7v7 Intramural Flag Football League

**Please refer to the Participants’ Manual for a complete list of all Intramural Sport guidelines & procedures**

*The game will be played according to the National Intramural & Recreational Sports Association (NIRSA) rules as discussed with the following exceptions*

A. **General IM Procedures**
   a. Teams should arrive 15 minutes before the game to check-in with the supervisor. All participants must display a valid Carolina Card before each game in order to play. No ID – No Play – No Exceptions!
   b. Teams are expected to begin the game at the schedule time. Game time is forfeit time!
      i. Forfeits: If your team does not have the minimum amount needed to start your game at game time, you will receive a forfeit. You then have 3 business days to come into the IM office and pay a $15 forfeit re-entry fee or you will be withdrawn from the league. You will also receive a 1.0 sportsmanship rating for that game
      ii. Defaults: If you notify the IM office by 3p on the day of your game (*by 12pm on Sunday for Sunday games) your team will receive a default (instead of a forfeit). You will not need to pay the $15 re-entry fee and you will receive a 3.0 sportsmanship rating (instead of a 1.0)
      iii. The USC Intramural Sports Office can be reached:
           1. By email at intramurals@sc.edu
           2. By phone at 803.576.9387
           3. In person at the Strom Thurmond Wellness & Fitness Center – Room 201D
   c. To receive the latest USC Intramural Sports schedules, scores, and updates be sure to download the REC*IT app directly to your phone. www.recitcollege.com
   d. The new USC Intramural Sports Rainout Line number 803-574-1504. The Rainout Line also has a downloadable app option for the most up to date game updates: https://rainoutline.com/search/dnis/8035741504
   e. No jewelry can be worn during games. Captains are responsible for making sure all jewelry is removed before a player takes the field.
   f. Sportsmanship: Each team will be given a sportsmanship rating 0-4, in accordance with the Participants’ Manual, from the officiating crew/on-site supervisor following the game. If a player is ejected, their team may play down a person for the remainder of the game.
   g. Protest: The only 2 things that can be protested are rule interpretation & player eligibility.
      i. In order to protest rule interpretation, you must tell the supervisor you wish to protest before the next snap.
      ii. Player eligibility protests can be made before, during, or after the game to any supervisor or professional staff member.

B. **Field & Locations**
   a. Games will be played at the Strom WFC Recreational Fields, unless notified otherwise.
   b. The field shall be rectangular (100 yds x 40 yds), including two 10 yd end zones. The width of the fields shall be lined at 20 yd intervals from goal line to goal line. The 3 and 10 yd “try-for-point” lines shall be 1 yd wide.

C. **Players**
   a. Seven players constitute a men’s or women’s team. A team may play with 5 players. If fewer than 5 players are present at game time, a forfeit will be declared by the supervisor.
   b. CoRec teams may play with eight and there must be no more than 4 players of a gender on the field at any time. CoRec teams must have at least 6 players to start. The following gendered arrangements are allowed (4w& 4m, 4w&3m, 3w&4m, 3w&3m, 4w&2m, or 2w&4m).

D. **Equipment**
a. Each player on the field must wear a one piece flag belt (provided by USC Intramurals) on the waist with the 3 permanently attached flags on either side and one on the back.

b. Any type of running shoe or sneaker is permitted. Molded one-piece screw-ins with a cleat length of 2" or less are permitted. Exposed metal on cleats is prohibited and players will be asked to remove their cleats before playing (cannot be “taped up”).

c. Headgear, shoulder pads, body pads, or any unyielding or dangerous equipment is prohibited.

d. Players may wear a knit or stocking cap but no bandanas or any other headwear with a knot may be worn. No baseball style hats.

e. Soft gloves may be worn

f. Under no circumstances will a player wearing a cast or splint be allowed to play. Braces with exposed metal parts must be covered.

g. All players must wear shirts/jerseys long enough that they can remain tucked in through a down or cut at least 4” above the waist.

h. Belt loops, pockets, exposed drawstrings, or untucked hoods are illegal.

i. The supervisor on duty will make any decisions on the legality of any equipment. His/Her decision will be final!

E. Timing

a. The game will consist of two halves of 20 minutes. The clock will run continuously throughout the first half and throughout the first 18 minutes of the second half, except for when a time-out is called or at the referee’s discretion. During the last 2 minutes of the second half the clock will stop for an incomplete pass, when a player goes out of bounds, on penalties, on a change of possession, on any score, or on first downs.

b. Half time will be 5 minutes. The referee has discretion to reduce the length of half time if conditions deem it necessary, or if teams are ready to play.

c. Teams are permitted 3 time-outs per game. Each time-out will last 1 minute.

d. The referee may stop & start the game clock whenever, in his/her judgment, either team is trying to conserve or consume playing time by using illegal or unfair tactics.

F. Pre-Game

a. Three minutes prior to game time, the referee shall toss a coin and the visiting captain shall call the toss. The captain winning the toss shall have several options for the first half or shall defer their options to the second half. The options for each half shall be:

   i. Offense v Defense
   ii. Goal to defend

   1. The captain not having the first option for a half shall exercise the remaining option.

G. Punting

a. There will be no scrimmage kicks to start a game; the ball will be placed on the 14 yd line. Following a safety, the scoring team will snap from their own 14 yd line.

b. Kick Catch Interference – While any punt is in flight beyond K’s scrimmage line, K shall not touch the ball or obstruct R’s path to the ball. This prohibition does not apply if the act is after R has touched the kick. K may catch, touch, muff, or bat a punt in flight beyond K’s scrimmage line if no R player is in position to catch the ball.

c. Players shall ignore any signals (fair catch) given by the kickers or receivers. The ball remains live.

d. Anytime at or after the ball is ready for play (determined by the referee blowing the ready for play whistle), each Team A player must momentarily be at least 5 yards inbounds before the snap.

e. Prior to a punt, the offensive team must make the referee aware of its intentions. After such announcement, the ball must be kicked. Exception: a time-out is called or a foul occurs prior to or during this down after Team A’s captain’s decision which results in the kicking team having the right to repeat the down again, the referee must ask Team A’s captain whether or not he/she wants to punt and then the referee will communicate this decision to the Team B captain.

f. Neither K nor R may advance beyond their respective lines of scrimmage until the ball is kicked. All scrimmage line rules regarding the snap, stance, false start, minimum line players, motion and shift apply to punts.

g. After receiving the snap, the kicker must kick the ball immediately and in a continuous motion. If a kicker drops the ball, it is considered a fumble and the ball becomes dead at the spot.

h. When a punt breaks the plane of R’s goal line, it is a touchback.

H. Snapping The Ball
a. The player who receives the snap from the center must be at least 2 yds behind his/her scrimmage line. The snapper shall pass the ball back from its positions on the ground with a quick & continuous motion of the hand(s).

b. The offensive team must have a minimum of 1 player (the snapper) on the line of scrimmage at the time of the snap.

c. If on the snap, scrimmage kick, or any other circumstances the ball is fumbled, it is immediately dead, at the sport, upon hitting the ground. No advancements can be made by either team. A fumble going out of bounds without hitting the ground remains in possession of the fumbling team at the spot where the ball was fumbled or wherever the ball went out of bounds.

I. Passing The Ball

a. All players are eligible to touch a forward pass after it is thrown. The pass may catch his/her own forward pass provided another player has touched it first.

b. If members of opposing teams catch a legal forward pass simultaneously, the ball is immediately dead upon returning to the ground and belongs to the offense.

c. A forward pass is a live ball thrown towards the opponents’ goal line. A backwards pass is a live ball thrown parallel or backwards. The initial direction of the pass will determine whether the ball is forward or backwards.

d. It is illegal to attempt to steal the ball while in player possession. Once a player has obtained possession of the ball, his/her opponent must play the flag, not the ball.

e. Defensive players must not contact the passer at anytime during or after the play. They may only go for the flag. Rushers may try to deflect the ball, but they may not contact the passer even if the ball is deflected. If the defender contacts the passer, it is considered “roughing the passer.”

f. Only one foot must touch inbounds in order for a pass reception to be considered legal.

J. Screening & Rushing

a. Screen blocking is legally obstructing an opponent without using any part of the body to initiate contact with him/her.

b. The offensive screen block shall take place without contact. The screen blocker shall have his/her hands and arms at his/her 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 arms to break a fall or to retain his/her balance.

c. Defensive players must go around the offensive player’s screen block. The arms and hands may not be used as a wedge to contact the opponent.

d. The application of this rule depends entirely on the judgment of the referee.

e. These actions are judged similarly to the block/charge call in basketball.

K. Scoring

a. All touchdowns will count as 6 points.

b. Teams will have the option to go for either 1 (3 yds), 2 (10 yds), or 3 (20 yds) points after a touchdown.

c. Safeties will count as 2 points.

d. Mercy Rule: If a team is 19 or more points ahead when the referee announces the 2 minute warning for the second half or anytime thereafter, the game shall be over. If a team is 35 or more points ahead at any time during the second half, the game shall be over.

L. Miscellaneous

a. If a player’s flag belt breaks or inadvertently falls off, then a one-handed tag on that player, between the shoulders and the knees, must be applied in order for that player to be down.

b. Team players are responsible for retrieving the ball after a down has ended. Officials are not responsible for retrieving the ball.

c. The offensive team may take the ball to the huddle after each play.

M. CoRec Rules

a. An adult or youth football can be used, captains must agree or a youth ball will be used.

   i. If captain’s can’t agree, a youth football will be used.

b. A male runner cannot advance the ball beyond team A’s scrimmage line. There are no restrictions concerning: runs by females, during a run by a male once the ball is beyond the Team A scrimmage line, and after a change of possession.

c. Closed means a male player may not throw a legal forward pass completion to any other male player. Open means any player can complete a legal forward pass to any other player.
d. During the offensive team's possession there may not be 2 consecutive legal forward pass completions from a male passer to a male receiver. This rule applies to the try.

e. If a male passer completes a legal forward pass to a male receiver, the next legal forward pass completion must involve either a female passer or female receiver for positive yards. The spot where the ball becomes dead by rule must be beyond the Team A scrimmage line. There is no foul for a female receiver being tagged or deflagged behind the Team A scrimmage line. The next legal forward pass completion remains closed.

f. There are no other restrictions concerning a male passer completing a legal forward pass to a female receiver, or female to female, or female to male.

g. Any foul, whether accepted or declined, shall have no effect on whether the next forward pass completion is open or closed.

h. Mercy Rule: If a team is 25 or more points ahead when the referee announces the 2 minute warning for the second half or anytime after, the game shall be over. If a team is 40 or more points ahead at halftime of any point after, the game shall be over.

i. Scoring: If a female score a touchdown or throws a legal forward pass and a touchdown is scored by any member of that team on that down, the point value is 9. All other touchdowns are counted as 6.

N. Overtime

There will be no overtime during the regular season.

i. If a playoff game ends in a tie, the two captains will determine the options by a coin flip. The home captain will call the coin toss. The winner of the toss shall be given options of offense, defense, or direction. The loser of the toss shall make a choice of the remaining option. Teams will alternate choices if additional overtime periods are played.

ii. All overtime periods are played toward the same goal line.

iii. Each team will be given a series of 4 downs to score.

iv. Extra points will be attempted and scored as previously stated.

v. If the defense intercepts the ball, the ball is dead.

vi. Each team is entitled to 1 time-out per entire overtime.

vii. The game will continue to be played until a winner is determined.
### SUMMARY OF PENALTIES

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**SS** – Succeeding Spot  
**PS** – Previous Spot  
**SPOT** – Spot where the Foul Occurred  
**EORR** – End of the Related Run  
**ALL BUT 1** – All fouls but one, that is a foul by the offense behind the basic spot, are penalized from the basic spot.