The following are general rules. Flag Football games will follow the rules outlined in the NIRSA Flag and Touch Football Rules Book.

Team:

- A team consists of seven (7) players- all players must be listed on the roster at the start of the contest. Four (4) players are required to start a game.

Uniform/Equipment:

- The following items are required uniform pieces:
  - Opposing teams must wear contrasting colored jerseys with a visible number on at least one side. (Colored pennies will be available). These jerseys must be tucked in at all times.
  - Players must wear pants or shorts without belt loops, drawstrings, or pockets.
  - If the pockets can be zipped shut they are legal.
Each player must wear a one piece flag belt provided by Baylor Intramurals, with no knots, attached at the waistline. One flag on each side and one in the center of the back.

- The following items are prohibited:
  - Hats with an exposed hard bill.
  - Shoes with metal spikes.
  - Open Toed Shoes
  - Hard uncovered braces
  - Jewelry, including watches, rings, earrings, etc.
    - Medical information tags are allowed as long as it is taped to the skin.
  - Headbands with knots
- Players will be asked by the referee to remove any illegal equipment. Failure to do so in a timely manner will result in player disqualification.
- The following items are allowed:
  - Playbooks.
    - If a playbook is used by a player, the playbook may not be made of a hard material, must remain on their person, and must be hidden throughout play.
  - Gloves
  - Knit or stocking cap, headbands without knots, rubber or cloth bands to control hair.
  - Pliable and non-rigid sunglasses.

Timing:

- Game start time is forfeit time.
- Grace can be awarded to an opponent if and only if a representative of that team is signed in.
  - Grace is 10 minutes
  - 6 points are instantly given to the team who grants grace
- Games will consist of two 20 min. halves with a 5 min. halftime. 25 second play clock between plays.
- Games are played with a running clock. Clock stops for team timeouts (1 min.), referee timeout, and two-minute warning 2nd half. Clock will also stop on a dead ball during the last two minutes of the second half. If team is 19 points ahead at the two minute warning of the second half, a mercy rule is imposed.
- Each team is awarded (1) timeout in the 1st half and (2) in the 2nd half. TO’s do not carry over.

Scoring:

- Touchdowns are worth 6 points.
• Teams may try for extra points after a touchdown: 1 point try from the three yard line, 2 point try from the ten yard line, and 3 point try from the twenty yard line.

**During Play:**

• Captains are the only players permitted to talk to any referee.
• There are no kickoffs. Unless moved by penalty, the offensive team starts on their 14-yard line to begin the first and second half and after their opponent scores.
• In order to gain a first down, a team must cross the next "zone line" in four plays or less.
• Must have 1 person on the line of scrimmage before the line is set.
• Play is dead anytime the ball hits the ground - No fumbles.
  • Exception: Punts can be played off a bounce or roll. Play will be called dead when the ball comes to rest.
• **No tackling.** Flag and touch football is a non-contact sport.
  • *An attempt to tackle will result in an automatic ejection
• Players cannot block with their hands but must move their feet in order to screen defenders.
• The referee's decisions are final in matters pertaining to the game.

**Common Foul:**

• Flag Guarding
  • Runners are not allowed to guard the flag by swatting away a defender's hand.
  • Flag guarding will be only called on contact.
• Illegal Contact
  • Players are not allowed to hold, push or tackle an opponent

**Fouls Resulting in an Automatic Ejection:**

• Any use of profanity
• 2 unsportsmanlike fouls on the same player
• Tying of flag belt
• Failure to check in before the game/Playing with ineligible players
• Tackling or an attempt to tackle

**All-University Tournament Eligibility:**

• In order to be eligible to compete in the All-University Tournament, teams must:
  • Be one of the top two teams of their division
  • Obtain a cumulative sportsmanship rating of 3.0 during the regular season.
• In addition, at-large bids may be awarded at the discretion of the Championship Selection Committee.