

7on7 Flag Football Rules

Each player must be a student, faculty/staff member or alum of Davis & Elkins College to be eligible to participate - No Exceptions. All players must have checked in with an Intramural Supervisor and be recorded on the roster sheet before they are allowed to participate.

All Intramural participants are responsible for their own medical expenses. Any participant unsure of his/her physical condition should check with their family physician or the campus physician/nurse before participating in an Intramural Sports contest.

10 minutes after game time is forfeit time! Teams that do not have the minimum number of players needed to start a game at game time will be assessed a forfeit. Two (2) forfeits will result in expulsion of that team from the remainder of league play.

The officiating will be done by Intramural Officials who are in absolute control of the game. Teams are responsible for keeping their spectators under control. Misconduct of participants, coaches, or spectators can result in assessment of an unsportsmanlike penalty, ejection or forfeiture of the game. Two ejections will result in an automatic forfeiture. Spectators must also remain in the area designated by the Intramural Officials. The Intramural Officials and Intramural Supervisors shall have the power to make decisions on any matters or questions not specifically covered in the rules. The winner of a coin toss between both captains prior to the game will determine who will start with the ball.

The NIRSA Flag Football Rules will govern play for any rules not mentioned in the following Intramural rules:

1. Team Requirements

1.1 All teams shall consist of **7 players**, but may play with a minimum of 5 players. Co-Ed teams are composed of any of the following combinations: 4m/3w, 3m/4w, 3m/3w, 3m/2w, 2m/3w.

2. Equipment

2.1 All participants must wear shoes. Rubber cleated shoes and screw-in cleats will be allowed. Metal cleats of any kind, open heel and/or toe shoes are prohibited.

2.2 Pants and/or shorts with belt loops and/or pockets are strictly prohibited!

2.3 Billed hats, pads, helmets, casts and/or any other item deemed to be dangerous by the Intramural Supervisor may not be worn during a game.

2.4 Towels may not hang from a participant's waist or otherwise interfere with the removal of a flag.

2.5 Footballs will be provided (teams may provide their own ball). The Supervisor shall be the sole judge of any ball offered for play and may change the ball during play at his/her discretion. During the game, each team may use a legal ball of its choice when in possession.

a) Men's leagues must use a regulation size ball.

b) Women's and Co-Ed leagues may use a regulation, intermediate, youth, or junior size ball.

2.6 Each team is encouraged to wear a similar colored shirt. Pinnies will be provided. Shirts must be tucked in or cut off above the waistline. Shirts may not be tied in knots.

2.7 Teams must use flags provided by Intramural Sports.

2.8 All jewelry is prohibited. *Penalty: illegal equipment, 5 yards.*

3. Substitutions

3.1 Substitutions are allowed between plays and during time-outs.

4. Length of Game and Timing

4.1 The captain winning the coin toss will choose from the following options. The other captain, not having the first choice of options for a half, shall exercise the remaining options.

a) to start with the ball.

b) to defend a particular goal.

c) to defer to the second half.

4.2 Games will consist of two 20-minute halves with a 3-minute halftime. Timing will be continuous for the first half. Only team and Official time-outs can stop the clock. Approximately 2 minutes before the end of each half, the Official shall stop the clock and inform both captains of the time left in the half/game. The clock will restart on the snap.

4.3 During the final two minutes of the second half, the clock will stop for the following:

a) Incomplete pass - clock restarts on the snap.

b) Out of bounds - clock restarts on the snap.

c) Time Outs - clock restarts on the snap.

4.4 Each team will receive two time-outs per half.

4.5 There will be a 25-second play clock. The ball must be snapped no more than 25 seconds after the Official has signaled "Ready for Play". *Penalty: delay of game, 5 yards.*

4.6 Mercy Rule

a) A Co-Ed game will end if a team is leading by **21 points** or more during the final two minutes.

4.7 A game that is called due to weather with less than 5 minutes remaining will be considered a complete game.

5. Game Rules

5.1 Field dimensions:

a) 80 yards by 40 yards with 10 yard endzones and "zone line-to-gain" markings every 20 yards.

5.2 First Downs:

a) A team shall have 4 consecutive downs to advance to the next zone line-to-gain (and earn a 1st down).

b) 2 completions equal one first down. After that, no more first downs. You get 4 downs to score.

5.3 Starting a play:

a) The offense must have 4 players within one yard of the line of scrimmage at the time of the snap.

5.4 Passing/Catching the ball:

a) Each member of the offensive team is eligible to receive a pass unless a player voluntarily goes out-of-bounds during the play. *Penalty: illegal participation, 10 yards.*

b) Only one forward pass will be allowed per down.

c) For a legal catch, a pass receiver must come down with at least one foot in-bounds.

5.5 Defensive Rush:

- a) The defense must line up at least 1 yard from the line of scrimmage (behind the second ball marker).
- b) The defense may rush once the ball is snapped.
- c) One defensive player can rush, and one blocker for that rusher is allowed.

5.6 Touchdowns, Safeties, & Extra Point Attempts:

- a) Touchdowns are worth six points.
- b) Safeties are worth two points.
- c) If the defense should intercept a pass during an extra point attempt, they may return it for a score. A score will equal 2 points, regardless of whether the attempt was for one or two.

5.7 Overtime:

- a) The field captains shall be brought together and a coin toss will be conducted. The overtime format will be repeated until a winner is declared.
- b) The winner of the toss shall be given the option of either offense or defense. If additional overtime periods are necessary, captains will alternate choices. Each team will be given 4 downs from the same 10-yard line to score a touchdown. If the first team scores, then the second team will still have 4 downs to attempt to win or tie the game.
- c) If the defense intercepts the ball and returns it for a touchdown, the game will be over. If not, the ball will be placed at the 10-yard line to begin the series of four downs. Extra Point attempts will be held as in regulation play.
- d) Each team is entitled to one time-out per overtime period.

6. Flag Belt Removal

6.1 When the flagbelt is taken from the runner, the down shall end and the ball is declared dead. The spot of the ball is determined at the point *where the ball is* when the clip of the flagbelt becomes detached, not where the belt falls to the ground.

6.2 If a flagbelt inadvertently falls off, a one-hand tag between the shoulders and the knees constitutes a capture.

6.3 A player may leave their feet to remove a flagbelt.

6.4 The ball becomes dead when:

- a) A legal de-flagging occurs.
- b) A player in possession of the ball steps out-of-bounds.
- c) A ball carrier touches the ground with any part of their body other than the hands or feet.
- d) A forward pass, lateral, or fumble hits the ground.
- e) A snap from the center touches the ground.

6.5 In an attempt to remove the flagbelt from the ball carrier, defensive players may contact the body of an opponent with his/her hands. However, a defensive player may not hold, push, or knock the ball carrier down in an attempt to remove the flagbelt. Similarly, no player shall attempt to trip an opponent, contact an opponent who is on the ground, make unnecessary contact with an opponent, deliberately dive or run into an opponent, or tackle the ball carrier. *Penalty: illegal contact, 10 yards (flagrant offenders will be ejected).*