



Stanislaus State

CAMPUS RECREATION

Participation in the Stanislaus State University Intramural Sports Programs is voluntary and individuals use facilities at their own risk. Participation in any physical activity involves inherent risk and even when safety precautions are utilized, injuries and accidents can occur. Campus Recreation would like to encourage each individual to consult their physician and obtain adequate personal health/accident insurance prior to participation in our programs. Stanislaus State University does not provide personal health or medical insurance coverage for participants.

7v7 Flag Football Rules

NO ID, NO PLAY, NO EXCEPTIONS

*** All final decisions will be made on the discretion of the Intramural Sports Assistant***

The Game, Field, Players, and Equipment

Players are responsible for turning in ID cards to the scorekeeper prior to participating in each game. Only the team captain will speak for the team in all dealings with the officials. Game time is Starting time, there is no grace period.

Seven players per team (ALL pass eligible); minimum five players.

Team area is five yards away from sidelines, within ten yards of the center line.

Jerseys must be tucked in. A jersey on the ball carrier which comes out during a play will be penalized if defense's attempt at flag is hindered.

Offense must have at least four players on the line of scrimmage at the time of the snap.

HATS AND BANDANAS MAY NOT BE WORN!

Definitions of Playing Terms

"Ready to Play" is whistled by referee – offense has 25 seconds to put ball in play.

There will be no kickoffs.

The offense has the option to punt on 4th down. However, once they declare it they must punt. It can only change if there is a foul that changes the circumstance or if they call a timeout.

NEUTRAL ZONE: The area between the two scrimmage lines (point closest to the ball for offense, 1 yard behind the ball for defense).

FLAG BELT INADVERTENTLY LOST: Ball carrier is “downed” by one-hand touch between the knees and the shoulders. Please note that touching deemed excessive can be penalized as illegal contact.

Team A = Offense

Team B = Defense

Team K = Punting Team

Team R = Return Team

Periods, Timing, Substitutions and Sideline Decorum

Game time is starting time; there will be no grace period. The Intramural Sports Assistant time piece will be the time piece used to decide game time.

The team winning the coin toss will have the choice of offense, defense, or to defend a goal.

All teammates must have the same colored flag belt. The color of the flags must contrast with the team’s primary jersey color.

Bench area: All players must be between the 40-yd line (midfield line) and the 20-yd line on their side of the field. All players must also not be within the 2 yard restricted area at the snap. Failure to abide by this will be penalized as a Sideline Interference foul. Please read the penalties for this infraction in the Fouls and Penalties section below.

Each half starts with possession of the ball on a team’s own 14 yard line.

Playing time is two 20 minute halves with 7 untimed downs after the time portion expires. A period cannot end on an accepted live ball penalty.

Each team has two 30-second timeout per half. The clock will stop during timeouts and will restart on the snap.

Mercy Rule

If the point differential reaches 19 points at the end of the timed portion of the second half, the game will be terminated immediately.

Ties and Overtime Procedures

In case of a tie at the end of regulation play during the regular season, the game will end in a tie. If a game ends in a tie during play-offs, then overtime will be played.

Overtime: Captains will be called to center field with officials and a coin toss will be given. Winner of coin toss will decide if they want offense, defense, or to defend a goal. Team A will get 4 downs from B's 10-yd line to score a touchdown. If they score, Team B will have 4 downs to score, If Team B scores, then Team B will begin on offense to start the 2nd OT. The ball is declared dead as soon as Team B gains possession of an intercepted or fumbled ball. Each team will receive one timeout for the entire OT period.

To be eligible for the playoffs, a player must have played in at least one regular season game for the team(s) he or she intends to represent. The player's name MUST appear on the scorecard for the game(s) played.

Ball in Play, Dead Ball, and Out-of-Bounds

The ball is dead in the following situations:

1. Ball carrier's person (excluding hand or foot) touches ground.
2. Ball out of bounds.
3. Touchdown, touchback, safety, successful try-for-point.
4. Forward pass strikes ground, or is simultaneously caught.
5. Ball touches ground (dead where hits ground).
6. Passer de-flagged prior to ball leaving hand.
7. Ball is dead at spot where it hits the ground. If a ball is fumbled into the end zone, it results in a touchback.
8. Must have 1 foot or body part in the field of play before touching the ground out of bounds to be ruled a complete catch.

Series of Downs and Number of Downs

ZONE-TO-GAIN: The field is divided into four 20 yard zones. In order to achieve a first down, Team A must advance to the next zone.

In the event that the Team B gains possession by way of loss of downs or turnover, Team B will start their possession at the succeeding spot.

Neutral Zone

There will be a 1 yard neutral zone that all players must be behind their line of scrimmage prior to the snap. If either team lines up or crosses into the neutral zone prior to the snap their team will be called for encroachment.

The neutral zone may extend into B's end zone.

Snapping, Handing, and Passing the Ball

Center may snap ball either between legs or from the side; however, ball must be touching ground.

Three and four point stances are permitted.

Only one offensive player may be in motion before the snap, but not towards the opponent's goal line at the snap.

Punts

Neither team may penetrate the neutral zone until the ball is kicked.

The punter must kick in an immediate motion.

If team "A" moves in a way that simulates the snap and/or kick, then it is a false start foul and the play is blown dead immediately.

If team "B" encroaches the neutral zone before the snap and/or kick, then it is an encroachment foul and the play is blown dead immediately

A kicked ball is live until it touches a player, goes out of bounds, or crosses R's goal line.

Scoring Plays and Touchbacks

Value of scores:

1. Touchdown 6 pts.
2. PAT:
 - a. From 20 3pts.
 - b. From 10 2pts.
- Only team "A" may score on a PAT. The ball becomes dead when B secures possession.
- In the event of a touchback, B will start the next series at their own 14 yard line.
3. Safety 2 pts. From 3 1 pt.

Fouls and Penalties

Foul = Act committed

Penalty = Enforcement of foul

OFFENSIVE & DEFENSIVE PASS INTERFERENCE: 10 yards from the previous spot and REPEAT THE DOWN.

ILLEGAL FORWARD PASS: 5 yard loss from the spot of the foul and loss of down.

SCREEN BLOCKING: Offensive “blocking” shall take place without contact. Hands and arms shall be placed at the sides or behind the back. Any initiated contact or forward contact is illegal – this rule is similar to the block/ charge rule in basketball (penalty: 10 yards).

USE OF HANDS AND ARMS BY DEFENSE: The arms and hands may not be used as a wedge to drive past opponents.

BALL CARRIER: May not intentionally or unintentionally use hands or arms to guard flags (penalty: 10 yards). May not stiff arm (penalty: 10 yards). May not charge into another player (penalty: 10 yards).

DEFENDER: May not hold, grasp, or obstruct forward movement of ball carrier in the act of removing the flags (penalty: 10 yards)

FLAG BELT REMOVAL: Flag belt detached inadvertently does not stop play (one hand tag between shoulders and knees). Pulling the flag belt of a player without the ball is illegal (penalty: 10 yards).

Diving to de-flag a player is legal as long as contact is not created.

Diving to score a touchdown or to gain more yardage is legal as long as the player does not create contact at the beginning of the dive.

A player is still responsible for their body and avoiding contact while diving to de-flag the ball carrier or to gain more yardage.

A pass rusher may raise their arms in an attempt to deflect a pass. However, the onus is on the pass rusher to avoid contact with the QB. If the pass rusher creates contact with the QB or the ball in the QB’s possession, then a roughing the passer penalty will be called.

SIDELINE INTERFERENCE (w/o player contact with official):

1. First offense: Warning
2. Second offense: 5 yard penalty (assessed as a dead ball penalty)
3. Third offense: 10 yard unsportsmanlike conduct penalty charged to team captain (assessed as a dead ball penalty)
4. Fourth offense: 10 yard unsportsmanlike conduct penalty charged to team captain resulting in the captain being ejected (and yes, it is a dead ball penalty)

SIDELINE INTERFERENCE: (w/player contact with official):

1. First offense: 10 yard unsportsmanlike conduct penalty assessed to captain
2. Second offense: 10 yard unsportsmanlike conduct penalty assessed to captain resulting in captain being ejected

All fouls by team A in their end zone that has the basic spot on or behind the goal line result in a safety.

Rosters

A team must have a minimum of five players or a maximum of seven players on the field at the start of the game. A team with less than five players will automatically forfeit the game. The maximum number of players on a team is 12.

Parking

There is no parking on campus without a valid parking permit. All violators are subjected to citation. It is not the Intramurals program responsibility to handle parking issues.

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