



The University of Michigan  
Department of Recreational Sports  
*Intramural Sports Program*

## FLAG FOOTBALL RULES

### I. INTRAMURAL POLICIES AND PROCEDURES

(NOTE: Listed below is a synopsis of important Intramural Policies and Procedures. For a more detailed explanation, please refer to the Intramural Sports Program Manager's Manual, which can be found on our website at [www.recsports.umich.edu/intramurals](http://www.recsports.umich.edu/intramurals).)

#### A. ROSTER AND ROSTER ADDITIONS

1. **Team Sports:** A team's roster is formed throughout the regular season. All players participating in a game must be listed on that game's scorecard. The players who are listed will be entered onto that team's roster and will appear on all future scorecards under that team's name. *The manager is responsible for ensuring that each scorecard, including the printed roster, is complete and accurate (i.e. all team members who participated in that game are listed on the scorecard).* Names of individuals can be added to the original roster, prior to the new team member playing, by listing that player's name as well as his/her ID number on the scorecard. A player must participate in at least one regular season game to be eligible to participate in the playoffs.
2. **Tournaments:** A team's roster is built over the course of the preliminary rounds of the tournament. As in team sports, the individuals listed on the scorecards constitute a team's roster. Managers are responsible for the completeness and accuracy of the scorecards. In tournament events, roster additions may be made through the quarter-final games.

#### B. ELIGIBILITY

1. **Checking ID's:** Before a contest, event, or activity, all members of a team shall present to the official their pictured Student ID card. The official shall then verify the participant's identity and so note on the scorecard. Those players listed on the scorecard and verified by an official are considered to have participated in that contest. Should a participant arrive at the contest after it has started, the participant assumes the responsibility to have his/her identity verified by the official during a stoppage of play. Should a player not be verified by an official, that individual shall be considered an ineligible player.
2. **Forgotten ID Policy:** If a player forgets his or her ID, the following procedure will be followed:
  - a. The player must present a form of pictured ID (i.e. state driver's license, state identification, etc.) to the sport supervisor.
  - b. The sport supervisor shall complete an Intramural Forgotten ID Form and give that form to the participant.
  - c. The participant shall present the completed Intramural Forgotten ID Form along with his/her ID to the game official for verification.
  - d. The player must come in the next working day between 9:00am and 4:30pm with their valid student ID to verify that they are an eligible participant in the Intramural Sports Program. Failure to do so shall result in a forfeit against the violating team.

**C. FORFEITS:**

1. A team not ready to play (or failing to appear) at the designated day, date, time, and location of the scheduled contest will forfeit that contest.
2. In order to be credited for the forfeit “win,” the team receiving the forfeit “win” for the contest must have the minimum number of required players to start a game.  
**NOTE:** Both teams are recommended to list the players present at the game site in order to have those players considered as having “participated” in that game.
3. A team may waive the right to forfeit and wait for the opposing team to arrive.
  - If a team decides to wait the 10 minutes for the opposing team to show they **must wait the entire 10 minutes.**
  - If 10 minutes after the scheduled game time passes, and the minimum number of players required to play for the opposing team has not arrived, the team present **must accept** the forfeit.
  - Should the opposing team arrive before the 10-minute time limit, the contest shall be played. The time lost shall not be made up.
  - If a team waives their right to a win by forfeit, and the match begins, that team cannot rescind their decision and take the forfeit.
  - If at game time neither teams have the minimum number required to play the officials will wait 10 minutes to see if either or both teams acquire enough participants to play or accept the forfeit.

**D. SPORTSMANSHIP RATINGS**

1. Each team in each contest shall be rated by the officials. A team begins an intramural game or event with a total of 10 sportsmanship points. During the course of the contest, teams may lose points if their behavior deteriorates. A contest will be terminated if the SRS Rating becomes zero or below.
2. Level 1 Sportsmanship Infraction: For each Sportsmanship infraction a team receives, one point will be deducted.
3. Level 2 Sportsmanship Penalty: For each Sportsmanship Penalty a team receives, three points will be deducted.
4. Level 3 Sportsmanship Ejection: For each Sportsmanship Ejection a team receives, seven points will be deducted.
5. Forfeits: Forfeiting a contest shall result in a seven point deduction.
6. Playoffs: In order to be eligible for the playoffs a team must have a SRS score of 31 or higher for the regular season. If in any playoff game, including the Championship, should a team’s actions cause that team to receive a SRS rating of less than seven (7), the game will immediately be discontinued; the opposing team will be declared the winner of the game; and the declared winner will advance to the next round in the playoffs. The declared winner must not have a SRS rating of less than seven.

	<b>All-Inclusive</b>	<b>Flag Football</b>
<b>Level 1: Sportsmanship Infraction</b> (1 point deduction)	- Any verbal warning that addresses conduct	
<b>Level 2: Sportsmanship Penalty</b> (3 point deduction)	- Alcohol use by spectators - Spectator interference	- Unsportsmanlike Conduct - Illegally secured flag belt
<b>Level 3: Sportsmanship Ejection</b> (7 point deduction)	- Alcohol use by player - Physical contact with an official - Fighting - Intentionally injuring or attempting to injure an opponent - Threatening/Verbal abuse of an official - Use of an ineligible player - Use of a suspended player - Forfeiting a game	- Flagrant Unsportsmanlike Conduct

## II. SPORT RULES

NOTE: The official rules of the National Intramural-Recreational Sports Association Flag & Touch Football Rules apply to Intramural contests except for the local modifications listed below. Copies of the official rules may be checked out from the Main Office of the Intramural Sports Building. In addition, the field supervisor will have a copy at all times.

### A. THE GAME, FIELD, PLAYERS AND EQUIPMENT

1. The game shall be played between 2 teams of 7 players each. Five players are required to avoid a forfeit. *Penalty: Illegal Participation, 10 yards*
2. The lines bounding the sidelines and endzones are out-of-bounds in their entirety, and the inbounds area is bound by the lines. There shall be 2 inbounds lines (hash marks). They shall run parallel with each sideline, and located 15 yards "in" from each sideline.
3. On each side of the field a team area is designated for the teams, coaches, and authorized team attendants. This team area shall be located 2 yards from the sidelines and between the 20 yard lines.
4. The official ball shall be pebble-grained leather or rubber covered and meets the recommendations of size and shape for a regulation football. There are no requirements regarding ball pressure and markings. Men's teams shall use the regular size while women's teams shall use the intermediate, youth, or junior size. During the game each team must use a legal ball of its choice when in possession.
5. Two soft and pliable ball spotters are required. One, orange, in color, will mark the offensive scrimmage line. The second, gold in color, will mark the defensive scrimmage line. The ball spotters will always be 1 yard apart.
6. Players Equipment Required:
  - a. Jerseys. Players of opposing teams must wear contrasting colored jerseys, without pockets, numbered on the front and rear. Jerseys must be long enough so they remain tucked in the pants/shorts 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.
  - b. Pants/Shorts. Each player must wear pants or shorts without any belt(s), belt loop(s), pocket(s), button(s) or exposed drawstrings. Pockets may not be taped. The pants or shorts must be a different color than the flags. Pockets can NOT have zippers. Pants may not have buttons along the sides. Players may wear shorts without pockets over their pants.
  - c. Flag Belt. Each player must wear a one-piece belt, without any knots, at the waistline with three flags permanently attached, one flag on each side and one in the center of the back. The belt must have a spring loaded clip. *Penalty: Live Ball Foul. Failure to have flag belt legally attached at the snap, 5 yards from the previous spot.*
  - d. Shoes. Each player must wear shoes. Shoes shall be made of a canvas, leather or synthetic material which covers the foot attached to the composition bottom. Cleats are limited to studs or projections which do not exceed 1/2 inch in length and are made with non-abrasive rubber or rubber-type synthetic material which does not chip or develop a cutting edge. Metal or plastic spikes/cleats are not allowed.
  - e. Optional Player Equipment - Legal Equipment includes:
    1. Ace Bandages. Players may use an ace bandage no more than two turns thick in any given area. It can be anchored at each end by tape not to exceed two turns.
    2. Gloves. Players may wear gloves which must consist of a soft, pliable and non-abrasive material.
    3. Headwear. Players may wear the Navy Watch-Style knit or stocking cap. The cap may not have a bill. It can have a knit ball on top. Players may wear a headband no wider than 2 inches and made of non-abrasive unadorned single-colored cloth, elastic, fiber, soft leather or rubber. Rubber or cloth elastic bands may be used to control hair.
    4. Play Books. Players may carry a playbook inside their clothing as long as it is of unyielding material and is not visible. A player must keep the play

book rather than throw it on the field. Players may wear a soft, pliable wrist/forearm band that contains plays.

f. Optional Player Equipment - Illegal Equipment includes:

1. Headwear containing any hard, unyielding, stiff material, including billed hats, or items containing exposed knots (i.e. bandanas).
2. Jewelry.
3. Towels attached at the player's waist.
4. Casts worn above or below the waist.
5. Clothing which has blood on it must be removed before the player may continue competition. A substitute player should enter the game to allow the player with blood to remove the soiled clothing.

## B. DEFINITIONS

1. **Catch.** If a player attempts a catch or an interception while in the air, the player must contact with at least one foot on the ground and in-bounds with the ball in his/her possession prior to touching out-of-bounds, unless an opponent's contact causes him/her to first touch out-of-bounds.
2. **Punt.** A punt is made by the offense under restrictions which prohibits either team from advancing beyond their scrimmage lines until the ball is kicked. There is no fair catch in flag football.
3. **Removing the Flag Belt.** When the flag belt is clearly taken from the runner in possession of the ball the down shall end and the ball is declared dead. A player who removes the flag belt from the runner shall immediately hold the flag above his/her head to assist the official in locating the spot where the capture occurred. If a flag belt inadvertently falls to the ground, a one hand tag between the shoulders and the knees constitutes capture. A player may leave his/her feet to remove the flag belt.
4. **Contact.** In an attempt to remove the flag belt from a runner, defensive players may contact the body and shoulders, but not the face, neck or any part of the head of an opponent with their hands. A defensive player may not hold, push, or knock the runner down in an attempt to remove the flag belt.
5. **Screen Blocking.** Screen blocking is legally obstructing an opponent without using any part of the body to initiate contact with him/her.
6. **Scrimmage Line.** The scrimmage line for Team A is the yard line and its vertical plane which passes through the forward point of the ball. The scrimmage line for Team B is the yard line and its vertical plane which passes one yard from the point of the ball nearest its own goal line. Team B's scrimmage line may extend into their end zone. A Team A player is on his/her scrimmage line when facing his/her opponent's goal line with his/her head or foot breaking the plane of the imaginary line drawn through the waistline of the snapper and parallel to the scrimmage line. The snapper is a line player.

## C. PERIODS, TIME FACTORS, SUBSTITUTIONS

1. **Coin Toss.** Prior to the game beginning, the Referee shall toss a coin. The captain winning the coin toss shall have the choice of options for the first half. The options shall be:
  - a. To choose whether his/her team will start on offense, defense or defer.
  - b. To choose the goal his/her team will defend. The captain not having the first choice of options for a half shall exercise the remaining option.
2. **Game Time.** All games consist of two 22-minute halves of running time. The intermission between halves shall be 5 minutes.
3. In the playoffs, if the score differential is 11 points or less in the last minute of the second half, the clock will be stopped when warranted by NIRSA rules.
4. **Semi-finals and Finals.** During semi-final and final games, each team will receive 1 time-out per half, non cumulative. The clock will be stopped on all time-outs, and when warranted by NIRSA Rules in the last minute of the first half, and the last two minutes of the second half.
5. **Tie Games.** During the regular season, tie games will be recorded as a win for both teams. During the playoffs the following tie-breaking procedure shall be used:
  - a. A coin will be flipped to determine the options as in the start of the game. The home team captain shall call the toss. There will be only one coin flip during the overtime. If additional

overtime periods are played, field captains will alternate choices. ALL OVERTIME PERIODS ARE PLAYED TOWARDS THE SAME GOAL LINE.

- b. Unless moved by penalty, each team will start 1st and goal from the Team B 10 yard line. The line to gain will always be the goal line. An overtime period consists of 4 downs by each team. If the score is still tied after one period, play will proceed to a second period or as many as are needed to determine a winner. If the first team which is awarded the ball scores, the opponent will still have a chance to win the game. Unless moved by penalty, they will start 1st and goal from the Team B 10 yard line. Tries will be attempted and scored as in regulation time. If the defense intercepts a pass or fumble and returns it for a touchdown, they win the game. If they do not return the interception for a touchdown, the ball shall be placed at the Team B 10 yard line and the original defense will begin their series of 4 downs, if available.
  - c. Fouls and Penalties. They are administered similar to the regular game. Team A shall be awarded a new series of 4 downs when an automatic first down is accepted. Dead ball fouls following a touchdown are penalized on the try. Live ball fouls committed by either team after Team B gains possession during a try or overtime shall be enforced at the succeeding spot. Dead ball fouls following a successful try shall be penalized from the succeeding spot, the Team B 10 yard line, if accepted.
6. Delays. The ball must be put in play promptly and legally and any action or inaction by either team which tends to prevent this is delay of game. This includes:
- a. Failure to snap or free kick within 25 seconds after the ball is declared ready for play.
  - b. Putting the ball in play before it is declared ready for play.
  - c. Deliberately advancing the ball after it has been declared dead.

*Penalty for a-c: Dead Ball Foul. Delay of Game, 5 yards from the succeeding spot.*

Team A may not have 2 consecutive Delay of Game Penalty assessed to them.

*Penalty for 2 Consecutive Delay of Game Penalties-Turnover to Team B*

7. Substitutions. No substitute shall enter during a down. Between downs any number of eligible substitutes may replace players provided the substitution is completed by having the replaced players off the field before the ball becomes alive. An incoming substitute must enter the field directly from his/her team area. A replaced player must leave the field at the sideline nearest his/her team area prior to the ball being snapped. An entering substitute shall be on his/her team's side of the neutral zone when the ball is snapped or free kicked.

*Penalty: Substitution infraction, 5 yards. If it is a dead ball, 5 yards from the succeeding spot.*

#### **D. BALL IN PLAY, DEAD BALL, OUT-OF-BOUNDS**

1. Dead Ball Becomes Alive. A dead ball is ready for play when the Referee sounds the whistle and signals "ready for play."
2. Ball Declared Dead. A live ball becomes dead and an official shall sound the whistle or declare it dead:
  - a. When it goes out-of-bounds.
  - b. When any part of the runner other than a hand(s) or foot touches the ground. If the player slips and regains his/her balance as the ball in contact with his/her hand touches the ground, the play will continue as a ball in possession is considered part of the hand.
  - c. When a touchdown, touchback, safety, or successful try is made.
  - d. When after a punt the ball strikes the ground following first touching by K.
  - e. When a player of the kicking team catches a punt which is beyond the neutral zone; or an untouched punt comes to rest on the ground and no player attempts to secure it.
  - f. When a forward pass strikes the ground or is caught simultaneously by opposing players.
  - g. When a backward pass or fumble by a player strikes the ground or is caught simultaneously by opposing players. A ball snapped from scrimmage, which hits the ground before or after getting to the intended receiver, is dead at the spot where it hits the ground.
  - h. When a forward pass is legally completed, or a loose ball is caught by a player on, above, or behind the opponent's goal line.
  - i. When a runner has a flag belt removed legally by a defensive player. A flag belt is removed when the clip is detached from the belt.

- j. When a runner is legally tagged with one hand between the shoulders and knees, including the hand and arm, once the flag belt is no longer attached.
  - k. When a passer is deflagged/tagged prior to releasing the ball.
  - l. When a muff of a punt touches the ground.
  - m. When an official sounds his/her whistle inadvertently during a down.
3. Placement of Dead Ball. If the ball becomes dead between the inbounds lines (hash marks), the ball shall be placed at that approximate spot. If the ball becomes dead in a side zone, place the ball at the nearest inbound line (hash mark) at the corresponding yard line.
4. Out-of-Bounds. A player or non-player is out-of-bounds when any part of him/her touches anything, other than another player or a game official who is on or outside the sidelines or endline. A ball in player possession is out-of-bounds when the runner or the ball touches anything other than another player or game official, which is on or outside a sideline or end line. A loose ball is out-of-bounds when it touches anything, including a player or game official, which is out-of-bounds.

## E. SERIES OF DOWNS AND FIRST DOWNS

- 1. A down is a unit of the game which starts, after the ball is ready for play, with a legal snap and ends when the ball next becomes dead. Between downs is the interval during which the ball is dead.
- 2. A team, in possession of the ball, shall have 4 consecutive downs to advance to the next zone by scrimmage. Any down may be repeated or lost if provided by the Rules.
- 3. The zone line-to-gain in any series shall be the zone in advance of the ball, unless distance has been lost to penalty or failure to gain. In such case, the original zone in advance of the ball at the beginning of the series of downs is the zone line-to-gain. The most forward point of the ball, when declared dead between the goal lines, shall be the determining factor.

## F. KICKING THE BALL

- 1. Punt
  - a. Prior to making the ball ready for play on fourth down, the Referee must ask Team A captain if he/she wants to punt. The Referee will communicate this decision to the Team B captain. The Team A captain may request a punt on any down. After such announcement the ball must be kicked.  
EXCEPTION: If a) a Team A or B time-out is called, or b) a foul occurs anytime prior to or during this down after the Team A captain's decision which results in the kicking team having the right to repeat the down again.
  - b. Neither K nor R may advance beyond their respective scrimmage line until the ball is kicked.  
*Penalty: Live Ball, Illegal Procedure, 5 yards from the previous spot.*
  - c. After receiving the snap, the kicker must kick the ball immediately and in a continuous motion.  
*Penalty: Illegal Procedure, 5 yards.*
  - d. Once the ball is punted, any R player may block the kick. If the blocked punt hits the ground, it is dead at the spot. If the blocked punt is caught by any K player behind the Team A's scrimmage line, they may advance. R may advance the kick anywhere in the field of play or end zone.
  - e. When a protected scrimmage kick which has crossed K's scrimmage line touches a player from either team and then hits the ground the ball is dead and belongs to R. If it hits an R player and then is caught in the air, it can be advanced by R. If caught by K, the ball is dead and belongs to K.  
**PLAY:** R-1 attempting to catch a punt, muffs the ball. K3 catches the ball before it hits the ground and runs for a touchdown. **RULING:** K's ball at the spot where the ball was caught. During a punt, K cannot advance a muff by R; K can advance an airborne fumble by R because the kick has ended with possession.
- 3. Other Rules
  - a. When any punt touches anything while the kicked ball is on or behind R's goal line, it can be downed by R and is a touchback. NOTE: R may run the kick out of the end zone.

- b. There are no fair catches. Players shall ignore any signals given by the kickers or receivers. The ball remains live. There is no foul.

## **G. SNAPPING, HANDING AND PASSING THE BALL**

1. Team A players are responsible for retrieving the ball after a scrimmage down.
2. Prior to the Snap
  - a. Following the ready for play and until the snap no player on defense may encroach, touch the ball, nor may any player contact opponents or in any other way interfere with them. After the snapper has placed his/her hand(s) on the ball, it is encroachment for any player to break the scrimmage line plane, except for the snapper's right to be over the ball. *Penalty: **Dead Ball Foul, Encroachment, 5 yards from the succeeding spot.***
  - b. The snapper, after assuming position for the snap and adjusting the ball, may neither move nor change the position of the ball in a manner simulating the beginning of a play until it is snapped. The snapper shall pass the ball back from its position on the ground with a quick and continuous motion of the hand(s). *Penalty: **Dead Ball Foul, Illegal Procedure, 5 yards from the succeeding spot.***
3. Position and Action During the Snap
  - a. Anytime at or after the ball is ready for play, each Team A player must momentarily be within 15 yards of the ball before the snap. *Penalty: **Illegal Procedure, 5 yards.***
  - b. The offensive team must have at least 4 players (Co-Recreation-5) on their scrimmage line at the snap. The remaining players must be either on the scrimmage line or behind their backfield line. A player in motion is not counted as one of the 4 or 5 on the scrimmage line. *Penalty: **Illegal Procedure, 5 yards.***
  - c. One offensive player may be in motion, but not in motion toward the opponent's goal line at the snap. Other offensive players must be stationary in their positions without movement of the feet, body, head or arms. *Penalty: **Illegal Motion, 5 yards.***
  - d. The player who receives the snap must be at least 2 yards behind the offensive scrimmage line. Direct snaps are illegal. *Penalty: **Illegal Procedure, 5 yards.***
  - e. 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 of feet, body, head, or arms for at least one full second before the snap. *Penalty, **Illegal Shift, 5 yards.***
4. Handing the Ball
  - a. Any player may hand the ball forward or backward at any time.
5. Legal and Illegal Forward Pass
  - a. A forward pass is illegal:
    1. If the passer's foot is beyond Team A's scrimmage line when the ball leaves his/her hand.
    2. If thrown after team possession has changed during the down.
    3. If intentionally thrown to the ground or out-of-bounds to save loss of yardage.
    4. If a passer catches his/her untouched forward or backward pass.
    5. If there is more than one forward pass per down.

Penalty for 1-5: **Illegal Pass, 5 yards from the spot of the pass and a loss of down** if by Team A before possession changes during a scrimmage down.
6. Forward Pass Interference
  - a. After the ball is snapped, and until it has been touched by a receiver, there shall be no offensive pass interference beyond Team A's scrimmage line. *Penalty: **Offensive Pass Interference, 10 yards from the previous spot and loss of down.***
  - b. After the ball is thrown, and until it has been touched, there shall be no defensive pass interference beyond Team A's scrimmage line while the ball is in flight. *Penalty: **Defensive Pass Interference, 10 yards from the previous spot, automatic first down.** NOTE: If the pass interference by either player is intentional or unsportsmanlike, his/her team shall be penalized an additional 10 yards.*

## H. SCORING PLAYS AND TOUCHBACK

1. Mercy Rule
  - a. If a team is 19 or more points ahead when the Referee announces the 2-minute warning for the second half the game shall be over.
  - b. If a team scores during the last 2 minutes of the second half and that score creates a point differential of 19 or more the game shall end at that point.
2. Touchdown Values
  - a. Touchdown values are worth 6 points.
  - b. If after a touchdown and prior to the initial ready for play signal for the Try, either team commits any foul for which the basic spot of penalty enforcement is the succeeding spot (Try), the offended team may have the penalty enforced from the succeeding spot (Try), or after the Try, at the 14 yard line.
3. Try = 1, 2 or 3 points
  - a. An opportunity to score 1 point from the 3 yard line, 2 points from the 10 yard line, or 3 points from the 20 yard line by running or passing only shall be granted the team scoring a touchdown.
  - b. If Team B intercepts a pass or fumble during a try for 1, 2, or 3 points, and returns it for a touchdown, they score 3 points.
  - c. **Next Play.** After a try, the ball shall be snapped by the opponent of the scoring team at their own 14 yard line, unless moved by penalty.
4. Player Responsibility
  - a. The player scoring the touchdown must raise his/her arms so the nearest official can deflag the player. If the player is not deflagged with one pull and the official determines the flag belt has been secured illegally, the touchdown is disallowed. The player is disqualified. *Penalty: Personal Foul, 10 yards from the previous spot. If by Team A, loss of down. If by Team B, automatic first down.*
5. Safety
  - a. A Safety is 2 points.
  - b. After a safety is scored the ball shall be snapped by the scoring team at their own 14 yard line, unless moved by penalty.
6. Touchback
  - a. It is a touchback when:
    1. R downs a scrimmage that touches anything while the ball is on or behind R's goal line unless R chooses a spot of first touching by K.
    2. The ball is out-of-bounds behind a goal line (except for an incomplete forward pass), when the ball becomes dead in possession of a player on, above or behind the player's own goal line, or when the ball becomes dead not in possession on, above or behind the team's own goal line, and the attacking team is responsible.
  - b. The team whose goal line is involved shall put the ball in play on the inbounds line on the 14 yard line by a snap after a touchback.

## I. CONDUCT OF PLAYERS AND OTHERS

1. Second Unsportsmanlike Conduct Foul.
  - a. The second unsportsmanlike conduct foul by the same player or non-player results in disqualification.
  - b. The fourth unsportsmanlike conduct foul by the same team results in forfeiture.
2. Offensive Screen Blocking
  - a. The offensive screen block shall take place without contact. The screen blocker shall have his/her hands and arms at his/her side or behind his/her back. Any use of the hands, arms, elbows, legs, or body to initiate contact during an offensive player's screen block is illegal. A

blocker may use his/her hand or arm to break a fall or to retain his/her balance. A player must be on his/her feet before, during, and after screen blocking. *Penalty: Personal Foul, 10 yards.*

- b. A player who screens shall not:
  1. Take a position closer than a normal step when behind a stationary opponent.
  2. Make contact when assuming a position at the side or in front of a stationary opponent.
  3. Take a position so close to a moving opponent that his/her opponent cannot avoid contact by stopping or changing direction. The speed of the player to be screened will determine where the screener may take his/her stationary position. This position will vary and may be 1 to 2 normal steps or strides from the opponent.
  4. After assuming his/her legal screening position move to maintain it, unless he/she moves in the same direction and path as his/her opponent. If the screener violates any of these provisions and contact results, he/she has committed a personal foul.  
*Penalty for 1-4: Personal Foul, 10 yards.*
- c. Teammates of a runner or passer shall not use interlocked interference by grasping or encircling one another in any manner. *Penalty: Personal Foul, 10 yards.*
- d. 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. *Penalty: Personal Foul, 10 yards.*

### 3. Guarding the Flag Belt

- a. Runner 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. Flag guarding includes:
  1. Placing or swinging the hand or arm over the flag belt to prevent an opponent from deflagging.
  2. Placing the ball in possession over the flag belt to prevent an opponent from deflagging.
  3. Lowering the shoulders in such a manner which places the arm over the flag belt to prevent an opponent from deflagging.  
*Penalty: Flag Guarding, 10 yards.*
- b. The runner shall be prohibited from contacting an opponent with extended hand or arm. This includes the use of a "stiff arm" extended to ward off an opponent attempting to deflag/tag. *Penalty: Personal Foul, 10 yards.*
- c. The defensive player shall not hold, grasp, or obstruct the forward progress of a runner when in the act of removing the flag belt or making a legal tag. *Penalty: Defensive Holding, 10 yards.*

### 4. Flag Belt Removal

There are basic rules which are established for flag football because of legal or illegal removal of the flag belt.

- a. Players must have possession of the ball before they can be deflagged.
- b. When a runner loses his/her flag belt either accidentally, inadvertently (not removed by grabbing or pulling), or on purpose, play continues. The deflagging reverts to a one hand tag of the runner between the shoulder and the knees.
- c. In circumstances where a flag belt is removed illegally, play should continue with the option of the penalty or the play. *Penalty: Personal Foul, 10 yards.*
- d. A defensive player intentionally pulling a flag belt from an offensive player without the ball is illegal. *Penalty: Personal Foul, 10 yards.*
- e. Tampering with the flag belt in any way to gain an advantage including tying, using foreign materials, or other such acts is illegal. *Penalty: Personal Foul, 10 yards from the previous spot, and player disqualification. If by Team A, loss of down. If by Team B, automatic first down.*

### 5. Player Restrictions

- a. A player is not allowed to strip or attempt to strip the ball from a player in possession by punching, striking or stealing. *Penalty: Personal Foul, 10 yards.*

6. Intentional penalties
  - a. Inside of 2 minutes in the game, if in the judgment of the official, a team commits deliberate acts to delay the game, special provisions will be enforced.
  - b. First offense -- normal enforcement
  - c. Second consecutive offense -- double normal enforcementIn addition, the official may enforce the "Unfair Acts" clause, in which points may be awarded.

## **J. SUMMARY OF CO-RECREATION RULES**

1. The Game. The game shall be played between 2 teams of 8 players, 4 men and 4 women. Teams with 7 players shall be 4 men and 3 women or 4 women and 3 men. Six players, 3 men and 3 women, are required to avoid a forfeit. *Penalty: Illegal Participation, 10 yards.*
2. The Ball. The regular, intermediate, youth or junior size football shall be used.
3. Minimum Line Players. The offensive team must have at least 5 players on their scrimmage line at the snap. *Penalty: Illegal Procedure, 5 yards.*
4. Male Runner. A Team A male runner cannot advance the ball through Team A's scrimmage line. There are no restrictions during a run by a male runner once the ball is beyond the Team A scrimmage line; during a run by a female runner; and after a change of possession. *Penalty: Illegal Procedure, 5 yards from the previous spot.*
5. Male to Male Completion. During the offensive team's possession, there may not be 2 consecutive legal forward pass completions from a male passer to a male receiver. This rule applies to a try. If a male passer completes a legal forward pass to a male receiver, the next legal forward pass completion must involve either a female passer or a female receiver for positive yards. The spot where the ball becomes dead by rule must be beyond the Team A scrimmage line. *Penalty: Illegal Forward Pass, 5 yards from the spot where the consecutive male to male completed legal forward pass is released, and a loss of down.*
  - a. The term "closed" means a male player may NOT throw a legal forward pass completion to any other male player. The term "open" means any player can complete a legal forward pass to any other player.
  - b. Any foul, whether accepted or declined, shall have no effect on whether the next forward pass completion is "open" or "closed."
  - c. If a crew of officials erroneously indicates the "open/closed" status of a down, then the down must be repeated.

## **K. CO-REC "A" PROVISIONS**

1. All Touchdowns are worth 6 points regardless of who scores or throws a touchdown pass.
2. Mercy Rule.
  - a. If a team is 19 or more points ahead when the Referee announces the 2-minute warning for the second half the game shall be over.
  - b. If a team scores during the last 2 minutes of the second half and that score creates a point differential of 19 or more the game shall end at that point.

## **L. CO-REC "B" PROVISIONS**

1. Touchdown Value. If a female player scores a touchdown, the point value is 9. If a female player throws a legal forward pass and a touchdown is scored by any Team A player, the point value is 9.
2. Mercy Rule.
  - a. If a team is 25 or more points ahead when the Referee announces the 2-minute warning for the second half the game shall be over.
  - b. If a team scores during the last 2 minutes of the second half and that score creates a point differential of 25 or more the game shall end at that point.