

By-Laws for Flag Football 2010

I. RULES OF PLAY:

Rules of play will be the current PFFL and these By-Laws.

II. EQUIPMENT:

Playing Time: The game will consist of two twenty, (20) minute halves with a running clock. There will be a five- (5) minute half time break. The game clock will be regulation during the last two- (2) minutes of each half. Time outs are one minute in length.

Number of players: Each team must start with nine players and may finish with a minimum of six players. A team that drops below six players forfeits the game.

Equipment: Footwear is mandatory at all times, (except place kickers at the time of the kick) molded sole shoes with rubber cleats are authorized. Flags must be worn on the hips; pants with pockets, belt loops are prohibited. Hard bill caps and bandannas are not allowed.

III. TOSS AND OPTIONS:

Prior to the game the referee shall flip a coin to determine kicker, receiver, defend goal, defer to second half, (one of four choices). The loser will be given the choice in the second half if not deferred. A kicking tee or the ground must be used for kick-offs field goals and point after touchdown kicks. No other objects may be used.

- a. Kick-off: At twenty-yard line, by place, drop kick or punt.
- b. Team Formation: The offensive team must have 5 men on the line of scrimmage on every down. Ball must pass through the center's leg on all hikes: The center must hike the ball to a back and turn 180 degrees (face his goal line) prior to having the opportunity to advance the ball on a running play.
- c. Yardage and Downs: The playing field lines to gain are located 20 yards apart. Offensive team has 4 downs in which to achieve a first down at the next line to gain.
- d. Forward Pass: Only one forward pass each scrimmage down is permitted. Any number of backward passes may be attempted.
- e. Eligible receivers: all nine players are eligible to receive a pass
- f. Pass Interference: Defensive interference will be an automatic first down at the point of the infraction. Offensive interference will result in a loss of down and a ten-yard penalty from the previous spot.
- g. Loss of Flag: If a player loses a flag after, or while with the ball, the opposing player only has to touch the ball carrier with one hand.
- h. Any fumbled ball that touches the ground shall be declared a dead at the spot the ball touches the ground. Kick-offs may be retrieved from the ground by the receiving team and returned providing the catch is not muffed and it would then be considered dead at the spot. If the catch is muffed the person that committed the muff is the only eligible ball carrier. If any other player touches the muff it will be declared dead at that spot. On the snap from center if the ball touches the ground before anyone gains possession, the ball may be retrieved by the quarterback and be conserved a live ball. When the quarterback, on the snap drops the ball (fumbles) shall be dead at the spot the ball touches the ground. When a pass receiver catches the ball and falls on their own accord, as long as they still have their flags and no defensive player pulls their flag, that person can get up and

- run. The pass receiver cannot roll around on the ground to avoid being de-flagged. If doing so will make ball dead and no forward progress can be made.
- i. Charging and Tackling: The ball carrier must side step, not run over a defensive player. A defensive player may not drive, hold, or strike an offensive player while attempting to take the flag.
 - j. Intentional Tackling: No player will physically tackle any player. This will be a judgment call made by the officials when a player wraps their arms around another player and takes them down. This action will constitute an ejection from the game. Any flagrant fouls will not be tolerated and will result in player ejection.
 - k. Offensive Blocking: Block shall start on the feet, and end on the feet, and be done by the use of open hands, and body in an upright position. No part of the blocker's body shall be in contact with the ground except the blocker's feet throughout the block. NOTE 1: No three or four point stands permitted. NOTE2: Down field pass blocking in not permitted. NO fronting the center. Down field blocking is prohibited and down field is considered any area beyond 5 yards of the scrimmage line. Defensive lineman may line up on either shoulder of the center.
 - l. All punts must be declared from scrimmage. Whenever the offensive team desires to kick from the line of scrimmage, the team captain must notify the head official who will inform the defensive captain prior to the snap. Failure to notify the head official will result in loss of the series. The defense players must have five men on the line of scrimmage. The two defensive outside lineman are permitted to rush the kicker but they must be five yards from the out of bounds line and release at the time of the snap. Everyone else must wait until the ball is kicked. Direct snaps are illegal. The ball must be kicked within ten seconds of the snapped ball pick up. The two outside players on the kicking team can leave at the time of the snap to cover the punt. Anyone in the backfield may attempt to block the two incoming rushers. All other offensive and defensive players must remain motionless until the ball is kicked.
 - m. Passing on Reception of any Kicked Ball: The receiver of any kicked ball may pass in any direction to any teammate if, after the reception, the passer takes no more than three steps and provided the receiver does not signal for a fair catch.
 - n. Substitutions: Any number of substitute players may enter without reporting to officials.
 - o. Time-outs: Each team is allowed two (2) one minute use or lose time outs per half, and one additional each overtime period.
 - p. Scoring: (1) touchdown = 6 points (2) pat-pass = 1 point
 (3) Pat-run = 2 points (4) safety = 2 points
 - q. Incomplete games will be resumed at the specific point declared incomplete. Officials will note time, score, and location of ball, line to gain, down marker and any other pertinent information.
 - r. Penalties: Penalty administration inside the twenty (20) yard line, half the distance to the goal, when applicable, (i.e. 10 yard penalty inside 20 is 10 yard, 10 yard penalty inside 5 is half the distance etc.) All normal penalties will be either 5 yards or 10 yards except for unsportsmanlike fouls, which are and will remain 15 yards.
 - s. Defensive Rush: The defense cannot be within one yard of the line of scrimmage in order to rush at the snap. Defense may have all nine players one yard off the

line of scrimmage at the snap. There will be no fronting the center. (players cannot line up in front of the center)

- t. Regular Season Overtime Procedures: When a game ends in a tie score, the referee shall toss a coin in the presence of the field captains. The captain winning the coin toss shall have the option of putting the ball in play by the scrimmage. Each team receives 4 plays from the 40 yard line. Playoff Games: Same over time procedures.
 - 1. The team elected to start the series shall put the ball in play at the 40 yard line. The team will have four alternating possessions to score. If the team fails to score after their four down series, their opponents shall become the offensive team and put the ball in play at their own forty yard line. At the completion of their four downs, if both teams fail to score on their possessions, than the team with the most yardage in the overtime period shall be declared the winner.
 - 2. Penalties shall be interpreted according to the rules of the game.
 - 3. Each ball shall begin by scrimmage and shall be limited to running and passing plays. No kicks from scrimmage are permitted, except a kick of a try for point following a touchdown.
 - 4. If a player of a defensive team intercepts a legal forward pass, it shall be ruled dead at spot of interception and shall be returned to the spot of the previous play, the same as an incomplete forward pass. Under no conditions can the intercepted pass be advanced. The down shall count as one in the series.
 - 5. If a touchdown is scored, play shall resume by scrimmage at the 40 yard line, following the try for point, unless that play was the last of that series.
 - 6. In case any overtime period ends leaving the ball at that spot, or in line with the spot where the play originally began, and the score is still tied, an additional overtime shall be played under the same conditions as the first overtime period.
- v. Safety: 2 points. Kick off or punt from 10 yard line after safety.
- w. Regular Season: If two or more teams have identical won-loss records at the end of regular season play, head to head results will decide placement of teams in the play-offs. If the two teams tied during the regular season, the team scoring the most points in head to head games will prevail.
- x. Play-offs: The top half teams from each league or top half if only one league system is used will participate in a double elimination play-off for the base championship. Play-off will not be delayed due to unit deployments.
- y. Base Championship Game Overtime Procedures:
 - 1. Opposing captains and referees will meet in the center of the field, and toss a coin to determine offense and defense.
 - 2. The winner of the toss has choice of offense or defense, loser choice of goals
 - 3. Two minutes time out after coin tosses.
 - 4. The first team to score is the base champ.

Note: Any event not covered by the by-laws, OI's, or AF publications and official rules will be decided by the Intramural Sports Director and the Athletic Director, then briefed to the Sports Advisory Council.

Edward Hood
Athletic Director