

GRAND VALLEY STATE UNIVERSITY  
**RECREATION**

Intramural Sports  
Flag Football Rules

**Players and Substitutes:**

1. 5 players minimum to start a single gender game.
  - a. 6 players minimum to start a co-rec game
2. 7 players maximum can play the field in a single gender game
  - a. 8 players maximum can play the field in a co-rec game
3. 1 player is required to be on the line of scrimmage (LOS) at the snap
4. The following equipment is illegal and may not be worn by any player
  - a. Jewelry
  - b. Shorts/Pants with pockets, zippers, exposed drawstrings or belt loops
  - c. Hooded sweatshirts
  - d. Metal cleats
5. Teams may provide their own ball. IM Sports will have balls for check out
  - a. Co-rec and women's teams may use youth, junior or official size balls
6. Teams must wear the same color shirt for each game. Captains will select that color during team registration. Teams that do not wear the same color shirt could be downgraded in sportsmanship.
7. Flag belts will be provided by GVSU IM Sports

**Timing:**

1. The game shall consist of 4-10 minute quarters
  - a. The clock will run for the first 18 minutes of each half
  - b. During the last two minutes of each half, the clock will revert to "two minute timing rules."
    - i. Two minute timing rules will stop the clock
      1. First down
      2. Out of bounds
      3. Incomplete pass
      4. Penalty enforcement
      5. Touchdown
      6. Safety
      7. Touchback
      8. Change of possession
    - ii. The game officials will indicate when the clock will start based on the previous play.
  - c. Regular season games will end in ties. Playoff games will follow the overtime
2. Mercy Rule
  - a. If a team is ahead 19 (single gender) or 25 (co-rec) at the two minute warning of the second half, the game will be ended.
3. If a game is called because of lightening, darkness, etc., halftime will constitute an official game.

**The Game**

1. To start a half, after a touchback, touchdown or safety, the ball will be snapped from the 14 yard line. The player receiving the snap for all downs must be two yards behind the LOS.
2. The orange ball spotter is the offensive LOS and the yellow spotter is the defensive LOS. The 1 yard area between is the neutral zone
3. When a new series is started, the next large line (20, 40 or goal) will be the zone line to gain (ZLTG). The officials will announce the line to gain and the down on each play
4. Teams have 4 downs to advance the ball to the next ZLTG.
5. A team can punt on any down
  - a. During a punt, no player from either team may cross their scrimmage line before the ball is kicked
  - b. If a punt touches the ground before it is touched by any player, the ball is live and can be advanced by the receiving team.

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6. **Flag football is non-contact. Players may not hold, push, and “chuck players on the LOS.” Non-contact screen blocking is allowed during each down. Flag guarding is illegal.**
7. Only one forward pass is allowed per down. It must be from behind the line of scrimmage. Teams may throw unlimited backward passes
8. Only one person may be in motion at the time of the snap. Motion players may not be moving towards the line of scrimmage at the snap.

**Scoring**

1. Touchdown
  - a. 6 points in all single gender games
  - b. 9 points when a female scores or throws a touchdown during a co-rec game
2. PAT
  - a. 1 points – ball snapped from the three yard line
  - b. 2 points – ball snapped from the 10 yard line
  - c. 3 points – ball snapped from the 20 yard line
3. Safety
  - a. 2 points

**Fouls and penalties:**

1. Five yard penalties
  - a. False start
  - b. Encroachment
  - c. Illegal motion
  - d. Illegal shift
  - e. Illegal snap
  - f. Illegal forward pass (also a loss of down)
  - g. Illegal advancement (co-rec)
  - h. Delay of game
2. Ten yard penalties
  - a. Illegal contact
  - b. Flag Guarding
  - c. Pass interference
  - d. Illegal participation
  - e. Illegal equipment
  - f. Stripping or attempting to strip the ball
  - g. Roughing the passer
  - h. Unsportsmanlike conduct
3. All fouls during a running play will be enforced from the end of the run. All fouls during a loose ball play will be enforced from the previous spot. All dead ball fouls will be enforced from the succeeding spot.

**Co-Rec Specific Rules:**

1. Open play: any person on the offense is eligible to pass or throw.
2. Closed play: a female must be the passer or receiver.
3. All new possessions start with an open play
  - a. A play is closed when a male receiver catches a forward pass from a male receiver
  - b. On a closed play, a female must pass the ball and/or receive a forward pass for positive yards
  - c. If a male passer throws a complete pass to a male receiver, the penalty is illegal forward pass
4. A male may never run the ball through the line of scrimmage.
5. A penalty has no effect on the open/closed status of the play.