

The Complete FSU IM Flag Football Rulebook is Available Online at fsu.campusrec.com/im

No Pets, No Alcohol, & No Tobacco are permitted at the Rec SportsPlex. Violators will be ejected.

Games are 4-on-4, a minimum of 3 players is required to avoid a forfeit. All players **MUST** show their valid FSUCard prior to each game in order to participate. Specific eligibility requirements are described in the Seven Principles of Intramural Sports available online at the Intramural Sports web site.

Games consist of two 12-minute halves. The clock will run continuously through the entire 1st half (there will be NO 2-minute warning). The clock will run for the first ten (10) minutes of the 2nd half, stopping when necessary during the final two (2) minutes of the 2nd half only. Teams receive one (1) time-out per half and must be called by a player on the field. Timeouts do NOT carry over. Overtime will be played in all games, as necessary.

The field measures 40 yards in length goal line to goal line with a midfield zone line and two endzones of 10 yards each. The width of the field is 30 yards.

Players must wear shorts or pants **WITHOUT** pockets and **WITHOUT** beltloops. Shirts must be able to be **TUCKED IN** or end at least 4 inches above the waistline. Shirts with an arm opening 4" below the armpit are **PROHIBITED**. Shoes are required. Metal spikes or baseball style spikes are **PROHIBITED**. Hats, caps, and bandannas are also **PROHIBITED**. Jewelry, casts, and any other items deemed dangerous by the official are also **PROHIBITED**.

The ball will be placed on the 10-yard line to begin each half and following any scores unless moved by penalty.

Only one (1) offensive player (snapper) must line up along the line of scrimmage at the start of each play. All players on the field are eligible receivers. Defensive players who enter the neutral zone prior to the snap are immediately offside and do not have the opportunity to jump back onside.

Teams obtain a first down by crossing a line-to-gain. The only line-to-gain is the mid-field 20 yardline. Teams will have **THREE (3)** downs to advance across the next line-to-gain (or goal line). There are **NO** punts.

An offensive player may **NOT** advance the ball across the scrimmage line. There are no restrictions after a change of possession or once a legal forward pass has been caught beyond the offense's scrimmage line.

There must be a legal forward pass each down. Only one (1) forward pass is permitted per down. The receiver **MUST** catch the ball beyond the offense's scrimmage line. Once the ball has been possessed by a receiver beyond the line of scrimmage the ball may be carried anywhere on the field. There is no limit to the number of backward passes per down.

The only type of blocking permitted is screen blocking. Screen blocking is essentially non-contact, similar to basketball. A defender must avoid contacting the blocker in any way. The blocker may not initiate contact. Any number of defenders may rush the quarterback at any time.

Fumbles are immediately dead when they touch the ground. Defenders may **NOT** bat a ball in the possession of a player or attempt to force a fumble. For timing purposes, a fumble is considered a running play.

Penalties are enforced at half the normal distance. 5 yard penalties are marked off 3 yards. 10 yard penalties are marked off 5 yards.

PAT attempts may be for 1 point (3-yard line), 2 points (10-yard line), or 3 points (20-yard line). Interceptions returned by the defense on a PAT will score 3 points in all cases.

The Mercy Rule is 19 points in all games. When one team is leading by this margin at the 2-minute warning of the 2nd half or anytime thereafter, the game will be called.

CO-REC MODIFICATIONS

Team Composition

Games are 4-on-4, a minimum of 3 players is required to avoid a forfeit. Co-rec teams consist of 2 males and 2 females on the field at a time. A no time may the number of either gender on the field exceed 2.

Run Plays

Advancement of the ball is restricted by the following circumstances, depending on the gender of the ball carrier.

- A. A male runner cannot advance the ball past the line of scrimmage (Illegal male advancement, 3 yards from the previous spot & loss of down).
- B. There are no advancement restrictions on a male once the ball has been possessed beyond the line of scrimmage via a female run or any legal forward pass that is completed to an eligible receiver beyond the line of scrimmage.
- C. There are no restrictions concerning runs by females.

Pass Plays

- A. If a male or female passer completes a pass to a male behind the line of scrimmage and any male player in possession of the ball then advances beyond the line of scrimmage, the penalty is illegal male advancement (3 yards from the previous spot & loss of down).
- B. There are no restrictions when a male or female passer completes a pass to a male beyond the line of scrimmage.
- C. There are no restrictions concerning legal forward passes to a female receiver anywhere on the field.
- D. There are no restrictions on any backward pass.

Scoring Plays

9 points are scored when a female scores a touchdown. 9 points are scored if a female throws a legal forward pass to any member of her team and prior to a change of possession, a touchdown is scored.

6 points are scored on any other touchdowns. PATs count the same regardless of who scores (1, 2, or 3 points).

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