

**OLD DOMINION UNIVERSITY**  
**Recreational Sports Department**  
**FLAG FOOTBALL 2007 RULES**

**1. ALL PLAYERS MUST PRESENT THEIR ODU I.D. CARD AT THE GAME SITE PRIOR TO PARTICIPATING IN ANY AND ALL INTRAMURAL CONTESTS.**

2. Intramural play is open to all graduate and undergraduate students currently enrolled in a minimum of 3 credit hours at Old Dominion University. Intramural play is also opened to all Old Dominion University faculty and staff.

3. Players may not play for more than one single sex team and one co-recreational team during the same league, tournament, or event.

4. Intramural participants must assume full responsibility for any injury that may occur during an intramural contest. Intramural participation is completely voluntary. It is strongly recommended that all participants complete a physical examination and acquire adequate medical insurance prior to participating in this or any Intramural activity.

**Persons Subject to Rules:**

Team representatives, including players, substitutes, replaced players, coaches, trainer, spectators, and other persons affiliated with the team are subject to the rules of the game and shall be governed by decisions of the officials assigned to the game.

**Playing Time:** Games will consist of (2) 20 minute halves with the clock stopping for the last two minutes of each half.

**Start Each Half:**

Unless moved by penalty, the ball shall be snapped on the 14 yard line to start each half.

**Coin Toss:**

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:

- A. To choose whether his/her team will start on offense or defense.
- B. 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.

**Forfeits:**

If at the scheduled game time a team does not have the minimum of 5 players (6 for co-rec), **GAME TIME IS FOREIT TIME.**

## **Rule 1- The Game, Field, Players, and Equipment- Men, Women**

### **Article 1-Game**

The game shall be played between 2 teams of 7 players each. Five players are required to start the game and avoid a forfeit. The game may be continued with less than 5 players as long as the team has a chance to win.

The co-recreational game shall be played between 2 teams of 8 players, 4 men and 4 women. Teams with 7 players shall be 4 men and 3 women or 4 women and 3 men. Six players, 3 men and 3 women **or 4 women and 2 men.**

### **Article 2-Team Captain**

Each team shall designate to the Referee the team captain or captains. If more than one player is designated, a speaking captain must be selected to make all decisions.

The Referee has authority to rule promptly, and in the spirit of good sportsmanship, on any situation not specifically covered in the rules. The Referee's decisions are final in all matters pertaining to the game.

### **Article 3-Equipment**

Footballs will be provided by the Recreational Sports Department. Teams will be furnished with and must wear identically colored playing shirts. Team colors must be contrasting to one another and it is preferred that they have numbers. Each player shall wear a set of three flags provided by the Recreational Sports Department.

Team Captains must check out equipment (flags and jerseys) from the on duty supervisor **before** beginning their scheduled game. **University ID Card is required** Shirts must be long enough to tuck in so that they remain tucked in the pants/shorts during the entire down or short enough so there is a minimum 4" from the bottom of the shirt to the player's waistline.

Pants or shorts with belt loops or pockets are prohibited. The pants or shorts must be a different color than the flags.

Towels may not hang from a player's waist or otherwise interfere with the possible removal of a flag. Towels, however, may be used and kept on the ground on the ball before the snap.

No metal spikes or cleats can be worn. Only plastic or rubber cleats will be allowed which do not exceed ½ inch in length. **No cleats are allowed on Foreman Field.**

Players may wear a knit or stocking cap. The cap will have no bill. Headwear containing any hard, unyielding, stiff material, including billed hats, or items containing exposed knots will not be permitted. Jewelry, pads or braces worn above the waist, hard leg and knee braces are also not permitted.

### **Tie Breaker**

A coin toss will precede "Tie Breaker" ONLY. The team winning the toss has 3 options: Offense, Defense, or Direction. The opposing team then has the remaining choice. The object is to score a touchdown and subsequent extra point (1, 2, or 3 points). After the offense scores, the defense then has 4 plays within which to score. Play starts from the 10 yard line. If no team has scored after their respective plays the process is repeated. When a pass is intercepted the defense becomes the offense and begins their series of 4 plays. If the interception is returned for a touchdown, the game is over. Penalties are assessed similar to the regular game. A team shall be given a new series of 4 plays when an automatic first down penalty is accepted. Dead ball penalties after a touchdown

are penalized on the extra point attempt. Live ball penalties committed by either team after the defense gains possession during an attempt or overtime shall be enforced at the succeeding spot. Dead ball penalties following a successful attempt will be penalized from the succeeding spot, the defense's 10-yard line, if accepted. Each team is given one time-out for an overtime period

### **Time-outs**

Each team is allowed two (2) timeouts per half (1-minute time-outs); time-outs not used in the first half are not carried over into the second half. The clock will stop during time-outs.

### **Substitution**

No substitute shall enter during a down. Between downs, any number of eligible substitutes may replace players provided the substitution is completed by having replaced players off the field before the ball becomes live. An incoming substitute must enter the field directly from his/her team area. No offensive substitute may enter unless he joins the huddle and is part of the huddle at the time when it breaks.

### **The Game**

The field is divided into 4 zones of 20 yards each and 2 end zones of 10 yards each. The offense is responsible for the ball at all times, not the referee. If a team is ahead by 19 points (Co-Rec is 25 points) at the 5-minute mark in the second half, the game is over. The scrimmage line for team A is the yard line and its vertical plane which passes through the point of the ball nearest its own goal line. The offensive team must have at least 4 players on the line of scrimmage prior to the snap. The scrimmage line for team B is the yard line and its vertical plane, which passes one yard from the point of the ball nearest its own goal line.

### **The Offense**

The offensive team has 25 seconds to put the ball in play after referee signals "ready for play." Teams will have 4 downs to advance to the next zone.

### **Ball in Play, Dead Ball, Out-Of Bounds:**

The ball is declared dead when the ball touches the ground:

- A) On a fumble
- B) On a lateral
- C) On a pass or
- D) After touching a player on a punt.

The sideline and end lines are considered out of bounds. (Only one foot needs to touch in bounds in order for a pass to be complete). Once an offensive or defensive player steps out of bounds, that player is no longer eligible to touch the ball.

## SCORING PLAYS and TOUCHBACK

### Point Values:

- A. Touchdown -----6 points  
    Female Score (co-rec only)-----9 points  
    Female pass to male for TD-----9 points
- B. Safety-----2 points

### Successful Try For Point

- A. Running or passing from 3-yards-----1 points
- B. Running or passing from 10-yards----2 points
- C. Running or passing from 20-yards----3 points
- D. If a team B player intercepts a pass or aired fumble during the try and returns it for a touchdown, they score 2 points.

### After a Try:

After a try, the ball shall be snapped by the opponents of the scoring team at their own 14 yard line.

### “19 Point Rule” (applies to both men and women):

If either team is 19 points ahead after the 15 minute running time of the second half, the game is over. **Prior to application of this rule, there must be a down free of any accepted live ball fouls.**

“25 Point Rule” (applies to Co-Rec): Same procedure as above.

### Player Responsibility After Touchdown:

The player scoring the touchdown must raise their arms so that 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 and it is a foul. PENALTY: 10-yards from the previous spot and loss of down.

### After a Touchback:

After a touchback, the ball shall be snapped from the nearest 14-yard line.

### Safety:

After a safety, the ball shall be snapped by the scoring team at their own 14-yard line, unless moved by penalty.

### **Players' Conduct:**

It is illegal to steal or attempt to steal (strip) the ball from a player in possession. The object of the game is to deflag a ball carrier, not to steal the ball. Roughing the passer: Defensive players must make a definite effort to avoid charging into a passer after it is clear that the ball has thrown and may not make contact with the throwing arm.

Guarding the flag belt: Ball carriers shall not guard their flags by blocking, with arms, hands or ball, the opportunity for an opponent to pull or remove the flag belt. The defensive player shall not (intentionally or accidentally) hold, grasp, or obstruct forward progress of a ball carrier when in the act of removing the flag belt. The flag belt removal: intentionally pulling or removing a flag belt from an offensive player without the ball by a defensive player is illegal. 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 arms, elbows, legs, or knees to initiate contact during an offensive player's screen block is illegal. A blocker may use his/her feet in order to gain position before, during and after screen blocking.

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 one another in any manner.

### **Co-Recreational Rules**

1. The corecreational game shall be played between 2 teams of 8 players, 4 men and 4 women. Teams with 7 players shall be 4 men and 3 women or 4 women and 3 men. Six players, 3 men and 3 women **or 4 women and 2 men.**

2. A regular, intermediate, youth or junior size football shall be used

3. The offensive team must have at least 5 players on the scrimmage line prior to the snap

4. A male runner cannot advance the ball through their offensive scrimmage line, no exceptions.

5. Male to Male Completion: During the offensive's 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 extra point try as well. If a male passer completes a legal forward pass to a male receiver, the next legal forward pass 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.

6. If a female passer completes a forward pass to a male receiver behind the offensive scrimmage line and the male receiver runs beyond this scrimmage line, it is an illegal forward pass. This does not open the next play.

7. If a team is 25 or more points ahead at the two minute warning, the game is over.

8. If a female player is involved in a touchdown (passer, runner, receiver), the touchdown is worth 9 points

During a closed play situation (male to male completion preceding), ALL of the following must occur to "open" the succeeding play:

1. A LEGAL forward pass must be completed.

2. The pass must involve either a female passer or receiver.

3. The play must result in positive yards.

Loss of 5 Yards	Loss of 10 yards
1 Delay of Game (Dead Ball)	1 Batting a Free Ball
2 Encroachment (Dead Ball)	2 Contact Before or After Ball is Dead
2 <b>If consecutive in the same down – 10 yards</b>	3 Contact With Opponent on Ground
3 False Start (Dead Ball)	4 Defensive Use of Hands
4 Helping the Runner	5 Dive or Run into a Player
5 <b>Illegal Forward Pass- 2 Consecutive Male to Male, Forward Pass Completions (Loss of Down) Corec Only</b>	6 Forward Pass Interference – Defensive (Automatic First)
6 Illegal Forward Pass-Loss of Down if by Team A	7 Forward Pass Interference – Offensive (Loss of Down)
7 Illegal Formation	8 Guarding the Flag Belt
7 <b>Illegal advancement by male runner (co-rec only)</b>	9 Hurdle any Player
8 Illegal Shift	10 Illegal Flag Belt Removal
9 Illegal Snap (Dead Ball)	11 Illegal Kicking
10 Illegally Conserving or Consuming Time	12 Illegal Offensive Screen Blocking or defensive bull-rush
11 Infraction of Scrimmage Formation	13 Illegal Participation
12 Infraction of the Punt Formation – Kickers	14 Illegal Player Equipment
13 Infraction of the Punt Formation – Line Players	15 Illegal Substitution/Replaced Player
14 Intentional Grounding (Loss of Down)	Illegally Secured Flag Belt on Touchdown (Loss of Down by Offense) (Automatic First Down if by Defense)
15 Intentionally Throwing Backward Pass or Fumble, Out-of-Bounds (Loss of Down if by Team A)	16 Interlocked Interference
16 Offensive Player Illegally in Motion	17 Kick Catch Interference
17 Offensive Player Not Within 15 yards of Ball	18 Obstructing or Holding the Runner
18 Player Out-of-Bounds When Ball is Snapped	19 Position Upon Shoulders or Body
19 Receiving Snap Within 2 Yards of Scrimmage Line	20 Pretended, Unfair Substitution
20 Required Equipment Worn Illegally	21 Quick Kick
21 <b>Illegal Substitution (Dead Ball)</b>	22 Roughing the Passer (Automatic First Down)
Disqualification Associated With Some 10 Yard penalties	23 Spiking, Kicking, or Throwing Ball During Dead Ball
1 Flagrant Personal Foul	24 Stiff Arm
2 Flagrant Spiking, Kicking or Throwing Ball	25 Strip or Attempt to Strip the Ball
3 Flagrant Unsportsmanlike Conduct by Players, Coaches, Substitutes or Others Subjected to the Rules	26 Tackle Runner
4 Flagrant Unsportsmanlike Player Conduct	27 Throw Runner to the Ground
5 Intentional Tampering With Flag Belt-Defense (Auto 1st Down)	28 Two or More Consecutive Encroachments, During Same Interval Between Scrimmage Downs
6 Intentional Tampering With Flag Belt-Offense (Loss of Down)	29 Unnecessary Contact of any Nature
7 Intentionally Contacting an Official	30 Unsportsmanlike Conduct by Coaches, Substitutes, Fans
8 Intentionally Kicking at or Swinging an Arm, Hand, or Fist at any Opposing Player	31 Unsportsmanlike Player Conduct
9 Tackle the Runner	32

