

Kirkwood Intramural Flag Football Rules

All rules taken from NIRSA rulebook

1. **Eligibility:** All players MUST be CURRENTLY ENROLLED Kirkwood Students, faculty, or staff. ALL players MUST bring their **EagleCard** to the field to verify eligibility. If you don't have your EagleCard, you will NOT be allowed to play in the game! NO EXCEPTIONS!!
An individual may play on only one (1) men's/women's team. Players who play on multiple teams may result in both teams being dropped from the intramural.
2. Teams shall be composed of 7 players. A minimum of 5 players is needed to start the game.
3. Game time is forfeit time. Teams must be at the field, ready to play at their scheduled time. If a team can NOT make their scheduled time, the team must notify the Rec Center staff (398-5596) a minimum of one day in advance. Teams will be dropped from the league if they forfeit more than one scheduled contest
4. **Equipment:** Only flags/belts issued by Rec staff are permissible.
 - a. Shoes - Shoes must be worn. Tennis/running shoes, soft-soled shoes, and football shoes are permitted. Metal spikes, hiking boots, steel-toe boots, sandals and cleats with metal exposed are prohibited.
 - b. Pads and Braces - No pads or braces may be worn above the waist. Leg and knee braces made of hard, unyielding material must be covered on both sides and all edges with appropriate padding. No casts are allowed. Soft pliable basketball or wrestling kneepads may be worn on the leg, knee or ankle.
 - c. Tape/Casts – Tape or bandages of the hand, wrist, forearm, or elbow are prohibited except to protect an injury. The IM Supervisor before the game must approve this. Under no circumstances will a player wearing a cast or splint be allowed to play.
 - d. Jewelry – **No jewelry** or any other item deemed dangerous by the referee may be worn. **Illegal jewelry does include wedding bands.** Taping of jewelry to the body will not be permitted except for a medic alert necklace/bracelet. (No penalty, must leave game if refuse to remove items)
 - e. Headgear and Gloves – Players may wear a knit or stocking cap (no caps with bills). Bandanas are okay as long as the knot is tucked under. Gloves must consist of a soft, pliable and non-abrasive material. It is okay to wear pliable and non-rigid sunglasses.
 - f. Shirts MUST be tucked into flag belt to allow access to flag (10 yd. penalty).
 - g. Mouth and Tooth Protector – It is recommended that all players wear a mouth guard.
 - h. If a flag belt falls off before being pulled, the ball carrier must be tagged below the shoulders by a defender.
 - i. A defender may NOT intentionally pull a flag from an offensive player without the ball (10 yd. penalty).
 - j. **Playing with an illegally secured (tied or wrapped) flag belt will result in a 10 yd. personal foul penalty AND player ejection.**
5. **Starting the game:**
 - a. Coin Toss – The winner of the coin toss shall have a choice of options for the first half or shall defer his/her option to the second half. The options for each half shall be: 1) choosing to start on offense or defense or 2) choosing a goal to defend. The captain not having the first choice of options for a half shall choose the remaining option.
 - b. The game shall be comprised of two 20-minute halves with a 5 minute halftime.
 - c. Each team is allowed two 1-minute timeouts per half. Timeouts do NOT carry over
 - d. In the first half, the clock shall run continuously EXCEPT for timeouts
 - e. In the second half, the clock shall run continuously (Except for timeouts) until the 2-minute warning. After the 2-minute warning stoppage, the clock shall stop after:

1) Incomplete pass	2) Out of bounds
3) Touchdown or other change of possession	4) Penalty
5) First down	6) Timeout or official's timeout
 - f. Tie Game - In the event of a tie game there will be an overtime period. The captain that didn't call the toss at the start of the game will call this one. Winner of the toss has the option to take the ball first or last **or** the choice of which end of the field to play. The loser of the toss chooses which side of the field to play from (you will play at that end of the field every overtime possession) or choose to take the ball first or last if the opposing team chose which end to play. Each team will start 1st and goal from the 10-yard line. The overtime period consists of one possession by each team. If the score is still tied after one period, they go to a second period or as many as needed to determine a winner. The scoring options are the same as during regulation play. If the defense intercepts the ball and returns it for a touchdown, they win the game. If they do not return the interception for a touchdown, the ball will be placed at the 10-yard line to begin their series of 4 downs. The goal line will always be the zone line-to-gain in overtime. PAT's will be run after touchdowns in overtime. For successive overtimes, there will not be a coin flip. The choices will alternate from the first overtime coin flip.

- g. **MERCY RULE:** A margin of 19 points or more at, or after, the 2 minute warning in the second half shall end the game.
- 6. Playing the game: Rules for offense**
- a. Only one player can be in motion, but not towards the line of scrimmage
 - b. 25 second play clock from the time the ball is set by the official
 - c. At start of each half and after a score, offense shall start on the 15 yard line. Offense has 4 downs to cross the subsequent lines (20, 40, 20, goal lines)
 - d. No direct snaps. QB must be at least 2 yards behind snapper
 - e. Teams may run or pass. Only one forward pass allowed per play. Forward passes must be made behind the offensive line of scrimmage.
 - f. On 4th down, offense must announce if they will punt or go for it.
 - 1) There are no fake punts.
 - 2) On punts, team may not go downfield until ball is kicked.
 - 3) No defensive players may cross the line of scrimmage until the ball is kicked.
 - 4) A punt that hits the ground is dead and may not be advanced.
 - 5) If the ball hits a player from the kicking team in the air or on the ground, the ball is dead at that spot and belongs to the receiving team.
 - g. Touchdowns count for 6 points. Teams may choose to go for 1 point (5 yd. line), 2 pts. (10 yd. line) or 3 points (20 yd. line) for PAT conversions.
 - h. There are no kickoffs, extra point kicks, or field goals.
 - i. **SCREEN BLOCKING ONLY** Blockers must have feet set and arms at side or in front of groin on all blocks (10 yd. penalty)
 - j. Pass catch/interception – One foot inbounds is needed for a legal reception.
 - k. Simultaneous Catch – A pass caught simultaneously by opponents becomes dead and belongs to the team that snapped the ball.
 - l. Ball carriers may not guard/block flags (10 yd. penalty)
 - m. A runner is considered down if any part of that runner touches the ground other than a hand or foot. However, if a ball in the hand of a player touches the ground, the player is ruled down.
- 7. Playing the game: Rules for defense**
- a. Defense may not cross into the neutral zone until the ball is snapped (5 yd penalty)
 - b. Defenders may only try to pull flag belt of ball carriers. Pushing, tripping, tackling, etc. will result in a 10 yd. penalty and possible ejection. In addition, defenders may NOT try to knock the ball out of ball carrier's hands (10 yd. penalty)
 - c. Line of scrimmage: Rushers may NOT use their hands or bull rush to go through blockers or move them out of the way. Rushers must go around blockers (10 yd. penalty)
 - d. Defensive Line of Scrimmage – the yard line and its vertical plane, which passes two yards from the point of the ball nearest its own goal line. If the ball is inside the two yard line, the defensive line of scrimmage will be the goal line.
 - e. No fumble recoveries unless made mid-air. Fumbles are dead on the spot and stay with the team in possession at the time of the fumble
- 8. Substitutions** – Players may substitute freely between downs. Each substitute shall be in uniform ready to play with flags in the proper position.
- 9. Inadvertent Whistle** – If an inadvertent whistle is sounded while:
- a. A legal pass is in flight or during a kick, the down will be replayed
 - b. The ball is in player possession, the team may choose to accept the play at the point where declared dead or choose to replay the down.
 - c. The ball is loose from a fumble, backward pass, illegal kick, or illegal forward pass – the team in possession may elect to put the ball in play where possession was lost or replay the down.
- 10. Summary of Penalties: 5 yds.**
- Illegal motion by offense or encroachment by defense
 - Delay of game
 - Illegal formation (offense)
- 11. Summary of Penalties: 10 yds.**
- Illegal use of hands (off or def)
 - Pass Interference (off or def)
 - Offensive charging, defensive charging, flag guarding, stiff arming
- 12.** Any rule not listed in the official rulebook or on this page will be at the discretion of the intramural coordinator.

Injuries and Assumption of Risk

Warning: You may suffer physical and/or mental injury from participating in Intramural activities. Participation in the Intramural and Recreational Program is completely voluntary. Individuals participate at their own risk and assume responsibility for their own health and safety. Kirkwood Community College and the Intramural Recreation Office are not liable for injuries sustained during participation in any Intramural and Recreation

sponsored activity. It is strongly recommended that all participants consult a physician and/or have a physical exam prior to participation.

All injuries should be reported to the Intramural supervisor on duty, and a complete report of the injury should be recorded on the proper form. This report, when appropriate, should be completed at the activity site. It will be kept on file in the Intramural Office.

REMEMBER....THE REFEREES ARE STUDENTS AND THEY WILL DO THEIR BEST TO UPHOLD THE RULES.

WITHOUT THEM, THE INTRAMURAL PROGRAM WOULD NOT BE ABLE TO OFFER THIS SPORT!