



## FLAG FOOTBALL RULES (NIRSA Flag Football Rules in Effect Unless Amended)

1. All participants must bring their current Creighton picture ID to participate. (All players must be a full time student or a KFC member). ID checks will be made to verify player eligibility. Players without proper ID will not be allowed to participate. Any player playing for more than one Men, Women, Co Rec Flag Football team will render that player ineligible for both teams and put both teams in jeopardy of forfeit. **A player may play on one Men's/Women's Flag Football team and one Co Rec Flag Football team only.** Creighton Intramural Sports guidelines concerning eligibility are in effect. For further eligibility information go to the **IM WEB SITE**. All players must meet Creighton University Intramural Sports eligibility requirements.
  2. The Team Captain or a Team Representative **MUST** attend the Flag Football Captain's Meeting. Failure to attend a Captain's meeting will result in the Team not qualifying for the Play-offs.
  3. All players must agree to the following: *Intramural Sports activity. **I acknowledge that participation in the activity may involve the risk of bodily injury, property damage, or any other danger. I freely assume all risk of loss, property damage, or personal injury, including death, that may be sustained by me as a result of participating in the activity, whether caused by the negligence of Creighton University, its agents and employees, or otherwise. I hereby release, waive, and discharge Creighton University, its Board of Directors, and its agents and employees from all liability to me, my personal representatives assigns, heirs, and next of kin, for all loss or damage and any claims or demands thereof, including attorney's fees, on account of injury to myself or my property. I agree to indemnify, defend, and hold harmless Creighton University and any of its directors, employees, and agents from any and all claims and cost arising directly or indirectly as a result of my participation in the activity.***
  4. Each team will receive a sportsmanship rating after each game by the supervisor/and game officials. A team will be rated as follows:
    - ❑ **EXCEPTIONAL**---players cooperate well with IM staff/opponent and will discuss differences over rule interpretations calmly. The captain has full control over team and spectators
    - ❑ **ACCEPTABLE**---players complain about calls/comments may warrant a team warning. The captain has some control but is not in charge
    - ❑ **UNACCEPTABLE**—players are constantly talking about calls or opposing team. Team is uncooperative with the administration of the event. The captain has little or no control over team and spectators. A game ended by a supervisor due to unsportsmanlike acts.
- If a team receives an Unacceptable rating, the captain must meet with the Associate Director prior to the next game. If a team receives two Unacceptable ratings during the season the team will be dropped. **Teams involved in a fight will automatically receive two Unacceptable ratings and a report will be forward to the Office of Student Integrity.**
5. Teams will play a round robin regular season plus play-offs. Play-off games will be posted on the IM Web Page at the end of the regular season. **ALL TEAMS MUST BE PREPARED TO PLAY PLAY-OFF GAMES ON DAYS AND TIMES THAT ARE DIFFERENT FROM THEIR REGULAR SEASON SCHEDULE. PLAY-OFF GAMES ARE SCHEDULED MON- THU 6:30PM – 11:30PM. IT IS HIGHLY RECOMMENDED TO CARRY ADDITIONAL PLAYERS ON YOUR ROSTER TO AVOID SCHEDULING CONFLICTS. IF YOU KNOW OF ANY CONFLICT YOU NEED TO NOTIFY BOB DENNEY 280-5827. PRIOR TO THE POSTING OF THE PLAY-OFFS. ONCE POSTED, PLAY-OFFS GAMES WILL NOT BE RESCHEDULED UNLESS THERE IS INCLEMENT WEATHER.**
  6. **Consuming or possessing Alcoholic beverages is prohibited at any IM Sports Activity.** The team (includes players and fans) will be held accountable and receive appropriate consequences (the team will: a) Forfeit the game they are playing. b) Be dropped from the league/play-offs). C) Report sent to the Office of Student Integrity.
  7. In case of inclement Weather please call 1703 or check the IM Web Page beginning at 5pm. ***DUE TO THE LARGE NUMBER OF TEAMS AND THE HEAVY USE OF THE SPORTS COMPLEX WE WILL NOT GUARANTEE THE***



*OPPORTUNITY TO MAKE-UP OR RESCHEDULE GAMES.*

8. *Each field will have a Field Supervisor. The Field Supervisor will serve as the OFFICIAL IN CHARGE. The supervisor will be empowered to:*

- Penalize unsportsmanlike conduct
- Eject players, coaches, or spectators
- Rule on sideline infractions
- Assist on-field officials with Rule interpretations
- Confer with Captains
- Serve as the Game Timer
- Administer Protests
- End the game

9. Teams are composed of seven (7) players. A team must have a minimum of five (5) players to start a game. Game time is forfeit time. The supervisor declares forfeits. Any team that forfeits twice during the regular season will be dropped from the league and become ineligible for the play-offs. **Players will be required to stay in team area.**
10. Men's teams will play with an official size football only. Women's and **Co-Rec** teams may play with an official size, an intermediate, or Junior/Youth size football.
11. The game is two (2) twenty-minute halves. The clock stops during the last minute of the first half and the last two (2) minutes of the game for an incomplete pass, plays that end out of bounds, penalties, and change of possession. The clock is also stopped from the end of a PAT to the start of the next play (except during the last minute of the first half and the last two (2) minutes of the game, when the clock will not run during the PAT). Each team is allowed three (3) time outs per game. **The IM Supervisor will be in charge of the clock.**
12. Equipment: No metal or metal-tipped cleats are allowed. No jewelry of any kind is allowed. Shirts must be tucked in, and should not be tied in knots. **PENALTY:** A player discovered with illegal equipment prior to a play will result in a time-out being charged to the team; the player must leave the game and may not return until the illegal equipment is removed. A player discovered with illegal equipment after participating in a play will result in a five-yard penalty; the player must leave the game and may not return until the equipment has been removed.
13. **All participants must bring two sets of color shirts** (ex. 1 white & 1 blue) incase teams have the same colors. The IM Department will no longer provide jerseys due to health reasons.
14. At the beginning of each game, the supervisor and game officials will conduct a coin toss. One captain shall call the toss. The winner will have the option to take the ball, to play defense, to choose a side to defend, or to defer to the second half. If the winning captain decides to defer to the second half, the losing captain must then select to take the ball, to play defense, or to choose a side to defend. If the winning captain chose to defer, he/she has the option to take the ball, to defend, or to choose a side to defend at the start of the second half.
15. There will be no kick-offs. The ball will be placed 6 yards from the first line to gain (first down marker). On a safety, the offensive team will play 6 yards from the first line to game (first down marker)
16. On all offensive plays, the offensive team must have a minimum of four (4) players on the line of scrimmage. All four players must be set when the ball is snapped. On protected kicks (punts) the offensive team must have a minimum of four (4) players on the line of scrimmage, and all offensive and defensive players, except for the punter, must remain motionless until the ball is punted.
17. Motion: One offensive player may be in motion, but not in motion toward the opponent's goal line at the time of the snap. There must always be a minimum of four (4) players on the line of scrimmage, excluding any players in motion. Offensive players not in motion must be stationary in their positions without movement of the feet, body, head, or arms. The quarterback may move in order to give directions to teammates.
18. Any encroachment by either team into the neutral zone prior to the snap of the ball is a dead ball foul. A player cannot



jump back on side.

19. There are no direct snaps. The person receiving the snap can be anywhere in the backfield, but must be at least two yards behind the line of scrimmage.
20. Screen blocking only. Hands and arms must be placed at the side, behind the back, or against the chest. Defensive players may use hands on the rush only for balance. Intentional contact is not allowed. The offensive player shall not: make contact with an opponent, take a position so close to an opponent that the opponent cannot avoid contact by stopping or changing direction, or move to maintain his position unless it is in the same direction or path of the opponent. The defensive players must go around the screen blockers without contact.
21. Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove the flag belt. To avoid penalties, the runner should put his/her arms and/or ball in the air when being de-flagged.
22. Hurdling is not allowed (Hurdling is defined as: Hurdling is an attempt by a player to jump with one or both feet or knees foremost over an opponent who is contacting the ground). Spinning and diving are acceptable, but contact resulting from spinning or diving is the responsibility of the ball carrier.
23. Only one (1) forward pass is allowed per offensive play.
24. No fumble recoveries unless made in mid-air. A loose ball is dead immediately when it hits the ground. A protected kick (punt) that crosses the scrimmage line and touches a player from either team and then hits the ground during a may not be advanced and possession belongs to the receiving team. A muff punt that does not hit the ground (beyond R's scrimmage line), may be returned by the receiving team. If a muff punt by the receiving team is caught by the kicking team (beyond R's scrimmage line), the ball is dead, belongs to the kicking team, and a new series of downs begins for the kicking team.
25. PAT may be run or passed into the end zone from either the 3-yard line (one point) or the 10-yard line (two points) or 20 yards (three points). The ball becomes dead when the try is unsuccessful. Interception run back = 3 points.
26. Unsportsmanlike conduct will not be tolerated. First and foremost every individual that participates or is a spectator is responsible for their own behavior. Every intramural participant is expected to behave in a manner that respects and promotes the dignity of all persons. Any conduct that is demeaning or harmful to another person will result in player ejections and team forfeits. Game officials/IM supervisors are empowered to end games if individual player, spectator, and coach safety is in question. Teams will be penalized for unsportsmanlike acts committed by their players, bench personnel, and/or fans. Any team that commits multiple unsportsmanlike conduct infractions during the season/play-offs will be dropped from the program. An ejected player will sit out a minimum of one game and must meet with the Associate Director before he/she is eligible for further competition. Acts of Unsportsmanlike conduct may also be reviewed by the Office of Student Integrity.
27. **Unsportsmanlike conduct includes actions which are unbecoming to be an ethical, fair, and honorable individual. It consists of acts of deceit, disrespect or vulgarity, and includes taunting. Examples:**
  - Refusal to comply or abide by the request of a supervisor/official
  - Using words similar to an offense audible or quarterback cadence prior to the snap (in attempt to interfere with Team A's signals)
  - Intentionally kicking the ball
  - Leaving the field of play between plays to gain an advantage
  - Participating while wearing illegal equipment
  - Spiking the ball into the ground
  - Throwing the ball into the air after the play is over



- Attempting to influence a supervisor/officials decision
- Disrespectfully addressing an official
- Objecting nonverbally to a supervisor/officials decision
- Holding an unauthorized conference
- Players/Non Players entering on the field illegally
- Showing disrespect to staff, players, coaches or fans
- (which includes using profanity, taunting, insulting vulgar language or gesture)
- Intentionally contacting a game supervisor/official
- Leaving the team area and entering the field of play during an altercation

28. Mercy rule: If a team is leading by 24 or more points beginning the second half, the game shall be over. If a team is leading by 19 points or more when the two-minute warning is called in the second half, the game shall be over. Also, if a team scores after the two-minute warning to make a 19 point difference, the game will end.
29. If a game is tied when time expires, all regular season games will end. If a game is tied when time expires during the play-offs, Overtime procedures will be used.
30. Overtime: Coin is tossed; winner has choice of whether to be on offense first or second. The ball is placed on the **10-yard line**; the offensive team is given four (4) downs in which to score. If they score, they may attempt a PAT. After the team has either scored or turned the ball over, the opposing team is given four (4) downs in which to score. If the score is still tied after both teams have gone, the entire procedure (including coin toss) is repeated until a winner is determined. Each team has one timeout per overtime period; unused timeouts do not carry over to subsequent overtimes. All downs will be run at the same end zone. NOTE: An interception during the four (4) downs may be returned for a touchdown, ending the game.

**SUMMARY OF FLAG FOOTBALL PENALTIES**

**LOSS OF 5 YARDS**

- Delay of Game (Dead Ball Foul)
- False Start (Dead Ball)
- Encroachment (Dead Ball)
- Illegal Snap (Dead Ball)
- Illegal Motion
- Illegal Shift
- Not Enough Players on the Line of Scrim.
- Player Receiving Snap inside of 2 yards of Scrimmage Line
- Illegally Handling of the Ball Forward (Loss of Down)
- Illegal Forward Pass (Loss of Down)
- Illegal Substitution
- Intentional Grounding (Loss of Down)
- Aiding Runner by Teammates
- Required Equipment Worn Illegally
- Illegal Advancement (CO REC)**
- Illegal Forward Pass -2 male/male Completions (CO REC) --Loss of down**
- Illegal Forward Pass – Male catches pass And runs beyond the line of Scrimmage (CO REC)—Loss of Down**

**LOSS OF 10 YARDS**

- Illegal Contact
- Illegal Participation
- Offensive Pass Interference (Loss of Down)
- Defensive Pass Interference (Automatic 1<sup>st</sup> Down)
- Straight Arm
- Flag Guarding
- Illegal Flag Belt Removal
- Personal Foul
- Roughing the Passer (Automatic 1<sup>st</sup> Down)
- Fair Catch Interference
- Illegal Secured Flag Belt
- Illegal Participation
- Illegal Stripping
- Quick kick
- Unsportsmanlike Contact
- Strip or attempt to Strip the Ball



## Co-Rec Flag Football Summary

1. The game will be played between two teams of 6 players, 3 men and 3 women. . A team must have a minimum of four (4) players to start a game (combination of men/women 3-2, 2-3, 3-1, 1-3, 2-2, are acceptable). Game time is forfeit time. The supervisor declares forfeits. Any team that forfeits twice during the regular season will be dropped
2. The offensive team must have a minimum of 3 on the line of scrimmage.
3. On offense a male may not advance the ball beyond the scrimmage line.
4. During the offensive team possession there may not be two consecutive legal forward passes from a male passer to a male receiver. (Includes try for point). There are no restrictions on the number legal forward passes of female/male, female/female, or male/female.
5. Each series will start open (any player may throw to anyone). The term open means a male player may throw to any other player. The term closed means a male player may not complete a legal forward pass to any other male player. If the officials do not indicate or erroneously indicates the open/closed status of a down, the play is nullified and the down will be repeated.
6. If a female passer completes a pass to a male receiver behind the line of scrimmage and the male runs the ball beyond the line of scrimmage this is illegal. The penalty is illegal forward pass.
7. The mercy rule is 30 or more points beginning the start of the second half and 25 points at the two minute warning.
8. Scoring:
  - 9 points for a touchdown scored by a female
  - 9 points for a touchdown scored by a pass thrown by a female to male
  - PATS 1 from 3 yards, 2 from 10 yards, and 3 from 20 yards