Quick Summary

1. Every down must have a legal forward pass
2. A team has 7 seconds to release a pass
3. The defense may not cross the line of scrimmage (rush) until the ball has crossed the line of scrimmage
4. The offense may not carry the ball through the line of scrimmage
5. Games will consist of two 15:00 minute halves
6. Teams have 4 downs to gain a first down or score a touchdown

THE FIELD

1. The playing field is 50 yards wide and 40 yards long, plus 10 yard end zones
   a. Two games will be played simultaneously on each half of the field

TEAMS

1. The game shall be played between 2 teams of 5 players each.
   i. Three players are required to avoid a forfeit.
2. Players must be prepared to show a valid WyoOne identification card.
3. Each team captain is responsible for ensuring that each player on his/her team is signed in on the score sheet, and is an eligible player.
   i. If an ineligible player is on a team, the team may be subject to forfeiture of the contests in which the ineligible player participated.

EQUIPMENT

1. Footballs are provided by the intramural staff. Players are allowed to use their own football if agreed upon by both captains.
   i.) JEWELRY WILL NOT 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.
2. Players may wear a headband or stocking cap for headgear. No billed hats are allowed. No equipment with a knot in it will be allowed.
3. It is recommended that players wearing glasses use some form of safety glass or a protective mask over the glasses.
4. 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.
   i.) All shirts/jerseys must be tucked into pants/shorts at all times.
5. Players must wear pants/shorts without any belts, belt loops, or exposed drawstrings.
6. 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 WILL NOT PERMITTED.
   i.) 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. Flags must be hooked on the outside of clothing at all times. Flags shall not be the same color of a players shorts. Participants may only use flags provided by the intramural staff.
7. penalty: Delay of game – 3 yards from previous spot. A player wearing illegal equipment shall not be permitted to play until the equipment issue is corrected.

GAME TIME

1. Game time listed on the schedule is the official game time.
2. Game officials will keep the official game time.
3. You must have eight (minimum of six) players on the field ready for play at game time; otherwise a forfeit will be awarded to the opposing team.
4. Officials will keep track of the game time by using a countdown timer.

PLAYING TIME

1. The game will consist of two 15-minute halves.
   a. Three minute intermission between each half.
2. Teams will have 25 seconds from the “ready to play” to snap the ball.
   a. Failure to do so will result in a delay of game penalty.
3. The clock will stop only during the last two minutes of the game.
   a. In the last two minutes of the game, time will be stopped according to NIRSA Flag Football timing rules. (i.e.: incomplete passes, out of bounds, etc.)
4. Substitutions: Players may substitute on any dead ball.
5. Game Over: At the completion of the game each manager must sign the score sheets.

TIME-OUTS

1. Each team is allowed one 1-minute time-out per half.
   a. They are not cumulative.
2. There will be no timeouts in Overtime
3. The game clock will stop during time-outs.

SCRIMMAGE LINE

1. Five Players per team.
   a. Offense must have 1 players on the line of scrimmage.
2. Defense must line up 1 yard from the ball.
3. Snaps must be taken in the shotgun position (at least two yards) and the ball must be snapped between the center’s legs for all plays.
4. One offensive player may be in motion but not toward the opponent’s goal line. All other offensive players must remain stationary until the ball is snapped.
5. Screen blocking only, similar to the concept of block/charge in basketball.
6. Offensive players must be 5 yards from the sideline at the time the ball is snapped.
7. Both teams must use a two point stance.

GENERAL RULES

1. All possessions will start from the northern (southern) 40-yard line moving toward the north (south) goal line (See “Interceptions” for exception)
2. **Safe Zone**
   a. Defined as the area between the side’s 45-yard line and the 50-yard line.
   b. Ball carriers may not go past the back of the Safe Zone.
   c. Any play ending in the Safe Zone will result in a turnover and the defensive team will get possession at the 40-yard line.
   d. Enforcement of penalties shall not move a team past their 45-yard line.
   e. An interception will result in a turnover. If an interception happens in overtime you will only get possession.
   f. The offensive team will have four (4) downs to reach the 20-yard line. If this occurs, they will receive an additional four (4) downs to score.
   g. If a team has not reached the 20-yard line or goal line and have no downs remaining, the defense will receive possession on the 40-yard line.

GAME TIME

1. There will be no kickoff. The game begins with a scrimmage play at the 40 yard line
2. Playing time will be two halves of 15:00 minutes each with a 5:00 minute halftime.
3. The clock runs continuously except for the last 2:00 minutes of the second half. A two-minute warning, and a stopped clock, will be given by the officials.
4. The clock stops during the final minute of the game for a(n):
   a. incomplete passes
   b. out-of-bounds
   c. score
   d. team time-out
   e. first down
   f. penalty and administration
   g. referee’s time-out
   h. change of possession
      i. For either Turnover or turnover on downs
   i. team attempting to conserve time illegally
   j. Inadvertent whistles

OVERTIME

1. Each team will receive one possession from the 15 yard line.
   a. If the score is still tied, the overtime procedure will repeat until there is a winner.
   b. If the defense intercepts a pass and has already scored, the game is over.
Mercy Rule

If a team is 17 or more points ahead when the referee announces the two-minute warning for the second half, the clock will not stop. The same rule applies if a team scores inside of 2 minutes with this differential. If a team brings the score within 16 points, the clock will begin stopping.

Rule Misinterpretations

2. There is no contact allowed in Flag Football.
3. Blocking as seen in tackle football is not permitted. Only screen blocking is allowed, which is similar to setting a screen in basketball.
4. When de-flagging a runner, the defense may not stop the runner’s forward progress by holding their clothing or any other part of their body.
5. The runner may not use his/her arms or the ball to protect their flags. This is flag guarding and is a 10 yard penalty.
   a. All other contact is called on an advantage/disadvantage basis. If the contact gains a player an advantage in the play, it is a penalty.
   b. Hurdling or jumping over another player is prohibited.
   c. Diving is permitted as long as no contact is initiated.
6. If a flag belt falls off a player with the ball, without contact from the opposing team, the player will be called down when touched with one hand between the shoulder and the knee by an opposing player.
7. There are no fumbles in flag football. Once the ball touches the ground it is dead.

DELAYS

1. All players must be on the field at the scheduled game time with their flags in the proper position. A delay of game penalty is given to a team that:
   a.) Consumes more than 25 seconds to put the ball in play.
   b.) Deliberately advances the ball after it has been declared dead
   c.) Deliberately puts the ball in play before it is declared ready for play.
2. Penalty: Delay of game – 3 yards from the line of scrimmage

INJURED PLAYER

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 1 down unless the halftime or overtime intermission occurs. A player who is bleeding, has an open wound, or has any amount of blood on his/her uniform or on the player shall be considered an injured player.

SUBSTITUTION

1. Substitution infractions include:
   a. Entering the game during a live ball.
   b. Entering/leaving the game away from his/her team area.
   c. Entering and leaving during the same dead ball - the player must play at least 1 down.
   d. Entering a game without being ready to play.
penalty: Illegal Substitution – 5 yards from the previous spot
DEAD BALL

2. A live ball becomes dead when:
   a. a runner’s flag belt is removed legally by a defensive player
   b. it goes out-of-bounds or when it touches the goal line of the runner’s opponent
   c. any part of the runner other than a hand or foot touches the ground
   d. a touchdown, touchback, safety, or successful try-for-point is made
   e. A fumble or pass touches the ground
   f. A passer is deflagged prior to releasing the ball
   g. An official blows his/her whistle (even if inadvertently)
   h. The defense secures possession of the ball during a try or overtime

3. A loose ball is out-of-bounds when it touches anything, including a player or game official, which is out-of-bounds.

PRIOR TO THE SNAP

1. Once the ball is set on the line of scrimmage:
   a. The snapper may neither move nor change the position of the ball.
   b. Defensive players may not jump into the neutral zone nor touch the ball or an offensive player.

2. No offensive player shall make a false start.
   *penalty: Dead Ball Foul – 3 yards from the previous spot*

POSITION AND ACTION DURING THE SNAP

The offensive team must have the snapper on the scrimmage line.
   a. One offensive player may be in motion horizontal to the line of scrimmage.
   b. The player receiving the snap must be at least two yards behind the offensive scrimmage line. Before the snap, all offensive players must be within 15 yards of the ball.
   c. The Center shall pass the ball back from its position on the ground with a quick and continuous motion of the hands.

   *penalty: Illegal Procedure – 3 yards*

FORWARD PASS

1. Only one forward pass per down. All players are eligible to catch a pass.
2. There must be a legal forward pass every down. The receiver must touch the ball beyond A’s scrimmage line. The offense has 4 seconds to release the ball on a forward pass. If not, it is a loss of down and the ball is next snapped at the previous spot. The Referee will sound his/her whistle at 4 seconds if the passer has possession of the football.
3. A forward pass is illegal if:
   a. the passer foot is beyond the line of scrimmage when the ball leaves their hand
   b. intentionally thrown to the ground or out-of-bounds to save loss of yardage
   c. The passer catches their own untouched forward pass.

   *Penalty: Illegal Forward Pass – 3 yards from the spot of the pass and a loss of down if by A before possession changes during a scrimmage down*

4. If a legal forward pass is caught simultaneously by members of opposing teams, the ball is dead and belongs to the team that snapped the ball.
5. A forward pass is complete when and only if the receiver has at least one foot in bounds.
6. If a member of the opposing team intercepts a forward pass, it is counted as a completion as long as the person remains inbounds.

PASS INTERFERENCE
1. During a forward pass there shall be no interference with any player of either team who is eligible to catch the pass except such incidental contacts as may occur when 2 or more eligible receivers make a simultaneous and bona fide effort to catch or bat the ball.
   a. No contact is allowed by both the offense and defense from the time the ball is snapped. The defense is not allowed to jam the receiver at the line of scrimmage.
2. If an eligible receiver is deflagged prior to catching a pass, it is considered pass interference.

Penalty: Offensive Pass Interference – 5 yards from the previous spot of the snap
Defensive Pass Interference – 5 yards from the previous spot
3. Intentional or unsportsmanlike pass interference shall be penalized by an additional 10 yards.

SCORING
1. A touchdown is worth 6 points. After a touchdown is scored, a team has a choice of points possible from the try-for-point. A try-for-point from the 3-yard line is worth 1 point. A try-for-point from the 10 yard line is worth 2 points. A try-for-point from the 20 yard line is worth 3 points. The try ends when the defense secures possession.
2. A safety is worth 2 points.
   a. A safety will only occur if the QB runs beyond the safe zone.

UNSPORTSMANLIKE CONDUCT
1. There shall be no unsportsmanlike conduct by players, substitutes, coaches, or others subject to the rules. This includes but is not limited to:
   a. abusive or insulting language
   b. any acts of unfair play
   c. verbally or physically interfering with another team’s signals or movements
   d. intentionally kicking another player
   e. leaving the field between downs to gain an advantage
   f. intentionally swinging an arm
   g. intentionally kicking, spiking, or throwing the ball into the air or ground
   h. failure to return the ball to the huddle
   i. attempting to influence a decision by an official
   j. disrespectfully addressing official
   k. indicating objections to an official’s decision
   l. using profanity, insulting, or vulgar language or gestures

Penalty: Unsportsmanlike Conduct – 5 yards or Flagrant Unsportsmanlike Conduct – Ejection
and possible suspension from further intramural competition

PERSONAL FOULS
1. A personal foul is:
a.) stealing, attempting to steal, or batting the ball from a player in possession  
b.) tripping, clipping, or tackling a runner  
c.) contact made to a runner who is on the ground  
d.) hurdlng a player  
e.) contacting a player before or after the ball is declared dead  
f.) deliberately diving or running into a defensive player  

2. **penalty:** Personal Foul – 5 yards or Flagrant Personal Foul – Ejection and possible suspension from further play

**BLOCKING**

1. Teammates may not use interlocking interference to block for a runner.  
a. Down field screen  
2. Defensive players must go around the offensive player’s screen. They must refrain from using their hands or arms extended to move the offense.  
**penalty:** Personal Foul—5 yards

**RUNNER**

1. Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for opponents to pull or remove the flag belt.  
**penalty:** Flag guarding—5 yards from the spot of the foul  
2. The runner is prohibited from contacting an opponent with an extended hand or arm.  
**Penalty:** Personal Foul – 5 yards from the spot of the foul  
3. The runner shall not grasp a teammate or be grasped, pulled, or pushed by a teammate.  
**penalty:** Helping the Runner—3 yards from the spot of foul  
4. The ball will be spotted at the point where the ball was located when the runner goes out of bounds.

**FLAG BELT REMOVAL**

1. Players must have possession of the ball before they can legally be deflagged.  
a. Play continues if a player loses his/her flag belt either accidentally or inadvertently. The deflagging then reverts to a one-hand tag of the runner between the shoulders and the knees.  
2. The ball is declared dead when a runner has a flag belt removed legally by an opponent. A flag belt is removed when the clip is detached from the belt, the belt is torn into more than one piece, or the flag is torn off the belt.  
3. A defensive player may not hold, push, or knock the runner down in an attempt to remove the flag belt.  
4. If a flag belt is removed illegally, play continues with the option of the penalty or the play.  
**penalty:** Personal Foul—5 yards from the previous spot  
1. Intentionally pulling a flag belt from an offensive player without the ball is illegal.  
**penalty:** Personal Foul—5 yards from the end of the run  
2. Tampering with the flag belt in any way to gain an advantage including tying or wrapping is illegal.  
**penalty:** Unsportsmanlike conduct—5 yards from previous spot, loss of down if A, First down if B, and possible player ejection.

**SPORTSMANSHIP**
A team is responsible for the action of all individual members and spectators directly related to the team before, during, and after the game. Any individual that is involved in any type of physical altercation or unsportsmanlike conduct may be automatically suspended along with the entire team. The officials will assess sportsmanship ratings after each game.

ADMINISTRATION
a.) The Intramural Sports Staff reserves the right to stop any game whenever such stoppage is in the best interest of safety and/or program goals.
b.) The Intramural Sports Staff reserves the right to combine divisions and move teams to another classification for tournament competition.
c.) There will be no game change request options for 5v5 Flag Football in the IPF.

COREC FLAG FOOTBALL RULES
The University of Wyoming Intramural Sports Flag Football rules are in effect in addition to the following co-recreational rules.

CO-REC MODIFICATIONS

I. PLAYERS
   A. Each team will consist of 6 players, 3 men and 3 women. A team must have at least six players, three of each gender to start and finish a game. If they play with 5 players they can have any 3-2 combination of players.

II. BALL CARRIERS
   A. Advancement of the ball is restricted by the following circumstances, depending on the sex of the ball carrier:
      1. Scrimmage play via the run is restricted to women only.
      2. There are no advancement restrictions to a male once possession of the ball has been obtained beyond the line of scrimmage.

III. PASSING GAME
   A. The passer may be either male or female. The receivers are restricted by the following:
      1. Male Passer – During the offensive team’s possession there may not be two (2) consecutive forward pass completions from a male passer to a male receiver. If a male passer completes a forward pass to a male receiver, the next forward pass completion must involve either a female passer or female receiver.
      2. Female Passer – Can complete her forward pass to either sex with no advancement restriction unless it to a male receiver, who must be beyond the line of scrimmage. If a female passer completes a forward pass to a male receiver behind the line of scrimmage and he runs beyond the scrimmage line, it is an illegal forward pass.
IV. All other Intramural Sport Policies and Flag Football Rules will apply.