Intramural Sports

Flag Football Rules Summary:

Central Texas College Intramural Flag Football will follow the rules and regulations established by the National Intramural Recreational Sports Association (NIRSA) with a few modifications. The following is a basic summary of the rules governing play.

The Team

Each team member is responsible for knowing all of the information in the rules summary and CTC Intramural Sports Handbook. The handbook can be found on-line from the CTC homepage or at the physical education department office.

Players

1. Each team may carry up to 12 players on its roster.
2. The game shall be played between two teams of seven (7) players each. A team may start the game or continue play with five (5) players.
3. Participants must be listed by full name on the roster and must be currently enrolled in CTC. Each participant should carry their student ID card with them to the game for proof of eligibility.
4. A player may only play on one (1) team. Once a player has participated in a regular season game with a particular team, that player may not play with another team. If a player is taken off the roster, they cannot be added back on again. To be eligible for the playoffs, a player must have played in one regular season game. Any roster changes, additions/drops, etc. must be made with the consent of the intramural sports director.
5. Only the on-field captain may confer with the officials.
6. Spectators are restricted to the sidelines and must not enter onto the field for any reason. All players, coaches and spectators must stay on the sidelines between the 20- yard lines.

Scoring

Touchdown = 6 points
Try-for point = 1, 2 or 3 points
- 1 point from the three-yard line
- 2 points from the 10-yard line
- 3 points from the 20-yard line

Safety = 2 points

The team captain must indicate whether the try-for-point will be for one, two or three points. A team's choice cannot be changed if a penalty occurs during the try. Once the field captain makes the choice, the decision can only be changed by taking a charged team time-out.

Substitutes

1. Substitutions may be made anytime the ball is dead.
2. Any number of substitutions may be made.
3. A disqualified player may not re-enter the game.

Tie Game

In case of a tie score at the end of regulation, there will be a tie-breaker. A coin toss will determine the options for the start of the tie-breaker. The winner of the toss shall be given the options of offense, defense or direction. The loser of the coin toss will choose from the remaining options. All overtime periods are played toward the same goal.

Unless moved by penalty, each team will start first and goal from the 10-yard line. The object is to score a touchdown. An overtime period consists of one possession by both teams. If the first team which is awarded the ball scores, the second team will still have a chance to score. If the defense intercepts the ball and returns it for a touchdown, that team wins the game. If the ball is not returned for a touchdown, the ball will be placed at the 10-yard line to begin that team's series of downs.

If the score is still tied after one overtime period, a second overtime period, or as many periods needed to determine a winner, will be played. If additional overtime periods are needed, teams will alternate first and second possessions – if Team A plays offense first, it will play defense first in the second overtime, offense first in the third overtime, etc.

Penalties are administered similar to the regular game. Team A shall be awarded a new series of downs when an automatic first down penalty is accepted. Dead ball fouls following a touchdown are penalized on the try-for-point. Dead ball fouls following a successful try-for-point will be penalized from the succeeding spot – Team B's 10-yard line, if accepted.

Each team is entitled to one time out per overtime period.

Mercy Rule

If a team is ahead by 17 or more points when the referee announces the two-minute warning for the second half of the game, the game will be over. If a team scores during the last two minutes of the second half and gives that team a 17-point or more lead, the game shall end.

Player Equipment – Illegal

A player wearing illegal equipment will not be permitted to play. This applies to any equipment, which, in the opinion of the official, is dangerous or confusing. Types of illegal equipment include:

1. Head gear containing hard material, including billed hats
2. Jewelry
3. Pads or braces worn above the waist
4. Shoes with metal cleats
5. Shirts which do not remain tucked in
6. Any leg, arm or knee braces made of hard, unyielding material or metal.

Length of Game

1. Games will start promptly at designated scheduled time.
2. Two 20 minute halves with a running clock.
3. The clock will stop on a whistle only during the last two minutes of each half.
4. Five minutes between halves.
5. Two time-outs per half; one minute in length.

First 18 Minutes

The clock will start when the ball is legally snapped. It will run continuously unless stopped for team time out or an official's time out.

Last Two Minutes

During the final two minutes of each half, the clock will stop for a:

1. Incomplete pass – clock starts on the snap
2. Out-of-bounds – clock starts on the snap
3. Score (touchdown or safety) – clock starts on the snap
4. Team timeout – clock starts on the snap
5. Official's timeout – clock starts on the ready for play whistle
6. Fair catch – clock starts on the snap
7. Penalty and administration – dependent on the previous play; exception – delay of game starts on the snap
8. Touchback – clock starts on the snap
9. Change of possession – dependent on the previous play
10. Team attempting to conserve time illegally – clock starts on the ready
11. Team attempting to consume time illegally – clock starts on the snap
12. Inadvertent whistle – clock starts on the ready

Runner

Ball carriers shall not flag guard by using their hands, arms or the ball to deny the opportunity for an opponent to pull or remove the flag belt. Flag guarding includes:

1. Swinging the hand or arm over the flag belt
2. Placing the ball in possession over the flag belt
3. Lowering the shoulders in such a manner which places the arm over the flag belt

The defensive player shall not hold, grasp, obstruct or impede the forward progress of a runner when in the act of removing the flag belt.
When a ball carrier loses their flag belt either accidentally or inadvertently, play continues. The de-flagging reverts to a one-hand tag of the ball carrier between the shoulders and the knees.

Blocking

Blocking on the offensive line will consist of screen blocking without contact. The blocker will have their hands and arms at their side or locked behind their back. Any use of hands or arms, elbows, legs or body to initiate contact during a blocking attempt will be illegal and result in a personal foul penalty. A player must be on their feet before, during and after screen blocking. A blocker may only use their hands to break a fall or retain their balance.
Defensive players must go around the offensive player's screen block and not initiate contact. The arms and hands may not be used as a wedge to contact the opponent.

The use of hands, elbows, arms, legs or body to go through a blocker or otherwise initiate contact will result in a personal foul penalty. The defensive player may use their hands only to break a fall or retain their balance.

Ejections and Suspensions

Any player ejected or disqualified from a game for any reason will be suspended from their team's next game (at a minimum). A second ejection or disqualification from a game may result in suspension from all remaining games (at a minimum).
The ejected or disqualified player must make an appointment with the intramural sports director for reinstatement.

Protests

Protests concerning the interpretation of rules must be made at the time the questioned call is made and before play resumes. No protest will be accepted or even considered on judgment calls.
Protests must be made only by the team captain to the intramural sports director and must be made in a sportsmanlike manner.
At the time of the protest, the director will make a decision of the interpretation of the rule.