



LLU / DRAYSON CENTER RULES  
**FLAG FOOTBALL**  
**(MEN, WOMEN, CO-REC)**

### **PLAYERS**

Teams may have a maximum of seven (7) players on the field at a time. Each team must have at least five (5) players to begin a game. If any team does not have enough of their registered team players to start a game, they will be given a five-minute grace period. If at the end of the five minutes the team still does not have enough players to begin, the game clock will be started and an additional five minutes will be run off. If the correct number of players is still not available, a forfeit will be declared.

**OPTION:** An un-official game may still be played by rearranging the teams. On request of the players, the officials can officiate the game if time permits.

### **TIMING**

Each game will consist of two halves of twenty (20) minutes each, separated by a five-minute halftime. The first eighteen (18) minutes of each half will be running time with the clock stopping only for timeouts, after a score, during the extra point try, and official business. After the extra point, the clock will start again when the ball is placed on the 20 yard line. Once the ball is placed on the line, the offensive team has 30 seconds to put the ball in play, or a “delay of game” penalty will be called.

During the last two (2) minutes of each half, the clock will be stopped on, penalties, incomplete passes, runner out of bounds, injuries, a score, during a try for an extra point, timeouts, and official business. Each team will receive two (2) timeouts per half. Unused timeouts do not carryover. If at the end of regulation time the teams are tied, the game will end in a **tie**. **There is no “overtime”.**

### **COIN TOSS**

At the beginning of each game, a representative from each team will participate in an official coin toss. The winner of the coin toss will have the choice to either be the “offensive or defensive” team, or may choose which end zone to defend for the first half of the game. At the start of the second half, the teams will automatically switch end zones, and the team, which lost the toss, has the choice to either be the “offensive or defensive” team.

### **REFEREE COMMUNICATION**

Questions to the referees may only be addressed from the Captain’s.

## **KICKING**

There will be no “kick-offs” to start a game or after a score. The ball will be placed on the 20 yard line to start play.

If at any time a team is in a fourth down situation, they must declare whether they will punt or not. When a team elects to punt, they must punt. There are no fake punts. All players from each team will line up at the line of scrimmage, with the exception of the punter and the one returnee. The ball will be snapped as usual, but there will be no rush. Neither line will move until the ball is punted. The punter must punt the ball at least 5 yards back from the line of scrimmage. On a punt, the ball may be **muffed** without being whistled dead. Once the ball is punted, the receiving team may **legally** “screen block” until the end of the play.

## **BLOCKING**

Drayson Center flag football is a league that emphasize “**SAFETY FIRST**”. Minimal contact on the “**Rush**” will strongly be emphasized. Once passed the line of “Scrimmage” any play down field should be of the “Screen” variety. The best way to visualize this is to compare it to playing good defense in basketball. In basketball, with good footwork, you stay between your man and the ball. In flag football, with good footwork, you stay between the defender and the player with the ball.

During the “Rush” offensive player must keep his/hers hands and arms crossed against the body. The defensive player must keep his/her hands and arms extended out and away from their body. The attempt of the defensive player must be to go “**AROUND – NOT THROUGH**” the offensive player. With hands extended, some contact in “Brushing” around the offensive player would be allowed to keep a safe, absorbent barrier between both players when attempting to get to the ball carrier. **No aggressive pushing will be allowed!** All aggressive play will be determined by the referee by who initiated the contact and who gained the advantage.

The “screen block” that takes place down field (beyond the line of scrimmage) shall take place without contact. No player (offensive or defensive) should make contact with hands, arms, or body. The elbows cannot extend outside of the body. The hands and arms may not be used to initiate contact. The defensive players must go “**AROUND – NOT THROUGH**” the offensive player’s “screen block”. Contact must try to be avoided at all times. In the event of contact, the referee will decide if an advantage was gained by the offensive or defensive player, and who initiated the contact. .

**This league is designed to emphasize “Finesse and not Brute Force!”**

## **SCORING**

Touchdowns are worth six (6) points. Extra points are worth two (2) points from the ten-yard line and one (1) point from the three-yard line. On all extra point tries, if the ball is intercepted by the defense, the ball is dead.

It is advisable that after the game each team captain reviews the score card with the officials to make sure that all scores are correct before the standings are posted.

## QUARTERBACK

To avoid a “sack”, the ball must be out of the quarterback’s hand. Arm in motion means nothing. The quarterback may make a “direct run” from the snap of the ball. Any time the quarterback’s arm is hit, a roughing the passer penalty is called. On the snap, the ball may hit the ground prior to touching the quarterback and still be considered a “live” ball. If the quarterback “muffs” the ball, the ball is dead and spotted at that point where the muff occurred.

To help eliminate rough contact play on the line, when the quarterback makes a direct run over the line of scrimmage, he/she must run approximately 4 yards on either side, outside the “Center’s” position. This area will be marked by “hash marks” on the field.

The only times the ball can be run over the line of scrimmage, within that 8 yard area are; 1) on a exchange of the ball to another player in the backfield outside the 8 yard zone “hash marks” and, 2) if the quarterback, during a “**scramble**” in the backfield, **completely** runs outside the “hash marks” first, then he/she may run back into the 8 yard zone and cross the line of scrimmage at that point. The ball will be spot in the center of the field, between the hash marks, for each “down”. A forward pass may be thrown inside the 8 yard zone.

The quarterback is allowed to leave his/her feet while attempting to throw a pass **only** if there are no player’s in the area where contact/injury could take place, **or** the quarterback is avoiding the defensive player, attempting to grab his/her flag.

## SCRIMMAGE PLAY

The offense must have four (4) players within one (1) yard of the line of scrimmage at the time of the snap. Any time the line of scrimmage is broken by the offense or defense prior to the snap, the play is whistled dead and the offending team is penalized. All offensive players are eligible to receive the ball. One player may be in motion. If it is a linesman, they must stay within one yard of the line of scrimmage, moving parallel along that line. Before any one player can move, everyone must be “**set**” for at least one second. The snap of the ball cannot be a direct “hand-to-hand” exchange. The quarterback or person receiving the ball must be in a “shotgun” formation approximately 5 yards or more back from the “Center” snapping the ball.

## FLAG PLAY

Guarding the flag is a judgement call by the official. Guarding the flag will be called if it was ruled intentional. The ball carrier **can** spin to avoid having his/her flag pulled. Any hurdling, diving or jumping, which in the referees judgement, could be considered “dangerous” to ones self or another player will be penalized. Hurdling to avoid a player who is on the ground will be permitted only if no contact is made and the ball carrier is not attempting to have his/her flag pulled.

It is an “unsportsmanship conduct” penalty when a flag is improperly fastened to the players body. After a “touchdown” where contact with was made with the ball carriers flags, the official will check the players flags to see proper worn.

## DOWN-MARKER

All teams must supply a player to handle the Down-Marker”, taking turns each half of the game.

## PERSONAL MISCONDUCT

Any player that commits a flagrant foul, or is flagged by the referee for unsportsmanship like conduct and is asked to leave the game, that player will be subjected to an automatic one game suspension. The referee may consider the foul committed, and can subject that player to only sit out for the remainder of the half. The one game suspension will then be waived and the player may resume play in the second half.

## **CO-REC RULES OF PLAY DIFFERENCES**

### **PLAYER'S**

Teams will play with 7 players on the field at a time. Three (3) of the players **must** be women. If a team can only field 2 women, then they must play with one man short (a man player cannot be substituted for a women player). A team may start a game with 5 players, but 2 of the players must be women.

### **SCORING**

Touchdowns are worth six (6) points for men and eight (8) points for women. Extra points are worth two (2) points for men and three (3) points for women from the ten yard line and one (1) point for men and two (2) points for women from the 3 yard line.

### **KICK-OFFS**

There will be no "kick-offs." The ball will be placed on the 20 yard line to start the game and after each score.

### **MISCELLANEOUS**

- Lines are marked every twenty-(20) yards on the field with the "First Down" being the line to gain.
- All penalties are five (5) or fifteen (15) yards.
- Defensive pass interference is a "spot foul" and an automatic first down.
- Any fumbled ball is "dead" and spotted at that point and belongs to the team that last had possession.
- Any player receiving an unsportsmanlike conduct penalty will be ejected for the duration of the half in which the penalty occurs. A player receiving two (2) unsportsmanlike conduct penalties in any one game will be ejected from the game and will receive an automatic one game suspension with the chance of further penalties from the Drayson Center Discipline Committee
- All game equipment will be furnished by the Drayson Center Intramural Department, gameball, jerseys, and flags. No personal equipment can be used for the games.

Revised 10/2008