

Oswego State

Campus Recreation – Intramural Sports

7 v 7 Flag Football Rules

1. Team Size:
 - A. Seven (7) players constitute a full team.
 - B. You may start the game with five (5) players.
 - C. In the Co-Rec division there must be a minimum of 3 women on the field at all times.
 - D. All players must present a valid SUNY Oswego ID to be eligible to play.
2. Game schedules:
 - A. Games will be played on Saturdays 12 p.m.-7 p.m., Sundays 12 p.m.-7 p.m., and on Fridays 4 p.m.- 7 p.m. (as needed).
3. Equipment:
 - A. The use of dangerous equipment is prohibited. Shoes must be worn at all times. No metal or screw in cleats allowed. Molded rubber cleats can be worn.
 - B. All shirts must be tucked in to avoid interference with flags.**
 - C. All jewelry must be removed including watches, earrings, bracelets, etc. Players may wear soft, pliable basketball or wrestling pads on legs, knees and/or ankle.
 - D. All player equipment must be approved by the game officials or supervisors to ensure the safety of all participants.
4. Field Markings:
 - A. The field is divided into 4 zones of 20 yards each and 2 end zones of 10 yards each.
5. Player substitutions:
 - A. Seven players on the field per team.
 - B. Substitutions are unlimited during any dead ball situation. Offensive substitutes must enter inside the hash marks before the ball is snapped for a legal substitution.
6. Periods, Time Factors, and Substitutions:
 - A. Coin Toss - The winner of the pre-game toss will select on of the following choices:
 - i. Offense/defense
 - ii. Which goal to defend
 - iii. To defer their choice of A or B until the second half.
 - B. Playing time and intermissions: A game shall consist of 4 10-minute quarters with a 5-minute half time. The clock will run continuously during the first 18 minutes of each half. During the last 2 minutes of each half, the clock will stop for:
 - Penalties
 - Scoring plays
 - Incomplete passes/out of bounds
 - Injured players, time-outs
 - First downs (until the ball is set in play by the referee's ready-to-play whistle).
 - C. Mercy Rule: If a team is ahead by 19 points (Co-Rec is 25 points) at the two-minute warning in the second half, the game is over.
 - D. New Rule: There will be no kickoffs. Each possession will begin at the offensive team's 14-yard line.
 - E. Each team is allowed two 1-minute time-outs per half; time-outs not used in the first half are not carried over into the second half. The clock will stop during time-outs.

- F. 25 second play clock: The offensive team has 25 seconds to put the ball in play after referee blows the ready for play whistle. Penalty for delay of game: 5 yards.
- G. Tie Games: No overtime during the regular season.
- H. Texas Tie Breaker format for playoffs.
 - a. Play will begin on the 10-yard line and teams will have 4 plays each.
 - b. A coin toss will precede "The Texas Tie Breaker". The team winning the toss has 3 options: Offense, Defense, or Direction. The opposing team then has the remaining choice.
 - c. The object is to score a touchdown and subsequent extra point (1 or 2 points). After team A scores, team B then has 4 plays within which to score. If no team has scored after their respective plays the process is repeated.
 - d. When a pass is intercepted the defense becomes the offense and begins their series of 4 plays. If the interception is returned for a touchdown, the game is over.
 - e. Penalties are assessed similar to the regular game. A team shall be given a new series of 4 plays when an automatic first down penalty is accepted. Dead ball penalties after a touchdown are penalized on the extra point attempt. Live ball penalties committed by either team after team B gains possession during an attempt or overtime shall be enforced at the succeeding spot. Dead ball penalties following a successful attempt will be penalized from the succeeding spot, the team B 10-yard line, if accepted.
 - f. A first down is a new set of downs.

7. Flags:

- A. Flags must be worn within 3-inches of the hip. Do not wrap flags around belt.
- B. There must be three flags visible, with one on each hip and one on or near the tailbone.
- C. A player may not fasten his flags to his uniform or belt other than prescribed in the rules. (Penalty: 10 yards and loss of down).
 - a. The official will check the flags of each person who scores a touchdown or PAT. If a player removes their flag belt prior to one of the officials checking the flag belt, the score will be disallowed.
- D. Removal of flag belt: When the flag belt is clearly taken from the ball carrier the down shall end and the ball is declared dead. A player who removes the flag belt from the ball carrier should immediately hold the flag belt above his head to assist the official in locating the spot where the ball became dead. A player may dive to remove a flag belt as long as no contact is made with the opposing team.
- E. Flags are immediately returned to opponents. **DO NOT THROW FLAGS ON THE GROUND.** This can result in a delay of game penalty.
- F. A defensive player may not remove an offensive player's flag when the offensive player does not have the ball. Similarly, the defensive player may not remove the quarterback's flag after the ball has been thrown. Penalty: Personal Foul, 10 yards.
- G. The position of the ball when a player is deflagged determines the spot of the next line of scrimmage.
- H. A defensive player may not hold, push, or knock down the ball carrier in an attempt to remove the flag, nor shall an offensive player hold, block, or run through a defensive player trying to remove the flag belt. Penalty: Flag Guarding, 10 yards.
- I. When a runner loses his/her flag belt, either accidentally or inadvertently, play continues. The defense must one-hand touch the runner to end the run.

8. Ball in Play, Dead Ball, Out-Of-Bounds:

- A. The ball is declared dead when the ball touches the ground: A) on a fumble B) on a lateral C) on a pass or D) after touching a player on a punt.
- B. The sideline and end lines are considered out of bounds. (Only one foot needs to touch in bounds in order for a pass to be complete).
- C. Once an offensive or defensive player steps out of bounds, that player is no longer eligible to touch the ball. Penalty: 5 yards and replay the down.

9. Downs:

- A. Each team will receive 4 downs to attempt to advance the ball to the next 20-yard line.

10. Scrimmage:

- A. Scrimmage line: The scrimmage line for team A is a yellow line marker and its vertical plane, which passes through the center point of the marker. The scrimmage line for team B is a red line marker and its vertical plane, which passes through the center point of the marker.
- B. Offense must have a minimum of 4 players on the line scrimmage.
- C. The ball may be snapped between the legs or to the side of the snapper.
- D. The player who receives the snap must be at least 2 yards behind the offensive scrimmage line. Direct snaps are always illegal. Penalty: Illegal Formation, 5 yards.
- E. It is defensive pass interference if an eligible receiver is deflagged prior to touching the ball on a forward pass attempt.
- F. During the interval between downs, when the same team commits 2 or more consecutive encroachments, the penalty will be 10 yards for the second encroachment foul.
- G. All players are eligible for a forward pass. The passer may pass from anywhere behind the LINE OF SCRIMMAGE.
- H. The passer shall not intentionally ground the ball in order to avoid a sack. Penalty: Intentional Grounding, 5 yards from spot of the foul and loss of down
- I. Roughing the passer. Defensive players cannot contact the passer or the throwing arm. Penalty: Roughing the Passer, 10 yards from the previous spot and an automatic first down
- J. Flag Guarding: Ball carriers can not guard their flags with their arms, hands, or the ball in order to prevent an opponent from pulling or removing the flag belt. Penalty: Flag Guarding, 10 yards spot foul.
- K. The defensive player shall not (intentionally or accidentally) hold, grasp, or obstruct forward progress of a ball carrier when in the act of removing the flag belt. Penalty: Personal Foul, 10 yards.
- L. If a player attempting a diving flag removal trips the ball carrier there is a penalty of 10 yards from the spot of the foul.
- M. Punting:
 - a. If a punt is to be made, the team punting must announce it before the down starts. After the announcement, the punt must actually be made. No one may move until after the ball has been punted. Defensive and offensive teams must have 4 players on the line of scrimmage until the punt is made. After receiving the ball the punter must put the ball in play within 5 seconds.
 - b. The defensive team may not build a pyramid or support each other in any manner in order to block or attempt to block a kick. Penalty: 5 yards from the previous spot.

11. Blocking: There is no contact in blocking.

- A. All players on the line of scrimmage must be in a two-point stance.
- B. The Offensive Screen Blocking: The offensive screen blocking shall take place without contact. The screen blocker shall have his/her hands and arms at their side or behind his/her back. Any use of the hands, arms, elbows, legs, or body to initiate contact during an offensive player's screen block is illegal. A blocker may use his/her hand or arm to break a fall or to retain their balance. A player must be on his/her feet before, during, and after screen blocking. Penalty: Illegal Contact, 10 yards.
- C. Blocking and interlocked interference: Teammates of a runner or passer may interfere for him/her by screen blocking, but shall not use interlocked interference by grasping or encircling one another in any manner. Penalty: 10 yards
- D. Offensive Charge: A runner shall not charge into or initiate contact with an opponent in his/her path. Penalty: Charging - 10 yards.

12. Defensive Rush: There is no contact in defensive rush.

- A. Defense may rush as many players as desired.

- B. Defensive players must go around the offensive player's screen block. The arms and hands may not be used to grab or push the opponent aside. The application of this rule depends entirely on the judgement of the official. Penalty: Personal Foul - 10 yards.

13. Safety:

- A. Intentional grounding in the end zone is safety.
- B. A fumble from the line of scrimmage in the end zone is a safety.
- C. If a ball carrier is deflagged in their own end zone a safety is awarded.
- D. The team scoring the safety will receive 2 points
- E. Play after safety. After a safety is scored, the team that is awarded 2 points will automatically gain possession at their own 14-yard line. (No kick-off will take place)

14. Laterals:

- A. A team may lateral the ball as long as the ball does not go forward. An illegal forward lateral will result in a 5-yard penalty and loss of down.

Scoring:

- A. Touchdown – 6 points
- B. A Try after a touchdown
 - Run or pass from 3 yard line - 1pt
 - Run or pass from 10 yard line - 2pts
 - Run or pass from 20 yard line - 3pts
 - Defensive interception return for a touchdown on a try - 3pts
 - A safety on a try - 1pt
- C. Safety – 2 points

Penalties:

A. Minor Penalties: 5 yards

1. Required equipment worn illegally
2. Delay of game (Dead Ball)
3. Illegally Conserving or Consuming Time
4. Substitution Rules Infractions
5. Infraction of the Punt Formation
6. Encroachment (Dead Ball)
7. False Start (Dead Ball)
8. Illegal Snap (Dead Ball)
9. Offensive Player not within 15 yards of the line of scrimmage
10. Infraction of scrimmage formation
11. Player is out of bounds when the ball is snapped
12. Offensive player illegally in motion
13. Player Receiving the snap within 2 yards of the line of scrimmage
14. Illegal shift
15. Intentionally throwing a backward pass or fumble out of bounds (loss of down)
16. Illegal forward pass (5 yards from spot of pass and loss of down).
17. Intentional grounding (5 yards from spot of pass and loss of down).
18. Helping the runner: The runner shall not grasp a teammate or be grasped, pulled or pushed by a teammate.

B. Major Penalties: 10 yards

1. Illegal Player Equipment
2. Quick Kick
3. Kick Catch Interference
4. Two of More Consecutive Encroachments

5. Forward Pass Interference – Offense (Loss of Down)
6. Forward Pass Interference – Defense (Automatic First Down)
7. Illegally Secured Flag Belt on a Touchdown – Offense (Loss of Down) Defense – (Automatic First Down)
8. Unsportsmanlike Player Conduct
9. Spiking the ball or not returning the ball to the official during the dead ball.
10. Attempting to strip the ball from the carrier.
11. Contact with Opponent on the Ground
12. Throw Runner to the Ground
13. Hurdling
14. Unnecessary contact of any nature
15. Roughing the passer (Automatic 1st down).
16. Illegal Offensive Screen Blocking
17. Interlocked Interference
18. Defensive use of hands
19. Guarding the flag belt (and stiff-arming).
20. Illegal flag belt removal
21. Illegal Participation
22. Personal foul.
23. Flagrant Unsportsmanlike conduct (Disqualification).
24. Flagrant personal fouls (Disqualification)
25. Tackle the Runner (Disqualification)
26. Intentionally Contacting an Official (Disqualification)
27. Intentionally tampering with flag belt (Disqualification)

2006 rule change: Interception in the end zone can be returned or downed for a touchback; interceptions on a try can be returned for a touchdown – 3pts.

*Other than modifications made above, all National Intramural-Recreation Sports Association (NIRSA) flag football rules apply. They are available upon request from the Coordinator of Intramurals and Club Sports at 107 Lee Hall.

*A captain or designated captain must be on the playing field at all times. Only the captain can approach officials or Intramural supervisors during or after the game.