



SWOSU Intramural

7-Man Flag Football Rules

***See the 'SWOSU Intramural – General Rules' document before proceeding.**

Officials will be provided

Section 1: Roster

1. Rosters must have a minimum of seven (7) and a maximum of twelve (12) players.
2. Games are played with 7 players per side. The minimum number of players allowed to play is 6 per team. You are required to have 6 players on the field playing the entire game or the result will be a forfeit.

Section 2: Equipment

1. **UNIFORMS:**
 - a. All teams are required to wear matching shirts or jerseys. Shirts must be long enough to be tucked into your shorts.
 - b. Cleats are allowed, EXCEPT metal cleats. Wearing metal cleats will result in automatic ejection from current game and next.
2. **FLAGS:**
 - a. Flags will be provided by the Wellness Center. Any player who has altered flags will be Ejected from the current game and the next.
 - b. Players MAY NOT wear any shorts or sweats that conflict with the visibility of the flags.
 - c. Any hanging objects such as a towel shall be considered a flag if they are pulled during an attempted de-flagging.
 - d. During play if a flag inadvertently falls off, then the ball carrier will be ruled down by a single hand touching.

Section 3: The Game

1. **FIELD:** The game shall be played on a rectangular field 40 yards in length. First downs are achieved by crossing the 20-yard line.
2. **TEAM AREA:** All coaches and players must position themselves within the coach's box on the sideline.
3. **GAME LENGTH:** 20-minute time halves (no stoppage), 5-minute half time. Last 2 minutes of EACH HALF, clock stops for every whistle.
4. **TIME OUTS:** Each team will have the option to utilize 2-time outs per half. Time outs ARE NOT allowed to be carried over. All time outs are 1 minute in length.
5. **OVERTIME:**
 - a. Coin toss or Rock/Paper/Scissors will determine possession
 - b. Each team will get 4 plays from their opponents' 20-yard line to score a touchdown and conversion.
 - c. If the defense intercepts the ball for a touchdown, they win the game.
 - d. One time out per team, unused time outs from regulation play CANNOT be carried over.
6. **SCORING:**
 - a. Offensive Scoring:
 - i. Touchdown - 6 points
 - ii. Extra Point/s – Scoring team must choose between a 1- or 2-point attempt. This must be announced to officials prior to the attempt.
 1. 1-point attempt will begin on the 5-yard line.
 2. 2-point attempt will begin on the 10-yard line.
 - b. Defensive Scoring:
 - i. Safety - 2 pts & scoring team receives the next possession of the ball.
 - ii. An Interception returned for a touchdown.
 1. During normal play it is worth 6 points
 2. During an attempted Extra Point it is worth 2 points.
7. **KICKING:** There are no kickoffs, PATs, or field goals.
8. **CAPTAINS:**
 - a. Each team must designate one player as captain to act as the sole representative of their team with all communications with the officials.
 - b. Arguments/Complaints from players *not* designated as captain will not be heard.
9. **COIN TOSS (Rock/Paper/Scissors) to determine the first possession:**
 - a. The winner of the toss has 2 options:
 - i. Take the ball
 - ii. Defer to the second half

10. PENALTIES:

- a. All regular penalties will be 10 yards.
- b. Any unsportsmanlike or Unnecessary Roughness will be 15 yards.
- c. Intentional Grounding (see # 13 below) is loss of down and the ball will be placed 10 yards from the spot the foul was committed.

11. PLAY CLOCK:

- a. There will be 25 seconds between each play
- b. Failure to adhere will result in a 10-yard penalty

12. TIME TO PASS:

- a. Quarterbacks will have 7 seconds to attempt a pass, (vocal count of 7 Mississippi), before the defense can cross the line of scrimmage to pursue a sack.

13. INTENTIONAL GROUNDING:

- a. Quarterback must be outside the tackles box to throw the ball away
- b. The ball must travel beyond the Line of Scrimmage
- c. Violating this rule will result in a 10-yard penalty from the spot the foul was committed and a loss of down

14. PLAY TYPES: ALL plays are pass plays.

- a. Backwards passes *are* allowed, but the player who catches the backwards pass must then make a forward pass. They CANNOT run the ball past the Line of Scrimmage.
- b. If a backwards pass is made, the defense may immediately attempt to take the flag of the player that catches the backwards pass. If the ball carrier crosses the Line of Scrimmage, it will be a 10-yard penalty.

15. ELIGIBLE RECEIVERS: Everyone is eligible

16. MOTION: Only one (1) player can be in motion at the snap, forward, backward, or diagonal (10-yard penalty if more than 1)

17. BALL CARRIER: Stiff arms and lowering of the shoulder are illegal. (15-yard penalty)

18. FLAG GUARDING: Obstructing the defender access to your flags while running with the ball (15-yard penalty and loss of down)

19. PLAYING FIELDS:

- a. Take care of the playing fields.
- b. All teams are responsible for cleaning up playing areas after the game.
- c. Any team who does not adhere to this will be removed from the league.

Section 4: Offensive Rules

1. Each play must start with a minimum of 4 players on the line of scrimmage (10-yard penalty)
2. No fumbles. The ball is dead when it hits the ground.
3. Receivers must have one foot in bounds and can advance the ball after a diving catch unless he is touched while on the ground.
4. Inadvertent whistles- Play is blown dead. Current down is replayed.
5. OFFENSIVE PLAYERS MUST KEEP THEIR SHIRTS TUCKED IN THEIR SHORTS, OR THE REFEREE CAN RULE YOU DOWN.

Section 5: Defensive Rules

(1-5 will be considered Unnecessary Roughness and assessed a 15-yard penalty)

1. No slapping at the ball when it is the ball carrier's hands. Play is blown dead and penalty is assessed (15-yard penalty)
2. The defender cannot use contact to break up a pass (15-yard penalty)
3. Only one bump/chuck is allowed, and it must be within 5 yards of the line of scrimmage.
4. **No tackling.** Any tackle within 10 yards of the end zone or in a "last defender" situation, officials will judge the play a touchdown. Any tackle elsewhere on the field will be a 15-yard penalty from where the tackle occurred.
5. No pushing the ball carrier out of bounds (15-yard penalty)

Section 6: Tie breaker for Play-offs

1. Head-to-head
2. Total Points Scored
3. Total Points Against (Allowed)

*If a team wins a game by 'Forfeit', they will be given the average score from all their other games for the purpose of determining 'Total Points Scored'. The team that forfeits will receive 0 points

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