



Intramural Sports

North Carolina A&T State University Flag Football Rules

I. Field

The field will be 80 yards in long and 40 yards wide and divided into (3) 20 yard zones.

II. Equipment

- A. All players must wear matching jerseys. (Shirts must be tucked inside pants)
- B. Game balls will not be provided.
- C. Steel or metal cleats are not permitted. No boots are permitted.
- D. Flags will be provided.
- E. No caps or hats during participation.
- F. No dangerous equipment- hard casts, rings, earrings, jewelry, etc... (Exception: Jewelry that can't be removed must be taped.)

III. Players and Substitutes

- A. A team may list 14 players maximum on the official roster. A team must have 7 players minimum, but can start and finish with 6 players.
- B. Game time is forfeit time. If a team drops below 6 players, the game is forfeited. (Subs may enter the game on any dead ball situation.)

IV. The Game

- A. A coin toss among the captains will determine who will receive, defer, and the field position. The team without the ball in the first half will receive the ball in the second half. The teams will also switch end zones.
- B. The game will consist of (2) 20 minute halves, with a 3 minute half time.
- C. The clock is a running clock and will only stop for time-outs, exception the last 2 minutes of the 2nd half will be regulation time.
- D. There are (3) timeouts per game.
- E. During regulation time the clock will stop for the following: Scoring (touchdown or safety), time-outs, two minute warnings, and incomplete passes, out of bounds, first down, penalty and inadvertent whistle.
- F. Once the official whistle ready to play, the offense has 25 seconds to snap the ball.
- G. **ONLY PLAYERS AND COACHES ARE ALLOWED ON THE SIDELINES!** (Personal Foul will be given after one (1) warning)

V. Kicking Game

- A. There are no kickoffs; the ball will be placed at the 10 yard line during each team's possession after scores and the beginning of each half.
- B. punts have to be announced before hand to the officials and only on 4th down. The defense can't rush the punter.
- C. If the kicking team touches the ball after the kick, the ball is dead.

D. kicks out-of-bounds on the sideline become dead at the spot. If it goes past the end zone the ball will be a touchback and placed at the 10 yard line.

E. No fair catch signals.

VI. Scrimmage Play

- A. The offense must have at least 4 players on the line of scrimmage and no three point stands.
- B. The quarterback must be in shotgun formation. Only one player may be in motion, and cannot be one of the three on the scrimmage line. Everyone must be completely stationary until the snap.
- C. You can only pass the ball forward only once and it has to be behind the line of scrimmage, but you may lateral backwards anywhere on the field.
- D. The defensive team must be 3 yards from the line of scrimmage.

VII. Scoring

- A. A touchdown is made when a runner carries the ball across the goal line or a pass completed in the end zone. 6 points.
- B. A conversion consists of one point for a run and two points for a pass caught in end zones from the 10 yard line. No run backs if intercepted.
- C. A safety is two points when the ball is legally in the possession of a player that becomes dead in their own end zone. The team that scores a safety receives the ball at their 20 yard line.
- D. In the event of a tie after regulation, overtime will consist of each team given 4 downs from the 40 yard line to score and will be alternate possessions.

VIII. Flag Guarding, Blocking and Running

- A. Flag guarding is when a player with the ball swipes his arm or hands to stop a defensive player from pulling the flag of an offensive player.
- B. No player will be allowed to initiate contact during screen blocking. Screen blocking is using your body to obstruct an opponent between the waist and shoulders. Forward movement of linesmen into a defensive player or use of the elbows is illegal. The blocker must be on both feet before, during and after screen blocking.
- C. Defensive players are not allowed to use their hands and must make every effort to avoid or go around the offensive blockers.
- D. Ball carrier cannot jump over a player standing or kneeling. The carrier is not allowed to leave the ground with both feet in a diving manner or charge a player by deliberately running through an opponent attempting to pull the carrier's flag. He must avoid contact. Stiff arming and guarding the flag any manner by the offensive is illegal.

IX. Player Conduct

- A. Unsportsmanlike behavior by players and coaches will be penalized during play and intermission. Verbal and physical abuse towards officials, opponents, and teammates will not be tolerated, immediate disqualification.
- B. Any player, substitute, or coach disqualified must leave the field or the game will be determined. The disqualified person is ineligible to play the next scheduled game. Depending on the situation, additional sanction may be taken by the University.

X. Protest

Judgment calls are not protest able and rule interpretations must be protested during the time the situation occurred, not after the game. Player eligibility must be protested with the Director of Intramural Sports before the team in question next game.