

UNIVERSITY OF NORTH CAROLINA – CHAPEL HILL
CAMPUS RECREATION – INTRAMURAL SPORTS

FLAG FOOTBALL RULES

Current NIRSA Flag Football Rules will apply with modifications or exceptions as indicated in this document.

Rule 1: The Playing Field

- A. The playing field is 100 yards long by 40 yards wide, with ten-yard end zones.
- B. The field of play is divided into four 20-yard zones.
- C. Note: NIRSA's rule 1-2-1 (safety margins) will not be implemented.

Rule 2: Equipment

- A. All players are to wear numbered jerseys between 0-99. If teams do not have their own jerseys, they are required to wear intramural jerseys to distinguish players. ***(JERSEYS MUST BE TUCKED IN.)***
- B. Football - Specifications - The official ball will be pebble-grained leather or rubber covered and will meet the recommended shape for a football. There are no requirements regarding ball pressure. During the game, each team must use a legal ball of its choice when it is in possession.
 - 1. Men will use the regular size football.
 - 2. Women will use the regular, intermediate, junior, or youth size football.
 - 3. Co-Rec will use the regular, intermediate, junior, or youth size football.
- C. Shoes must be worn by all participants and will be made of a canvas, leather, or synthetic material which covers the foot attached to a firm sole of leather, rubber, or composition material which may have cleats or be cleat less. ***Among the items which do not meet these requirements are gymnastic slippers, tennis shoes cut so protection is reduced, ski and logger boots, five finger shoes and other apparel not intended for flag football use.***
 - 1. Cleats are limited to studs or projections which are made with nonabrasive rubber or rubber-type synthetic material which does not chip or develop a cutting edge. ***No metal cleats will be allowed.***
 - 2. Screw-in cleats are allowed if the screw is part of the cleat.
Penalty: A player violating this rule will be restricted from playing in the contest until appropriate shoes are worn and will be issued an unsportsmanlike conduct penalty. The game will not be delayed to secure appropriate attire by a participant.
- D. Sunglasses - for medicinal reasons, a player may wear pliable and non-rigid sunglasses.
- E. Each player will wear a flag belt. The flag color will contrast with shorts/pants color. Participants are required to wear flag belts provided by the intramural sports program.
- F. Each player will wear shorts or pants with no pockets or belt loops.
 - 1. A player who violates this rule will be restricted from playing in the contest until appropriate attire is worn.

2. It is prohibited to tape or modify clothing with pockets or belt loops. **NOTE:** Hats are not allowed during play but bandannas if secured properly will be permitted. (No knots)
- G. It will be prohibited for a player to wear equipment, which would be considered dangerous to one's self or to another player:
1. ***No Casts will be permitted.***
 2. No jewelry will be permitted. Note: Medical alert bracelets and medical alert necklaces are not considered jewelry.
 3. Jewelry and earrings that cannot be removed must be taped or completely covered and secured.
 4. Jerseys with knots will not be permitted.
 5. No hard or unyielding items to control hair will be permitted.
 6. Exposed metal on clothes or person. This includes "O" or "D" rings used to secure flag belts.
- H. Ball spotters - Two ball spotters will be used. The orange ball spotter will mark the offensive team's scrimmage line while the yellow ball spotter will mark the defensive team's scrimmage line. The ball spotters will be one yard apart.
- I. Players may carry playbooks inside their clothing as long as it is not made of an unyielding material. **Players may wear soft, pliable wrist/forearm band that contains plays.**

Rule 3: Players and Substitutes

- A. Men and Women - Seven players - Minimum of five players are needed to begin a game. If not, a forfeit will be declared.
- B. Co-Rec - Eight players - Minimum of six players are needed to begin a game. Game can be played with a 4-3 ratio of males-females or vice-versa. With six players, a 4-2 ratio of males-females or vice-versa or a 3-3 ratio of women to men can be used. With eight players, a 4-4 ratio must be used.

Rule 4: The Game

- A. ***Games may begin with a minimum of five (men and women) or six (co-rec) players.*** The supervisor will declare a forfeit if any team is not ready to play at their scheduled game time, or at the conclusion of the preceding game.
- B. A coin toss, or a similar means, will determine who has the option for choosing the ball or field position. The team not receiving the ball in the first half will receive the ball for the second half. The teams will switch ends at half-time.
- C. Length of Game - Regular season and playoff games will consist of two halves, 20 minutes each, with five minutes between halves.
- D. Time-outs - Each team is allowed two time-outs per half of 60 second durations. (Officials will not recognize a time-out signal when a team has used their allotted time-outs.)
- E. During the first 18 minutes of each half the clock runs continuously except for the following: Charged time-outs and official's time-outs.
- F. During the last two minutes of each half, the clock will be stopped for the following:
1. Scoring (touchdown and safety)
 2. Time-outs (team and official)
 3. Two minute warning
 4. Incomplete passes

5. Out-of-bounds
6. First down
7. Penalty and administration
8. Touchback
9. Team A awarded new series
10. Team B awarded new series
11. Either team awarded new series after a legal punt
12. An inadvertent whistle
13. Following first touching
14. A team attempting to conserve time illegally- starts on the ready
15. A team attempting to consume time illegally- starts on the snap

*The clock will be restarted on the snap of the ball if the clock was stopped for the following:

1. Incomplete legal or illegal forward pass
2. Out-of-bounds
3. Touchdown (after the try) and safety
4. Change of possession
5. Team time-out
6. Touchback
7. Either team is awarded a new series following a legal kick
8. Officials time-out (depends on the situation)

*The clock will be restarted when the official signals “ready for play” if the clock was stopped for the following:

1. First down (dependent on the previous play)
2. Penalty and administration (dependent on the previous play)
3. Officials time-out (depends on the situation)
4. Team attempting to conserve time illegally
5. Inadvertent whistle

- G. Extension of Periods – A period must be extended by an untimed down, if during the last timed down, one of the following occurs:
1. There was a foul, other than unsportsmanlike or non-player or fouls which specify loss of down, by either team, and the penalty is accepted. In the latter case, any score by the team which fouled is cancelled.
 2. There was a double foul
 3. There was an inadvertent whistle
 4. If a touch down was scored, the Try is attempted unless the touchdown is scored during the last down of the second half and the points would not affect the out come of the game or playoff qualifying.

Rule 5: Ball in Play, Dead Ball, and Inadvertent Whistle

- A. At the start of each half, following a safety, a touchback, and after each try the game will begin with a scrimmage play from the offensive team’s own **14** yard line unless moved by penalty.
- B. Downs and Zone Line to Gain
1. In a series of four downs, the team in possession must advance the ball to the zone which is in advance of the one where the ball is located at the start of the first down of the series.
 2. Establishing Zone Line-to-Gain after a Foul
 - a. On a live ball foul, the penalty yardage will be marked off first then the zone line-to-gain is established.

- b. Penalties for dead ball fouls which occur **prior** to the “ready for play signal” (succeeding spot enforcement) will be administered **before** setting the zone line-to-gain **down box** for a new series.
- c. Penalties for dead ball fouls which occur **after** the “ready for play signal” (succeeding spot enforcement) will be administered **after** setting the zone line-to-gain **down box** for a new series.

C. The ball is declared dead:

- 1. When it goes out-of-bounds.
- 2. When any part of the runner's body other than a hand or foot touches the ground. Also, the ball if in contact with the hand would not be considered dead.
- 3. When a touchdown, touchback, safety, or successful try is made.
- 4. When the ball strikes the ground following first touching by K.
- 5. When a player of the kicking team catches a punt or any muffed kick which is beyond the neutral zone; when a punt comes to rest on the ground and no player attempts to secure it.
- 6. When a forward pass strikes the ground or is caught simultaneously by opposing players.
- 7. When a backward pass or fumble by a player strikes the ground or is caught simultaneously by opposing players. A ball snapped from scrimmage, which hits the ground before or after getting to the intended receiver, is dead at the spot where it hits the ground. **NOTE:** A player cannot intentionally fumble forward - the ball will be marked at the spot where possession was lost. Exception: a forward fumble into the end zone will result in a touchback - see Rule 8D.
- 8. When a forward pass is legally completed, or a loose ball is caught by a player on, above, or behind the opponent’s goal line.
- 9. *When a runner has a flag belt removed legally by a defensive player. A flag belt is removed when the clip is detached from the belt.*
- 10. *When a runner is legally tagged with one hand between the shoulders and knees, including the hand and arm, once the flag belt is no longer attached.*
- 11. When a passer is deflagged/tagged prior to releasing the ball.
- 12. When a muff of a punt strikes the ground.
- 13. When an official sounds his/her whistle inadvertently during a down.

D. Inadvertent whistle - During a down, or during a down in which the penalty for a foul is declared, if an inadvertent whistle occurs while:

- 1. A player is in possession, the team may choose to accept at that point or replay the down.
- 2. A legal forward pass or a punt, the down will be replayed.
- 3. Ball is loose from a backward pass, illegal kick, or illegal forward pass; the team may choose to put the ball in play where possession was lost or replay the down.
- 4. **Penalty - if a foul occurs, an accepted penalty will be administered as in any other play situation. When a foul is accepted, disregard the inadvertent whistle. No time will be added to the clock during a down with an inadvertent whistle.**

Rule 6: Kicking the Ball

A. Punt

- 1. Legal kick - A legal punt is a punt made in accordance with the rules. Quick kicks are illegal. **Penalty: Illegal Kick, 10 yards.**
- 2. Punt - Prior to making the ball ready for play on fourth down, the Referee must ask the Team A captain if he/she wants a punt. The Referee must communicate this decision to the Team B captain and the other officials. The Team A captain may request to punt on any down. After such announcement, the ball must be kicked. **EXCEPTION: If a) Team A or B time-out is called, or b) a foul occurs anytime prior to or during this down after the Team A captain’s decision which results in the kicking team having the right to repeat the down again, the Referee must ask the Team A captain whether or not he/she wants to punt and communicate this decision to the Team B captain.**

3. Formation and snap - Neither K or R may advance beyond their respective scrimmage line until the ball is kicked. **Penalty: Illegal Procedure, 5 yards from the previous spot.**
4. Punting - After receiving the snap, the kicker must kick the ball immediately and in a continuous motion. **Penalty: Illegal Procedure, 5 yards.**
5. A [K] player cannot kick the ball to himself/herself or any K player. **Penalty: Illegal kicking, 10 yards.**
6. After being kicked - Once the ball is punted, any R player may block the kick. If the blocked punt hits the ground, it is dead at that spot. If the blocked punt is caught by any K player behind K's scrimmage line, they may advance the kick anywhere in the field of play or end zone.
7. First touching - If any K player touches a punt after it crosses K's scrimmage line (first ball spotter-orange) and before it is touched there by any R player, it is referred to as "first touching." R may take the ball at that spot or may choose to have the ball put in play as determined by the action which follows first touching. The right of R to take the ball at the spot of first touching by K is canceled if R touches the kick and thereafter during the down commits a foul or if the penalty is accepted for any foul committed during the down. **NOTE:** The ball is dead when the ball strikes the ground following first touching by K.
8. Eligible - When a punt which has crossed K's scrimmage line (first ball spotter orange) touches a player from either team and then hits the ground, the ball is dead and belongs to R. If it hits an R player and then is caught in the air, it can be advanced by R. If it hits an R player and is then caught by K, the ball is dead and **a new series begins for K.**
9. Kick out-of-bounds between the goal lines and at rest - If a punt goes out-of-bounds between the goal lines and comes to rest inbounds untouched and no player attempts to secure it, the ball becomes dead and belongs to the receiving team at that spot.
10. A punt behind the goal line - When any punt touches anything while the kicked ball is on or behind R's goal line (plane), it is blown dead and is ruled as a touchback. A runner cannot run the ball out of the end zone.
11. **If, while a punted ball is in flight, R commits a foul on their side of the neutral zone, the spot of penalty enforcement will be where the kick ends by rule, except fouls by R behind the new basic spot.**

B. Kick Catch Interference

1. While any punt is in flight beyond K's scrimmage line (first ball spotter-orange), K shall not touch the ball or R nor obstruct R's path to the ball. This prohibition does not apply if the act is after the kick has been touched by R. K may catch, touch, muff or bat a punt in flight beyond K's scrimmage line if no player is in position to catch the ball.
Penalty: Kick Catch Interference, 10 yards, R may choose a 10-yard penalty from the previous spot with K retaining the football and down replayed, or they may accept an awarded catch and 10-yard penalty from the spot of the foul.
2. *There will be no fair catch recognized* - Players will ignore any signals given by the kickers or receivers. The ball remains live. There is no foul.

Rule 7: Snapping, Handing, and Passing the Ball

A. Prior to the snap

1. Encroachment - following the ready for play and until the snap, no player on defense may encroach, touch the ball, or contact opponents. It is encroachment for any player to break the scrimmage line plane, except for the snapper's right to be over the ball.
2. False starts - No offensive player will make a false start. A false start includes simulating a charge or start of a play.
3. Snap - The snapper, after assuming position for the snap and adjusting the ball may neither move nor change the position of the ball in a manner simulating the beginning of a play.
4. Ball status - The offensive players are responsible for retrieving the ball after a down has ended. The snapper may bring the ball to the huddle. A towel may be used to keep the ball dry.

5. The neutral zone will be one yard. **NOTE:** The ball marker may extend into the defenses end zone.

B. Position and play during the snap

1. Legal position - after the ball is ready for play, each player on the offense must momentarily be within at least 5 yards of the sideline before the snap. All players must be inbounds.
2. Minimum line players – **The snapper is the only offensive player required to be on their scrimmage line at the snap.**
3. The offensive team has 25 seconds, from the ready for play whistle by the official, to snap the ball.
4. Motion
 - a. One offensive player may be in motion, but not in motion toward the opponent’s goal line at the snap.
 - b. The other offensive players must be stationary in their positions without movement of the feet, body, head, or arms. **Penalty: Illegal motion.**
5. Shift - in a snap preceded by a huddle or shift, all offensive players must come to a complete stop and remain stationary in legal position without movement of feet, body, head, or arms for at least one full second before the snap. **Penalty: Illegal Shift.**
6. Quarterback limitation - The player who receives the snap must be at least two yards behind their scrimmage line (no direct snap). **Penalty: Illegal Procedure.**
7. The snapper - The player snapping the ball must pass the ball back from its position on the ground with a quick continuous motion. **Penalty: Illegal Procedure.**
8. Handing the ball- A player may **hand** the ball forward or backward at anytime.
9. Stealing - It is **illegal** to steal or attempt to steal a ball in player possession. The object of the game is to deflag a ball carrier. **Penalty: Personal Foul.**
10. Co-Rec Play - The co-rec games will be played under the same guideline as the men's and women's play. The following exceptions will be the only difference in co-rec play.
 - a. The term “closed” will indicate that a male passer may **NOT** throw a legal forward pass completion to any other male player. The term “open” will indicate any player can complete a legal forward pass to any other player. **Note:** If the officials erroneously indicate the “open” or “closed” status of a down, the play is nullified and the down will be repeated.
 - b. During the offensive team’s possession, there may not be two consecutive legal forward pass completions from a male passer to a male receiver. This rule applies to the try.
 - c. If a male passer completes a forward passes to a male receiver, the next legal forward pass completion must involve either a female passer or female receiver for **positive** yards. The spot where the ball becomes dead by Rule must be beyond Team A’s (offense) scrimmage line. There is **no** foul for a female receiver being deflagged behind Team A’s (offense) scrimmage line. The next legal forward pass completion remains “closed.” **Penalty: Illegal forward pass, five yards from the spot of the pass and loss of down.**
 - d. There are no restrictions concerning a male passer completing legal forward passes to a female receiver, or female to female, or female to male.
 - e. A male runner cannot advance the ball through Team A’s (offense) scrimmage line. There are no restrictions:
 - During a run by a male runner once the ball is beyond Team A’s (offense) scrimmage line
 - During a run by a female runner
 - After a change of team possession(s)**Penalty: Illegal procedure, five yards from the previous spot.**
 - f. A male receiver cannot catch a legal forward pass behind the line of scrimmage and advance the ball through the scrimmage line. **If a passer completes a forward pass to a male receiver behind Team A’s (offense) scrimmage line on either an “open” or “closed” play and any Team A male runner advances beyond this scrimmage line, it is an illegal forward pass. Penalty: Illegal Forward Pass, 5 yards from spot of pass, Loss of Down.**

- g. Only a legal forward pass completion for positive yards determines if the next play is “closed” or “open”; therefore any foul, whether accepted or declined will have **no** effect on whether the next forward pass completion is “open” or “closed.”
- h. *If a female scores a touchdown, the point value is nine. If a female player throws a legal forward pass and a touchdown is scored by any Team A player, the point value is nine. All other touchdowns are six points.*

C. Forward and Backward Pass

- 1. Every member of a team is eligible to catch a pass.
- 2. Only one forward pass per down (either over-handed, underhanded, or shuttle).
- 3. For a legal forward pass, the quarterback must release the ball behind their scrimmage line. **NOTE:** It is legal for a player to cross the scrimmage line and retreat behind the scrimmage line to attempt a forward pass.
- 4. The quarterback will be allowed to take the snap and immediately throw the ball to the ground to stop the clock.
- 5. A player may pass the ball backward anytime except if intentionally thrown out-of-bounds to conserve time.
- 6. If the passer is deflagged prior to releasing the ball, the ball is dead and the down has ended.

D. Catch, Interception, Simultaneous Catch

- 1. A catch is an act of establishing player possession of a live ball in flight.
- 2. A catch of an opponents pass in flight is an interception.
- 3. If a player attempts a catch or an interception while in the air, the player must contact the ground inbounds with the ball in their possession prior to touching out-of-bounds, unless an opponent’s contact causes them to first touch out-of-bounds.
- 4. If one foot first lands inbounds and the receiver has possession and control of the ball, it is a catch or interception even though a subsequent step or fall takes the receiver out-of-bounds.
- 5. A catch in which there is joint possession by opposing players inbounds will be dead and awarded to the offensive team.
- 6. A pass either received or intercepted by a player with the flag belt missing will be ruled a catch. However, the deflagging reverts to a one hand tag of the runner between the shoulders and the knees.

E. Pass Interference

1. Offensive Pass Interference

- a. After the ball is snapped, and until the pass has been touched by any Team A player, there shall be no offensive pass interference beyond Team A’s scrimmage line (1st ball spotter). **Penalty: Offensive Pass Interference, 10 yards from the previous spot and replay the down.**

2. Defensive Pass Interference

- a. After the pass is thrown, and until the pass has been touched by any Team A or Team B player, there shall be no defensive pass interference beyond Team A’s scrimmage line (1st ball spotter) while the pass is in flight. **Penalty: Defensive Pass Interference, 10 yards from the previous spot and replay the down. If the pass interference by either player is intentional or unsportsmanlike, his/her team may be penalized an additional 10 yards.**

Rule 8: Scoring Plays, Safety, and Tie Game

- A. Scoring - The player scoring the touchdown must raise their arms so the nearest official can deflag the player. If the official determines the flag belt has been secured illegally, the touchdown is disallowed and the illegally secured flag belt penalty will be assessed. **Penalty: Personal Foul, 10 yards from previous spot, and loss of down.**

- 1. Touchdown (women scoring in co-rec play) 9 points
- 2. Touchdown (men's, women's and men in co-rec play) 6 points
- 3. Pass/run after touchdown from 20 yard line 3 points

4. Pass/run after touchdown from 10 yard line 2 points
5. Pass/run after touchdown from 3 yard line 1 point
6. Safety 2 points
7. Safety (Team B safety during a try) 1 point

- B.1 Foul during a Touchdown – If an opponent of the scoring team commits a foul (other than unsportsmanlike or non-player) during down in which a touchdown is scored, “and there was not a change of possession during the down,” Team A may accept the results of the play and then choose to have the foul enforced on the Try, or after the Try, at the succeeding spot.
- B.2 Foul during a Touchdown – If an opponent of the scoring team commits a foul (other than unsportsmanlike or non-player) during down in which a touchdown is scored, “and there was a change of possession during the down, and such foul occurs after the change of possession the scoring team may accept the result of the play and then choose to have the foul enforced on the Try, or after the Try, at the succeeding spot.
- B.3 Foul during a Touchdown – If either team commits an unsportsmanlike or non-player foul during down in which a touchdown is scored, the opponent may accept the result of the play and then choose to have the foul enforced on the Try, or after the Try, at the succeeding spot.
- C. Mercy Rule - If a team is ahead by 19 points or more (co-rec rule: 25 points or more) when the official announces the two-minute warning for the second half, the game is over. Also, it applies if a score inside of two minutes creates this differential.
- D. Point after touchdown
1. Following a touchdown, a one point conversion may be attempted from the three yard line, two point conversion from the ten yard line, or a three point conversion from the twenty yard line. This is the offense's option. **NOTE:** If a touchdown is scored during the last timed down in the second half, the try is not attempted unless it will affect the outcome of the game.
 2. Once the Team A captain makes the choice, he/she may change the decision only when a charged Team A or B time-out is taken before the try attempt. A team’s choice cannot be changed if a penalty should occur. Enforcement of yardage penalties does not change the value of the try. The point(s) shall be awarded if the try results in what would have been a touchdown.
 3. If a live ball foul occurs following a Team B interception the penalty will be enforced from the succeeding spot (14 yard line).
 4. *Next play - After a try, the ball will be snapped by the opponent of the scoring team at their own 14-yard line, unless moved by penalty.*
 5. If there is a foul by the offensive team, other than unsportsmanlike or non-player, during a down, which results in a successful touchdown or try, the acceptance of the penalty, nullifies the score. If there is a foul by the defensive team during a down that results in a successful touchdown or try, the penalty will be enforced from the succeeding spot.
 6. **The Try begins when the ball is marked ready for play. The try ends when B secures possession.**
- E. Touchback - it is a touchback when:
1. Team R downs a punt that touches anything while the ball is on or behind R’s goal line unless R chooses - spot of first touching by K.
 2. The ball is out-of-bounds behind a goal line (except from an incomplete forward pass), when the ball becomes dead in possession of a player on, above, or behind the player’s own goal line, or when the ball becomes dead not in possession on, above, or behind the team’s own goal line, and the attacking team is responsible.
 - a. B-1 intercepts a pass in their end zone and runs around in their end zone and is deflagged or steps across the end line, it is a touchback.

- b. A-1 running for an apparent touchdown fumbles the ball on the Team B three-yard line and the ball lands in the Team B end zone, it is a touchback.
- c. The ball will be placed on the 14-yard line after a touchback.

F. Safety - it is a safety when:

- 1. A runner carries that ball from the field of play across their own goal line, and it becomes dead in the end zone in their team's possession. **Exception:** When a player intercepts a forward pass, **fumble, backward pass**, or punt between their five yard line and the goal line and their original momentum carries them into the end zone and the ball is declared dead, the ball belongs to the team that intercepted the pass at the spot where the pass was intercepted. **This is known as the momentum rule.**
- 2. A player kicks, passes, fumbles, snaps, muffs, or bats a loose ball from the field of play or across his/her goal line and the ball subsequently becomes dead there in his/her team's possession. This includes when the ball is declared dead on or behind their goal line. However, it does not apply to a legal forward pass which becomes incomplete.
- 3. A player on offense commits any foul for which the penalty is accepted and measurement is from a spot in his/her end zone.
- 4. *Afterwards - When a safety is scored the ball belongs to the defending team at its own 14 yard line.*

G. Tie Game (Playoffs Only)

- 1. In the event of a tie score, at the completion of regulation play, the following procedure will be used to determine a game winner:
 - a. Each team is entitled to one time-out in overtime.
 - b. A coin will be flipped by the official to determine the options as in the start of the game. **NOTE:** All overtime periods are played toward the same goal line.
 - c. Each team will be given a series of four downs from the 10 yard line. The object will be to score a touchdown. **NOTE:** The goal line shall always be the zone line-to-gain in overtime.
 - d. The team which has scored the most points will be the winner. After a touchdown, a try-for-point will be attempted and scored as indicated in Rule 8C.
 - e. **If the defense gains possession of the ball during the try, the try will be over and the ball will be placed at the 10 yard line to begin a series of four downs if available.**
 - f. Penalties - They are administered similar to the regular game.
 - Dead ball fouls following a touchdown are penalized on the try- for-point.
 - Dead ball fouls following a try-for-point will be penalized from the succeeding spot.

Rule 9: Flag Belt Removal, Blocking, and Running

A. Flag Belt Removal

There are some tenets or basic rules which are established for flag football because of legal or illegal removal of the flag belt.

- 1. All participating players must have a flag belt on prior to the beginning of the down.
- 2. Flag belt removal - **The ball is declared dead when clip is detached from the belt.** The ball will be spotted at the **spot of the ball.**
- 3. De-flagging (removal of the flag belt by a player) is allowed only under special circumstances similar to tackling in football. Players must have possession of the ball before an opponent can legally deflag them. **NOTE:** A player juggling a pass does not have possession until they have control of the ball and one foot on the ground inbounds. A player who controls a ball with both feet off the ground becomes eligible for deflagging when the first part of the person touches the ground.
- 4. Pulling or removing a flag belt from an offensive player without the ball by a defensive player is illegal.
 - a. *A defensive player removing a flag belt on a running play will result in a personal foul penalty.*
 - b. *A defensive player removing a flag belt on a loose ball play (pass play) will result in a pass interference penalty.*

5. When a runner loses their flag belt either accidentally, inadvertently or on purpose, play continues. The deflagging reverts to a one hand tag of the runner between the shoulders and the knees.
6. Any player caught tampering with the flag belt in any way to gain an advantage including tying or using foreign materials will result in an illegally secured flag belt penalty.
7. If the passer is deflagged prior to releasing the ball, the ball is dead and the down has ended.

B. Screen Blocking and Defensive Contact

No player will be allowed to initiate contact during screen blocking.

1. Offensive screen blocking will be modified obstruction block. Screen blocking is legally obstructing an opponent between the waist and shoulders with the blocker's body. Forward movement of a lineman into the defensive player or use of elbows is not permitted. A player must be on his/her feet before, during, and after screen blocking. **Penalty: Illegal Contact.**
2. Defensive players may not use their hands and must make every attempt to avoid or go around the offensive player's screen block. Any directed aggressive contact will be interpreted as illegal contact.

C. Ball Carrier

1. Hurdling is an attempt by a player to jump with one or both feet or knees foremost over an opponent on their feet. **Hurdling is not allowed.** **NOTE:** A player may jump between players and over a player on the ground in the supine or prone position.
2. A ball carrier will be allowed to leave the ground with both feet in a diving manner.
3. Charging - a ball carrier cannot deliberately run through an opponent attempting to deflag. A ball carrier must make an attempt to avoid contact.
4. Guarding the flag belt. Ball carriers will not guard their flags.
 - a. Swing the hand or arm over the flag belt to prevent an opponent from deflagging.
 - b. Place the ball in possession over the flag belt to prevent an opponent from deflagging.
 - c. Lower the shoulders in such a manner which places the arm over the flag belt to prevent an opponent from deflagging.
 - d. Stiff arm an opponent to prevent from deflagging.
5. Obstruction of ball carrier. The defensive player will not hold, grasp or obstruct forward progress of a ball carrier when in the act of removing a flag belt.
6. The defensive player will not encircle with the hand(s) or arm(s) and take the opponent toward the ground as in tackle football. **Penalty: 10 yards and disqualification.**
7. Helping the ball carrier - the ball carrier will not grasp a teammate or be grasped, pulled or pushed by a teammate.

Rule 10: Conduct of Players and Others

A. Unsportsmanlike Conduct

1. Team Sportsmanship Rating System - Teams are required to maintain a rating of 3.5 (out of 5) or better to qualify for the playoffs and for each game/round of the playoffs to continue playing in the playoffs. Please check the "Intramural Handbook" for additional information.
2. No player or **non-player**, coach or substitute will act in an unsportsmanlike manner during either a playing period or intermission. This includes any act the official deems poor sportsmanship.
 - a. Using profanity, insulting or vulgar language or gestures.
 - b. Any acts of unfair play.
 - c. Intentionally kicking, swinging an arm, hand or fist at any opposing player.
 - d. Intentionally kick the ball.
 - e. Spike the ball into the ground.
 - f. Throw the ball high into the air.
 - g. **Disrespectfully addressing an official or Intramural Staff.**
 - h. Indicating objections to an official's decision.
 - i. Leaving the team box and entering the field during fight

NOTE: Each unsportsmanlike conduct penalties will be enforced from the succeeding spot. **Penalty: 10 yards from the succeeding spot**

3. *The second unsportsmanlike foul by the same player or non player results in disqualification.*
4. Any individual who has to be removed from any contest for misconduct or unsportsmanlike conduct will automatically be ineligible to participate or **be a spectator** in the remainder of that game as well as the next scheduled game(s). **Any individual who has been removed from any contest must leave the facility in a timely manner, failure to do so will result in further penalties.**
5. **The third unsportsmanlike conduct foul by the same team results in their forfeiture of the game.**

B. Judgment Calls and Eligibility

1. All protests must be made to the official on the field of play at the time of occurrence and not after the contest is completed. It should be noted, however, that a matter involving a judgment call is not basis for a protest.
2. A protest regarding the eligibility of players must be made before either team plays its next scheduled game.