

**The University of Maine
Campus Recreation
Intramural Flag Football Rules**

To participate in Intramural Sports here at the University of Maine, players must be a member through Campus Recreation and be either a student or an employee by the University of Maine. (Note: High School age students aren't allowed to participate in Intramural Sports even they are a member through the Recreation Center.)

All men shall be eligible to represent their organization with the following exceptions.

1. Men who have won a varsity letter in collegiate football or who have been members during the current season of the varsity football squad shall be ineligible for Intramural Flag Football. This is until they sat out one year after winning their varsity letter.
2. Eligibility of men who drop from football squad shall be left with the Director of Recreational Sports.

Rule 1

Section 1. The size of the field shall be 52 x 45x yards, divided lengthwise into three (3) 17-yard zones plus two (2), 5-yard end zones.

Rule 2

Section 1. A team shall consist of 7 men. There is no requirement on number of players on the line of scrimmage.

Section 2. Any number of substitutions may be made during a game. Substitutions must report to the referee when entering.

Section 3. Shoes with metal, ceramic screw in or detachable cleats are illegal.

Rule 3

Section 1. The length of the game shall be two (2), 20-minute halves. (a) In the final (2) minutes of each half, the watch shall stop on all dead ball situations (same as professional football).

Section 2. 3 time-outs of one minute per half are allowed and one additional time-out in an overtime period. Time-outs can't be carried over from 1st half to the 2nd.

Section 3. There shall be a rest period of five minutes between halves.

Section 4. Regular season games can end in a tie. In case of a tie score at the end of regular play for a play-off game, there shall be a new toss with the team winning the toss having the option of putting the ball in play in the first or last play of the 8 alternating

plays from the 3-yard line for (1) point or from the 10-yard line for two (2) points. The team accumulating the most points in their four alternating downs will be declared the winner. In the event of a tie at the end of the 8 alternating plays, each team will be permitted one additional down until the deadlock is broken.

Section 5. Teams failing to appear within ten minutes of appointed time shall forfeit the game. Five (5) players are required to avoid a forfeit.

Rule 4

Section 1. There will be no kick-offs. To start the game and after a score, the ball will be brought back into play on the five yard line.

Section 2. Punting will still be used, but NO RETURNS! The ball will be dead at the spot where the ball is caught. In case of a fumble on the attempted catch, the ball will be come dead and will be brought back into play on the 3-yard line.

Section 3. All punts that go into the end zone will be brought back into play on the five-yard line.

Rule 5

Section 1. There shall be no scoring through kicking the ball.

Section 2. A touchdown scores six points.

Section 3. A safety scores two points

Section 4. After a touchdown, the scoring has an option of attempting to score additional points by playing the ball for one play from the 3-yard line for one (1) point, from the 7-yard line for two (2) points.

Rule 6

Section 1. In order to rush the quarterback, all defensive players must start their rush behind the 2nd disc that is placed on the field. This disc is placed 1 yard behind the line of scrimmage.

Section 2. Only screen blocking will be permitted. Screen blocking is legally obstructing (similar to setting screen in basketball) an opponent without contacting him/her with any part of the screen blocker's body.

Section 3. A player who screens shall not:

- A. When he/she is behind a stationary opponent, take a position closer than a normal step for him/her.
- B. When he/she assumes a position at the side or in front of a stationary opponent, make contact with him/her.

- C. Take a position so close to a moving opponent that his/her opponent cannot avoid contact by stopping or changing direction. The speed of the play to be screened will determine where the screener may take his/her stationary position. This position will vary and may be 1 to 2 normal steps or strides from the opponent.
- D. After assuming his/her legal screening position move to maintain it. Unless he/she moves in the same direction and path of his/her opponent. If the screener violates any of these provisions and contact results, he/she has committed a personal foul.

Rule 7

Section 1. A player is down when the flag belt is removed from the runner thus ending the down. The player removing the belt should immediately hold it in the air.

Section 2. If a flag inadvertently fall to the ground, a one-hand tag between the shoulders and knees shall constitute a capture.

Section 3. Contact – in an attempt to remove the flag belt from a runner, defensive players may contact the body and shoulders of an opponent with their hands, but not their face or any part of their neck or head. A defensive player may not hold, push, or knock the runner down in an attempt to remove the flag belt.

Section 4. Hiking the Ball – The center has the option of hiking the ball between his/her legs or from the side.

Rule 8

Downs

Section 1. The teams in possession of the ball shall have four downs to clear a zone. A zone lost by penalty must be earned again in the same series of downs.

Rule 9

Forward and Lateral Passes

Section 1. There shall be forward and lateral passes. The rules governing these are the same as regulation football rule except a fumble lateral is dead at spot from which it touches the ground.

Section 2. Every player on a team shall be eligible to receive passes. A receiver only needs to have one foot in bounds to be a legal catch.

Section 3. There shall be no time-out for uncompleted forward passes. (Exceptions – during final minute of each half).

Section 4. Hideout plays, no player of the offensive team shall assume position near the sideline, which in any manner resemble a hideout play. This isn't to be misconstrued with a split formation, etc. and is based on the sportsmanship aspects of the game.

Section 5. Pass interference in the end zone will give the offended team that ball on the one-yard line.

Rule 10

Dead Ball

Section 1. Any fumbled ball is deemed dead at spot, except a forward pass reverts to a previous point of scrimmage. No recoveries of fumbles unless touched and dropped by a player.

Rule 11

Penalties

5-Yard Penalties

Equipment worn illegally
Delay of game (25 second count)
Unfair tactics
Putting ball in play before declared ready
Encroachment, false start
Infraction of line formation
Invalid or illegal fair catch
Illegal position by center
Illegal motion
Illegally handling ball forward
Intentional grounding (loss of down)
Illegal forward pass (loss of down)
Helping the runner

10-Yard Penalties

Offensive forward pass interference
Defensive forward pass interference (this might not be an automatic first down)
Illegally secured belt on touchdown (loss of down)
Unsportmanlike conduct
Quick Kicks
Fair catch interference
Tackling the runner, or throwing runner to ground
Tripping an opponent
Steal, bay, or attempt to steal a ball
Unnecessary contact of any nature
Clipping
Roughing the passes
Illegal screen blocking

Guarding the flag belt
Stiff-arm

Disqualifications will be associated with certain 10-yard penalties, such as flagrant conduct or fouls.

Rule 12

Officials

Section 1. There shall be a referee who will have absolute charge of the game with as many assistant officials deemed necessary. They will mark the downs, and assist the referee in calling the game. Normally there would be three officials for each game, one stationed in each backfield and one on the line of scrimmage.

Rule 13

Section 1. Any plays or questions arising during play not covered herein shall be governed by NIRSA Flag Football rules.

Section 2. Requests for postponements follow the rule of Intramural Constitution.

Section 3. Protests based solely on a decision which involved accuracy judgment on the part of the official shall not be considered.

Section 4. Game in which a protest is sustained shall be replayed from the beginning of the nearest division of the game unless the specific detail relative to the prompting incident is available. For example, in flag football it is the time remaining, the score, the down, the yard line position of the ball, the distance to gain and other details significant to the game, and it shall be replayed from that point.

Section 5. In any contest the referee shall have the power to make decision on any points not specifically covered in the contest rules.

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