

University of Montevallo INTRAMURAL FLAG FOOTBALL RULEBOOK

General Guidelines:

- Teams must be ready to play with seven players at the time scheduled.
- A team is allowed to field a minimum of four players to begin a game.
- Teams are allowed seven players on the field at one time.
- Only players listed on team roster will be eligible to play with that team. The participation of an ineligible player will result in his/her team losing by default.
- Each captain will meet at midfield five minutes before a game to compete in a best-of-three, paper/rock/scissors match.
- The winner chooses to kick, receive, defer or which side of the field to defend.
- The losing captain chooses one of the remaining options.

Clock Management:

- Games consist of two, twenty-minute halves.
- The game clock is a running clock, aside from the final two minutes of each half.
- In the final two minutes of each half, the clock will stop on all dead-ball situations including:
 1. First Down
 2. Touchdown
 3. Time-Outs
 4. Injury
 5. Penalty
- If a game is tied after regulation, each team will get one series (four plays) to score from their opponent's twenty-yard line. If after one series the score remains tied, the game will end in a tie aside from the postseason.
- In the postseason, teams will continue to exchange series until the tie is broken. Starting with the third overtime, teams must attempt a two or three-point conversion.
- A team has thirty seconds from the time the ball is spotted on the ground to run a play. A verbal warning will be given at ten seconds.
- The official may order the game clock started or stopped whenever, in his opinion, either team is trying to conserve or consume playing time by tactics obviously unfair.

Equipment:

- The official ball shall be leather and shall meet the recommendations for size and shape for regulation football.
- Men: NFL Official Ball
- Women: Official TDY Youth League

Time-Outs:

- Each team is allowed two-timeouts per half.
- Each time-out is one minute in length.
- In case of overtime, each team will be granted one time-out per overtime possession.

Kick-Off:

- The kicking team must have all seven players on the twenty yard-line. No one is allowed to advance until the ball has been kicked.
- The receiving team must have four players at midfield (forty yard-line) and the three remaining have to begin on the twenty yard-line. Players on the returning team are not allowed to advance until the ball is kicked.
- If a kick is recovered or caught by the returning team, the ball continues in play. If a kick is recovered or caught by the kicking team, the ball becomes dead.
- A scrimmage kick which fails to cross the scrimmage line continues in play and all players are eligible to catch or recover the ball and advance it.
- A kick is allowed to roll to a stop or is stopped by a player on the receiving team or kicking team.
- A touchback occurs when the ball, not the player, touches or passes the goal line.
- When a fair catch is called (arm waved above head), the ball becomes dead. The player must yell "Fair Catch".

Punt:

- If a team wishes to punt, they must announce their intent to do so.
- The offense must have all players, aside from the punter, must be on the line and no player is allowed to advance until the ball is kicked.
- The defense must have a minimum of four players on the line and no player is allowed to advance until the ball is kicked.
- A team is allowed to punt on any down aside from fourth down without announcement.
- A touchback occurs when the ball, not the player, touches or passes the goal line.

Game Play:

- Wrapping, tying, or in any way securing the flags to the uniform or belt other than prescribed by rule or intentionally removing a flag during play is illegal and incurs a penalty of ten yards from the previous dead-ball spot.
- If the same penalty occurs by the same player, it is an automatic ejection and another penalty.
- Ball is dead once the flag of the ball carrier is removed. The ball will be placed at the point the ball was when the flag was removed.
- If a ball carrier's flag falls off without an opponent being responsible, the play may continue and a tackle will be official via "two-hand touch".
- A defensive player may not hold, push or knock the ball carrier down in an attempt to remove the flag.
- The offensive team must have a minimum of four players on the line of scrimmage before the ball is snapped.

Blocking:

- Blocker is allowed to contact only that portion of the opponent's body between the waist and shoulders.

- Offensive players may use an extended arm (pro block) provided palms are facing opponent and blocker is either stationary or moving backward.
- Downfield blocking is not allowed.

Penalties:

- False Start – The offense must be set (still) for one second before the snap of the ball. One player is allowed to be in motion, but the motion must be parallel to the line of scrimmage. If any player moves before the snap, it is a false start: Five Yards
- Offside/Encroachment – No defensive player is allowed to enter the neutral zone before the snap of the ball. Once a defensive player enters the neutral zone, it is considered encroachment. A player is not allowed to get back onside: Five Yards
- Holding – Any player grabbing any other player in attempt to impede their progress: Ten Yards
- Pass Interference – Any player impeding another's attempt to catch a legally thrown pass (receiver or defender), by any attempt including contact or face-guarding: Ten Yards
- Delay of Game – If the offense takes more than thirty seconds to snap the ball or either side attempts to conserve or consume time is considered an unfair tactic: Five Yards
- Personal Foul – Any foul that is considered unsportsmanlike including: (Fifteen Yards)
 1. Abusive or insulting language (Previous Spot)
 2. Any acts of unfair play (Previous Spot)
 3. Managers, coaches or others on the field of play at any time without permission, or the interference of any nature with the progress of the game
 4. Pulling or removing a flag from an offensive player without the ball by a defensive player intentionally (Spot of Foul)
 5. Spiking ball, taunting opponent or other similar theatrics before or after a touchdown (Previous Spot)
 6. Tripping or clipping (Spot of Foul)
 7. Tackling (Spot of Foul)
 8. Using fists (Spot of Foul)
 9. Roughing the passer (Spot of Foul)
 10. Roughing the kicker (Spot of Foul)
 11. Dive to gain advantage (Spot of Foul)
 12. Knocking out of bounds (Spot of Foul)
 13. Stiff-Arm to Protect Flag (Spot of Foul)

Fumbles:

- If a fumble occurs and hits the ground, the ball is considered dead and no exchange of possession can take place.
- A defensive player is allowed to strip the ball and continue play.
- A defensive player is allowed to intercept any ball that is in the air (lateral, pass) and continue play.

Scoring:

- Touchdowns are scored when a player advances the ball past the goal-line. No diving into the end-zone, or anywhere on the field is allowed. Any purposeful dive is penalized ten yards from their launching point.
- After a team has scored a touchdown, the scoring team has the option of going for one, two or three points on the conversion attempt.
- One-Point conversion is taken from three yards away from the goal-line.
- Two-Point conversion is taken from five yards away from the goal-line.
- Three-Point conversion is taken from ten yards away from the goal-line.

Mercy Rule:

- If a team gains an advantage of twenty-four points in the first half or thirty-two in the second half, the mercy rule will be invoked and the game will be called.

Postseason Seeding:

- Once the regular season finished, postseason seeding will be made based on those results.
- The top six teams will be selected for postseason play.
- The top two teams will be awarded a first-round bye.
- The third seed will play the sixth seed and then fourth seed will play the fifth seed.
- In the second round (semi-finals), the first seed will play the lowest remaining seed while the second seed will play the highest remaining seed.
- In the event of a tie for playoff positioning, seeding will be set by the following criteria in this order:
 - i. Head to Head Match Up (if applicable)
 - ii. Sportsmanship Rating
 - iii. Winning Percentage
 - iv. Point Differential
 - v. Coin Flip