

NCTA INTRAMURAL SPORTS

6 ON 6 FLAG FOOTBALL

NIRSA Flag Football rules will be used, which include the following:

ELIGIBILITY

Teams will play with 6 players at a time (minimum 5 to start and finish a game).

GENERAL PLAYING RULES

The Game

1. A coin toss determines first possession.
2. The offensive team takes possession of the ball at their 10-yard line and has four plays to cross mid-field. Once the team crosses mid-field, they have four plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on their 10-yard line.
3. The ball will be placed at the 10 yd line at the beginning of each half, each new possession, touchback or safety. The only changes of possession that doesn't start at the 10yd line is an interception, or a team that fails to make it past mid field (both will start at spot of turnover). After an interception the next play will begin at the dead ball spot.
4. Game time is 30 minutes (2-15 minute halves). Running clock except for the last 1 minute of each half, injuries, and time-outs. In the last minute of the each half, the clock will stop on all dead ball situations. The clock will run during all extra point plays, but will not start until the ball is snapped. Teams change sides at halftime. A 5-minute halftime is allowed.
5. A team can only have up to 12 players on their roster at a time

Time Outs & Delay of Game

1. Each time the ball is spotted, a team has 25 seconds to snap the ball.
2. Each team has one 60 second time out per half.

Scoring

1. TD = 6 points. Extra Point = 1 point (3 yards out), 2 points (10 yards out). Safety = 2 points
2. In the event of a tie, the captains will be brought together for a single coin toss. Winner has choice between offense, defense, or direction. Each team will be given four downs to score from the 10 yard line. If a team scores a touchdown, they will decide to go for 1 or 2. For each subsequent overtime, the teams will alternate who is on offense first. This will continue until there is a winner. If there is an interception that is returned for a touchdown, that team will win.
3. Mercy Rule: 20 points in 2nd half, 15 inside one minute of the 2nd half.
4. If the defense intercepts the ball on an extra point attempt, they may return it for two points, except if in overtime.

Running Plays

1. No running is allowed by any offensive player. A forward pass is the only way to advance the ball down the field. A legal forward pass must occur on each down.

Receiving

1. All players are eligible to receive a legal forward pass.
2. A player must have at least one foot inbounds when making a catch.
3. Receivers must stay 2 yards apart from each other when crossing (ex. NO picks).

Passing

1. All passes must be forward and received beyond the line of scrimmage.
2. QB has a 7 second pass clock. If a ball is not thrown within 7 seconds the play is ruled down and the ball is spotted at the line of scrimmage.
3. Interceptions can be returned.

Blocking

1. "Shadow blocking" may be done legally in the following manner: Feet must be set and give the defense two steps; arms and legs must be kept in. If done legally and the defense initiates contact the penalty will be on the defense. If the "shadow blocker" moves in front of the defender and does not allow two steps or has his arms or legs out the penalty will be on the offense for illegal contact.

Dead Balls

1. Balls must be snapped between the legs, or off to one side to start play.
2. Play is ruled over and the ball is spotted when/where: A) the ball hits the ground, including bad snap; B) the ball carrier's knee/elbow/rear touches the ground; C) the ball carrier steps out of bounds.
3. Offensive players must be set prior to the snap of the ball.

Rushing the QB

1. All players that rush the QB must be a minimum of 7 yards from the line of scrimmage when the ball is snapped. Any number of players may rush the QB. The referee will designate the 7-yard point.
2. A defensive player that isn't rushing the QB must stay behind the line of scrimmage at all times.

Sportsmanship and Rough Play

1. A high degree of sportsmanship is required of all participants. If the staff official is aware of any acts of elbowing, cheap shots, intentional or repeated contact, taunting, abusive language and similar unsportsmanlike acts, the game will be stopped and the player and possibly the team captain will be ejected from the game, the next scheduled game and possibly the league. Ejected players must leave the playing area.

Attire

1. Cleats are allowed, except for metal spikes.
2. Shirts must be tucked in shorts or sweats, as well as other parts of clothing that may be mistaken for a flag or that may cover the flag.
3. Protective mouthpieces are advisable.
4. All other NCTA Intramural policies apply such as no hard-billed hats, hard braces, etc.

Loss of 3 Yards

- 1) Required equipment worn illegally **P**
- 2) Delay of game (dead ball) **P**
- 3) Illegally conserving or consuming time
- 4) Substitution rules infractions
- 5) Encroachment (dead ball) **P**
- 6) False start (dead ball) **P**
- 7) Illegal snap (dead ball) **P**
- 8) Offensive player not within 15 yards of the ball while in huddle **P**
- 9) Infraction of scrimmage formation **P**
- 10) Offensive player illegally in motion **P**
- 11) Player receiving snap within 2 yards of scrimmage line **S**
- 12) Illegal shift **P**
- 13) Illegal forward pass (**loss of down if by Team A**) **S**
- 14) Intentional grounding (**loss of down**) **S**
- 15) Illegal forward pass – 2 consecutive male to male forward completions (**loss of down**) **S**
- 16) Illegal forward pass – male catches pass and runs beyond scrimmage line (**loss of down**) **P**
- 17) Illegal rushing (start rush from inside 7 yard zone) **P**
- 18) Illegal rushing (running ball beyond scrimmage line) **loss of down P**

Loss of 5 Yards

- 1) Illegal Player Equipment **P**
- 2) Two or more consecutive encroachments during same interval between scrimmage downs **P (6 YARDS)**
- 3) Forward pass interference- offensive (**loss of down**) **P**
- 4) Forward pass interference – defensive (**automatic first down**) **P**
- 5) Illegally secured flag belt on touchdown **** (loss of down if by offense, automatic first if by defense)** P**
- 6) Strip or attempt to strip the ball **S**
- 7) Contact with opponent on the ground **S**
- 8) Hurdle any player **S**
- 9) Drive or run into a player **S**
- 10) Roughing the passer (**automatic first down**) **P**
- 11) Illegal offensive screen blocking **S**
- 12) Guarding the flag belt **S**
- 13) Stiff arm **S**
- 14) Obstructing or holding the runner **S**
- 15) Illegal participation Defense-End Offense-**P**
- 16) Illegal flag belt removal **End**
- 17) Aiding the runner **S**

****Unsportsmanlike conduct****

**** -possible ejection**

Field: 10-20-20-10 L. 30 W