by a defensive player.
- a runner is legally touched with one hand between the shoulders and knees, including the hand and arm, once the flag belt is no longer attached.
- a snap hits the ground
- the passer is de-flagged before releasing the ball

2. A fumble or backward pass is dead at the point it hits the ground. The ball goes to the team that last had possession. A fumble by the offense into the opposing team's end zone will result in a touchback.

3. A ball in player possession is out-of-bounds when either the ball or any part of the runner touches the ground or anything else, except a player or game official, which is on or outside a boundary line. If the runner inbounds bumps into or is touched by a player or an official on the sidelines out-of-bounds, the ball is still in play

Snapping:

- The ball must be snapped backward and off the ground. The ball need not be snapped between the center's legs, but the center cannot have his or her feet over the scrimmage line. In a legal snap, the movement must be a quick and continuous motion of the hand or hands backward. Once the ball leaves the ground, the defense may rush.
- The player who receives the snap must be at least two yards behind the offensive scrimmage line.
- Each offensive player must momentarily be at least five yards inbounds before the snap.
- One offensive player may be in motion but not in motion forward to the opponent's goal line. The player must be behind the line of scrimmage when the ball is snapped. A player in motion is not counted as one of the players on the scrimmage line. Only one offensive player may be in motion at a given time. Penalty: Illegal motion: Loss of five yards from the previous spot.

- Offensive players are responsible for retrieving the ball after each scrimmage down.
- All offensive players must be motionless for one second preceding the snap, except for a player moving parallel to or away from the scrimmage line. Penalty: For illegal motion: Loss of five yards from the previous spot
- An offensive player that shifts (other than going legally in motion) must stop for one full second before the snap. Penalty: For illegal shift: Loss of five yards from the previous spot
- A player may hand the ball forward or backward at any time.

Passing/Catching:

- All players are eligible to touch or catch a pass (*see Co-Rec modifications*). During a scrimmage down and before team possession has changed, a forward pass may be thrown provided the passer's feet are behind the offensive scrimmage line when the ball leaves the passer's hand. Only one forward pass can be thrown per down.
- Players need to maintain one foot in bounds for a catch to be completed.
- Teams are permitted one legal forward pass per down.
- The initial direction of the ball determines if the pass is forward or backward.
- A forward pass is illegal if
 - the passer's foot is beyond his or her scrimmage line when the ball leaves his or her hand,
 - thrown after team possession has changed during the down,
 - intentionally grounded to save a loss of yardage,
 - a passer catches his or her untouched forward pass
 - it is the second forward pass during a down.

****Penalty:** For illegal forward pass: Loss of five yards from the spot and loss of down if prior to change of possession.

- After the ball is snapped and until it has been touched, there will be no offensive pass interference beyond the offensive scrimmage line when the legal forward pass crosses the offensive scrimmage line. Penalty: For offensive pass interference: Loss of 10 yards from the previous spot
- After the passer releases a legal forward pass and until it is touched, there will be no defensive pass interference beyond the scrimmage line while the ball is in flight and crosses the scrimmage line. Penalty: For defensive pass interference: Loss of 10 yards from the previous spot
- A ball caught simultaneously by the offense and defense shall be awarded to the offense and the play shall be immediately ruled dead at the spot of the simultaneous catch.
- A backwards pass or fumble in flight may be caught or intercepted and advanced.
 - A backwards pass or fumble which is thrown out-of-bounds, or touches the ground, is DEAD where it hits and belongs to the team last in possession of the ball. (Unless it is a touchback or safety.)

Removing the Flag Belt:

- Players must have possession of the ball before they can be de flagged legally by an opponent.
- When a runner loses his/her flag belt either accidentally, inadvertently (not removed by grabbing or pulling), or on purpose, play continues. The opposition needs to "one-hand tag" the runner between the shoulders and knees to end the play.

Blocking/Rushing:

- Screen blocking is permitted and will take place without contact. The screen blocker will have his or her hands and arms at his or her side or behind his or her back. Any use of the hands, arms, legs, elbows or body to initiate contact by an offensive player is illegal. A player must be on his or her feet before, during and after screen blocking.
- 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.
- There are rushing restrictions:

- No player will make contact with an opponent deemed unnecessary.
- Flag Guarding: The ball carrier will not guard his or her flags by blocking with hands or the ball, thereby denying an opponent the opportunity to pull or remove the flag belt. In addition lowering a shoulder in such a manner which places the arm over the flag belt. (Penalty: Flag guarding, live-ball, 10 yards)
- Stiff arming by the ball carrier is illegal. Holding or swinging the arm near the flag to ward off attempts to seize the flag is illegal and results in flag guarding
- Defensive players may not steal or strip the ball from an offensive player once he or she has control
- The flag belt is to be fastened around the waist by use of the end clip.

4. Defensive players must make a definite effort to avoid charging into a passer after the ball has been thrown.

No defensive player will contact the passer.

Kicking/Punting the Ball:

- It is a touchback when the kicking team's punt breaks the plane of the receiving team's goal line.
- Prior to putting the ball in play on fourth down, the offensive team must declare whether it chooses to go for a first down or punt. If the offensive team chooses to kick, the ball must be kicked:
- The offensive team may put the ball in play with a punt on any play, but it must notify the defensive team. There are no quick kicks
- The snap must be received by the kicker at least five yards back, and the kick must be executed behind the scrimmage line within a reasonable time. There are no fake punts
- After receiving the snap, the kicker must kick the ball immediately and in a continuous motion
- No player may cross the line of scrimmage until the ball has been kicked
- If the kicked ball goes out-of-bounds between the goal lines or comes to rest in bounds untouched and no player attempts to secure it, the ball is dead and belongs to the receiving team at that spot
- A punt that touches anything while the ball is on or behind the receiving team's goal line can be downed by the receiving team as a touchback
- A player of the receiving team who is within the boundary lines and who is so located that he or she could have caught a kick which is beyond the scrimmage line while such a kick is in flight must be given an unmolested opportunity to catch the kick. Penalty: For kick catch interference: Loss of 10 yards
- When a punt, which has crossed the line of scrimmage, touches a player from either team and then hits the ground, the ball is dead and belongs to the receiving team. If it hits a player on the receiving team and then is caught in the air, it can be advanced by the receiving team. If it is caught by the kicking team (after the ball contacts a receiving team player), the ball is dead and belongs to the kicking team, and a new series begins for the kicking team
- No Fair Catch: Players shall ignore all signals given by the kickers or receivers. There is no foul.
- Momentum Exception: If a defensive player intercepts the ball, or a player receives the punt, between the 5-yard line and his/her goal line, and the original momentum carries him/her into the end zone, and the ball becomes dead, the ball belongs to team at the spot where possession was gained.

Co-Ed Modifications

- Co-Rec Only: An offensive male runner cannot advance the ball through the scrimmage line. However, there are no restrictions:
 - during a run by a male runner once the ball is beyond the scrimmage line
 - during a run by a female runner
 - after a change of team possession
- **Penalty: For illegal procedure: Loss of five yards from the previous spot
- In Co-Rec play, if a male passer completes a forward pass to a male receiver, the next forward pass completion must involve either a female passer or a female receiver for positive yards. This rule applies to the Try. Any foul, whether accepted or declined, will have no effect on whether the next forward pass completion is "open" or "closed." Penalty: For illegal forward pass: Loss of five yards from where the second consecutive male-to-male pass was released and loss of down.
- In Co-Rec play, if a female passer completes a forward pass to a male receiver behind the offensive scrimmage line and any offensive male in possession of the ball runs beyond the scrimmage line, it is an

illegal forward pass. Penalty: For illegal forward pass: Loss of five yards from the spot of the pass and loss of down.

- Touchdowns involving a legal forward pass from a female or if female runs for a touchdown counts as 9 points.

Open/Closed Plays:

- The term "OPEN" means that any player can complete a legal forward pass to any other player.
- The term "CLOSED" means that a female player must be involved in the play for positive yardage.
- To make a play change from CLOSED to OPEN, or to stay OPEN, must involve 3 things.
- A female must be involved in the play
- The play must result in positive yards.
- There must be a LEGAL forward pass.

Example:

If a male passer completes a legal forward pass to a male receiver, the next legal pass completion must involve a female passer or female receiver for positive yards in order for the next play to be "OPEN".

Fouls and Penalties

Unsportsmanlike Conduct:

Two unsportsmanlike conduct fouls against the same participant in the same game shall result in ejection.

Three unsportsmanlike conduct fouls against the same team in the same game shall result in forfeit. Any act of fighting shall result in the game being ended immediately, with the offending team(s) forfeiting.

Personal Fouls:

No player shall make contact of any nature with an opponent which is deemed unnecessary. (Penalty: Illegal contact, live-ball, 10 yards)

No player may tackle another player by grasping or encircling the opponent and taking him/her toward the ground as in tackle football. (Penalty: Flagrant illegal contact, live-ball, 10 yards, player is ejected)

Any acts of unfair play used in an attempt to confuse the opponent. (Penalty: Personal foul, live or dead ball, 10 yards)

CAMPUS RECREATION

Summary Of Penalties:

Loss of Five (5) Yards

- Equipment violation (Of Required Equipment)
- Delay of game
- Encroachment
- False start
- Illegal snap
- Infraction of scrimmage formation
- Illegal motion
- Illegal shift
- Intentionally throwing a backward pass or fumble out of bounds (Loss of Down)
- Helping the runner
- Intentional grounding
- Player receiving the snap within 2 yards of the line of scrimmage
- Player out of bounds when ball is snapped
- Offensive player not within 15 yards of ball
- Advancement across the line of scrimmage by a MALE runner **CO-REC ONLY**

Loss of Ten (10) Yards

- Kick catch interference
- 2 or more consecutive encroachments during the same interval between scrimmage downs
- Offensive pass interference
- Defensive pass interference
- Illegally secured flag belt on touchdown & (Loss of down if offense) (Auto 1st down if defense)
- Illegal Equipment (Unsportsmanlike Conduct)
- Unsportsmanlike conduct
- Attempting to steal, strip or strike the ball
- Unfair tactics
- Hurdling a player
- Illegal contact
- Aggressive running
- Tackling the runner (Automatic Ejection)
- Roughing the passer (Auto 1st down)
- Flag guarding
- Illegal participation
- Illegal forward pass - 2 consecutive MALE to MALE forward passes **CO-REC ONLY**

Sportsmanship and Playoffs

Each team that finishes the regular season with an average Sportsmanship Rating of at least 2.75 and a .500 record (even 2-2 record). Furthermore, each team must maintain a Sportsmanship Rating of at least a 2.75 each game to remain in the playoffs. The home team will be the higher seed.

The following scale will be used to rate all teams in all contests played:

- 4: Excellent, no problems.
- 3: Occasional problems, some verbal dissent.
- 2: Unreasonable comments and conduct.
- 1: Continuous verbal dissent, unreasonable conduct.
- 0: Fighting, vulgar language, unreasonable conduct.

*Non-unsportsmanlike penalties such as wearing jewelry or not having checked improperly will not count against sportsmanship rating unless it is a repeated offense during the same game.

Method of Rating:

- The officials working that game and/or any Intramural Staff (Supervisors, Graduate Assistants, or Administrative Staff) may rate each team in each contest on sportsmanship.
- Special Game Situations: Contests, which are postponed and not rescheduled due to rainouts, power failure, etc. - both teams will receive a 4 for sportsmanship.
- A team winning by forfeit or default will receive a 4 for sportsmanship. A team that forfeits will receive a 0 for sportsmanship. A team that defaults will receive no rating.

Playoff Overtime:

- A coin flip shall determine who possesses the ball first, and which side of the field to play. Both teams shall play all overtime periods towards the same goal.
- All regular penalty enforcements apply
- Unless moved by penalty, each team will be given 4 downs to score from the 10-yard line. The goal line is always the line to gain.
- Each team is given one timeout for all of overtime.
- If the defense intercepts the ball, the play is dead.
- Teams always have the choice for the point value for the try.
- As many overtime periods as necessary shall be played until a winner is declared.

Statement of Inclusion Language for Intramural Sports Dept

SIUE Campus Recreation is dedicated to providing a positive intramural sports experience for students of all abilities. Please contact Natalie Hawkins (nrosale@siue.edu or 618-650-3242) at the Student Fitness Center, Room 1524, to discuss options should you require an accommodation to fully participate in the Intramural Sports program because of a disability or impairment.

