

**EASTERN MICHIGAN UNIVERSITY**  
**Recreation/Intramural Sports**  
**Indoor Flag Football Rules**

Note: Play is governed by current NIRSA Flag Football Rules with the following modifications.

**RULE 1. THE FIELD, PLAYERS, AND EQUIPMENT**

The field shall consist of one 20 yards zone,

**B. THE PLAYERS**

1. Four players constitute a men's or women's team. A team may play with 3 (i.e., team must start if 3 players are present). If fewer than 3 players are present at game time, the game will be declared a forfeit. If a team drops below 3 players anytime during the game for reasons other than injury the game shall be recorded as a forfeit.
2. A player's name must appear on the scorecard before he/she may enter the game.

**C. EQUIPMENT**

1. Each player on the field must wear a one piece flagbelt (provided by Intramural Sports) at the waistline with three flags permanently attached, one flag on each side and one in the center of the back. The flagbelt must be free of any knots.
2. **The use of headgear, jewelry, shoulder pads, body pads or any unyielding or dangerous equipment is prohibited. Players may wear a knit or stocking cap and use soft, pliable gloves if they desire. No baseball style caps or bandannas may be worn at anytime.**
3. Tape or bandage on the hand, wrist, forearm, or any other part of the body is prohibited except to protect an injury. Under no circumstances will a player wearing a cast or splint be allowed to play. Braces with exposed metal parts must be covered.
4. All players must wear jerseys (shirts) long enough so that they remain tucked in during each down or cut at least 4" above the flag belt. Each team must wear the same color jersey or shirt. The jersey must be tucked in to allow for grabbing the flag. Penalty - 5 yards.
5. **Belt loops, pockets, exposed drawstrings, or untucked hoods on sweat tops are illegal. Players wearing such illegal equipment will not be allowed to participate until illegal equipment is removed.**
6. **Any decision on the legality of any equipment on or being used by a player will be made by the supervisor on duty, and his/her decision will be final.**
7. All participants must wear shoes. Absolutely no work boots, sandals, etc.

## **RULE 2. TIMING**

### A. PLAYING TIME AND INTERMISSIONS

1. The game will consist of three possessions per team. Each team will have four downs to score. After a score, the team will go for 1(3 yards out), 2(10 yards out), or 3(twenty yards out) points.
2. **In case of a game ending in a tie**, the two captains will determine the options by a coin flip. The visitor captain will call the toss. The winner of the toss shall be given options of offense, or defense. Teams will alternate choices if additional overtime periods are played. Each team will be given a series of 4 downs to score. Extra points will be attempted and scored as previously stated. If the defense intercepts the ball and returns it for a touchdown, they will win the game. If it is not returned for a score, the ball will be placed at the 20 yard line. Each team is entitled to one time-out per overtime. The game will continue to be played until a winner is determined.
3. Each team will be permitted one(1) time-out per contest. These time-outs shall be 1 minute in length.

## **RULE 3. PRE-GAME AND KICKING**

### A. The Toss and Options

**Procedure** Prior to the start of the game, the referee shall toss a coin, and the visiting team captain shall call the toss. The captain winning the toss shall have the choice of offense or defense..

### B. Kicking the Ball – **No kicking or punting allowed**

## **RULE 4. STARTING THE GAME AND CHANGE OF POSSESSION AFTER SCORE**

1. Teams will start from the 20-yard line at the beginning of each game and after any score or turn over by the opposition.

## **RULE 5. SNAPPING AND PASSING THE BALL**

### A. SNAPPING THE BALL

1. The player who receives the snap from the center must be at least 2 yards 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).
2. The neutral zone will be one-yard wide and marked with a marker on the ground.

Both teams must line up behind their line of scrimmage. Any player jumping into the neutral zone is an automatic dead ball offside or false start.

## B. PASSING THE BALL

- 1. The ball must be passed and not ran across the line of scrimmage.**
2. If a legal forward pass is caught simultaneous by members of opposing teams, the ball is immediately dead upon returning to the ground and belongs to the offense.
3. A forward pass is a live ball thrown towards the opponent's goal line. A backward pass is a live ball thrown parallel or backwards. The initial direction of the pass will determine whether or not the ball is backwards or forwards.
4. It is illegal to attempt to steal the ball while in player possession. Once a player has obtained possession of the ball, his/her opponent must play the flag, not the ball. If a player tries to take the ball away from the person in possession of the ball, it is considered unnecessary roughness/illegal contact.
5. Defensive players must not contact the passer at anytime during or after the play. They may only go for the flag. Rushers may try to deflect the ball, but they may not contact the passer even if the ball is deflected. If the defender contacts the passer, it is considered roughing the passer.
6. Only one foot must touch inbounds in order for a pass reception to be considered legal.

## **RULE 6. SCREENING, RUSHING, AND CONTACT**

### A. SCREENING AND RUSHING

1. Screen blocking is legally obstructing an opponent without using any part of the body to initiate contact with him/her.
2. 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 hands or arms to break a fall or to retain his/her balance.
3. Defensive players must go around the offensive player's 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 rusher may use his/her hands or arms to break a fall or retain his/her balance.
4. These actions are judged similarly to the block/charge call in basketball.
5. Team Players are responsible for retrieving the ball after a down has ended.

Officials are not responsible for retrieving the ball. The offensive team may take the ball to the huddle after each play.

### **RULE 7. SCORING**

#### A. Point Value

Touchdown	6 points
Safety	2 points
Extra Points	1 point from 3 yards
	2 points from 10 yards
	3 points from 17 yards

### **RULE 8. PROTESTS AND FORFEITS**

- A. **A team wishing to protest, rules interpretations, will be charged with a timeout. If the protest is ruled invalid the team will lose its timeout. If the protest is valid the timeout will be charged to the officials. If a team has no timeouts remaining and wishes to protest they may do so, however, they will be charged with a 10 yard unsportsmanlike penalty if the protest is invalid.**
- B. **Player Eligibility:** Protests concerning player eligibility must be made to the Intramural Sports supervisor before the contest in question. The protest will be ruled on by the Coordinator of Intramural Sports the following day.
- C. **Judgement Calls:** Questions about an official's judgement are not valid grounds for a protest.