

INTRAMURAL RECREATIONAL SPORTS
Presents
6 on 6 FLAG FOOTBALL



Location: Student Recreation Field located behind Centennial Hall

Entry Form: Registration is on-line at <http://recreation.truman.edu/intramuralhome/index.asp>

Competition: Men's, Women's & Co-Rec; Organizational, Open & Greek Divisions (Greek Organizations can enter 1 team in Greek Division. Organizations may enter 2 teams in the Organizational Division)

Schedule: Single Elimination Tournament with 1 – 2 Regular Season games (dependent upon number of entries).

Schedule will be posted on IM Bulletin board at SRC and online at <http://recreation.truman.edu/intramuralhome>

Rules: NIRSA Flag & Touch Football Rules will be used with the following highlights and exceptions: (New rules that are continued from the 2008 season are typed in **bold**)

1. A team shall consist of 6 players and the roster is limited to 15 players. 5 players are required to start a game
2. The field will be approximately 70 yards in length and 30 yards in width.
 - a. The field will be divided into three 18-yard sections with two 8-yard end zones on each end.
 - b. Hash marks will be placed on each 3-yard line and 10-yard line.
3. The game consists of two 18-minute halves with a 3-minute halftime.
 - a. The timing will be continuous with the clock stopping only on team timeouts and official timeouts.
 - b. **A two minute warning will be issued at or below the two minute mark of the second half. The clock will stop at this point. Inside of the two minute warning, the clock will stop according to NFHS Tackle Football timing rules.**
 - c. Each team is allowed three timeouts per game.
 - d. **A half cannot end on an accepted penalty.**
4. The offensive team is given 25 seconds after the referee's whistle to begin a play.
5. **Scoring:**
 - a. A touchdown is worth 6 points.
 - b. The point after touchdown (PAT) is worth 1 point if successful from the 3- yard line, **2 points if successful from the 10- yard line, and 3 points if successful from the 18-yard line.** It is the choice of the offensive team to choose which distance for the attempt. **Once the offensive team makes that choice, it cannot change its mind unless a timeout is called.**
 - c. A safety is worth 2 points.
6. **Overtime (playoffs only):**
 - a. **If the score is tied at the end of regulation, an overtime period will be played.**
 - b. **A coin toss will determine the overtime procedure. The team winning the toss will have the option to play offense, to play defense, or to select which end zone the overtime will be played toward.**
 - c. **All overtime periods will be played at the same end.**
 - d. **Each team will be given 4 downs to score from the 10-yard line.**
 - e. **If the game is still tied, the overtime process will be repeated. The team that lost the initial coin toss will now be given the option.**
 - f. **The same scoring rules that apply to regulation apply to overtime. At no point does a team have to go for 2 points.**
 - g. **Each team will be awarded one timeout for the entire overtime. Unused timeouts do not carry over from the end of regulation.**
7. After a coin toss, the game will start from scrimmage on the **10-yard line.**
8. The offensive team will have 4 downs (unless extended by penalty) to make a first down.
 - a. A first down is gained by advancing the ball across each 18-yard division line.
 - b. If the offensive team fails to make a first down within its 4 downs, then the ball is turned over to the defensive team at the spot where the ball became dead.
 - i. The offensive team may elect to punt. **THERE ARE NO FAKE PUNTS!** Once a team elects to punt, it cannot change its mind unless a timeout is called.

- ii. On punt returns, the ball may be picked up off of the ground and returned from within the end zone. There are no fair catches.
9. **Tackling:**
 - a. A tackle occurs when a defender removes the flag belt from the ball carrier, causing the clip to break. The ball is spotted at the site of the flag removal. **DIVING FOR THE FLAG IS ALLOWED!**
 - b. **If the ball carrier's flag belt falls off without being pulled, he/she must be touched with one hand in order to be down.**
 - c. **A ball carrier is also down when any part of his/her body, other than hands and feet, touches the ground. The ball IS part of the hand. The ball carrier may put the ball on the ground for balance, as long as he/she is in complete possession of the ball.**
 10. Defensive play: the defensive line will begin 1 yard from the line of scrimmage.
 11. **Pass Catching:**
 - a. All offensive players are eligible to receive a pass.
 - b. The pass receiver must have one foot in bounds and control of the ball for a legal catch.
 12. **Offensive Formation & Motion:**
 - a. Only one offensive player can be in motion during a play. That player must be behind the line of scrimmage and running parallel to or away from the line of scrimmage.
 - b. There must be three players on the line of scrimmage (center plus two others). **All other players may line up anywhere on or behind the scrimmage line.**
 13. **Blocking:**
 - a. Only screen blocking is allowed. No contact is permitted. The blocker must have his/her arms and legs within the frame of his/her shoulders.
 - b. Once the blocker has established a spot, the defender (rusher) may not contact the blocker. However, the blocker cannot move into the rusher. (This is similar to block v. charge in basketball).
 14. **Equipment:**
 - a. Shirts must be tucked in and are not permitted to hang over the belt.
 - b. Pants or shorts with belt loops and pockets are prohibited.
 - c. Metal Cleats are prohibited.
 15. **Penalty Enforcement:**
 - a. **All infractions will no longer carry the same enforcements. Penalty enforcements will soon be available on our website (recreation.truman.edu).**
 16. **Fumbles:**
 - a. There are no fumbles. The ball is dead at the point where the ball touches the ground with no loss of possession.
 17. **The Snap:**
 - a. The ball must be delivered to the quarterback **from the ground** in one continuous motion.
 - b. It does not have to be snapped between the legs. The center can be standing and toss it underhand to the quarterback. **A legal snap must travel backwards at least two yards.**
 - c. **A SNAP THAT TOUCHES THE GROUND IS DEAD AT THE SPOT.**
 18. **ZERO TOLERANCE** for any unsportsmanlike conduct such as trash talk, verbal abuse, rough play.

Reminder:

ALL Intramural rules posted in the handbook are applicable with this sport. Each participant is responsible for reviewing Student Recreation Center guidelines and Intramural guidelines available on the website before participating in any event.

Complete rules for Flag Football are available on the following website: <http://www.recreation.truman.edu>

Rescheduling Requests:

If a team captain wishes to reschedule a game, he or she must request in writing (email) to the Director of Intramurals by 2:00 PM the business day prior to the originally scheduled game. Games may only be rescheduled upon mutual agreement between team captains.

Please contact the Intramural Office, 660-785-4467, if you have any questions.

