



St. Cloud State University INTRAMURAL SPORTS 5 on 5 Flag Football Rules



POSTINGS: Schedules for the league will be posted online at
http://www.stcloudstate.edu/intramurals/intramural_listing.asp

PRE-GAME: Teams must sign in all players 5 minutes before the scheduled game time.

ID'S ARE REQUIRED. There will be a 5-minute forfeit time.

FORFEITURE: Players may play for one team only. Players playing for more than one team will lose their eligibility and cause forfeitures of their team's games. Ineligible players will be suspended for the remainder of the season. **All players on the team must play in 1 league game to be eligible for the playoffs.**

1st Forfeit: \$5 re-entry fee, which must be paid within 24 hours of the forfeit.

2nd Forfeit: Team is automatically out of the league.

EQUIPMENT: Regulation NCAA size football must be used. Gym/turf shoes must be worn. No Metal spikes allowed! **No** pockets or belt loops are allowed on either pants or shorts. **No** tear away pants are allowed. **No** hats, **No** bandannas. Soft scrunches and rubber bands in your hair (not around your wrist/ankle) are legal.

ELIGIBILITY

1. To be eligible, a player must be a current student, staff or faculty at St. Cloud State.
2. All eligibility protests must be settled within 24 hours after the game.
3. You may play for one team ONLY!
4. All players must play in one regular season game to be eligible for the tournament.
5. Violation of any of the above may mean forfeiture of the game and/or season.

Playing Rules

- All players must present their current SCSU photo I.D. prior to each game.
- A minimum of 4 players must be on site, signed in, and ready to play to avoid a forfeit.
- A coin flip will decide first team possession.
- Each team will receive NINE (9) possessions to score as many points as possible.
- Teams will alternate possessions of the ball.
- Teams will begin each possession at the 40 yard line (unless changed by penalty) with a first down. Teams will receive an additional first down after crossing the 20 yard line.
- Interceptions may not be returned and will result in an immediate dead ball and two points awarded to the defense. The offensive team will lose possession and the defensive team will take over at the 40 yard line. This includes passes intercepted in the offensive team's own end zone.
- No handoffs. This is a passing only league.

- Quarterback has 6 seconds to release the football. If the QB does not release the ball within the 6 second time limit, the result will be a sack at the spot and will result in a loss of down. If the sack is beyond the starting 40 yard line, the ball will be placed at the 40 and will be a loss of down.
- Quarterbacks MAY rush the football at anytime. If the ball is pitched backwards for the QB to another player, that player may also rush the football.
- Defense may rush at the snap of the ball.
- Blocking: No contact is permitted on the line of scrimmage. All blocking must be done with hands behind (10 yard illegal contact penalty)
- No time limit on games. Each team will receive 1 time-out per game and 1 time-out per overtime period (if necessary).
- Scoring:
 - Touchdowns - 6 points
 - PAT from the 3 yard line - 1 point
 - PAT from the 10 yard line - 2 points
 - PAT from the 20 yard line – 3 points
 - Interception – 2 points
 - Interception of PAT – 2 points
- Mercy rule: If the point differential is too great to recover from after 6 possessions the game will be called due to the mercy rule. (example: team A is leading by leading by 10 or more points and team B has 1 possession remaining)
- Dead ball Situations:
 - Ball carrier falls to the ground
 - Ball carrier loses flag than 1 hand touch to down the ball carrier.
 - Incomplete pass
 - Ball carrier goes out of bounds
 - Fumble is a dead ball, opponent cannot recover a fumble
 - Snap hits the ground
- Offense has 25 seconds to put ball in play
- The ball may be centered either between the legs of the center or to the side. (The Center's shoulders must be parallel with the line of scrimmage)
- Offensive line must be motionless for 1 second
- All players are eligible for a pass (with the exception of the QB if he threw the ball)
- 1 forward pass beyond the line of scrimmage (pass to receiver who is behind the line of scrimmage and than another pass by receiver who is behind the line of scrimmage is legal)
- Ball is down where ball is when flag is removed
- One foot down inside the field of play constitutes a legal pass catch
- Quarterback must be at least 2 yards behind center
- Only 1 offensive player may be in motion parallel to the line of scrimmage at the time of the snap
- Players can dive if contact is not initiated!
- Flag guarding is illegal. A 10 yard penalty will be assessed.
- Blocking:
 - **HANDS ARE KEPT BEHIND THE BACKS. NO CONTACT!**
 - Any use of the arms, elbow or legs to initiate contact is **illegal**.
 - Defense must go around the offensive of players and may not use their hands or arms to go through opponent.
- Tackling:

- Tackling is done by pulling the opponents flag.
 - Physical tackling is illegal and ruled as unnecessary roughness. 10 yard penalty
 - If flagrant, the tackler will be disqualified.
 - Illegal contact is also ruled when defense put arms around the runner in order to pull flags
- If the flags inadvertently fall off a player, the **one hand touch** method will be used to “de-flag” the runner
- A defensive player may not remove an offensive player’s belt prior to the receiver touching the ball – Penalty = (10 yds and AFD)
- Players may not illegally fasten flags to his uniform/body – Penalty = 10 yds – Officials will check belts after every score and PAT
- If a player attempting a flag removal, trips the ball carrier there is a 10 yard penalty from the spot of the foul
- Overtime
 - Will begin with a coin toss.
 - Winner has the choice of: either 1st or 2nd series (offense or defense)
 - Both teams will use the same goal
 - Each team is given 4 plays to score from the 20-yard line, if they score the extra point is attempted. An interception ends the series. If neither teams scores then the process is repeated until a winner is decided.
- Bleeding: Any player that is bleeding must leave the game immediately. The bleeding must be stopped and the wound securely covered with bandage before that player can continue playing. If there is blood on a T-shirt, they must get a clean shirt before resuming play.
- Forfeit: A forfeit will be called after 5 min. of scheduled start time. Anytime 2 players from a team have been ejected from a game for unsportsmanlike conduct, flagrant foul or fighting; the game will be declared a forfeit for the team.
- **1st Forfeit:** \$5 re-entry fee, which must be paid within 24 hours of the forfeit.
- **2nd Forfeit:** Team is automatically dropped from league
- Ejections: Please see attached sheet on SUSPENSION AND RULES OF CONDUCT and EJECTIONS.
- Alcohol: It is the University policy that alcoholic beverages may not be consumed on University property. Please help us enforce this police with you, your teammates and your spectators. If your team of fans fail to cooperate, it may result in forfeiture of the game and possibly suspended from the IM program.
- ***Player Conduct: Players may NOT commit the following acts – Penalty = 10 yards from the end of the play (possible disqualification/suspension may also occur)***
 - All unsportsmanlike penalties
 - Intentionally kicking the ball
 - Intentionally kicking at any player
 - Intentionally swinging an arm, elbow, hand or fist at any player
 - Disrespecting any official
 - Using profanity

- Taunting
- Intentionally contacting an official
- Fighting
- Tripping an opponent
- Contacting an opponent who is already on the ground
- Throwing a runner to the ground
- Clipping
- Tackling
- Stripping the ball for a player
- Roughing the passer
- Flag guarding
- Pass interference
- Holding, grasping or obstructing the forward progress of the ball carrier
- Screen blocking
- No contact is allowed – any use of arms, hands, elbows, legs, knees etc to initiate contact is illegal