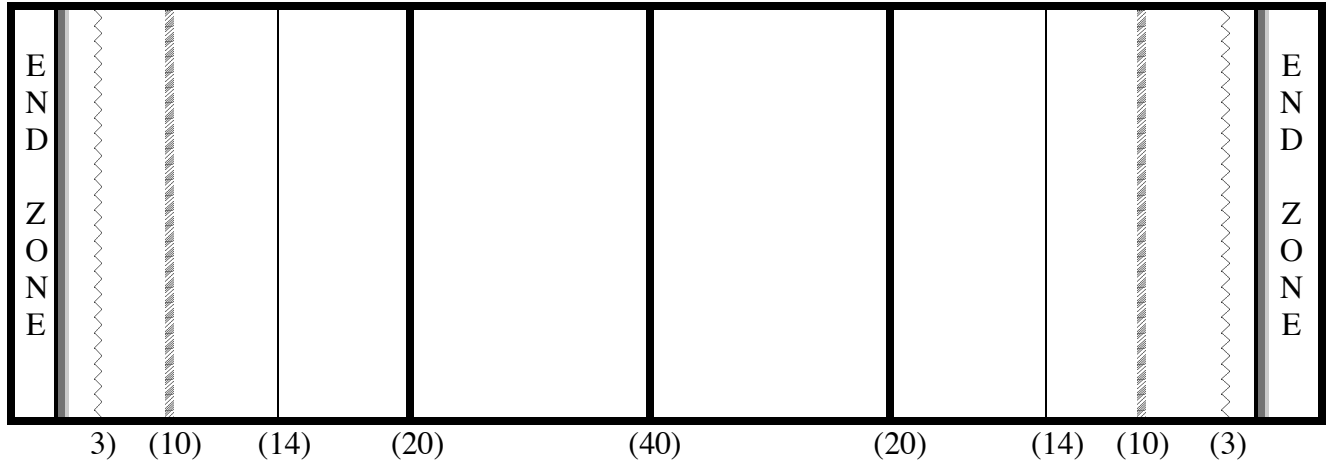


SOUTHWESTERN INTRAMURAL & RECREATIONAL ACTIVITIES

INTRAMURAL FLAG FOOTBALL RULES



The Flag Football Rules for Fall 2008 follow the NIRSA Flag Football rules and any rule not covered in this manual will follow the 2007&2008 NIRSA Flag Football Rules Manual.

RULE 1. THE FIELD, PLAYERS, AND EQUIPMENT

A. The field shall be a rectangle 100 yards by 45 yards, including two end zones at each end of the field. The three and ten, and 20-yard lines are for extra point tries and an X will mark the fourteen-yard mark, to begin each half and after a team has scored.

B. The Players:

1. Seven (7) players constitute a team (8 COREC). A team may play with a minimum of five (5) players (6 COREC).
2. Rosters - each player's name must appear on the official team roster, kept on file in the SIRA office before playing in a game.

C. Equipment:

1. **PLAYERS OF OPPOSING TEAMS MUST WEAR CONTRASTING COLORED JERSEYS WITH A NUMBER ON EITHER THE FRONT OR THE REAR.** Jerseys must be either long enough so they remain tucked in the pants/shorts during the entire down or short enough so there is a minimum of 4" from the bottom of the jersey to the player's waistline.
2. **EACH PLAYER MUST WEAR PANTS OR SHORTS WITHOUT ANY BELT(S), BELT LOOP(S), POCKET(S) OR EXPOSED DRAWSTRINGS. THE PANTS OR SHORTS MUST BE A DIFFERENT COLOR THAN THE FLAGS.**

3. Players may not play in bare feet.
4. Shoes shall be made of a canvas, leather or synthetic material, which covers the foot attached to a firm sole of leather, rubber, or composition material, which may have cleats or be cleatless. Cleats are limited to studs or projections, which do not exceed 1/2 inch in length and are made with nonabrasive rubber or rubber-type synthetic material, which does not chip or develop a cutting edge.
5. Players are prohibited from wearing forearm pads, plaster or fiberglass casts, metal or wooden splints or special protection devices such as shoulder pads, helmets, etc.
6. The Intramural Supervisor must approve tape or bandages to protect an injury or special device (cast, splint).
7. The SIRA Department will provide the official game ball; substitutions will not be allowed.
8. No jewelry is allowed.

RULE 2. START OF EACH PERIOD

A. Coin Toss – The first half will start with a coin toss. Three minutes before the start of the game the Referee shall designate which captain shall call the fall of the coin, the toss a coin in the presence of the opposing field captains. The captain winning the toss shall have a choice of options for the first half or shall defer his/her option to the second half. The options for each half shall be:

1. To choose whether his/her team will start on offense or defense. (The ball will be placed at the 14-yard mark)
2. To choose the goal his/her team will defend. The captain, not having the first choice of options for a half, shall exercise the remaining option.

RULE 3. GAME TIME

A. Playing time and intermissions- Playing time shall be 34 minutes divided into two halves of 17 minutes each. The intermission between halves shall be 3 minutes. When overtime is used, there will be a 2-minute intermission. Timing rules may be modified due to program constraints.

B. A game shall consist of a 17-minute running clock in the first half and a 15-minute running clock the second half. In the second half, approximately 2 minutes before the end of each half the Referee shall stop the clock and inform both captains of the playing time remaining in that half. The clock starts on the snap. The Back Judge will announce to the captains the remaining time and status of the clock after every play during the final 2 minutes. During the final 2 minutes of the second half the clock will stop for a:

1. Incomplete legal or illegal forward pass - start on the snap.
2. Out-of-bounds- starts on the snap
3. Safety- starts on the snap
4. Team time out- starts on the snap
5. First down- dependant on the previous play.
6. Touchdown- starts on the snap (after the try)
7. Penalty administration- dependent on the previous play (EXCEPTION: Delay of game-starts on the snap).
8. Referee's time out- starts at his/her discretion.
9. Touchback- starts on the snap.

10. Team A is awarded a new series - dependent on the previous play.
11. Team B is awarded a new series- start on the snap.
12. Either team is awarded a new series following a legal kick- start on the snap.
13. Team attempting to conserve time illegally- starts on the ready
14. Team attempting to consume time illegally - starts on the snap.
15. Inadvertent whistle- starts on the ready.

C. Tie Game

1. Regular Season - Games shall be decided on the usual basis (most points scored). If tied by score or no scores are made the team making the most PENETRATIONS shall be the winner.
 - a. Penetrations- A penetration shall be scored whenever a team has possession of the ball on or inside the opponent's 20-yard line. If a score and a penetration are made at the same time, or if a score is made after a penetration, both are counted. NOTE: A live ball penalty bringing the ball back outside the 20 yard line does not count as a penetration since the ball was not dead inside the 20. **Also, only one penetration can be gained per series of downs.** If the overtime score is tied and the penetrations are tied during the regular season the game shall remain a tie.
2. Playoffs - Games will be decided on the usual basis (most points scored). If tied by score the following overtime procedure will be followed:
 - a. In the case of a game ending in a tie score, the officials must bring all players and coaches of both teams to the center of the field. They will discuss the tiebreaker procedures and answer all questions prior to the coin toss. A coin will be flipped by the Referee to determine the options as in the start of the game. The home team captain shall call the toss. There will be only one coin flip during the overtime. If additional overtime periods are played, field captains will alternate choices. The winner of the toss shall be given the options of offense, defense, or direction. The loser of the toss shall make a choice of the remaining options. **ALL OVERTIME PERIODS ARE PLAYED TOWARD THE SAME GOAL LINE.**
 - b. Unless moved by penalty, each team will start 1st and goal from the 10-yard line. The goal line shall be line to gain in overtime. The object will be to score a touchdown. An overtime period consists of a series of 4 downs by each team. If the score is still tied after one period, play will proceed to a second period or as many as re needed to determine a winner. If the first team, which is, awarded the ball scores, the opponent will still have a chance to win the game. Unless moved by a penalty, they will start 1st and goal from the same 10-yard line. Tries will be attempted and scored as usual. If the defense intercepts a pass or fumble and returns it for a touchdown, they will win the game. If they do not return the interception for a touchdown, the series is over, the ball will begin their series of 4 downs, if available. Each team is entitled to one time-out per overtime period.
 - c. Fouls and Penalties- They are administered similar to the regular game.

Team A shall be awarded a new series of 4 downs when an automatic first down foul is accepted. Dead ball fouls following a touchdown are penalized on the try. Live ball fouls committed by either team after Team B gains possession during a try or an overtime shall be enforced at the succeeding spot. Dead ball fouls following a successful try will be penalized from the succeeding spot, the Team B 10 yard line, if accepted.

D. Time outs - Each team is entitled to 2 charged time-outs during each half. Successive charged time-outs may be granted to each team during a dead ball period. A charged timeout requested by any player, which is legally granted, shall be one minute.

E. Delay of game- The ball must be put in play promptly and legally and any action or inaction by either team, which tends to prevent this, is delay of game. This includes:

- a. Failure to snap within 25 seconds after the ball is declared ready for play.
- b. Putting the ball in play before it is declared ready for play.
- c. Deliberately advancing the ball after has been declared dead.
- d. Coach-Referee Conference after all permissible charged time-outs for the coach's team has been used and during which the Referee is requested to reconsider the application of a rule and no change results.

F. Illegally Conserving or Consuming Time – The Referee may order the game clock started or stopped whenever, in his/her opinion either team is trying to conserve or consume time playing by tactics obviously unfair.

G. Punt- A legal punt is a kick made in accordance with the rules. Quick kicks are illegal.

1. Prior to making the ball ready for play on fourth down, the Referee must ask the Team A Captain if he/she wants to punt. The Referee must announce this decision to all Team A and Team B players and the other officials. The Team A captain may declare a punt on any down. After such announcement, the ball must be kicked. [EXCEPTION: If (a) a Team A or B time-out is called, or (b) the period ends, or (c) a foul occurs anytime prior to or during this down after the Team A captain's decision which results in the kicking team having the right to repeat the down again, the Referee must ask the Team A captain whether or not he/she wants to punt and communicate this decision to the Team B captain
2. Formation & Snap - Neither K or R may advance beyond their respective scrimmage line until the ball is punted. NOTE: All scrimmage line rules regarding snap, encroachment, false start, minimum line players, motion, and shift apply to the punt.
3. Punting the ball - After receiving the snap, the kicker must punt the ball immediately and in a continuous motion.
4. After being punted - Once the ball is punted, and R player may block the kick. If the blocked punt hits the ground, it is dead at that spot. If the punt is blocked by any R player behind K scrimmage line and then caught by any K player behind K scrimmage line (first ball spotter), they may advance. R may advance the punt

anywhere in the field of play or end zone. A K player cannot punt the ball to himself/herself or any other K player. Team K may punt the ball once only per down.

5. Eligible - When a punt, which has crossed K's scrimmage line (first ball spotter), touches a player from either team and then hits the ground, the ball is dead and belongs to R. If it hits an R player and then is caught in the air, it can be advanced by R. If caught by K (beyond R's scrimmage line), the ball is dead and belongs to K.

6. First Touching - If any K player touches a punt after it crosses K's scrimmage line and, before any R player touches it, it is referred to as "first touching". R may take the ball at that spot or choose to have the ball put in play as determined by the action which follows first touching. The right of R to take the ball at the spot of first touching by K is cancelled if R touches the kick and thereafter during the down commits a foul or if the penalty is accepted for any foul committed during the down.

7. Punt out of bounds between goal lines or at rest - If a punt goes out-of-bounds between the goal lines or comes to rest inbounds untouched and no player attempts to secure it, the ball becomes dead and belongs to the receiving team at that spot.

8. Punt behind the goal line - When any punt touches anything while the kicked ball is on or behind R's goal line (plane), R can down it and is a touchback.

NOTE: R may run the kick out of the end zone.

H. Kick Catch Interference - While any punt is in flight beyond K's scrimmage line, K shall not touch the ball or R, nor obstruct R's path to the ball, unless the punt has been touched by R. 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. **PENALTY: catch interference, 10 yards. R may choose a 10-yard penalty from the previous spot with K retaining the football and the down replayed, or they may accept an awarded catch at the spot of the foul.**

RULE 4: SNAPPING, HANDING AND PASSING THE BALL

A. The Scrimmage- All plays from scrimmage must be started by a legal snap from a point on the inbounds line. The ball may be moved with approval by the Referee due to poor field conditions.

1. Players may use a 2, 3, or 4-point stance.

B. Prior to the Snap

1. Encroachment - Following the ready for play and until the snap, no player on defense may encroach, touch the ball, nor may any player contact opponents or in any other way interfere with them. This includes standing in the neutral zone to give defensive signals, or shifting through the zone. After the snapper has placed his/her hand(s) on the ball, it is encroachment for any player to break the scrimmage line plane, except for the snapper's right to be over the ball. **Penalty: Dead ball foul, Encroachment, 5 yards from the succeeding spot. During the interval between scrimmage downs when two or more consecutive**

encroachment fouls are committed by the defensive team, the penalty will be 10 yards for subsequent encroachment fouls.

2. False start - No offensive player shall make a false start. A false start includes simulating a charge or start of play. An infraction of this rule may be penalized whether or not the ball is snapped and the penalty for any resultant encroachment shall be cancelled.

3. Snap - The snapper, after assuming position for the snap and adjusting the ball, may neither move nor change the position of the ball in a manner simulating the beginning of a play until it is snapped. An infraction of the provision may be penalized, whether or not the ball is snapped, and the penalty for any resultant encroachment foul by an opponent shall be cancelled. When over the ball the snapper shall have his/ her feet behind his/her scrimmage line. The snapper shall pass the ball back from its position on the ground with a quick and continuous motion of the hand(s). The ball shall leave the hand(s) in this motion.

C. Position and Action During the Snap

1. Legal position - Anytime on or after the ball is marked ready for play, each Team A player must momentarily be within 15 yards of the ball before the snap.

2. Minimum Line Players - The offensive team must have at least 4 players (Corecreational rules require 5 players) on their scrimmage line at the snap. The remaining players must be either on the scrimmage line or behind their backfield line. All players must be inbounds. A player in motion is not counted as one of the 4 or 5 on the scrimmage line.

3. Motion - One offensive player may be in motion, but not in motion toward the opponent's goal line at the snap. Other offensive players must be stationary in their positions without movement of the feet, body, head, or arms.

4. No Direct Snap - The player who receives the snap must be at least two yards behind the offensive scrimmage line. Direct snaps are illegal.

5. Shift - In a snap preceded by a huddle or shift, all offensive players must come to a complete stop and remain stationary in legal position without movement of feet, body, head, or arms for at least one full second before the snap.

D. Handing the Ball

1. Any player may hand the ball forward or backward at any time.

E. Male Runner-CoRec

1. A Team A male runner cannot advance the ball though Team A's scrimmage Line (first ball spotter). There are no restrictions:

a. During a run by a male runner once the ball is beyond the Team A or K scrimmage line.

b. During a run by a female runner.

c. After a change of team possessions

F. Backward Pass and Fumble

1. Anytime - A runner may pass the ball backward or lose player possession by a fumble anytime except if intentionally thrown out -of-bounds to conserve time.

2. Caught or Intercepted - A backward pass or fumble in flight may be caught or intercepted by any player inbounds and advanced. A player may not throw an untouched backward to him/herself.

3. Simultaneous Catching by Opposing players - If a backward pass or fumble in flight is caught by members of opposing teams, the ball becomes dead at the spot of the catch and belongs to the offensive team.
4. Out-of-bounds - A backward pass or fumble, which goes out-of-bounds between the goal lines, belongs to the offensive team at the out-of-bounds spot. If out-of-bounds behind the goal line, it is a touchback or safety.
5. Ball Dead when it hits the ground - A backward pass or fumble which touches the ground between the goal lines is dead at the spot where it touches the ground and belongs to the offensive team unless lost on downs.

G. Legal and Illegal Forward Pass

1. All players are eligible to touch or catch a pass. During a scrimmage down and before team possession has changed a forward pass may be thrown provided the passer's feet are behind the plane of Team A's scrimmage line (first ball spotter) when the ball leaves the passer's hand. Only one forward pass can be thrown per down.
2. Illegal Forward Pass - A forward pass is illegal:
 - a. If the passer's foot is beyond Team A's scrimmage line when the ball leaves his/her hand.
 - b. If thrown after team possession has changed during the down.
 - c. If intentionally thrown to the ground or out-of-bounds to save loss of yardage.
 - d. If a passer catches his/her untouched forward or backward pass.
 - e. If there is more than one forward pass per down.
3. After Illegal Forward Pass - When an illegal forward pass touches the ground or goes out of bounds the ball becomes dead and belongs to the passing team, at the spot from where the pass was thrown, unless a new series of downs has been created. In such a case the ball belongs to the passing team if after enforcement of the penalty, the ball is left in advance of the zone line to gain and the foul occurred during fourth down. If a player catches an illegal forward pass, the ball continues in play until declared dead.

H. Completed or Intercepted Passes

1. Pass caught or intercepted - A forward pass is completed when caught by a member of the passing team inbounds. A forward pass is intercepted when caught by a member of the opposing team inbounds. It is counted as a completion or interception as long as the first part of the person to make contact with the ground after the catch, usually one foot, touches inbounds.
2. Simultaneous Catch by Opposing Players - If a forward pass is caught simultaneously by members of opposing teams, the ball becomes dead and belongs to the team that snapped the ball at the spot of the catch.

I. Incomplete Passes

1. Becoming Dead- When a forward pass touches the ground or anything out of bounds, it becomes dead.

J. Forward Pass Interference

1. Contact- During a down in which a legal forward pass crosses Team A's scrimmage line contact which interferes with an eligible receiver who is beyond Team A's 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 is deflagged/tagged prior to touching the ball on a pass thrown beyond Team A's scrimmage line.
2. Offensive Pass Interference - After the ball is snapped, and until it has been touch by a receiver, there shall be no pass interference beyond Team A's scrimmage line.
3. Defensive Pass Interference - After the pass is thrown, and until it is touched, there shall be no defensive pass interference beyond Team A's scrimmage line while the ball is in flight. If the pass interference by either player is intentional or unsportsmanlike, his/her team shall be penalized an additional 10 yards.

RULE 5. SCORING PLAYS AND TOUCHBACK

A. Mercy Rule

1. Two minute warning - If a team is 19 or more points (Corecreational Rule - 25 points) ahead when the Referee announces the 2 minute warning for the second half, the game shall be over.
2. After 2 minute warning - If a team scores during the last 2 minutes of the second half and that score creates a point differential of 19 or more points (Corecreational Rule 25 Points), the game shall end at that point.

B. Touchdown

1. Touchdown values - A touchdown is worth 6 points (EXCEPTION: Corecreational Rules - If a female score a touchdown, {passing or receiving} the point value is 9)
2. Player responsibility - The player scoring the touchdown must raise his/her arms so the nearest official can deflag the player. If the player is not deflagged with one pull and the official determines the flag belt has been secured illegally, the touchdown is disallowed, and the player is disqualified.

C. Try

1. One, Two, Three Points - An opportunity to score 1 point from the 3yard line 2 points from the 10 yard line, or 3 points from the 20 yard line by running or passing only shall be granted the team scoring a touchdown. While time is out there shall be one scrimmage play, unless changed by penalty.
2. Referee's Responsibility and Defense score 2 points - The Referee must speak to the field captain only, asking him/her whether the Try shall be from the 3, 10, or 20 yard line. Once the Team A captain makes the choice, he/she may change the decision only when a charged team A or Team B time out is taken. A team's choice cannot be changed if a penalty should occur Enforcement of yardage penalties does not change the value of the Try. The point(s) shall be awarded if

the Try results in what would have been a touchdown. If Team B intercepts a pass or fumble during the Try and returns it for a touchdown, they score 3 points.

3. Fouls during a try before Team B Possession - If a double foul occurs during the down, the down shall be replayed. When a distance penalty is incurred by Team A during a successful Try, the down will be repeated, if accepted. However if a Team A penalty carries a loss of down, the Try has ended and will not be repeated. No points are scored for Team A if accepted.

4. Next Play - After a Try, the ball shall be snapped by the opponent of the scoring team at their own 15-yard line, unless moved by penalty.

D. Momentum, Safety, and Touchback

1. Safety - Two points: It is a safety when:

a. A runner carries the ball from the field of play to or across his/her own goal line and it becomes dead there in his/her team's possession

(EXCEPTION: When a Team B player intercepts a forward pass or catches a legal kick between his/her 5 yard line and the goal line and his/her original momentum carries him/her into the end zone where the ball is declared dead in his/her team's possession behind the goal line, the ball belongs to Team B at the spot where possession was gained. This is known as the momentum rule.

b. A player kicks, passes, fumbles, snaps, muffs, or bats a loose ball from the field of play to or across his/her goal line and the ball subsequently becomes dead there in his/her team's possession. This includes when the ball is declared dead on or behind their goal line. However, it does not apply to a legal forward pass, which becomes incomplete.

c. A player on offense commits any foul for which the penalty is accepted and measurement is from a spot in his/her end zone or throws an illegal forward pass from his/her end zone and the penalty is declined in a situation which leaves him/her in possession at the spot of the illegal pass and with the ball having been forced into the end zone by the passing team.

d. Afterwards – After a safety, the ball shall be snapped by the scoring team at their own 15-yard line, unless moved by penalty.

2. Touchback - It is a touchback when:

a. R downs a punt that touches anything while the ball is on or behind R's goal line.

b. K downs a punt that touches anything while the ball is on or behind R's goal line, or if no one attempts to secure the ball.

c. The ball is out of bounds behind a goal line (except from an incomplete forward pass), when the ball becomes dead in possession of a player on, above or behind the player's own goal line, or when the ball becomes dead not in possession on, above, or behind the team's own goal line and the attacking team is responsible.

- d. Afterwards - The team whose goal line is involved shall put the ball in play on the inbounds line on the 15-yard line by a snap after a touchback.

RULE 6. CONDUCT OF PLAYERS AND OTHERS

A. Noncontact Player Acts

1. No player shall commit noncontact acts during a period or intermission.

Examples include:

- a. Refusal to comply or abide by the request or decision of an official
- b. Using disconcerting acts or words prior to the snap in an attempt to interfere with Team A's signals or movements.
- c. Intentionally kicking at the ball other than during a legal kick.
- d. Leaving the field between downs to gain an advantage unless replaced or with permission of the Referee.
- e. Intentionally swinging an arm, hand or fist at any opposing player.
PENALTY: Unsportsmanlike conduct 10 yards, and if flagrant, the offender shall be disqualified.

2. Dead Ball Player Fouls - When the ball becomes dead in possession of a player, he/she shall not:

- a. Intentionally kick the ball
- b. Spike the ball into the ground
- c. Throw the ball high into the air.

3. Prohibited Acts - There shall be no unsportsmanlike conduct by players, substitutes, coaches, spectators or others subject to the Rules. Examples include, but are not limited to:

- a. Attempting to influence a decision by an official
- b. Disrespectfully addressing an official
- c. Indicating objections to an officials decision
- d. Holding unauthorized conference, or being on the field illegally.
- e. Using profanity, taunting, insulting or vulgar language or gestures.
- f. Intentionally contacting a game official physically during the game.
- g. Fighting an opponent
- h. Leaving the team area and entering the playing field during a fight.

4. Second Unsportsmanlike foul - The second unsportsmanlike foul by the same player or nonplayer results in disqualification.

B. Personal Fouls

1. No player shall commit a personal foul during a period or an intermission. Act prohibited hereunder or any other act of unnecessary roughness is a personal foul.

No player shall:

- a. Punch, strike, strip, steal or attempt to steal the ball from a player in possession
- b. Trip an opponent
- c. Contact an opponent who is on the ground
- d. Throw the runner to the ground
- e. Hurdle any other player

- f. Contact an opponent either before or after the ball is declared dead.
 - g. Make contact of any nature with an opponent, which is deemed unnecessary including using fists, locked hands, elbows or any part of the forearm or hand, except according to rule.
 - h. Deliberately drive or run into a defensive player
 - i. Clip an opponent.
 - j. Position himself/herself on the shoulders or body of a teammate or opponent to gain an advantage.
 - k. Tackle the runner by grasping or encircling with the hand(s) or arms(s) and taking the opponent toward the ground as in tackle football.
2. Roughing the Passer - 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. Roughing the passer restrictions do not apply if the forward pass is thrown from beyond Team A's scrimmage line.

C. Blocking

1. Offensive Screen Blocking - 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 arm to break a fall to retain his/her balance. A player must be on his/her feet during and after screen blocking.
2. Screen Blocking Fundamentals - A player who screens shall not:
 - a. Take a position closer than a normal step when behind a stationary opponent.
 - b. Make contact when assuming a position at the side or in front of a stationary opponent.
 - c. Take a position so close to a moving opponent that his/her opponent cannot avoid contact by stopping or changing direction. The Speed of the player to be screened will determine where the screener may take his/her stationary position. This position will vary and may be 1 to 2 normal steps or strides from the opponent.
 - d. After assuming his/her legal screening position move to maintain it, unless he/she moves in the same direction and path as his/her opponent. If the screener violates any of these provisions and contact results, he/she has committed a personal foul.
3. Blocking and Interlocked Interference - Teammates of a runner or passer may interfere for him/her by screen blocking, but shall not use interlocked interference by grasping or encircling on another in any manner.
4. Use of hands or Arms by the Defense - Defensive players must go around the offensive players screen block. The arms and hands may not be used as a wedge to contact the opponent. The application of this rule depends entirely on the judgement of the official. A blocker may use his/her arms or hands to break a fall or retain his /her balance.

D. Runner

1. Guarding the Flag Belt - Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove the flag belt. Examples of flag guarding include but are not limited to:
 - a. Placing or swinging the hand or arm over the flag belt
 - b. Placing the ball in possession over the flag belt
 - c. Lowering the shoulders in such a manner, which places the arm over the flag belt.
2. Stiff-Arm - The runner shall be prohibited from contacting an opponent with extended hand or arm. This includes the use of a "stiff arm" extended to ward off an opponent attempting to deflag/tag.
3. Helping the Runner- The runner shall not grasp a teammate or be grasped, pulled, or pushed by a teammate.
4. Obstructing the Runner - The defensive player shall not hold, grasp, or obstruct the forward progress of a runner when in the act of removing the flag belt or making a legal tag.
5. Charge - A runner shall not charge into nor contact an opponent in his/her path nor attempt to run between two opponents or between an opponent or a sideline, unless the space is such as to provide a reasonable chance for him/her to go through without contact. If a runner in his/her progress has established a straight line path he/she may not be crowded out of that path, but if an opponent is able to legally establish a defensive position in that path, the runner must avoid contact by changing direction.

E. Batting and Kicking

1. Batting a free ball- Players shall not bat a loose ball other than a pass or fumble in flight. A backward pass in flight shall not be batted forward by the passing team. A ball in player possession shall not be batted forward by a player of the team in possession. EXCEPTION: The kicking team may bat a grounded protected scrimmage kick beyond the Team A scrimmage line toward their own goal line.
2. Illegal kicking - No player shall intentionally kick a ball other than as a free kick or a protected scrimmage kick.

F. Illegal Participation

1. Blocked or Pushed out - of - bounds - Prior to a change of possession no player of A or K shall go out of bounds and return during the down unless blocked out of bounds by an opponent. If a player is blocked out of bounds by an opponent and returns inbounds during the down, he/she shall return at the first opportunity. During the down, no player shall intentionally go out of bounds and return.
2. Hinder an Opponent - No replaced player or substitute shall hinder an opponent, touch the ball influence the play or otherwise participate.
3. It is illegal Participation:
 - a. To have 8 (Corec 9) or more players participating at the snap.
 - b. To have more than the legal number of males or females participating at the snap (Corec only).

- c. If an injured player is not replaced for at least one down; unless the halftime or overtime intermission occurs.
- d. To use a replaced player or substitute in a substitution or pretended substitution to deceive opponents at or immediately before the snap.
- e. For a player to be lying on the ground to deceive opponents at or immediately before the snap.
- f. For a disqualified player to reenter the game.

G. Flag Belt Removal

1. There are basic rules, which are established for flag football because of legal or illegal removal of the flag belt.
 - a. Players must have possession of the ball before they can legally be deflagged.
 - b. When a runner loses his/her flag belt either accidentally, inadvertently (not removed by grabbing or pulling) or on purpose the play continues. The deflagging reverts to a one-hand tag of the runner between the shoulders and knees.
 - c. In circumstances where a flag belt is removed illegally, play should continue with the option of the penalty or the play.
 - d. A defensive player intentionally pulling a flag belt from an offensive player without the ball is illegal.
 - e. Tampering with the flag belt in any way to gain an advantage including tying, using foreign materials, or other such acts is illegal.

SUMMARY OF CORECREATION FLAG FOOTBALL RULES

1. The game - The game shall be played between 2 teams of 8 players, 4 men and 4 women. Teams with seven players shall be 4 men and 3 women or 4 women and 3 men. Six players 3 men and three women, or 4 men 2 women and 4 women 2 men are required to avoid forfeit. These are the only combinations allowed.
2. The ball - The regular, intermediate, youth or junior size football shall be used.
3. Minimum line players - The offensive team must have 5 players on their scrimmage line at the snap.
4. Male Runner - A Team A male runner cannot advance the ball through Team A's scrimmage line. There are no restrictions: during a run by a male runner once the ball is beyond the Team A scrimmage line; during a run by a female runner, and after a change of possession.
5. Male to Male Completion - 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. 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 a female receiver for positive yards. The spot where the ball becomes dead by rule must be beyond the Team A scrimmage line. There are not other restrictions concerning a male passer completing legal forward passes to a female receiver or female to female, or female to male. PENALTY: Illegal forward pass 5 yards from the spot where the second consecutive male to male completed legal forward pass is released and a loss of down. Any foul whether accepted or declined shall have no effect on whether the next legal forward pass completion is "open" or "closed".
6. Illegal forward pass - If a female passer completes a forward pass to a male receiver behind the Team A line of scrimmage and runs beyond this scrimmage line, it is an illegal forward pass.
7. Mercy Rule - If a team is 25 or more points ahead when the Referee announces the 2-minute warning for the second half, the game shall be over.
8. Mercy Rule - If a team scores during the last 2 minutes of the second half and that score creates a point differential of 25 points or more the game shall end at that point.
9. Touchdown value - If a female player scores a touchdown, the point value is 9. If a female player throws a legal forward pass and a touchdown is scored by any team A player, the point value is 9.

PENALTY SUMMARY

LOSS OF 5 Yards

1. Required equipment worn illegally
2. Delay of game (dead ball)
3. Eligible Substitutions
4. Legal Substitutions
5. Punt formation and Snap
6. Punting the ball
7. Encroachment (dead ball)
8. False start (dead ball)
9. Illegal snap (dead ball)
10. Offensive player not within 15 yards of ball
11. Infraction of scrimmage formation
12. Player out-of-bounds when ball is snapped
13. Offensive player illegally in motion
14. Player receiving snap within 2 yards of scrimmage line
15. Illegal shift
16. Advancement by a male runner (corec only)
17. Intentionally throwing backward pass or fumble out of bounds (Loss of down if by Team A)
18. Illegal forward pass (Loss of down id by Team A)
19. Intentional Grounding (Loss of down)
20. Illegal forward pass - 2 consecutive male to male forward pass completions (Loss of down Corec only)
21. Illegal for pass - Male catches pass and runs beyond scrimmage line (loss of down Corec only)
22. Helping the runner

LOSS OF 10 YARDS

1. Illegal Player Equipment
2. Quick Kick
3. Kick catch Interference
4. Two or more consecutive encroachments during same interval between scrimmage downs
5. Offensive pass interference (loss of down)
6. Defensive pass interference (automatic first down)
7. Illegally secured flag belt on touchdown (loss of down if offense) (automatic first down if by defense)
8. Unsportsmanlike player conduct
9. Spiking, kicking ,or throwing ball during dead ball
10. Unsportsmanlike conduct by Coaches, substitutes, or others
11. Strip or attempt to strip the ball
12. Contact with opponent on ground
13. Throw runner to the ground
14. Hurdle any player
15. Contact before or after ball is dead

16. Unnecessary contact of any Nature
17. Drive or Run into a player
18. Position upon shoulders or body of a teammate
19. Tackle runner
20. Fighting an opponent
21. Roughing the passer (automatic first down)
22. Illegal Offensive screen blocking
23. Interlocked interference
24. Defensive use of hands
25. Illegal Flag Belt Removal
26. Guarding the flag belt
27. Stiff arm
28. Obstruction or holding runner
29. Batting a loose ball
30. Illegal kicking
31. Illegal participation
32. Illegal substitute/replaced player
33. Pretended, unfair substitution

DISQUALIFICATION ASSOCIATED WITH CERTAIN 10 YARD PENALTIES

1. Flagrant unsportsmanlike player conduct
2. Flagrant spiking, kicking, or throwing the ball
3. Flagrant unsportsmanlike conduct by players, coaches, substitutes, or others subject to the rules.
4. Intentionally contacting an official
5. Flagrant personal fouls
6. Tackle the runner
7. Intentional tampering with the flag belt- offense (loss of down)
8. Intentional tampering with the flag belt - defense (automatic first down)