

CAMPUS RECREATION
INTRAMURAL SPORTS
2023-2024 FLAG FOOTBALL RULES

FLAG FOOTBALL IS A CONTACT SPORT AND INJURIES ARE A POSSIBILITY. THE INTRAMURAL SPORTS PROGRAM ASSUMES NO RESPONSIBILITY FOR INJURIES; HOWEVER, BASIC FIRST AID WILL BE AVAILABLE.

8. COIN TOSS: If used the Referee shall instruct the visiting captain to give a "heads" or "tails" choice before the coin toss. The referees will then toss and catch the coin. The method of determining possession is up the officials
9. HALF TIME: Three (3) minutes will be allowed between halves. However, teams may agree to take less time.
10. TIME-OUTS: Each team will be granted two (2) time-outs per half. Time-outs will be one (1) minute in length, and do not carry over from the first half to the second half. Teams must be ready to play immediately following a time-out. The clock starts on the snap following all time-outs.

11. ILLEGAL EQUIPMENT

Headwear containing any hard, unyielding, stiff material (including billed hats) or items containing exposed knots are illegal

B. All players must wear shoes. Shoes with metal, ceramic, screw-in or detachable cleats are illegal. EXCEPTION: Plastic screw-in cleats are allowed if the screw is part of the cleat. Any players wearing an illegal type shoe will be removed from the game until they return with a legal type shoe.

ALL jewelry is illegal and must be removed.

Pads or braces may not be worn above the waist.

Pants or shorts with any belt loops, or exposed drawstrings are illegal. Sweatshirts with pockets continue to be illegal. Flags must not be tucked into pockets of pants.

Towels may not be attached at any player's waist. A towel may be left next to the orange ball spotter or behind the deepest back to wipe off the ball in-between plays.

12. **E** : If a team is at least nineteen (19) points ahead when the Referee announces the two (2) minute warning for the second half, the game will be over. Any score within the last two (2) minutes of the second half that creates a differential of at least nineteen (19) points will end the game.

13. POINT AFTER TOUCHDOWN: After a touchdown, the scoring team may choose from the following options for the conversion:

- 1 point from the 3-yard line
- 2 points from the 10-yard line
- 3 points from the 20-yard line

Immediately after scoring a touchdown the Referee will ask the team captain for his/her choice for the conversion. Once this decision is made, it can only be changed by taking a charged time-out. A team's decision cannot be changed should a penalty occur on the conversion attempt. NOTE: Any change of possession on a conversion results in a dead ball.

14. SUBSTITUTES: Substitutes may enter during any dead ball period. If a substitute enters the field, another player must leave and the substitute must play at least one (1) down.

15. INJURIES: An injured player whose injury caused play to be delayed must leave the game for at least one (1) down. A player that suffers an apparent loss of consciousness may not return to play that day without written authorization from a physician.
16. BEGINNING A SERIES: There will be NO kickoffs.
 - A. A team will put the ball in play with a scrimmage down from the first zone (14-yard line) to start each half. This team will be determined by a coin toss.
 - B. The ball will be put in play by the team scored upon by a scrimmage down from their 14-yard line following a touchdown (and try-for-point).
 - C. The ball will be put in play by the scoring team from their 14-yard line following a safety.
17. FORWARD PASSING: One (1) forward pass from behind the line of scrimmage may be thrown per down by the offense.
18. PUNTS: The Referee will ask the offensive team captain if he/she will punt or go for a fourth down. If a team elects to punt, they must still have four (4) players on the line to snap the ball. There are no fake punts. A team may only change their decision to punt or not punt if a penalty is called or a time-out is taken. DEFENSE NEEDS ZERO (0) PLAYERS ON THE LINE. The kick will be declared dead when it hits the ground even if muffed or breaks the plane of R's goal line.
- 19.

23. BENCH CONDUCT: All substitutes, coaches, and spectators must adhere to Intramural Sports and UNC Field rules and are subject to the authority of the Intramural Sports Supervisor and all sportsmanship-related rules and policies.
24. DRUG, ALCOHOL & TOBACCO POLICY: Teams and fans are not permitted to bring alcohol and/or drugs or come under the influence of alcohol and/or drugs. Teams and fans are also not permitted to use any tobacco products on the UNC Fields. Violators may be removed from the facilities with possible forfeiture of the game, at the discretion of the Supervisor.
25. INTRAMURAL POLICIES: Team captains are responsible for making sure that all members of their teams are aware of all Intramural Sports policies and rules. Captains are responsible for their teams' sportsmanship and may be held accountable for the actions of individuals on their team.
26. RATING: Sportsmanship Ratings are on a ranking from 0-3. The intramural supervisor will distribute sportsmanship for each team at the end of every game and will be noted on the score sheet. General description of each rating and the behavior that is expected of all participants, spectators, and bench personnel (including the coach): Teams must maintain a 2 sportsmanship rating to make the playoffs.
- 3- Above Average: High level of respect consistently shown to opponents, staff, officials. Conducts themselves in a calm respectful manner.
 - 2- Average: No incidents of poor conduct or one minor unsporting incident (ie: talking back to an official more than once during the game)
 - 1- Below Average: frequent swearing, disrespect towards opponents, supervisors, and officials. Consistent arguing with the officials' calls or a player is ejected.
 - 0- Unacceptable: multiple players are ejected, abusive language towards officials or staff, any behavior resulting in the contest needing to be stopped
-
27. . THE GAME: The game shall be played between teams of eight (8) players, four (4) men and four (4) women. Teams may play with as few as six (6) players per team. If a team is playing with less than eight (8) players, the male/female ration may be 4:3, 3:4, 3:3, 4:2, or 2:4, six players are required to start a game. The game may be continued with less than 6 players as long as the team has a chance to win. New Rule: The snapper is the only player who is required to be on the line of scrimmage. However, the offense is still restricted to one player in motion parallel to the line of scrimmage.
28. MERCY RULE: If a team is at least twenty-five (25) points ahead when the Referee announces the two (2) minute warning in the second half, the game shall be over. Any score within the last two (2) minutes of the second half that creates a differential of at least twenty-five (25) points shall end the game.
29. MALE RUNNERS: A male ball carrier may not advance the ball through the line of scrimmage, as runner or pass receiver, until the scrimmage line is broken by a legal forward pass or a female advancing the ball through the line of scrimmage.

30. SCORING: If a female player scores a touchdown, the point value is nine (9). This can be done in either of the following ways:
- Female runs the ball across the goal line.
 - Female throws a legal forward pass that results in a touchdown (by any offensive player).
31. OPEN & CLOSED PLAYS: Prior to each play, the Referee will announce whether the next play is considered open or closed.
- During an offensive possession, there may not be two consecutive legal forward pass completions from a male passer to a male receiver. This ru

- B. The blocker may not initiate contact with a defender. A penalty occurs when contact is initiated and there is an advantage gained

41. SNAP REGULATIONS – To start every play there must be a snap.

A. The snap must take place directly next to, but not on top of or in front of, the offensive scrimmage cone.

B. A snap must be one smooth, quick, and continuous motion, either between the snapper's legs or from the side. The ball must leave the snapper's hand(s) during this motion. After the snapper takes his initial position over the ball, he/she may move or rotate the ball. After the snapper comes to a set position, he/she may not move the ball again until it is snapped.

C. The player who receives the snap must be at least two yards behind the offensive scrimmage line. Direct snaps are illegal.

D. A small towel may be placed under the ball, regardless of weather or field conditions.