



Florida Southern College Intramural Flag Football Rules

General Information

- 1) All participants must have their current valid FSC ID card with them
- 2) Jewelry, pockets, and metal cleats are not allowed.
- 3) All participants must arrive to the playing surface 15 minutes before game time.

Rosters

Adding players to rosters is allowed in all team competition. The player must bring his/her FSC ID card to the team's game to be added to the roster. The player must check in with the IM Staff and then they will be added to the roster. Players can be up to when playoffs start. Rosters are frozen after the teams last regular season game. After a player is added at the game-the following day the office will check to make sure the player is legal, if the player is found to be illegal the team will forfeit any games that the illegal player participated.

Eligibility Requirements

Intramurals are open to current FSC students, faculty, and staff with FSC ID. All current full-time students, faculty and staff regularly enrolled in any department of Florida Southern College are eligible to enjoy all Intramural activities. Participants shall remain eligible until they graduate, withdraw or fail to comply with the rules of eligibility. This privilege may also be revoked/suspended by the Intramural Advisory Council or the Assistant Director for just cause at their discretion. Participation in the Intramural program is entirely voluntary and is a privilege, not a right. All full-time students (twelve or more hours per semester constitute a full-load) are eligible to enter into any intramural activities provided they do not break any other eligibility policies listed in this Article. Any part-time student is eligible to participate in Intramural activities provided he or she meets all of the following criteria:

- Is pursuing a degree during the year in which he/she is classified as a part-time student.
- Is enrolled in a departmental day course offered by the college to earn credit for graduation.
- Has paid the college activity fee.
- Received approval from the Assistant Director of Intramural Sports

For any questions regarding a varsity athlete, club athlete or professional athlete, etc. and their eligibility within the Intramural Sports program, please refer to the Intramural Sports Participant Manual. This manual can be found on the Wellness Website or on IMLeagues.

If an Intramural employee determines that an individual is attempting to check in with false identification in order to participate in an Intramural activity, the ID will be **confiscated** and that individual will not be allowed to play. If it is determined the participant used improper identification, the team will forfeit any contest the person participated in. In addition, any individual caught trying to check in with an ID card that is not his/her own has jeopardized themselves and the owner of the ID to disciplinary action by the college. Non-FSC students are not eligible to participate in the Intramural program. Any non-student found to be participating will cause the team he participated with to forfeit any contests he participated in. Additionally, the forfeited games will result in a Sportsmanship Score of zero being averaged into the team's overall Sportsmanship Rating.

Weather Cancellation

In the event of inclement weather, decisions regarding playing conditions will not be made before one hour prior to the day's first game. Teams should not **assume** that games are cancelled. The Office will try to contact captains if games have been cancelled. The office will also try to send emails out to all captains before the game is supposed to start. Games will be postponed for the following weather related reasons:

- Lightning. All outside activities will be cancelled when lightning is seen or thunder is heard. We will wait a minimum of 30 minutes from the last observed lightning or thunder before resuming activities.
- Tornado/hurricane watch or warning is issued for the Lakeland area.
- When rain or hail makes an outside field unsafe.

If a contest is postponed due to weather, the Assistant Director will attempt to reschedule the game.

Captains

Each team shall designate to the Referee the team captain or captains. The captain's first choice of any penalty option shall be irrevocable. Decisions involving penalties shall be made before any charged time-out is granted to either team. The team captain is responsible for all information contained in the Intramural manager's packet.



Team Requirements

- 1) A team shall consist of 7 players. A team can play with a minimum of 5 players.
- 2) The offensive team must have 4 players within 1 yard of the line of scrimmage at the time of the snap.
- 3) Substitutions are allowed between plays and time-outs.
- 4) All players must have checked in with the supervisor/scorekeeper and be recorded on the game sheet before they are allowed to participate.
- 5) The designated team area is located between the 20 yard lines, one yard off the sideline. This area is for all players and maximum of two coaches.

Game Balls

The official ball shall be pebble-grained leather or rubber covered and meets the recommendations of size and shape for regulation football. There are no requirements regarding ball pressure and markings. Men shall use the regular size while women shall use the men's, intermediate, youth, or junior size. The referee shall be the sole judge of any ball offered for play and may change the ball during play at his/her discretion. During the game each team must use a legal ball of its choice when in possession.

Flags

Flags will be provided to each team on site. Shirts **MUST** be tucked in and flag belts must be worn on the outside of all clothing with the clip in the front. **It is illegal to tie your flag belt in a knot OR to wrap it so it will not come off.**

Equipment

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

- 1) All players must wear shoes.
- 2) Rubber cleated shoes will be allowed. Screw-in cleats will be allowed, only if the screw is part of the cleat. Open toe, open heel or hard soled shoes will not be allowed. **NO METAL CLEATS!!**
- 3) Pants/and or shorts with belt loops and/or pockets are strictly prohibited. A player may not turn his/her shorts inside-out or tape his/her pockets in order to play.
- 4) Towels may not hang from a participant's waist or otherwise interfere with the removal of a flag.
- 5) All flag must be free of knots. Penalty: Unsportsmanlike conduct and ejection from the game.
- 6) Equipment such as helmets, pads or braces worn above the waist, leg, and knee braces made of hard, unyielding substances, casts and all jewelry are strictly prohibited. Knee braces made of hard, unyielding substances covered on both sides with all edges overlapped and any other hard substances covered with at least ½ inch of slow recovery rubber or similar material will be allowed.
- 7) Teams must use flags provided by intramural sports. All team members must wear the same shade of color shirt. Shirts must be tucked in the players' pants. Shirts may not have pockets.

Jewelry

- 1) **Captains will be given a warning before the game that all jewelry should be taken off -it is up to the captain to inform his/her players before the game!**
- 2) **If after that: a player is caught with jewelry on- both team captains will get another warning and the specific player is subject to sport specific punishments (5 yard penalty)**
- 3) **If after the 2nd warning any player that is caught with jewelry will be ejected from the game (it doesn't matter what team) and the game shall be a forfeit for the team with the 2nd illegal equipment penalty.**

Captain's Meeting, Game Time and Scoring

Coin Toss:

The referee shall toss a coin and offer the winning Captain these options:

- 1) To defer his/her option until the second half.
- 2) To start on offense or defense.
- 3) To defend a specific goal.

Starting the game: The first and second half shall begin with the ball placed on the 14-yard line. There will be no kickoffs.

- 1) **First & Second half:** The clock will run continuously for the first 20 minutes of the first half and the first 18 minutes of the first half. With approximately 2 minutes remaining in the game the Referee shall stop the clock and inform both captains of the playing time remaining in the half. The clock will then start on the snap. The Back Judge will announce the time and status of the clock after every play. The remaining 2 minutes of the game will use a stopped clock. The clock will stop for a:
 - a. Incomplete legal or illegal forward pass – starts on the snap.
 - b. Out-of-Bounds – starts on the snap.
 - c. Safety – starts on the snap of the next play.
 - d. Team time-out – starts on the snap.
 - e. First down – dependent on the previous play.
 - f. Touchdown – starts on the snap (after the try).
 - g. Penalty and administration –dependent on the previous play. (EXCEPTION: Delay of game – starts on the snap).
 - h. Referee's time-out – starts at his/her discretion.
 - i. Touchback – starts on the snap.



- j. Team A is awarded a new series – dependent on the previous play.
 - k. Team B is awarded a new series – starts on the snap.
 - l. Either team is awarded a new series following a legal kick – starts on the snap.
 - m. Inadvertent whistle – starts on the ready.
 - n. Team attempting to converse time illegally- starts on the ready.
 - o. Team attempting to consume time illegally- starts on the snap.
- 2) Half time = Three minutes

Forfeit Procedure

Any team not ready to play at game time (scorecard completed, flags on, minimum number of players on the field) shall be penalized in the following manner: For every minute the team is late to start, the opposition receives 2 points

10 minutes after game time – the game is forfeited, 20-0, to the team ready to play.

Mercy Rule

At the time of the 2-minute warning in the second half or any time after the beginning of the last two minutes, if the following occur a mercy rule will be in effect and the game shall end.

- 1) 19 point spread.

Touchdowns

After any score the ball shall be placed in play at the opposing team's 14-yard line, unless moved by penalty. All touchdowns are 6 points.

Point-After-Try

Ball in play from the 3 yard line = 1 point, from the 10-yard line = 2 points, from the 20 yard line = 3 points.

- 1) An intercepted pass or fumble during the try will automatically be whistled down.

Safety

When a safety is scored (2 points) the ball belongs to the scoring team at their own 30-yard line, unless moved by penalty.

Time-Outs

Each team is allowed two one-minute time-outs per half. **Time-outs do not carry over to overtime.**

Starting the Play

The offense must snap the ball within 25 seconds after the Referee has blown the whistle to put the ball in play.

Game Rules

- 1) The ball will be placed on the 14 yard line after every touchdown.
- 2) A team shall have four consecutive downs to advance to the next zone line-to gain (and earn a first down).
- 3) The zone line-to-gain in any series shall be the zone in advance of the ball, unless distance has been lost due to penalty or failure to gain.
- 4) A new series of downs will be awarded when a team moves the ball into the next zone.
- 5) Flag Belt Removal
 - a. When the flag belt is taken from the runner, the down shall end and the ball is declared dead. The spot of the ball is determined at the point where the clip of the flag belt becomes detached, not where the belt falls to the ground.
 - b. If a flag belt inadvertently falls off, a one-hand tag between the shoulders and the knees constitutes a capture.
 - c. A player may leave their feet to remove a flag.
 - d. The ball becomes dead when:
 - i. A legal de-flagging occurs.
 - ii. The ball carrier touches the ground with any part of their body other than the hands or feet.
 - iii. A fumble hits the ground.
 - iv. A snap from the center touches the ground.
- 6) Each member of the offensive team is eligible to receive a pass unless the player voluntarily goes out of bounds during play.
- 7) The center, after assuming the position for the snap and adjusting the ball, may not move nor change the position of the ball in a manner simulating the beginning of a play. The ball must be snapped in one continuous motion, not necessarily between the center's legs, from the spot designated by the ball maker. The ball may be moved with approval by the official due to poor field conditions. The player receiving the snap must be 2 yards from the line of. *Penalty: illegal snap.*
- 8) Before the snap, all offensive players must come to a complete stop for at least 1 full second. Only one offensive player may be in motion, and may not be moving towards the opponent's goal line at the time of the snap. If two or more players go in motion before the snap, then this is considered a shift and all players must come set for one full second prior to the snap.
- 9) For a legal catch, a pass receiver must come down with at least one foot in bounds.
- 10) Rush- the defense must line up at least 1 yard from the line of scrimmage. This is true even when the offensive team is less than one yard from the end zone or the zone line-to gain.
- 11) All offensive players must be momentarily within 15 yards of the ball. It must be clear who the seven offensive players are on each player. The intent of this rule is to eliminate all sleeper or hideout plays. These plays will result in a 10 yard penalty for illegal formation.



- 12) Fumbles
 - a. Fumbles are dead when the ball touches the ground.
 - b. The ball is put into play at the point where the ball first touched the ground.
 - c. Any passed or fumbled ball that does not touch the ground may be advanced by any player catching the ball.
 - d. A ball fumbled into the offensive team's end-zone will result in a safety. If the ball is fumbled into the opponent's end-zone the result is a touchback (opponent's ball on their 14 yard line).
- 13) The ball is placed on the 14 yard line after a safety. The team scoring the safety will have possession of the ball.
- 14) The ball is placed on the 14 yard line after a touchback. The team puts the ball into play with a series of downs.
- 15) During the playoffs, the overtime format will be repeated until a winner is declared. The winner of the toss shall be given the option of either offense or defense. If additional overtime periods are necessary, captains will alternate choices. Each team will be given 4 downs from the same 20 yard line to score a touchdown. If the first team scores, then the second team will still have 4 downs to attempt to win or tie the game. If the defense intercepts the ball and returns it for a touchdown, the game will be over. If not, the ball will be placed at the 10 yard line to begin the series of four downs. Conversion attempts will be held as in regulation play. Each team is entitled to one time-out per overtime period.
- 16) **No players may dive to gain extra yardage. If a player dives they will be marked down where they left their feet.**
- 17) An airborne player is considered inbounds or out of bounds based upon their location when they were last in contact with the ground.
- 18) Offensive penalty ending the half or game should not be allowed an untimed down.

Screening

- 1) Blocking, as in regulation tackle football, is prohibited. A 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 a screen block is illegal. A blocker may use his/her hand or arm to break a fall or retain his/her balance. A player must be on his/her feet before, during, and after screen blocking. *Penalty: personal foul, 10 yards.*

Flag Belt Removal

- 1) In an attempt to remove the flag belt from the ball carrier, defensive players may contact the body of an opponent with his/her hands. A defensive player may not hold, push or knock the ball carrier down in attempt to remove the flag.
- 2) No player shall attempt to steal the ball, trip an opponent, contact an opponent who is on the ground, make unnecessary contact with an opponent, deliberately dive or run into an opponent or tackle the ball carrier. *Penalty: personal foul, 10 yards (flagrant offenders will be ejected).*

Kicking the Ball

- 1) Protected scrimmage kicks(punts)
 - a. Punts must be announced before the ball is ready for play. The kicking team must have 4 players on their line of scrimmage. Punts must be snapped from the center. The punter must be at least one yard off the line of scrimmage upon receiving the snap and must punt the ball immediately. There will be no movement by the offensive players until the ball is kicked. *Penalty: 5 yards.*
 - b. Defensive players may not enter the neutral zone until the ball is kicked.
 - c. The ball may be advanced by the receiving team after it has touched the ground. However, if the ball hits any player and then touches the ground, the ball is dead at that spot.
 - d. Quick kicks and fake punts are illegal.
 - e. Once the ball is punted, any player on the receiving team may block the punt. If the blocked punt is caught by any kicking team player behind the line of scrimmage, they may advance the ball. The receiving team may advance the blocked punt anywhere in the field of play.
 - f. A kicking team player cannot kick the ball to himself/herself or any other kicking team player. *Penalty: Illegal kicking- 10 yards.*

Onside Kicks

- 1) Beginning Fall 2023, teams can attempt an onside kick. After a PAT, the scoring team can elect to go for an onside kick.
- 2) If a team elects to go for an onside kick, the ball will be placed on the 20 yard line (the same spot as if they're going for 3 after a score).
- 3) The team will have one legal play to score. This play is untimed.
- 4) If they score, no points are awarded but they will retain possession on the defense's 14-yard line.
- 5) If they do not score, the defense will gain possession on the 20 yard line.
- 6) A team may elect to attempt an onside conversion at any time in the second half if they a score a touchdown unless they are leading by 19 or more points following the try.

Clarification

- 1) A defensive player may not remove an offensive player's flag when the offensive player does not have the ball. Similarly, the defensive player may not remove the quarterback's flag after the ball has been thrown. *Penalty: Illegal flag belt removal, 10 yds.*
- 2) A defensive player may not remove an offensive receiver's belt prior to the receiver touching the ball. *Penalty: defensive pass interference, 10 yards.*



- 3) A defensive player must avoid running into the quarterback behind the line of scrimmage. If a defender contacts the passer's hand or arm, whether or not he/she touches the ball, it is roughing the passer. *Penalty:* 10 yards and automatic first down.
- 4) A player may not fasten his/her flags to his/her uniform or belt other than prescribed in the rules. *Penalty:* 10 yards and automatic disqualification. The official will check the flags of each person who scores a touchdown or conversion. Following a touchdown or conversion, if a player removes their flag belt prior to being checked by the official the score will be nullified.
- 5) Pushing or chucking a receiver/defender is not allowed. *Penalty:* illegal contact, 10 yards
- 6) An offensive player may not dive or hurdle over, through or into an opponent who is on their feet.
- 7) Any dead-ball penalty occurring after a touchdown will be assessed on the extra point. Any dead ball penalty occurring after a conversion will be assessed on the next play from scrimmage at the 14 yard line.
- 8) An offensive player may not stiff arm or guard his/her flags by blocking them with their hands or the ball.
- 9) When an inadvertent whistle is blown by an official, the ball is dead at the point when the whistle was blown. The team against which the inadvertent whistle was blown has the option of accepting the play or replaying the down.
- 10) All players on the field must wear flags. Failure to do so will result in a five yard penalty, regardless of when it is discovered. If noticed after the ball has been snapped, then the player without a flag belt must be touched with one hand between the shoulders and the knees (after the ball has been snapped, a penalty cannot be assessed).
- 11) Spiking the ball is considered unsportsmanlike conduct. *Penalty:* 10 yards.
- 12) The offensive team is responsible for retrieving the ball after a play. The offensive team, if they choose, may bring the ball into the huddle.
- 13) The 25-second clock begins when the official signals "ready for play."

Summary of Fouls and Penalties:

Loss of 5 Yards

- 1) Required equipment worn illegally.
- 2) Delay of game.
- 3) Illegal snap.
- 4) False start.
- 5) Encroachment.
- 6) Illegal procedure.
- 7) Illegal forward pass (5 yards from point of pass and loss of down).
- 8) Intentional grounding (5 yards from point of pass and loss of down).
- 9) Helping the runner: the runner shall not grasp a teammate or be grasped, pulled or pushed by a teammate.

Loss of 10 Yards

- 1) Delaying the start of either half.
- 2) Two or more consecutive encroachments during same interval between downs. The initial encroachment-5 yards.
- 3) Illegal participation.
- 4) Offensive pass interference.
- 5) Defensive pass interference.
- 6) Illegally secured belt on touchdown. (Revoke touchdown and loss of down).
- 7) Unsportsmanlike conduct.
- 8) Spiking the ball or not returning the ball to the official during the dead ball.
- 9) Attempt to steal the ball from the carrier.
- 10) Hurdling.
- 11) Unnecessary contact of any sort.
- 12) Roughing the passer (Automatic 1st down)
- 13) Defensive use of hands.
- 14) Guarding the flag belt (and stiff arming).
- 15) Illegal batting.
- 16) Illegal flag belt removal.
- 17) Personal foul.
- 18) Flagrant unsportsmanlike conduct. (Disqualification)
- 19) Flagrant personal fouls. (Disqualification)
- 20) Intentionally tampering with flag belt. (Disqualification)
- 21) Illegal equipment.

Co-Rec Modifications

- 1) A team shall play with a maximum of four females and four males at a time. A minimum of five players is required to begin a game.
 - The following combinations are allowed if playing with 5:
 - 3W / 2M
 - 2W / 3M
 - i. Once the 6th, 7th or 8th participant arrives – they may enter so long as there are no more than +1 to each gender



- 2) 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. Any foul, whether accepted or declined, shall have no effect on whether the next legal forward pass completion is "open" or "closed".
 - Open - males are eligible to catch a pass thrown from another male.
 - Closed - male-to-male forward pass completions are illegal. This rule applies to the try.
- 3) If a down is erroneously declared open/closed, Team A may choose the result or replay the down.
- 4) All touchdowns scored are worth 6 points, regardless of gender. (New in 2021)

Misc. Information

Any other questions please contact the Assistant Director of Wellness - Intramural Sports and Facilities or check out the intramural manager's packet, which can be found on the intramural website.