

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

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

Games are 7-on-7, a minimum of 5 players is required to avoid a forfeit. Players **MUST** be valid, fee-paying FSU students, faculty or full-time staff. FAMU and TCC students are **NOT** eligible for FSU IM sports and events. All players **MUST** check-in prior to each game by presenting their current FSUCard at the check-in window. No other form of ID will be accepted.

Team rosters may include an unlimited number of players. Players may be added to a team's roster prior to any game, except on the night of the league championship. Players may play on 1 single-gender team and 1 co-rec team. Players may not change teams once they have signed-in for a team (their first team is their team of record for the entire season).

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. Shirt arm holes must be within 4 inches of the armpit. Shoes are required. Metal spikes and metal cleats are **PROHIBITED**. Hats, caps, and bandannas with knots are **PROHIBITED**. Jewelry, casts, and any other items deemed dangerous by the official are also **PROHIBITED**.

Games consist of two 20-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 18 minutes of the 2nd half, stopping when necessary during the final two minutes of the 2nd 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. An OT period consists of a series of downs for each team from the 10-yard line.

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 outside.

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 4th 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 2nd half or anytime thereafter, the game will be called.

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