Important rules as well as rules unique to SDSM&T Intramurals follow. Team captains are responsible for sharing this information with their team members prior to the team’s first competition.

**Men’s Rules**

**TEAM SIZE**

a) A flag football team consists of eight players. Five offensive players must be on the line of scrimmage and the remaining three in the backfield. A team may begin play with only seven players. Five players will still be required on the line of scrimmage.

**LENGTH OF GAME**

a) Two 20-minute halves with a running clock (except as noted below) and a five-minute half time.

b) Each team is permitted two one-minute time-outs per game which can be used at any time.

c) Clock stops the last two minutes of the second half only on the following: (1) Play ends out of bounds, (2) Incomplete pass, or (3) Penalty.

d) Mercy Rule – If the point difference is greater than 20 in the final 2 minutes, the clock will continue to run.

**EQUIPMENT**

a) Belts will be worn with two flags attached. Shirts must be tucked in and cannot be worn over the flags.

b) Shirts must be worn at all times. Pennies may be worn by each team to distinguish team members.

c) Metal cleats/spikes may not be worn. In addition, players may not participate in bare feet.

**BALL IN PLAY**

a) To start each half and to resume play after a score or change in possession by turnover, the ball will be put in play by a snap from the 40-yard line.

b) A snap or fumble that touches the ground is dead and remains in the possession of the fumbling team where the ball touched the ground unless it is fourth down or there was a declined penalty that results in a fumble.

c) If a receiver is missing two or more flags when the ball is downed, the pass is ruled incomplete.

d) Ten yard penalty from the spot of the foul.

**FOULS AND PENALTIES**

a) A single defender is allowed to blitz once every set of four downs. A blitz is defined as rushing the passer without completing a 5-second count. Blitzing is not allowed during PAT attempts.

**SCORING**

a) Six points will be awarded for a touchdown.

b) One point will be awarded for a PAT by run or pass if the ball is put in play from the five-yard line.

c) Two points will be awarded for a PAT by run or pass if the ball is put in play from the 10-yard line.

d) There are no field goal attempts and no punting.

e) If there is a 50-point spread during the second half, the game will be called.

**DOWNING AN OFFENSIVE PLAYER**

a) The ball is downed at the point at which the player possessing the ball has one or more flags removed.

b) If a receiver is missing a flag, the ball is downed at the spot where the receiver catches the ball.

c) If a receiver is missing two or more flags when the ball is caught, the pass is ruled incomplete.

d) A ball carrier is down any time any part of the body other than the hand or foot touches the ground.

e) Any time the ball touches the ground the play is dead and the ball is downed at that spot.

**PASSING**

a) All players are eligible receivers.

**RUSHING**

a) One designed running play is allowed during each set of four downs.

b) The passer is allowed to rush on any play in which defenders cross the line of scrimmage.

**OVERTIME**

a) In case of a tie in regulation, play will start on the 30-yard line. Each team will receive four plays to score. This procedure will be repeated (sequence reversed) if both teams do not score. If neither team scores in the second overtime, the team that advances the ball the farthest during the second overtime wins.

**FOULS AND PENALTIES**

a) Pushing, tripping, holding, or roughing another player (including roughing the passer): Ten-yard penalty from the spot of the foul if committed by the offense. Ten-yard penalty from the end of the run/catch if committed by the defense.

b) Illegally using hands or leaving feet to block: Ten-yard penalty from the spot of the foul.

c) Straight-arming or flag guarding: Ten-yard penalty from the spot of the foul.

d) Taunting or showboating: Ten-yard penalty from the spot of the foul.
e) Intentionally removing the flag of an offensive player not in possession of the ball: Ten-yard penalty from the line of scrimmage.

f) Defensive pass interference: First down from the spot of the foul or first down on the one-yard line if the foul is in the end zone.

g) Offensive pass interference: Loss of down and ten yard penalty from the line of scrimmage.

h) Tackling: Ten-yard penalty from the spot of the foul. First offense by any player on a team results in a team warning. Second offense by any player on the same team results in expulsion from the game.

i) Unsportsmanlike conduct: Ten-yard penalty from the spot of the foul and expulsion from the game if committed by the offense -- Ten-yard penalty from the end of the run/pass and expulsion from the game if committed by the defense.

j) Encroachment or false start: Five-yard penalty from the line of scrimmage.

k) Intentional grounding: Ten-yard penalty from the line of scrimmage and loss of down.

**SAFETIES**

a) There are no safeties. If the ball is downed beyond the 40-yard line, the next snap will take place from the 40-yard line.

b) Offensive players may not retreat beyond the 50-yard line. If this occurs the play is immediately dead and results in loss of down. The ensuing snap will be from the 40-yard line.

**Women’s Rules**

Rules are the same as the men’s rules with the following exceptions:

a) Six players per team on the field. Three must be on the line and three must be in the backfield. All players are eligible receivers.

b) The ball can be passed forward from anywhere on the field, one time per play. The ball can be passed backward or laterally an unlimited number of times during a play.

c) An incomplete pass attempted from behind the line of scrimmage results in the ball being put in play from the previous line of scrimmage. An incomplete pass attempted down field results in the ball being downed at the spot from which the attempted pass was thrown.

*Updated: 8/17/2016*