



FLAG FOOTBALL RULES

1. TEAM MANAGERS:

- **Team managers are responsible for informing their teammates of all Intramurals governing rules and policies.**
- Team managers are responsible for looking up their team's schedule and notifying their teammates on upcoming games. Team schedules are available via the web at http://web.jhu.edu/recreation/intramurals/spring_sports/.
- Team managers are responsible for their team and fan behavior before, during and after their game.
- Only the team captain may address an official on matters of rule interpretation or to obtain essential information.
- Team managers are responsible for any equipment given to them, such as team jerseys and basketball balls. (Team managers, you will be charged for the missing items)

2. PLAYERS:

- All players must present their JCard to the Intramural Supervisor on duty...**NO ID, NO PLAY!!!!** (Note: there will be NO exceptions)
- Maximum number of players per roster is **10**.
- Players may only play on one team per league (i.e. one Men's open, Greek and Res. Hall). Switching from one team to another is illegal, and will result in a suspension from participating in any Intramural activity for the remainder of the season. If this occurs, it may result in games for both offending teams being forfeited.
- Teams will consist of 7 players on the field at all times. Minimum number to start the game is 5. (**Co-Rec:** Minimum number at all times is 3 females. If at any time, there is not 3 females, a forfeit will result).

3. ELIGIBILITY:

- Players must be current Homewood students, faculty, or staff with membership to the O'Connor Recreation Center and must show proper identification, i.e. a J-Card, before game time.
- An individual must compete in at least 1 game during the regular season to be eligible for the playoffs. Teams may add/drop players to roster until last game of regular season.

4. FORMAT:

- Leagues will consist of a 3-5 game regular season followed by a single elimination tournament. Tournaments will consist of single-elimination playoffs.
- Eligibility for playoffs: "2.5" sportsmanship rating
- Forfeits without a call in will receive a 0 for the sportsmanship rating.

5. EQUIPMENT:

- The Intramural office will furnish game balls and flags.
- All participants must wear the proper athletic attire to participate, including proper shoes, shorts and T-shirts.
- No hats/caps/bandanas.
- No Jewelry is allowed, with the exception being medical identification jewelry.

- Participants may not cover up jewelry with tape, band-aids or other such items, all jewelry must be removed.
- No cast or splints (hard or soft) are permitted.
- Team jerseys will be provided for each team if necessary. Participants must wear T-shirts while participating either as a team jersey, but they must have numbers on them or underneath the intramural jersey provided.

6. GAME TIME:

- GAME TIME IS FORFEIT TIME. The game time provided on the intramural web site is the start of the game, teams must be ready to play at that time.
- Before the game begins: players must check in with the Intramural Staff, with their Jcard in hand.
- The game will consist of two 20-minute halves with a halftime period. The clock is running for the entire game until the last 2-minutes of the second half at which point it will stop for first downs, incomplete passes, penalties, touchdowns and time-outs.
- If a game is tied at the end of regulation overtime rules will go into effect. Each team will be given 4 downs to score the 20-yard line. A flip of the coin will determine which team will go first. If a team scores a touchdown they will again be given the choice of how many points they would like to go for in the extra try. The following team will then have an opportunity to score as well. If the score remains tied they will repeat the down until a winner is determined. If the game remains tied after the first OT, teams will be forced to go for 2 after each touchdown.
- Each team receives 1 timeout per half. Teams are given one timeout during the overtime period. Timeouts do not carry over.
- Teams shall assist in removing trash and equipment from their game area at the conclusion of their match.

7. START PLAY:

- Officials will hold a coin toss prior to the start of play to determine offense, defense or direction. The opponent then has the choice from the remaining options. The referees in the same fashion will determine possession for extra periods that it was decided to begin the game.
- Only the captain may speak with the officials and only if done in a polite manner. The captain will speak for the team in all dealings with the officials.

8. BALL IN AND OUT OF PLAY:

- Out of bounds will be marked on the field by orange cones.

9. SUBSTITUTES:

- Substitutes may enter during any dead ball period.
- An injured player whose injury caused play to be halted must leave the game for at least one down. A player that suffers an apparent loss of consciousness may not return to play that day without written authorization from a physician.

10. METHOD OF SCORING:

- The Intramural Supervisor on duty will keep the official score. The scoring is as follows:
Touchdown: 6 points
Extra Points:
 3 points from 20/15 yards
 2 points from 10/7 yards
 1 point from 3 yards
- Immediately following a touchdown the official will check the scorer's flags for proper attachment. If the flags are tied then the score will be negated and that player is disqualified for the remainder of that game.

- Immediately following a touchdown the official will ask the team captain for his/her choice for the conversion. Once the ball is marked the decision can only be changed by taking a charged time-out. A team's decision cannot be changed should a penalty occur on the attempt. If the defense intercepts the ball and returns it the full length of the field it will always count for 3 pts.
- The referee has the final call on touchdowns and extra points. These are judgment calls and can not be protested or appealed.
- If a team is more than 17 points ahead when the official announces the 2-minute warning the game shall be called at that point.

11. CO-REC MODIFICATIONS:

- Coed teams consist of 7 players, 4 men and 3 women however; a team roster may contain an unlimited amount of people. Teams need to have a total of 5 players present in order to start a game and must play with at least 3 females on the field at all times.
- The ball used can be a regular sized, intermediate or youth.
- A male runner cannot advance the ball beyond the line of scrimmage.
- The term "CLOSED" means that a male player may NOT throw a legal forward pass completion to any other male player.
- The term "OPEN" means that any player can complete a legal forward pass to any other player.
- If a male passer completes a legal forward pass to a male receiver, the next legal pass completion must involve a female passer or female receiver for positive yards.
- The scoring is as follows:
Touchdown: 6 points (men) and 9 points (women either scoring or throwing a legal forward pass)
Extra Points:
 3 points from 20 yards
 2 points from 10 yards
 1 point from 3 yards
- If a team is more than 23 points ahead when the official announces the 2-minute warning the game shall be called at that point.

12. PLAY, FOULS and PENALTIES:

- There will be NO kickoffs:
- Following the coins toss at the beginning of the game and the captain's meeting at the beginning of the second half, a team will put the ball in play with a scrimmage down from their first zone (10-yard line).
- The ball will be put into play by the team scored upon by a scrimmage down from their 10-yard line following a touchdown (and try-for-point).
- The ball will be put in play by the scoring team from their 10-yard line following a safety.
- Only one forward pass may be thrown per down by the offense. A forward pass is defined as the passer's feet being behind the offense's line of scrimmage at the time of release.
- A safety occurs if a team fumbles or is tackled inside their own end zone. The result of this play is 2 pts for the defensive team, and defense gains possession at their own 20 yard line. Line to gain is the 40.
- **Legal Catch/Simultaneous Catch**
A catch is the act of establishing player possession of a live ball in flight, and first contacting the ground inbounds. One foot is required to be inbounds (while in player possession). Additionally, a catch by a kneeling or prone inbounds player is a completion.
A simultaneous catch or recovery is a catch in which there is joint possession of a live ball by opposing players who are inbounds. The ball will be blown dead at that spot and possession will be awarded to the offense.

- Fumbles**
 A fumble is a loss of player possession of the ball other than by handing, passing or punting the ball. A fumbled ball that hits the ground is dead at that spot.
 Balls can not be stripped from the ball carriers hands.
Penalty: Illegal contact, 10 yards (spot of foul or the end of the play)
- 15 Yards after ready for play**
 At any time after the ready for play whistle and prior to the snap, all offensive players must be within 15 yards of the ball (orange ball spotter). This is to prevent offensive players from “sneaking” onto the field and staying near the sideline just before the ball is snapped, which would in many cases, leave that particular player uncovered with a clear path to the end zone.
Penalty: Illegal Procedure, 5 yards (previous spot)
- 4 Players on the Line**
 When the ball is placed and ready to be snapped, the offense must have at minimum four players even with the line of scrimmage. These players may not go in motion.
Penalty: Illegal Procedure, 5 yards
- Illegal Forward Passes/Forward Laterals**
 Once a ball is thrown forward, it may not again be thrown forward. Similarly, while a player is allowed to throw it backward to a teammate at any time, they may not flip it forward. Players may not hand the ball forward past the line of scrimmage.
Penalty: 5 yards from spot where illegal pass occurred, loss of down
- Snap Regulations**
 To start every play there must be a snap. A snap must be one smooth, quick, and continuous motion, either between the snapper’s legs or from the side. The ball must start from the ground. The ball must leave the snapper’s hand(s) during this motion. After the snapper take his initial position over the ball, he/she may move or rotate the ball. After the snapper comes to a set position, he/she may not move the ball again until it is snapped.
Penalty: Dead Ball, Illegal Snap, 5 yards.
 The player who receives the snap must be at least 2-yards behind the offensive scrimmage line. Direct snaps are illegal.
Penalty: Live Ball, Illegal Snap, 5 yards
- Flag Guarding**
 Runners shall not flag guard by using their hands, arms, or the ball to deny the opponent an opportunity to pull or remove the flag belt. Flag guarding includes:
 Placing or swinging the hand or arm over the flag belt to prevent an opponent from removing the flag belt.
 Placing the ball in possession over the flag belt to prevent an opponent from removing the flag belt.
 Lowering the shoulders in such a manner that places the arm over the flag belt to prevent an opponent from removing the flag belt.
 Any other act besides spinning and various other types of hip movement, to prevent an opponent from removing the flag belt.
Penalty: 10 yards from the spot of the foul
 If a runners flags fall off inadvertently then the opposing teams will only need to touch the runner with one hand below the waist.
- Punting the Ball**
 The offensive team captain is responsible for notifying the official when they wish to punt on 4th down. The official will then announce this decision to both teams. All punts will be protected line of scrimmage kick (no rushing by the offense or defense). A team may request a punt on any

down.

All fake punts are illegal.

Penalty: Illegal Kick, 10 yards (spot of foul)

- **Offside/Encroachment**

The first offender rule is in effect when it comes to encroachment. This means that the moment a player from either team enter the neutral zone (after the ready for play whistle) he/she shall be called for the penalty. This is a dead ball foul, so play should be whistled dead immediately after the encroachment occurs.

Penalty: 5 yards from the line of scrimmage

- **Screen Blocking and Rushing the Passer**

This is legal as long as the following guidelines are followed:

The blocker's arms must be kept at his/her side, in front of his/her waist, or behind his/her back. The blocker may not initiate contact with a defender. A penalty occurs when contact is initiated and there is an advantage gained.

Penalty: Illegal contact, 10 yards (spot of foul)

Defensive players must make a definite effort to avoid charging into a passer after it is clear the ball has been thrown forward legally. No defensive player shall contact the passer who is standing still or fading back as he/she is considered out of the play after the pass. Slapping the ball while the quarterback is attempting to pass is considered roughing the passer, as the ball is considered an extension of the arm (while still in possession). Roughing the passer restrictions do not apply if the forward pass is thrown from beyond the line of scrimmage, but illegal contact can still be called.

Penalty: 10 yards and automatic first down. This penalty will be tacked on to the end of a run or completed pass, if accepted

- **Face Guarding**

Any act by a player to inhibit an opponent's (usually a potential receiver) ability to see the ball and/or other players is considered face guarding.

Face guarding is illegal. Penalty is the same as pass interference.

Offensive – Penalty: 10 yards (previous spot) and loss of down.

Defensive – Penalty: 10 yards (previous spot) and automatic first down.

- **Pass Interference**

During a down in which a legal forward pass crosses the line of scrimmage, contact which interferes with an eligible receiver who is beyond the scrimmage line is pass interference unless it occurs when 2 or more eligible receivers make a simultaneous and bona fide attempt to reach, catch, or bat a pass. It is also pass interference if an eligible receiver has their flag belt removed prior to touching the ball on a pass thrown beyond the scrimmage line. Offensive pass interference may be called at any time after the ball is snapped. Defensive pass interference, however, can only be called during the time of a pass attempt.

Offensive Pass Interference – Penalty: 10 yards (previous spot) and loss of down.

Defensive Pass Interference – Penalty: 10 yards (previous spot) and automatic first down.

- **UNSPORTSMANSHIP CONDUCT**

Spiking, taunting, and any intentional antagonizing of the opposing team will be considered unsportsmanlike conduct.

Offensive – Penalty: 10 yards (previous spot) and loss of down.

If a touchdown is scored, the touchdown is awarded and the opposing team will have the choice of the penalty being assessed on the try or change of possession.

Defensive – Penalty: 10 yards (previous spot) and automatic first down.

- No player shall attempt to steal the ball, trip an opponent, contact an opponent who is on the ground, make unnecessary contact with an opponent, deliberately dive or run into an opponent or tackle the ball carrier or push the ball carrier out of bounds to stop the play. **Penalty: Personal foul, 10 yard (flagrant offenders will be ejected).**
- For all fouls, the play is assessed before the penalty is assessed. For example, if a player reaches a first down, and then commits a flag guard, the first down still counts, even if the ball is moved before the first down marker. The line to gain becomes in excess of 20 yards.

13. SPORTSMANSHIP:

- The Intramural staff on duty will grade all teams on their sportsmanship and has the authority to ask anyone to leave the gymnasium. A team's sportsmanship is a reflection of its players as well as fans.
- Playing Intramural Sports is NOT a right, it is a privilege. Therefore, the Intramural program reserves the right to take away that privilege from any team or individual that does not abide by the governing rules and regulations, as well as does not exhibit good sportsmanship and fair play.
- Any player who uses foul language, violently protests a call, or curses an official or supervisor, will be removed from the game and will automatically be suspended for the remainder of the tournament.
- A player that is ejected for any reason must come in to speak to the Assistant Director of Intramurals before their next Intramural event. The ejected player is suspended from all Intramural activities until the Assistant Director of Intramurals reinstates him/her.
- The ejected player must make an appointment to meet with the Assistant Director of Intramurals during the following times: Monday through Thursday, 10:00am - 4:00pm before he/she is eligible to participate again. DO NOT just drop in players must make an appointment to discuss being reinstated.
- **Minimum 1 game suspension for all ejections.**
- Any player who fights amongst players or touches an official or supervisor will be placed on suspension from all Intramural activities for a minimum period of one calendar year from the time of the incident and a report will be sent to Judicial Affairs.
- Teams shall assist in removing trash and equipment from their game area at the conclusion of their match.

14. PROTEST:

- In protesting an official's call, the team may only protest a rule interpretation or eligibility and not a judgment call. A timeout must be utilized in order to protest, and a team may get it back if the interpretation goes your way. All protest during the regular season will go to the Assistant Director of Intramurals to be reviewed and decided upon. All protests during the playoffs/tournament will/can be decided by the Intramural Supervisors /Coordinators on duty.

15. SAFETY AND LIABILITY

- The game of flag football is a contact sport and injuries (while mostly minor) do occur. Players should participate with this understanding. Also, participation in the Intramural Program is completely voluntary. Johns Hopkins University is not responsible for injuries incurred during intramural play. It is strongly recommended that participants have satisfactory health status.

16. ALCOHOL AND DRUG POLICY

- Alcohol and Drugs are prohibited. Anyone suspected of being under the influence will be asked to leave the premises. Failure to do so will result in suspension from all intramural activities.