



Baylor University

CAMPUS RECREATION

Intramural Sports Rule Book

WHERE CHARACTER MEETS COMPETITION

FLAG FOOTBALL



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.