

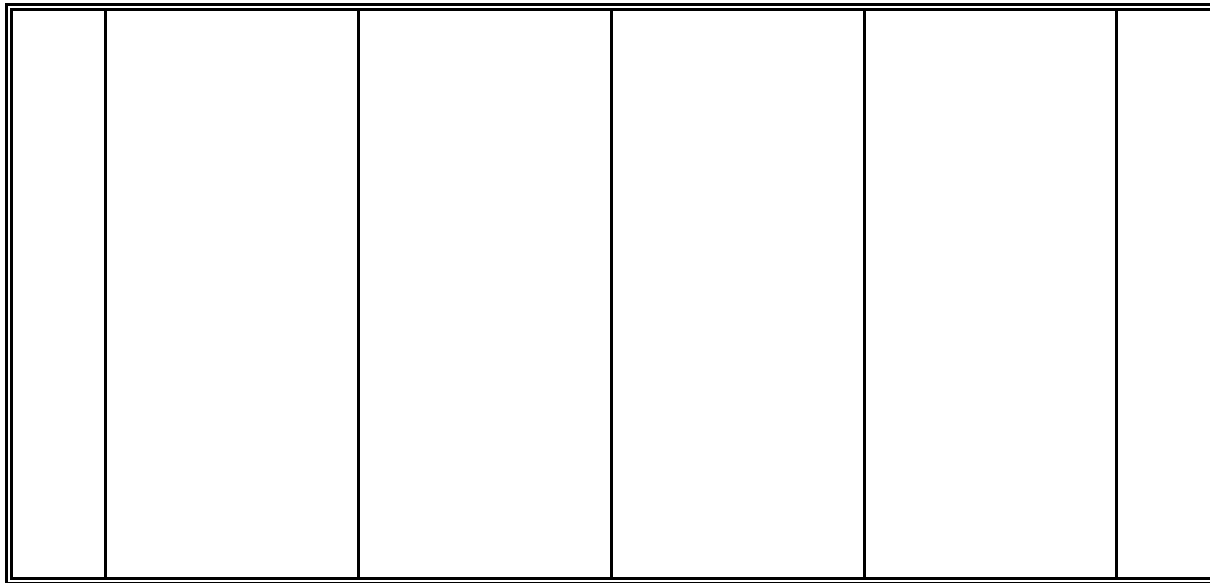
Barry University: 6-on-6 Flag Football Rules

Flag Football, like all intramural sports will follow the rules and regulations as stated in the intramural handbook. References to eligibility, registration requirements, and protest procedures are included as well as disciplinary actions and award criteria. Below are the rules that are specific to the sport of Flag Football:

PARTICULARS

1. Each team will consist of six (6) players. A contest may begin with five (5) players, but if a team has four (4) players or less at any time in the game, a forfeit will result for that team. Remember: **Game time is forfeit time!**
2. Field dimensions will be: **100 yards X 40 yards**;

10yds 20yds 20yds 20yds 20yds 10yds



|_____100 yds_____|

3. All players must wear a regulation flag belt. If a play begins with a player not wearing a flag, the play will be blown dead, and a 5-yard penalty will be assessed regardless of the play's result. If a flag belt comes off during a play, s/he must be tagged if in possession of the ball. Tampering with the belt will result in expulsion.
4. No metal cleats, no pads above the waist (unless medically authorized and approved by the Director), and no jewelry. All shirts must be tucked in. Any other questionable clothing or equipment must be approved by the Director. Violation of this rule will result in a 10-yard delay of game penalty.

THE GAME

Kick-offs:

1. A coin flip will determine the choice of kicking and receiving. The team that wins the toss must choose to receive or defend a particular goal. There are no deferrals.
3. The receiving team will begin play at their own 15-yard line.

Offense:

1. All offensive players are eligible to catch a pass. There will be NO CONTACT (no screening, picking, or blocking). On all plays, the offense must have at least three (3) players on the Line of Scrimmage (LOS). All players must release into a pattern. Illegal contact is a 10-yard violation.
2. The offense shall have four (4) consecutive downs to advance to the next zone. The zone line to gain in any series shall be the zone in advance of the ball.
3. Only one offensive player may go in motion, and must remain parallel to the LOS, otherwise a 5-yard procedure penalty will result. All other players must be set for one second.
4. Ball is declared dead if: a) any part of a runner touches the ground other than a hand or foot, b) a pass is intercepted in the endzone, c) a forward pass hits the ground, d) a backward pass, a snap from center, or a fumble by a player hits the ground.
5. A team has 30 seconds to snap the ball once it has been spotted. A violation will result in a 5-yard delay of game penalty.
6. Snaps must be through the legs and "QB" must be at least 2 yards back.
7. A receiver must have at least one foot in bounds and be in possession of the ball for it to be considered a reception.

Defense:

1. On all plays from scrimmage, the defense must line up five (5) yards from the ball as spotted by the official except a) when inside the 10 yard line, and b) when the offense has less than 10 yards to go for a first down. In these instances, the defensive scrimmage line will be half the distance to the next zone.
2. The defense may not encroach into the neutral zone once the ball is spotted and until it is snapped. The 5-yard offsides penalty is a deadball infraction: thus no free play for the offense.
3. The defense cannot touch the quarterback unless it is a pure attempt at a flag pull. Trying to block a pass is permissible, but contact that results from this action will be penalized with a 10-yard Roughing the Passer call (automatic 1st down).
4. The defense may move anywhere outside the neutral zone and may rush any number of players. Mimicking the snap count however, will result in an unsportsmanlike penalty (10 yards).

Punting:

1. The offense will be asked whether to go on 4th down or punt. The official will then notify the defensive captain of the decision. A team that chooses to punt will

automatically send the opposing team to the 20-yard line.

2. For game time purposes, a decision to punt will remove 15 seconds of game time inside two minutes (subject to timeouts).

Game Time:

1. Playing time will be 40 minutes, divided into two halves of 20 minutes each. Halftime will be five (5) minutes. Overtime will allow two (2) rounds of play.

2. For both halves, clock will run continuously for 18 minutes and then stop for the last two (2) minutes on a) a timeout, b) an incomplete pass, c) live ball out of bounds, d) a score, or e) a change of possession. Clock will start on the next snap. No time will run during extra points inside two minutes.

Timeouts:

1. Each team will have two (2) timeouts per half. Timeouts do not carry over into the next half. One timeout will be allowed during overtime.

2. Timeouts will last no more than 60 seconds. An official's timeout has no time limit. Excess time will result in a 5-yard delay of game penalty.

Scoring:

1. Touchdowns are worth six (6) points, nine (9) points if a **female** player either passes or receives a Touchdown. Extra Points are worth two (2) points from 10 yards out, and one (1) point from three (3) yards out. Double the extra points if a female player scores the extra point play.

Officials:

1. A two-person crew will officiate all games. No rule decisions may be altered once the ball has been snapped for the next play.

2. Officials may not be questioned on judgment calls. Rule interpretations must be requested by the team captain and will follow with an official's timeout. All decisions are final.

3. Any rules not covered are at the discretion of the officials and/or the Director.



OFFENSIVE PENALTIES

Delay of Game - Team has 30 seconds to call a play. Result: 5-yard penalty from Line of Scrimmage (LOS), repeat the down. This is a Dead ball foul.

Illegal Procedure - Offensive team must have three men on the line, be set for one second before the snap, and only one player eligible to be in motion parallel to LOS. This includes lining up offsides. Result: 5-yard penalty from LOS, repeat down or play result.

Flag Guarding - Player cannot obstruct an attempt towards his/her flag. Result: 5-yard penalty from point of infraction, loss of down.

Illegal Contact - Any type of blocking, picking, screening, or charging. Result: 10-yard penalty from point of infraction, repeat down or play result.

Intentional Grounding - Player must be within 10 yards of throw. Result: 10-yard penalty from LOS, and loss of down.

Illegal Forward Pass - Passer must be behind the LOS to attempt a forward pass. Only one forward pass can be attempted per play. Result: 10-yard loss from point of infraction, loss of down.

Offensive Pass Interference - An offensive player may not instigate contact with a defender. Result: 10-yard penalty from LOS and loss of down.

DEFENSIVE PENALTIES

Encroachment - Defender may not enter the neutral zone before the ball is snapped. Result: 5-yard penalty from LOS, repeat the down. This is a dead ball foul.

Obstruction of the Runner - Defender will not hold, grasp, or obstruct a runner's forward progress when in the act of removing a flag belt. There is neither tackling nor pushing an opponent into the ground or out of bounds. Result: 10-yard penalty from point of infraction or LOS, repeat the down.

Roughing the Passer - Making contact with the passer that is not directly related to a flag pull attempt. Result: 10-yard penalty from LOS, automatic first down.

Defensive Holding - Making contact with a receiver during a pass route before ball is thrown. Result: 10-yard penalty from LOS, automatic first down.

Defensive Pass Interference - Making contact with the receiver while the ball is in the air. Result: Automatic first down at point of infraction.

OFFENSIVE/DEFENSIVE PENALTIES

Unsportsmanlike Conduct - There shall be no unsportsmanlike behavior from players,

substitutes, coaches, or spectators. Result: A minimum of a 10-yard penalty from LOS.
All participants are subject to ejection if the act warrants it.