

University of Miami
Intramural Sports
7v7 Flag Football
Rule Book

**NIRSA Flag Football rules will govern play for any rules not covered in these rules.

Rule 1. The Game, Field, Players, and Equipment

A. The Game

1. The game shall be officiated by 2 to 4 officials. The officials are: Referee, Line Judge, Field Judge, and Back Judge. An extra official will be used for the down marker and to sign in players.
2. Once a team arrives on the fields, each player must provide an active Cane Card to the check-in window. One player must check out as many flag belts as needed with their Cane Card. Once everyone has a stamp, they must then sign in on the score sheet before entering the game.
3. Each team shall designate to the Referee a team captain or captains. The captain's first choice of any penalty option shall be irrevocable.
4. Team representatives, including players, subs, replaced players, coaches, trainers, spectators, and other persons affiliated with the team are subject to the rules of the game and shall be governed by decisions of officials assigned to the game.
5. Officials will assume authority of a specific game once they have arrived at the field.

B. The Field

1. Each field will be 80 yards long, 40 yards wide. The end zones are 10 yards deep.
2. There will be cones placed at the back of each end zone, at the goal lines (G), both 20-yard lines (20), and at midfield (40).
3. There will also be lines painted at each of the 3-yard lines, 10 yard lines, and an "X" at each 14 yard line.
4. The team box is located on each side of the field 2 yards off the sideline between the 20-yard lines. All subs, coaches, and spectators must stay inside this team box at all times, unless specified by a referee or IM Supervisor.
 - a. **Penalty:**
 - i. First Offense: Sideline Warning
 - ii. Second Offense: Dead Ball Foul, Unsportsmanlike Conduct, 5 yards.
 - iii. Subsequent Offenses: Dead Ball Foul, Unsportsmanlike Conduct, 10 yards.
5. The field will be marked by pylons and hash marks to designate where the ball may be snapped from. The hash marks will be 15 yards "in" from each sideline.

C. Players

1. Each team consists of seven (7) players, one of whom is the captain.
2. A team may start with a minimum of four (4) players. The game may continue with less than four players as long as that team still has a chance to win.
3. Everyone playing must have his/her name and I.D. number on the score sheet before he/she enters the game.
 - a. **Penalty:** Dead Ball Foul, Illegal Participation, 10 yards.
4. A player who has been replaced or directed to leave the game shall not re-enter until one play has been completed, the end of a half, or a time out is taken by either team.
 - a. **Penalty:** Dead Ball Foul, Illegal Participation, 10 yards.

D. Equipment

1. Team uniforms are required. Teams will assign themselves a different color when they sign-up. These colored shirts will be required before regular season begins. If a team shows up without enough players with same colored shirts, they will receive a forfeit. Teams are also to bring an alternate colored shirt for playoffs, NO EXCEPTIONS.
2. All players must wear shoes. Shoes with rubber cleats and screw-in cleats will be allowed if the screw is part of the cleat. Metal cleats are prohibited.
3. Jerseys must be tucked in. No hoods are allowed. Half-shirts must be 4" above the waist.

4. Players may not wear towels that hang from the waist around the flags. Players also may not wear hand warmers around the waist.
5. No jewelry is permitted.
6. Shorts or pants may not have pockets, belt loops, or exposed drawstrings.
7. Each player must wear a one-piece belt, without any knots, at the waistline with three flags permanently attached, one flag on each side and one in the center of the back.
8. Players may wear headwear that is not hard; unyielding, stiff material, including billed hats, or items containing exposed knots are illegal.
9. Towels may not be worn at the waist. Playbooks may be carried inside their clothing as long as it is not made of an unyielding material or players may also wear a soft, pliable wrist/forearm band that contains plays. Players may **not** throw a playbook on the field of play.
10. Players may not wear pads or braces on any part of the body above the waist. Players may also not wear casts above or below the waist.
11. A small towel may be placed under the ball, regardless of weather or field conditions.

Rule 2. Halves, Timing and Substitutions

A. Halves

1. Before the start of the game, the referee will conduct a captain's meeting in which he/she will designate which captain shall call the toss of the coin. The captain winning the toss will opt to do one of the following;
 - a. To defer his/her decision to the second half.
 - b. To receive or defend the ball in the first half.
 - c. To choose a goal to defend in the first half.
2. The captain not having the first choice of options shall exercise the remaining option.
3. Between the first and second half the teams shall change goals.
4. To begin each half, there will NOT be kickoffs. The team that will be on offense will begin on the 14-yard line with first and six.

B. Game Time

1. Each game shall be 40 minutes, divided into 2 halves by 20 minutes each. The intermission between halves shall be 5 minutes.
2. The clock will start on the snap of each half. It will run continuously for the first half and the first 18 minutes of the second half unless it is stopped for:
 - a. Team time-out: starts on the snap
 - b. Referee's time-out: starts on ready for play whistle
 - c. With approximately 2 minutes before the end of the second half, the Referee shall stop the clock and inform the captains of the playing time remaining. The clock starts on the snap.
 - i. When a foul occurs in the last 2 minutes of the second half, the offended team may elect to start the clock on the snap or the whistle. (2023/24 rule change)
 - d. During the final 2 minutes, the clock will stop for:
 - i. Incomplete legal or illegal forward pass: starts on the snap
 - ii. Play out-of-bounds: starts on snap
 - iii. Safety: starts on snap
 - iv. Team time-out: starts on snap
 - v. First down: dependent on the end result of the play
 - vi. Touchdown: starts on snap (after the Try)
 - vii. Penalty and Administration: dependent on previous play
 - viii. Referee's time-out: starts at his/her discretion
 - ix. Touchback: starts on snap
 - x. Inadvertent whistle: starts on the ready
 - e. When there are less than two minutes left in the game, it will be left to the discretion of the Referee following a foul to start the game clock on the snap when it would have normally started on the ready in order to prevent either team from illegally conserving or consuming extra time

- f. The Referee shall have the authority to correct obvious timing errors if discovery is prior to the second live ball following the error unless the period has officially ended.
3. Overtime
 - a. An overtime session will begin with a coin toss. The winner of the toss has the option of offense, defense, or direction. All overtime periods are played toward the same goal line.
 - b. Each team will start 1st and goal from Team B 10 yard line. If the first team scores, the opponent will still have a chance win the game.
 - c. Extra points are the same in overtime.
 - d. Each team is awarded one time-out only, during the entire overtime.
 - e. Penalties and fouls will be administered the same during overtime.
 - f. The goal line shall **always** be zone line-to-gain in overtime.
 - g. When B secures possession, the ball may be advanced, and if the result of the play is a touchdown, the game is over
 4. Time-Outs, Delays, and Substitutions
 - a. Each team is entitled to 3 charged timeouts per game.
 - b. An injured player, who is discovered by an official while the ball is dead and the clock is stopped, shall be replaced for at least 1 down unless the halftime or overtime intermission occurs. A player who is bleeding, or has an open wound, or has any amount of blood on the uniform shall be considered an injured player.
 - c. The ball must be put in play promptly and legally. Any action or inaction by either team which tends to prevent this is delay of game. This includes:
 - i. Failure to snap within 25 seconds after the ready for play whistle
 - ii. Putting the ball in play before the ready for play whistle
 - iii. Deliberately advancing the ball after it has been declared dead
 - d. The Referee may order the game clock started or stopped whenever, in his/her opinion, either team is trying to conserve or consume playing time by tactics obviously unfair. If in doubt, apply conserving/consuming time.
 5.
 - i. **Penalty:** Dead Ball Foul, Delay of Game, 5 yards.
 - b. All subs shall enter during a dead ball. An incoming sub must enter the field directly from his/her team area prior to the ball being snapped. A replaced player must leave the field at the sideline nearest his/her team area.
 - i. **Penalty:** Dead Ball Foul, Illegal Substitution, 5 yards.
 - c. During the same dead ball interval, no sub shall become a player and then withdraw, and no player shall withdraw and then re-enter as a sub unless a penalty is accepted, a dead ball foul occurs, there is a charged time-out, or a period ends.
 6. Extension of Periods
 - a. A period must be extended by an untimed down, if during the last timed down, one of the following occurs:
 - i. There was a foul (other than unsportsmanlike or nonplayer fouls, fouls for which enforcement by rule result in a safety, or fouls which specify loss of down) by either team and the penalty is accepted. For loss of down fouls, any score by the team which fouled is cancelled.
 - ii. There was a double foul
 - iii. There was an inadvertent whistle

Rule 3. **Scoring**

A. Forfeited Game

1. The score of a forfeited game shall be by mercy rule. If the offended team is ahead at the time of the forfeit, the score stands.
2. Game time is forfeit time and there will be no exceptions to the rule. The IM Supervisor on duty will declare forfeits.

B. Mercy Rule

1. If a team is 35 or more points ahead when Halftime starts, the game shall be over.

2. If a team is 19 or more points ahead when the Referee announces the 2-minute warning for the second half, the game shall be over.
 3. If a team has scored a touchdown up against the 2 minute warning than a team must call a timeout prior to the 2 minute warning in order to attempt the try.
 4. 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, the game shall end at that point.
- C. Touchdowns and Try
1. Touchdowns are 6 points and occur when a runner advances from the field of play so that the ball penetrates the vertical plane of the opponent's goal line. It is a touchdown when a loose ball is caught by a player while the ball is on or behind the opponent's goal line.
 2. It is the responsibility of the player scoring the touchdown to raise his/her arms so the nearest official can de-flag the player. If the player is not de-flagged with one pull and the official determines the flag belt has been secured illegally, the touchdown is disallowed, and the player is disqualified.
 - a. **Penalty:** Personal Foul, 10 yards from the previous spot. If by Team A, loss of down. If by Team B, automatic first down.
 3. Extra points can score 1 point from the 3-yard line, 2 points from the 10-yard line, and 3 points from the 20-yard line.
 4. After a touchdown, the Referee shall ask the field captain whether the Try shall be from the 3, 10, or 20-yard line. Once the offensive captain makes the choice, he/she may change the decision only when a charged time-out is taken.
 5. Enforcement of penalty yardage does not change the value of the Try.
 6. After a Try, the ball shall be snapped by the opponent of the scoring team at their own 14-yard line, unless moved by penalty.
 7. Any penalty on the defense occurring during a touchdown or a successful conversion will be assessed on either:
 - a. If during the touchdown, on the try or the next play from scrimmage at the 14-yard line.
 - b. If during the try, the next play from scrimmage at the 14-yard line.
- D. Onside Conversion (2023/24 rule change)
1. A team may elect to attempt on onside conversion at any time in the second half if they score a touchdown unless they are leading by 19 or more points following the try.
 2. The referee must speak to coach or captain immediately following the try, asking them whether they would like to attempt an onside conversion from the 20 yd line. Once the choice is made, they may only change it with a charged timeout. Possession will be retained by A if the onside conversion results in what would have been a TD
 3. The onside conversion begins when the ball is marked ready for play. The onside conversion ends when B secures possession, the onside conversion is successful, or the ball becomes dead by rule. Neither team can score during the onside conversion
 4. After a successful onside conversion, the ball shall be snapped by the scoring team at their own 30 yd line, unless moved by a penalty. After an unsuccessful onside, the ball shall be snapped by the opponent of the touchdown-scoring team at their own 30 yd line, unless moved by a penalty
- E. Safeties and Touchbacks
1. A safety is worth 2 points.
 2. Momentum on punts or interceptions may not result in a safety. If a Team B player intercepts a forward pass, fumble, backward pass, or catches a punt between his/her 5 yard line and the goal line and his/her original momentum carries him/her into the end zone where they are de-flagged, the ball belongs to Team B at the spot where possession was gained. This is known as the momentum rule.
 3. Any offensive player that fumbles the ball in their own end zone will result in a safety.
 4. Any time a penalty is accepted and measurement is from the spot in his/her own end zone will result in a safety. (Exception: If Team B gains possession in their own endzone and has not left the endzone, the penalty enforcement will be the succeeding spot)
 5. After a safety the ball will be snapped from the team's own 14-yard line.

6. It is a touchback when a punt is received and downed inside the receiving team's own goal line. All receivers may advance the ball out of the end zone.

Rule 4. **General Game Rules**

A. Game Rules

1. The offensive team is responsible for the ball. They must bring the ball back to the huddle. The referee will place ball markers only.
2. A team shall have a series of four consecutive downs to advance to the next zone line-to-gain (first down). Upon entering a new zone, a team will be awarded a new series of downs.
3. Each member of a team is eligible to receive a pass unless the player voluntarily goes out of bounds during the play.
 - a. **Penalty:** Live Ball Foul, Illegal Participation, 10 yards.
4. The center, after assuming the position for the snap and adjusting the ball, may not move nor change the position of the ball in a manner simulating the beginning of a play. The ball must be snapped next to the orange ball spotter. The ball must also be snapped in one continuous motion, not necessarily between the center's legs. Shifting the ball in a snapping motion without actually snapping or "double clutching" is illegal.
 - a. **Penalty:** Dead Ball Foul, Illegal Snap, 5 yards.
5. The player receiving the snap must be 2 yards off the ball for a scrimmage play. The distance is determined by the point at which the ball is first touched following the snap. The snapper may not snap the ball to him/herself.
 - a. **Penalty:** Live Ball Foul, Illegal Formation, 5 yards.
6. Only 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 without movement of their feet, body, head or arms.
 - a. **Penalty:** Live Ball Foul, Illegal Motion, 5 yards.
7. Before the snap, all offensive players must come to a complete stop for at least 1 full second. If two or more players go in motion before the snap, then this is considered a shift and all players must come set for one full second prior to the snap.
 - a. **Penalty:** Live Ball Foul, Illegal Shift, 5 yards.
8. The only player for the offensive team required to be on the scrimmage line at the snap is the center/snapper.
9. All offensive players must be momentarily within 5 yards of the ball on or after the ready for play whistle. It must be clear who the seven offensive players are on each play. The **intent** of this rule is to eliminate all sleeper or hideout plays.
 - a. **Penalty:** Live Ball Foul, Illegal participation, 10 yards
10. When an official blows an inadvertent whistle, the ball is dead at the point when the whistle was blown. The team, against which the inadvertent whistle was blown, has the option of accepting the play at the time of the whistle or replaying the down. No time may be added to the clock.
11. Spiking the ball, taunting, and excessive celebration are considered unsportsmanlike conduct.
 - a. **Penalty:** Dead Ball Foul, Unsportsmanlike Penalty, 10 yards.
12. All subs, spectators and coaches will remain in the team box which is located between the 20 yard lines and 2 yards off the sideline at all times.
 - a. **Penalty:** First Offense: Sideline Warning
 - b. Second Offense: Dead Ball Foul, Unsportsmanlike Conduct, 10 yards.

B. Passing and Catching

1. For a legal catch, a pass receiver must come down with at least one foot in bounds and control of the ball.
2. An illegal forward pass is any pass when the passer's foot is beyond the scrimmage line, if thrown after team possession has changed, and if there is more than one forward pass per down.
 - a. **Penalty:** Live Ball Foul, Illegal Forward Pass, 5 yards from the spot of the pass and loss of down.

3. If a pass is caught simultaneously by members of opposing teams inbounds, the ball becomes dead at the spot of the catch and belongs to the offensive team.
 4. A defensive player must avoid running into the quarterback behind the line of scrimmage. If a defender contacts the passer's hand or arm, whether or not he/she touches the pass, it is roughing the passer.
 - a. **Penalty:** Live Ball Foul, Roughing the Passer, 10 yards, automatic first down.
 5. Defensive Pass Interference occurs when the defense hinders the receiver from catching the ball by creating contact. It is also pass interference if an eligible receiver is de-flagged prior to touching the ball on a pass. Face guarding is no longer considered an illegal act and is not a pass interference penalty.
 - a. **Penalty:** Live Ball Foul, Pass Interference, 10 yards from the previous spot.
 6. Offensive Pass Interference occurs when the offensive player hinders the defender from catching the ball by creating contact.
 - a. **Penalty:** Live Ball Foul, Pass Interference, 10 yards from the previous spot.
 7. Any player may hand the ball forward to another teammate.
 8. There are no limits on the amount of backward passes per play. Only one forward pass per play from behind the line of scrimmage. Backward passes may take place anywhere on the field. It is considered backward if the initial direction of the pass is backwards.
 9. A player may not go out-of-bounds voluntarily and be the first player to touch a legal or illegal forward pass.
 - a. **Penalty:** Live Ball Foul, Illegal Participation, 10 yards.
 10. An offensive player may not leave his/her feet to catch a pass and, while in the air, may not slap, strike, or redirect the ball forward with the hand or arm
 - a. **Penalty:** Live Ball Foul, Illegal Batting, 10 yards from the spot of the foul.
 11. **Note: Whether a pass is catchable or uncachable has no bearing on offensive and defensive forward pass interference.**
- C. Neutral Zone
1. There will be a one (1) yard neutral zone. This is true even when the offensive team is less than one yard from the end zone or the zone line-to-gain.
 2. No defensive players are required to be on the one yard rush line at the time of the snap.
 3. After the snapper has placed his/her hands on the ball, it is encroachment for any player to break the neutral zone (both offense and defense).
 - a. **Penalty:** Dead Ball Foul, Encroachment, 5 yards.
 4. No players may be lined up in the neutral zone at the snap (both offense and defense).
 - a. **Penalty:** Live Ball Foul, Neutral Zone Infraction, 5 yards.
- D. Flag Guarding
1. An offensive player may not stiff arm or guard his/her flags by blocking them with his/her hands, the ball, or lowering the shoulders in such a manner which places the arm over the flag belt. Contact is required for flag guarding to be called.
 - a. **Penalty:** Live Ball Foul, Flag Guarding, 10 yards from the spot of the foul.
 2. It is not flag guarding if a defensive player is not within distance to de-flag.
 3. If a shirt, towel, playbook, etc are covering the flags, it will result in flag guarding.
 4. If flag guarding occurs and the defender de-flags at the same time, there is no penalty.
 5. Flag guarding is a spot foul and can result in positive yards once the penalty has been assessed.
- E. Fumbles and Stripping
1. Fumbles are dead when the ball touches the ground. It is not considered a fumble if the player has control of the ball and touches the ground.
 2. After a fumble the ball is put into play at the point where the ball first touched the ground.
 3. Any passed or fumbled ball that does not touch the ground may be advanced by any other player catching the ball. If any part of the player other than his/her hand touches the ground, he/she is down at that spot.
 4. If the ball is fumbled into the opponent's end zone, the result is a touchback (opponent's ball on their 14-yard line).

5. No player shall attempt to steal the ball, trip an opponent, contact an opponent from the ground, make unnecessary contact with an opponent, deliberately dive or run into an opponent or tackle the ball carrier.

- a. **Penalty:** Live Ball Foul, Personal Foul, 10 yards (if flagrant, ejection).

F. Flag Belt Removal

1. When the flag belt is taken from the runner with the ball, the down shall end and the ball is dead.
2. A player who removes the flag belt from the runner should immediately hold the flag belt above his/her head to assist the official in locating the spot where the "tackle" occurred.
3. A ball carrier is considered de-flagged when and where the clip of the flag belt becomes detached, not where the belt falls to the ground.
4. If a flag belt inadvertently falls off, a one-hand tag between the shoulders and the knees constitutes a "tackle".
5. The ball becomes dead when:
 - a. A legal de-flagging occurs.
 - b. The ball carrier touches the ground with anything but their hands or feet. i. NOTE: The ball-in-hand is considered an extension of the hand.
 - c. A fumble hits the ground.
 - d. A snap from the center touches the ground.
6. In an attempt to remove the flag belt from the ball carrier, defensive players may contact the body of an opponent with his/her hands. A defensive player may not hold, push, or mow the ball carrier down in an attempt to remove the flag.

G. Screening

1. Blocking, as in tackle football, is prohibited. A screen block shall take place without contact.
2. The screen blocker shall have his/her hands and arms at his/her side or behind his/her back.
3. Any use of the hands, arms, elbows, legs or body to initiate contact during a screen is illegal.
4. A blocker may use his/her hand or arm to break a fall or retain his/her balance.
5. A player must be on his/her feet before, during and after screen blocking.
 - a. **Penalty:** Live Ball Foul, Illegal Contact, 10 yards.

H. Punts

1. Punts must be announced before the ball is ready for play. Once the decision to punt has been made by the captain, it cannot be changed unless a charged time-out occurs.
2. The kicking team only needs to have the snapper on their line of scrimmage.
3. Punts must be snapped from the center.
4. The punter must be at least two yards off the line of scrimmage upon receiving the snap and must punt the ball immediately.
5. The offense may not advance beyond the line of scrimmage until the ball is kicked.
 - a. **Penalty:** Live Ball Foul, Illegal Procedure, 5 yards.
6. Neither team may enter the neutral zone until the ball is kicked.
7. The receiving team may advance the ball after it has touched the ground. However, if the ball hits any player and then touches the ground, the ball is dead at the spot.
8. After the ball is punted, any receiving team player may block the kick. If the blocked punt hits the ground, it is dead at that spot.
9. The kicking team cannot kick the ball to themselves or any other teammate.
10. Once the punted ball crosses the scrimmage line, it is free for anyone to catch as long as the kicking team does not get in the way of a receiving team players attempt to catch the kick.
 - a. **Penalty:** Live Ball Foul, Kick-Catch Interference, 10 yards.
11. If a punted ball beyond the scrimmage line is caught by the kicking team, the ball is dead and belongs to the receiving team at that spot. If it is muffed by the receiving team and then caught in the air before touching the ground by the kicking team, it belongs to the kicking team at the spot of the catch. A muff by the receiving team may not be advanced by the kicking team.
12. Quick kicks and fake punts are illegal.
 - a. **Penalty:** Live Ball Foul, Illegal Kick, 10 yards.
13. All punts that break the plane of R's goal line is declared dead and a touchback, unless R chooses

14. The Referee must again ask the kicking team if they would like to punt or go for it on 4th down if a foul or inadvertent whistle causes a replay of the down.

Rule 5. **Conduct of Players**

A. Non-contact Player Acts

1. Refusal to comply or abide by the request or decision of an official.
2. Using words similar to the offensive audible and quarterback cadence prior to the snap in an attempt to interfere with the offense's signals or movements.
3. Intentionally kicking at the ball, other than during a punt.
4. Leaving the field between downs to gain an advantage unless replaced.
5. Intentionally kicking at any opposing player.
6. Intentionally swinging an arm, hand or fist at any opposing player.
7. Participate while wearing illegal player equipment.
8. Being outside the team box, but not on the field.
 - a. **Penalty for 1-7:** Unsportsmanlike Conduct, 10 yards. (If flagrant, the offender will be ejected.)
 - b. **Penalty for 8:** First offense is a warning, the second offense is Unsportsmanlike Conduct 5 yards, and each subsequent offense is 10 yards.

B. Dead Ball Player Fouls

1. Intentionally kick the ball.
2. Spike the ball into the ground.
3. Throw the ball high into the air.
 - a. **Penalty for all listed:** Unsportsmanlike Conduct, 10 yards. (If flagrant, the offender will be ejected.)

C. Prohibited Acts

1. Attempting to influence a decision by an official.
2. Disrespectfully addressing the official.
3. Indicating objections to an official's decision.
4. Using profanity, taunting, insulting or vulgar language or gestures.
5. Intentionally contacting a game official physically during the game.
6. Fighting an opponent.
7. Leaving the team area and entering the playing field during a fight.
 - a. **Penalty for all listed:** Unsportsmanlike Conduct, 10 yards. (If flagrant, the offender will be ejected.)
8. A nonplayer deflags or interferes with a runner.
 - a. **Penalty:** Personal foul, 10 yards. The Referee will award a touchdown and disqualify the nonplayer.

D. Multiple Unsportsmanlike Fouls

1. The second unsportsmanlike foul by the same player will result in the player being ejected.
2. The fourth unsportsmanlike foul by the same team results in their forfeiture of the game.
3. The Referee shall warn the captain after the 2nd foul that the next one will result in forfeiture.

E. Unfair Acts

1. No player, sub, coach or others subject to the rules shall use verbiage or commit any act not in accordance with the spirit of fair play for the purposes of confusing the opponent.
 - a. **Penalty:** Live or Dead Ball Foul, Unsportsmanlike Conduct, 10 yards.
2. Unfair acts are plays used to fool the opponent and are in the discretion of the Referee.
3. Voice inflection by QB is not an unfair act.

F. Personal Fouls

1. Stripping or stealing the ball.
2. Contact another player who is on the ground.
3. Throw the runner to the ground.
4. Hurdle any other player.
5. Contact an opponent either before or after the ball is declared dead.

6. 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.
7. Deliberately drive or run into a defensive player.
8. Position himself/herself on the shoulders or body of a teammate or opponent to gain advantage.
9. Tackle the runner by grasping or encircling with the hand or arm and taking the opponent toward the ground as in tackle football.
 - a. **Penalty for all listed:** Personal Foul, 10 yards. (If flagrant, the offender will be ejected.)

Rule 6. **Enforcement of Penalties**

A. Penalty Procedure After a Foul

1. Once the penalty is committed, the Referee will approach the offended team captain and offer the choices. Once the captain makes a decision, it is final unless a charged time-out is taken. The Referee will not give a preliminary signal for delay of game, encroachment, or false start fouls. Only the final signal and announcement will be given.
2. A measurement cannot take the ball more than half the distance from the enforcement spot to the offending team's goal line. If the penalty is greater than this, the ball is placed halfway between the enforcement spot and the goal line.
3. If there is a foul by the defensive team (other than unsportsmanlike or non player foul) during a down which results in a successful touchdown and there was no change of possession, the scoring team may choose to have the foul enforced in one of two ways:
 - a. To take the yardage on the Try
 - b. To take the yardage on the play after the Try, 14 yard line.
4. If there is a foul by the defensive team (other than unsportsmanlike or non player foul) during a down which results in a successful touchdown and there was a change of possession and the foul occurs after the change of possession, the scoring team may accept the result of the play and then choose to have the foul enforced on the Try, or after the Try, at the 14 yard line.
5. If there is a foul by the defensive team during the Try which is successful, the penalty shall be enforced on the next play from the 14-yard line (in overtime it is at the 10 yard line.)
6. Fouls during or after last play of period. A.) Last play of game B.) Last play of OT period or C.) Dead ball fouls that occur after last play of game or OT period. a. These fouls can be carried over to OT, unless a touchdown is scored on that play, in which case the penalty can only be enforced on the Try.
7. A team may be double penalized for infractions on both the touchdown and the Try.
8. The goal line will be the enforcement spot for any foul committed by the defensive team and if the offensive team's end of the run is in the offensive team's end zone.
9. Dead Balls (More than 1). If the same number of dead ball fouls are committed by both teams, and the order of occurrence cannot be determined, they will offset.
10. If there are less than 2 minutes left in the game, it will be left to the discretion of the Referee following a foul to start the game clock on the snap when it would have normally started on the ready in order to prevent either team from illegally conserving or consuming extra time.

B. Summary of Fouls and Penalties (all are from Previous Spot, unless otherwise noted)

1. **Loss of 5 yards**

- a. False Start: Dead Ball
- b. Illegal Snap: Dead Ball
- c. Encroachment: Dead Ball
- d. Illegal Substitution: Live or Dead Ball (dependent on situation)
- e. Delay of Game: Dead Ball
- f. Failure to Wear Required Equipment: Live Ball
- g. Failure to Punt the Ball in a Timely Manner: Live Ball
- h. Illegal Formation
 - i. Offensive Player not within 15 yards of the ball or huddle prior to the snap: Live Ball
 - ii. Not having enough players on the line of scrimmage at the snap: Live Ball
 - iii. Player out of bounds at the snap: Live Ball

- iv. Receiving the snap less than 2 yards from the center: Live Ball
- i. Illegal Motion: Live Ball
- j. Illegal Shift: Live Ball
- k. Intentionally Throwing a Backwards Pass Out-of-Bounds: Live Ball, Loss of Down if by Offense and Penalized from the Spot the Ball goes Out-of-Bounds.
- l. Aiding the Runner: Live Ball, Penalized from the Spot
- m. Intentional Grounding: Live Ball, Loss of Down if by Offense, Penalized from the Spot of the Throw.
- n. Illegal Forward Pass
 - i. Forward pass thrown from beyond the line of scrimmage: Live Ball, Loss of Down if by Offense and Penalized from the Spot of the Throw.
 - ii. Two forward passes on the same down: Live Ball, Loss of Down if by Offense and Penalized from the Spot of the Second Throw.
- o. Illegal Male Reception (**Co-Rec**): Live Ball, Loss of Down and Penalized from the Previous Spot
- p. Illegal Advancement (**Co-Rec**): Live Ball
- 2. Loss of 10 yards**
 - a. Illegal Player Equipment: Live Ball
 - b. Quick Kick: Live Ball
 - c. Kick-Catch Interference: Live Ball
 - d. Two or More Consecutive Encroachments During the Same Down: Dead Ball
 - e. Offensive Pass Interference: Live Ball
 - f. Defensive Pass Interference: Live Ball
 - g. Illegally Secured Flag Belt During a Touchdown: Live Ball, Player is Ejected
 - i. If by Offense: Loss of Down
 - ii. If by Defense: Automatic First Down
 - h. Unsportsmanlike Conduct: If flagrant, player shall be ejected. (succeeding spot)
 - i. Fighting or Striking an Opponent
 - ii. Spiking, Kicking, or Throwing the Ball During a Dead Ball
 - i. Personal Fouls/Illegal Contact
 - i. Strip or Attempt to Strip the Ball (end of the run)
 - ii. Contact with Opponent on the Ground: Live Ball, if flagrant, player shall be ejected.
 - iii. Throw Runner to the Ground: Live Ball, player will be ejected.
 - iv. Hurdle any Player: Live Ball (spot of the foul)
 - v. Contact Before or After the Ball is Dead
 - vi. Dive or Run into a Player: If flagrant, player shall be ejected.
 - vii. Climb on top of another player
 - viii. Tackle the Runner: Player shall be ejected.
 - ix. Illegal Offensive Screen Blocking: Live Ball
 - x. Interlocked Screening: Live Ball
 - xi. Stiff Arm: Live Ball
 - j. Roughing the Passer: Live Ball, Automatic First Down (result of the play)
 - k. Illegal Flag Belt Removal: Live Ball
 - l. Holding: Live Ball (offense: spot of the foul, defense: end of the play)
 - m. Illegal Kicking: Live Ball
 - n. Illegal Batting: Live Ball
 - o. Illegal Participation: Live Ball
 - p. Illegal Substitute/Replaced Player: Live Ball
 - q. Flag Guarding: Live Ball (Spot of the foul)

Rule 7. Co-Rec Rules

- A. All normal Flag Football rules apply, with the following changes:

1. The game shall be played between two teams of 8 players, 4 men and 4 women. Teams with 7 players shall be 4 men and 3 women or 3 men and 4 women. Teams with 6 players shall be 3 men and 3 women, 4 men and 2 women, or 2 men and 4 women. 5 players - 3 men and 2 women or 2 men and 3 women are the minimum amount of players required.
 - a. **Penalty:** Live Ball, Illegal Participation, 10 yards.
2. The ball can be a regular intermediate, youth or junior sized football.
3. The only player for the offensive team required to be on the scrimmage line at the snap is the center/snapper.
 - a. **Penalty:** Live Ball, Illegal Procedure, 5 yards.
4. An offensive team's male runner cannot advance the ball through the scrimmage line. There are no restrictions: during a run by a male runner once the ball is beyond the offense's scrimmage line; during a run by a female runner; after a change of possession; and after a legal forward pass.
 - a. **Penalty:** Illegal Procedure, 5 yards from the previous spot.
5. If a male receiver catches a pass from a male passer on a closed play, it is a foul. Whether the penalty is accepted or declined, the next down shall remain closed.
 - a. **Penalty:** Illegal Male Reception, 5 yards from the previous spot, and a loss of down.
6. Any foul, whether accepted or declined, shall have no effect on whether the next legal forward pass completion is open or closed.

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