

# 2005 Flag Football Rules Summary

The Complete FSU IM Flag Football Rulebook is Available Online at [fsu.campusrec.com/im](http://fsu.campusrec.com/im)

**No Pets** and **No Alcohol** are permitted at the IM Sports Complex. Violators will be ejected.

Games are 7-on-7, a minimum of 5 players is required to avoid a forfeit. All players MUST show their valid FSUCard prior to their first game and valid photo ID prior to each subsequent game in order to participate.

Games consist of two 20-minute halves. The clock will run continuously through the entire 1<sup>st</sup> half (there will be NO 2-minute warning). The clock will run for the first 18 minutes of the 2<sup>nd</sup> half, stopping when necessary during the final two minutes of the 2<sup>nd</sup> half only. Teams receive 2 time-outs per half. Timeouts do NOT carry over. All regular season games can end in a tie. Overtime will only be played in playoff games.

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. Shoes are required. Metal spikes and metal cleats are PROHIBITED. Hats, caps, and bandannas are also PROHIBITED. Jewelry, casts, and any other items deemed dangerous by the official are also PROHIBITED.

Teams obtain a first down by crossing a line-to-gain. Lines-to-gain are the 20 and 40 yardlines.

Four offensive players (five for co-rec) must line up along the line of scrimmage at the start of each play. The player receiving the snap must be 2 yards behind the line of scrimmage at the time of reception (no direct snaps). Defensive players who enter the neutral zone prior to the snap are immediately offside and do not have the opportunity to jump back onside.

All players on the field are eligible receivers. The first part of a receiver's body to contact the ground shall determine if the receiver is in-bounds or out-of-bounds on a reception. Only one foot (or knee) is required to be in-bounds.

A player in possession of the ball shall not use his/her arms or the ball to block defenders from reaching his/her flag belt. This includes running while holding the ball over the waist area (belt) and stiff arming. This is flag guarding. Excessive contact by any player against an opponent shall be considered a personal foul (illegal contact).

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.

Unlimited forward handoffs by the offense are permitted until the ball crosses the line of scrimmage.

An offensive player may run through (across) the line of scrimmage, then run back behind the line of scrimmage and throw a forward pass OR toss the ball backward to another player who can then throw a forward pass as long as such pass is the first and only forward pass in the down and the pass is thrown when the passer's feet are behind the line of scrimmage at the time of the pass. Only ONE legal forward pass is permitted per down.

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, fumbles and bad snaps are considered running plays.

All punts must be announced. On 4<sup>th</sup> down, the referee will ask the team captain to declare a punt or play. Once announced, the decision is final unless a team time-out is taken or a penalty with a repeated down is accepted.

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 men's and women's games and 25 points in co-rec games. When one team is leading by this margin at the 2-minute warning of the 2<sup>nd</sup> half or anytime thereafter, the game will be called.

## Important Numbers

Intramural Sports Office	open Mon-Fri from 9:00a until 6:00p	644-2430
IM RainLine	updated by 4:00p or when necessary	644-4483

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# 2005 Flag Football Co-Rec Rules Summary

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## Team Composition

Eight players, four men and four women, constitute a team. A team may have as few as six players with the makeup of the team being 3 men and 3 women. A team can participate with seven players, with the composition being 4 men and 3 women or 3 men and 4 women. At no time shall the number of males over females exceed one.

## Equipment

Regular or intermediate size footballs may be used.

## Scoring

Points will be awarded as follows:

If a female scores a touchdown, the point value is nine (9). If a female throws a legal forward pass to any member of her team that scores a touchdown prior to change of possession, the point value is nine (9). All other touchdowns are six (6) points.

PATs count the same regardless of who scores, 1 point from the 3-yard line, 2 points from the 10-yard line, and 3 points from the 20-yard line.

## Open and Closed Plays

Whether OPEN or CLOSED, the following plays are NEVER allowed in a co-rec game:

- (1) Male ball carrier runs the ball across the line of scrimmage (unless already possessed beyond the line).  
PENALTY: Illegal Procedure, 5 yards from previous spot, replay down.
- (2) Male receiver catches a forward pass behind the line of scrimmage then he or any other male runs it across the line of scrimmage.  
PENALTY with MALE QB: Illegal Procedure, 5 yards from previous spot, replay down (next play CLOSED).  
PENALTY with FEMALE QB: Illegal Forward Pass, 5 yards from where the pass was thrown, and loss of down (next play CLOSED).

Whether OPEN or CLOSED, the following plays are ALWAYS allowed in a co-rec game:

- (3) Female ball carrier runs the ball anywhere on the field including across the line of scrimmage.
- (4) Male quarterback completes a forward pass to a female receiver anywhere on the field.
- (5) Female quarterback completes a forward pass to a female receiver anywhere on the field.
- (6) Female quarterback completes a forward pass to a male receiver beyond the line of scrimmage.
- (7) Female quarterback completes a forward pass to a male receiver behind the line and the ball is never carried across the line of scrimmage.
- (8) Female quarterback completes a forward pass to a male receiver behind the line and it is handed off to a female who carries it across the line.

When the play is OPEN, in addition to plays 3-8 listed above, the following play is LEGAL:

- (9) Male quarterback completes a legal forward pass to a male receiver anywhere on the field.  
BUT: If caught behind the line of scrimmage...  
If a male does NOT run the ball across the line of scrimmage (hands off to female OR downs ball behind line), there is NO penalty.  
If a male does run the ball across the line of scrimmage, it is Illegal Procedure (see play 2). In both cases, the next play is CLOSED.

When the play is CLOSED, only plays 3-8 listed above are legal, the following play is ILLEGAL:

- (9) Male quarterback completes a forward pass to a male receiver anywhere on the field.  
PENALTY: Illegal Forward Pass, 5 yards from where the pass was thrown, and loss of down. The next down remains CLOSED.

Changing from OPEN to CLOSED occurs only when a

- (9) Male quarterback completes a legal forward pass to a male receiver anywhere on the field.

Changing back from CLOSED to OPEN occurs when a

- (4) Male quarterback completes a legal forward pass to a female receiver (anywhere) and the play ends with POSITIVE yards gained.
- (5) Female quarterback completes a legal forward pass to a female receiver (anywhere) and the play ends with POSITIVE yards gained.
- (6) Female quarterback completes a legal forward pass to a male receiver (beyond line only) and the play ends with POSITIVE yards gained.
- (8) Female quarterback completes a legal forward pass to a male receiver (behind the line) who hands off to a female who crosses the line and the play ends with POSITIVE yards gained.

Run plays do NOT affect the OPEN or CLOSED status of the play. Backward passes (laterals) do NOT affect the OPEN or CLOSED status of the play.

OPEN and CLOSED plays are determined by the action of a legal forward pass and catch. Therefore, throughout a play there may be multiple possessions by males or females but the status of the next play is determined by the initial pass and catch.

No penalty, accepted or declined, will affect the OPEN/CLOSED status of the following play. For example, on a 1<sup>st</sup> down OPEN play, a male completes a forward pass to a male receiver. The play is called back due to an illegal block, 10 yards and replay the down. It is 1<sup>st</sup> down again, but the play is CLOSED due to the completed male-to-male pass in the previous play. OPEN/CLOSED status is determined before any penalties are marked off.

At the start of each half and following a change of possession, the initial series begins with an OPEN play. Following a score, OPEN or CLOSED status applies to the PAT based on the play that scored the touchdown.