

Clarion University Intramural Sports

Flag Football Rules

It is assumed that all Intramural Participants have read all policies and procedures in the [Intramural Sports Handbook](#). The purpose of this Handbook is to assure equitable and enjoyable participation as possible for all participants at Clarion University. All participants, referees and staff are responsible for all of this information.

QUICK RULES:

Players:

- Games are played with five (5) players on each team (including QB)
- A team can play with only four (4) players
- Substitute freely during any dead ball
- Max of eight (8) players on your roster

Gameplay:

- Games consist of two 12 minute halves with a running clock (one minute halftime)
- Each team has one (1) timeout per half
- Clock will stop during the last minute of 2nd half if game is within 9 points

Rules:

- Offense starts on 40 yard line
- Teams have 4 downs to score- no punts
- QB slaps ball from LOS to start play
- ONLY a forward pass can move the ball past the LOS
- Offensive player de-flagged between 45-50 or steps over 50 yard line results in safety
- Laterals may be used at any time
- Defensive rusher must wait 3 seconds
- NO BLOCKING- only screens similar to basketball
- After touchdown:
 - Extra point from 5 yard line = 1pt
 - From 10 yard line = 2pts
- Defensive scoring:
 - Interception = 3pts
 - Safety = 2pt
 - INT on offensive extra point is worth 1 or 2 pts, depending on yard line attempt

Overtime:

- Each team given one series from the 40 yard line
- Alternate possessions continue until tie is broken
- If the first team scores in two plays, the other team must score in one play to win, two plays to tie, etc.

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FULL RULES

This is a 5 on 5 passing league in which the only means to advance the ball beyond the line of scrimmage is via the forward pass. Games are played on a 50 yard field, with a 10 yard end zone. There are no kickoffs or punts, and the offense is only given four downs to score. Games tend to be high scoring due to the shortened field, a delayed pass rush, and an all passing offense. Contests are also timed to speed up the game, with only 10 seconds allowed between plays. The defense is not permitted to return interceptions, but awarded 3 points for each pass intercepted. Any time the ball changes possession or hits the ground it is a dead ball. There are considerably less penalties because of fewer players on the field, less potential contact and no blocking with the hands or arms.

1. A coin flip determines which team has the ball first. All offensive action, by either team, goes in the same direction. There is only one end zone in which to score.
2. Each game consists of two 12- minute running halves, with a two minute half time. The clock stops in the last one minute of the game. The clock does not stop if a team is behind by more than nine points.
3. The team on offense is given four downs to score from the 40- yard line. Failure to do so results in the defensive team taking over on offense from the 40- yard line. NO PUNTS. (Women start from the 25 yard line)
4. All advancement of the ball across the line of scrimmage must be made by a forward pass. A lateral may be made at any time, on either side of the LOS, but the ball is dead if it hits the ground.
5. The defense scores points either by a safety or by an interception. An interception by the defense results in an immediate dead ball and that team being awarded three points. The defensive team takes over on offense at the 40- yard line. An interception on an extra point results in defense receiving the one or two points that the offense would have received if they had been successful. A safety results when an offensive player is de- flagged between the 45 and 50 yard lines, or steps over the 50- yard line.
6. All defensive rushers must wait three seconds before rushing the quarterback. The referee will count out loud and drop his/her hand to signal the 3-second count has ended.
7. The quarterback will slap the ball to indicate the start of the play. The QB must be standing on the line of scrimmage when the play starts (no shotgun). There must be two players other than the quarterback on the line of scrimmage at the snap of the ball. One player is allowed to be in motion during the snap. Motion may not be towards the line of scrimmage.
8. There is one time-out allowed per team each half and they do not carry over.
9. There is no blocking with hands or arms. Blocking is only permitted by screening your opponent with your body (similar to basketball picks).
10. Defenders or pass rushers must run around the blockers. You may not grab jerseys or push blockers out of the way.

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11. The offense is responsible for chasing the ball and bringing it back to the line of scrimmage for the official to spot.
12. There is no diving or jumping into the end zone. Ball carriers must remain on their feet and run with a normal body lean.
13. Penalty enforcement:
Penalties are divided into two categories: minor and major.
 - **Minor penalties** are 5 YARDS (including: delay of game, encroachment, illegal procedure, etc.)
 - **Major penalties** are 10 YARDS (including: holding, pass interference, flag guarding, using hands to block, tackling, etc.)
 - All offensive penalties result in “loss of down”.
 - All defensive penalties result in “repeat the down”.
 - Pass interference is a spot foul. Interference in the end zone by the defense results in the ball being placed at the 2- yard line and repeating the down.
 - Special situations:
 - Tampering with flag belt= automatic player suspension
 - Swearing or abusive language= automatic player suspension
 - Physical threats, acts or flagrant fouls= automatic suspension
14. Scoring:
 - Touchdown= 6 pts -Extra pt from 5 yard line= 1 pt
 - Interception= 3 pts -Extra pt from 10 yard line= 2pts
 - Safety= 2 pts (defense scores 1 or 2 on PAT interception)
15. Tie breaker: Each team is given one series from the 40 yard line. Alternate possessions continue until the tie is broken. (Note: If the first team scores in two plays, the other team must score in one play to win, two plays to tie, etc).