

Intramural Flag Football Rules

I. Team Size

- A team consists of at least 5 players (minimum of 4 to begin the game). Only current MSU Billings & City College students/faculty, and staff are eligible. Spouses of the students, faculty and staff that have paid the Rec Family Fee are eligible to play. Limit of one Male or one Female former college varsity sport player per team. (No limits on persons who played varsity sport over 5 years ago). Varsity eligibility will only be considered for four-year programs. No current sports players may participate. Please refer to the Director or Assistant Director of Rec Activities for eligibility questions.

II. Field Dimensions

- The Field will be 48 yards in length from goal line to goal line, and 27 yards wide. The field is divided into three 12-yard zones, with each zone line being a first down line.

III. Length of the Game

- The game will consist of two 18-minute halves. The clock will only stop in the final minute of the game, and then only as the clock would stop in a regulation football game. (Incomplete passes, out-of-bounds, etc.)
- After the clock expires, the game will have 4 more plays. The game continues from where it currently is, with the offense retaining control of the ball. This occurs at the end of both halves of regulation play, but not in overtime.
- Each team has one charged timeout per half. A timeout may be requested by any player on the field and will be limited to 1 minute in length. No extra timeouts will be given in overtime.
- College Football overtime rules apply. The ball will be placed at the 12-yard line. Coin flip determines possession.

IV. Substitutes

- No substitute may enter while the ball is in play. Between downs, any number of eligible substitutes may replace players. Delay of game penalties will apply if subs are made too slowly.
- Subs must be in uniform, ready for play, with flags in position. Delay of Game Penalty – 5 yards
- Using subs in an obvious attempt to confuse or deceive the opposing team or referee(s) is subject to an unsportsmanlike conduct penalty.

V. Equipment

- The offensive team may select the ball of their choice. It is the teams' responsibility to make sure they have the correct ball.
- Athletic shoes of any kind are required. Shoes with rubber cleats will be allowed.
- Soft, pliable pads worn in the correct manner will be allowed. Any equipment deemed dangerous by the referee(s) or the Rec Staff will be prohibited.
- Tape or bandages on the hand, wrist, forearm, or elbow will be prohibited unless protecting an existing injury.
- Any slippery or foreign substance on person or equipment will not be allowed.
- No jewelry may be worn at any time
- Jerseys/shirts must stay tucked in at all times, or short enough to be 4" above the waistline.
- All players must wear athletic style pants, sweats, or shorts
- Players may wear knit hats, bandanas, and soft non-abrasive gloves. Sunglasses must be soft with plastic lens. No hair clips.
- Rec. Activities is not responsible for torn or damaged clothing that occurs during the game.

VI. Game Play

- The first possession of the game will be taken from offenses 12-yard line.
- If the offense chooses to punt, the ball is placed on the defenses 12-yard line.
- Removal of flag belt constitutes a tackle and the ball declared dead at the site of removal. Excessive contact used to capture the flag will result in a penalty (Illegal Contact – 5 yards). If a flag belt inadvertently falls off the offensive player, the defensive player may use a one-hand tag of the offensive player between the shoulders and knees.
- The offensive line of scrimmage is defined as the yard line and its vertical plane that passes through the forward point of the ball.
- No QB designed runs or tuck and runs may occur in the middle 2 sections of the field, unless the QB is rushed.
- The defensive rushing line is defined as the vertical plane, which passes 1 yard from the forward point of the ball.
- The snapper must have his/her hand on the ball when it is placed on the ground at the scrimmage line. From this position, the ball will be snapped to the QB in a continuous motion. The snapper does not need to snap the ball between his/her legs.
- The offense must have at least 2 players on the line of scrimmage before the ball is snapped. Illegal Formation – 5 yards.
- The offense may have one player in motion (parallel or backwards from the line of scrimmage), all other player on offense must remain stationary until the ball is snapped. Illegal shift penalty – 5 yards.
- The player that receives the snap must be 5 yards behind the line of scrimmage. Illegal snap penalty – 5 yards.
- Only screen blocking is allowed. The offensive blocker must keep all limbs inside the frame of the body at all times and may not make direct contact with the defensive rusher. The defensive rusher must go around the screen blocker without making contact or using arms or legs to move the blocker.

- All fumbles will be considered dead at the spot where the fumble occurred. The team that has possession of the ball when it is fumbled will retain possession (unless the offense fumbles on 4th down and does not cross the 1st down line. Neither offense nor defense can gain or lose ground when the ball is fumbled or after the ball is fumbled.
- If the offense fumbles in their own end zone it is considered a safety and a turnover. If the defense fumbles in their own end zone it will be considered a touchback and placed at the 12-yard line.
- A forward pass is a pass thrown with its initial direction toward the opponent's goal line. A backward pass is a pass thrown with its initial direction toward or parallel to the passer's goal line. A forward pass is live until the ball strikes the ground, and then will be ruled dead. A backward pass will be live until it strikes the ground, then will be ruled a fumble and ruled dead at the spot where it strikes the ground.
- All players on the field are eligible to catch a forward pass. The pass must occur when the thrower is behind the line of scrimmage. Only 1 forward pass can be thrown per down.
- A simultaneous catch between the offense and defense will remain in the offense's possession at the spot of the catch.
- A pass is completed when the ball is secured with one part of the receiver's body being in bounds at the time of the catch.
- A sack occurs when the QB is deflagged prior to releasing the ball for a pass or hand off.
- Pass interference will be called if there is contact between players prior to the catch or if the flag is removed from the player prior to catching the ball. 10-yard penalty from previous spot and loss of down (committed by the offense), and automatic 1st down (committed by the defense). Exception to this rule is when both players make contact at the same time while both are making a legitimate attempt to catch the ball.

VII. Scoring

- Point After Touchdown (PAT) = 1 or 2 points. 1 point will be rewarded for a successful scoring play from the 6-yard hash. 2 points will be rewarded from the 12-yard line. This decision must be made before the attempt and cannot be changed unless a charged time out is taken. The defense cannot score any points during the PAT attempt.
- A safety is worth 2 Points.
- A tie game at the end of regulation will result in a college style overtime period. A coin flip will give the winning team the option to go first or second. Each team will be given 4 downs to try to score. Each successful trip into the end zone will result in 1 point for that team. The overtime is complete when both teams have used all 4 downs or scored. If another overtime period is needed, the teams will alternate who goes first on offense and continue playing in this fashion until the game is completed.

VIII. Penalties

- **5 Yard Penalties**
 - Delay of Game
 - Encroachment
 - Interference With Opponent or Ball Before Snap
 - False Start or Illegal Shift
 - Illegal Motion, Shift, or Position at Snap
 - Illegal Forward Pass (Loss of Down)
 - Illegal Substitution
 - Illegal Snap (Inside 5 Yards)
 - Illegal Procedure
 - Flag Guarding: holding or swinging the arm near the flag to ward off attempts to remove it.
- **10 Yard Penalties**
 - Unsportsmanlike Conduct
 - Illegal Contact: Illegal blocking, charging, tackling, stripping of the ball, stiff-arming.
 - Illegally Secured Belt
 - Illegal Belt Removal
 - Offensive Pass Interference (loss of down)
 - Defensive Pass Interference (automatic first down)
 - Holding
 - Roughing the Passer
 - Hurdling
 - Diving
- **15 Yard Penalties**
 - Flagrant Fouls Only
 - Personal Fouls
 - Unsportsmanlike conduct
 - Roughing the Passer
 - Tackle
 - All of these penalties could result in ejection from the game.