INDOOR FLAG FOOTBALL RULES

ALL PARTICIPANTS MUST SHOW THEIR UW PHOTO ID IN ORDER TO PLAY EVERY GAME. NO UW PHOTO ID = NO PLAY. NO EXCEPTIONS.

1. EQUIPMENT
   i. Men shall use a regular size football and women shall use a junior size football. Players are allowed to use their own football if agreed upon by both captains.
   ii. **NO JEWELRY WILL BE PERMITTED** in Intramural Flag Football. Jewelry includes, but is not limited to, earrings, wedding rings or bands, other rings, necklaces, bracelets, rubber bands, and metal barrettes. The only exception to this rule is a medic alert bracelet or necklace. In that case it must be taped down. If you refuse to remove your jewelry you will not be allowed to participate. TAPING OF JEWELRY TO THE BODY WILL NOT BE PERMITTED. **ALL JEWELRY MUST BE REMOVED PRIOR TO THE INTRAMURAL EVENT.**
   iii. Players may wear a headband or stocking cap for headgear. No hard-billed hats are allowed.
   iv. It is recommended that players wearing glasses use some form of safety glass or a protective mask over the glasses.
   v. The use of any hard or dangerous head, face, or body protective equipment is illegal. Padding for body protection must be of either felt or sponge rubber.
   vi. All shirts/jerseys must be tucked into pants/shorts at all times.
   vii. Players must wear pants/shorts without any belts, belt loops, or exposed drawstrings.
   viii. Each player must wear shoes. Players may wear cleats provided that the rubber cleats are short and molded into the sole of the shoe. **METAL CLEATS ARE NOT PERMITTED.**
   ix. Each player must wear a one-piece belt, free of knots, at the waistline with 3 flags permanently attached, one flag on each side and one in the center of the back (provided by the IM office). Flags must be hooked on the outside of clothing at all times.

   **PENALTY:** Delay of game – 5 yards from previous spot. A player wearing illegal equipment shall not be permitted to play until the equipment problem is corrected.

2. GAME RULES:
   Although this is a NON-CONTACT sport, incidental contact may occur. All excessive or illegal contact will result in penalties and/or ejection.

LINEUP:
   i. Maximum of 9 players on team roster.
   ii. Maximum of 4 players on field.
   iii. Minimum of 3 players is required to start or play a game.

GAME TIME
   i. Game will consist of two 20-minute, running clock halves.
   ii. Before the final 2 minutes of the game, the clock will only stop for team and officials’ timeouts.
   iii. The clock will stop in the last 2 minutes of the 2nd half for:
      1. Incomplete pass – starts on the snap.
      2. Out of bounds – starts on the snap.
      3. First down – depends on the previous play.
      4. Touchdown – starts on the snap after the try.
      5. Safety – starts on the snap.
      6. Team time-out – starts on the snap.
      7. Officials’ time-out – starts at the referee’s discretion.
      8. Penalty and administration – depends on the previous play.
   iv. Teams are allowed two 1-minute time outs per game.
   v. The captain winning the coin toss will choose from the following options:
      1. Offense
2. Defer their choice to the second half
3. Defending either goal (Teams will change ends at half time)

THE FIELD – The field is divided into two 20-yard zones, and a team is awarded a 1st down when they legally advance the ball into the next 20-yard zone.

SCORING – A team is awarded a score when they legally advance the ball into the opponent’s end zone (or when a penalty results in an awarded score).
   i. Touchdown = 6 points
   ii. Extra point try from 3 yards = 1 point
   iii. Extra point try from 10 yards = 2 points
   iv. Extra point try from 20 yards = 3 points
   v. Intercepted try returned for touchdown = 3 points
   vi. Safety = 2 points
   vii. Following all tries and safeties, the ball will be placed at the offensive 7-yard line

MERCY RULE – If a team is ahead by 19 or more points any time after the 2-minute warning occurs (2nd half only) the game is over.

MINIMUM LINE PLAYERS
   i. Team A is only required to have the snapper stationary on the line of scrimmage at the time of the snap.
   ii. All other motion and shift rules apply for Team A prior to the snap.

RUNNING
   i. Players who receive the snap from the center MAY NOT legally advance the ball past the line of scrimmage.
   
   PENALTY: ILLEGAL PROCEDURE – 3 YARDS, SPOT OF FOUL

   ii. Teams are allowed an unlimited amount of handoffs at any point on the field.

   iii. The offense is allowed ONE lateral/backward pass behind the line of scrimmage prior to the legal advancement of the ball past the line of scrimmage per down.
   
   PENALTY: ILLEGAL PROCEDURE – 3 YARDS, SPOT OF SUCCEEDING LATERALS

   iv. Players may receive a direct snap from center (there is no distance requirement between the player snapping and the player receiving the snap). In addition, any player (excluding the snapper) is eligible to receive the snap.

   v. The offense MAY NOT run the ball (following a handoff or initial backward pass) past the line of scrimmage when they are at or within 5-yards of the first down or goal line.
   
   PENALTY: ILLEGAL PROCEDURE – 3 YARDS, SPOT OF FOUL

   vi. Following the legal advancement of the ball past the line of scrimmage, the offensive team may hand the ball off or lateral/backward pass an unlimited amount.

SNAPPING & PASSING
   i. The offensive team is allowed one legal forward pass per down.
   
   PENALTY: ILLEGAL FORWARD PASS – 3 YARDS, SPOT OF PASS, LOSS OF DOWN

   ii. For a forward pass to be deemed legal, the passer’s feet must be behind the line of scrimmage when the pass is released.
   
   PENALTY: ILLEGAL FORWARD PASS – 3 YARDS, SPOT OF PASS, LOSS OF DOWN

   iii. If Team B rushes Team A, Team A will have no time restrictions on the pass.

   iv. When Team B does not rush Team A, Team A will be given an audible 5 second count to release the ball.
   
   IF A 5 SECOND COUNT IS COMPLETED, THE REFEREE WILL BLOW THEIR WHISTLE, AND THE RESULT OF THE PLAY WILL BE THE SAME AS AN INCOMPLETION.

   v. If Team A hands the ball off, or laterals the ball behind the line of scrimmage, there will be no 5 second count, regardless of the rush by Team B.

   vi. A legal snap is not required to pass between the snappers legs.
vii. A passer cannot catch his/her untouched forward pass.  
**PENALTY:** ILLEGAL FORWARD PASS – 3 YARDS, SPOT OF PASS, LOSS OF DOWN

**RUSHING**

i. Team B must rush Team A 7 yards from the line of scrimmage, and 1 yard to the left or right of the center.  
**PENALTY:** ILLEGAL PROCEDURE – 3 YARDS, LINE OF SCRIMMAGE

ii. If Team B meets the requirements of above rule, they are awarded a direct line to the quarterback.  
**PENALTY:** IMPEDANCE – 3 YARDS, LINE OF SCRIMMAGE

iii. If Team B does NOT meet the requirements for rule 3.k.i, they must avoid contact with all offensive receivers.  
**PENALTY:** IMPEDANCE – 3 YARDS, LINE OF SCRIMMAGE

iv. Team B is responsible for avoiding contact with any passer of Team A on all passing attempts.  
**PENALTY:** ROUGHING THE PASSER – 5 YARDS, LINE OF SCRIMMAGE, FIRST DOWN

v. If Team A hands the ball off, or laterals the ball behind the line of scrimmage, Team B may rush from any point of the field (7 yard rush line is disregarded).

vi. Once the rush line has been established, no player in front of the rush line at the time of the snap may establish themselves to legally rush.

vii. Team B may cross the line of scrimmage when starting within the 7 yard rush zone, seeing they do not rush at Team A’s passer.  
**PENALTY:** ILLEGAL PROCEDURE – 3 YARDS, LINE OF SCRIMMAGE

**RECEIVING**

i. In order to complete a legal forward pass, only one foot is required to come down in bounds once possession is obtained.

ii. All players are eligible to receive a legal forward pass.

iii. If players from both Team A and Team B gain possession on a pass simultaneously, possession is awarded to Team A (the offensive team).

iv. A player may not step out of bounds on their own accord and be the first to touch the ball once returning to the field of play.  
**PENALTY:** ILLEGAL PARTICIPATION – 3 YARDS, LINE OF SCRIMMAGE, LOSS OF DOWN

**OVERTIME**

In the event of a tie at the end of regulation, overtime will be run:

1. The team who did not call the pre-game coin flip will call a coin flip to determine:  
   a. Offense/defense  
   b. Side

2. Each overtime possession will consist of a single down, which will be a try of 1, 2, or 3 points from the 3, 10, and 20 yard lines respectively.

3. At the start each new overtime session, teams will switch 1st on defense and offense (If Team X is defense in 1st overtime; they will start on offense in 2nd overtime, and so on).

4. At the start of 3rd overtime, teams must attempt at least a 2 point try.

5. If the defense intercepts and scores during the offense’s try, the game is over.

**CO-REC AMMENDMENTS:**

i. **THE GAME** – The game shall be played between 2 teams of 4 players, 2 men and 2 women. A minimum of 3 players is required to start a game (2 men, 1 woman; 2 women, 1 man).

ii. **SCORING** – If a female player passes, runs, or catches a touchdown, the point value is 9.

iii. **MERCY RULE** – If a team is ahead by 25 or more points any time at or after when the 2-minute warning occurs (2nd half only) the game is over.

iv. **OPEN/CLOSED PLAYS** – There cannot be two consecutive male-to-male legal forward pass completions that result in positive yardage. This rule also applies to the try. If a male passer completes a legal forward pass to a male receiver, the next down is “closed,” and in order to “open” the following pass play, the following must occur:
1. The next legal forward pass completion must involve either a female passer or receiver, and must result in positive yards. “Positive yards” means the spot where the ball becomes dead must be beyond Team A’s scrimmage line.

2. A male runner may not advance the ball initially across the line of scrimmage. Once the ball has crossed the line of scrimmage; there are no restrictions to the advancement of the ball.

**PENALTY: ILLEGAL PROCEDURE – 3 YARDS, SPOT OF FOUL**

v. Once this occurs, the next down will be “open,” and there are no passing restrictions again.

**PENALTY: ILLEGAL FORWARD PASS – 3 YARDS, SPOT OF PASS, LOSS OF DOWN**

3. **SUMMARY OF PENALTIES:**
   1. 3 yard penalties
      i. Delay of game – LOS
      ii. Illegal Substitution – LOS
      iii. Encroachment – LOS (dead ball)
      iv. False Start – LOS (dead ball)
      v. Illegal Procedure – Spot
      vi. Illegal Participation – LOS
      vii. Impedance – LOS
      viii. Illegal Snap – LOS (dead ball)
      ix. Illegal Motion – LOS
      x. Illegal Shift – LOS
      xi. Illegal Forward Pass – Spot Foul (loss of down)
   2. 5 yard penalties
      i. Offensive Pass Interference – LOS (loss of down)
      ii. Defensive Pass Interference – LOS (automatic first down)
      iii. Illegally Secured Flag Belt – LOS (loss of down; potential ejection)
      iv. Unsportsmanlike Conduct – LOS
      v. Batting – Spot
      vi. Failure to Wear Equipment – LOS
      vii. Illegal Flag Belt Removal – Spot Foul
      viii. Sideline Interference – LOS
      ix. Illegal Contact – Spot
      x. Roughing the Passer – LOS (automatic first down)
      xi. Flag Guarding – Spot
      xii. Fighting – LOS (ejection)

(LOS = Line of Scrimmage)

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