Thank you for being a part of one of the best intramural programs in the nation. We are proud to offer a variety of quality intramural activities. Good luck and we hope you have a fun and exciting season!

If you have questions throughout the season, please feel free to contact us by calling our office (540-231-8297), emailing imsports@vt.edu, stopping by our office in 135 War Memorial Hall, or consulting our Participant Policy and Procedure Manual.

Key Dates (tentative and subject to change)
- Regular Season Starts: Monday, October 28th
- Regular Season Ends: Thursday, November 14th
- Playoff Brackets Posted: Saturday, November 16th
- Playoffs Begin: Monday, November 18th

Rules of the Game
1. Number of Players
   a. Men’s/Women’s games are played between teams of 7. CoRec games are played between teams of 8.
      i. In CoRec, the number of male and female players may not differ by more than 1. If possible, there should be an equal number of males and females.
   b. 4 players are needed to start all games. In CoRec, the +/-1 ratio applies.
      i. If a team falls below the required number of players due injuries or ejections, play may continue until the game is no longer competitive.

2. Periods/Time
   a. The game consists of two 20-minute halves with a running clock. The clock will stop for the 2 minute warning in each half and will restart on the snap.
      i. During the last 30 seconds of the first half and the final 2 minutes of the second half, the clock will stop on scores, penalties, out of bounds, first downs, change in possession, touchbacks, inadvertent whistles, and incomplete passes.
      ii. Overtime periods will not be used during the regular season (playoffs only).
   b. Each team is entitled to one 30-second timeout per half.

3. Flag Belts
   a. Must be worn with 1 flag on each hip and 1 flag in the back. The clip must be secured to the other end of the belt.
   b. Flag belts may not be tied!

4. The Ball
   a. Teams may use their own ball as long as it meets all requirements:
      i. Men’s games – regulation size ball only
      ii. Women’s/CoRec games – regulation, intermediate, youth, or junior size ball
   b. During play, the offensive team is responsible for the football. The offensive players are responsible for taking the ball back to the team huddle. The officials will not retrieve balls.

5. Substitutions
   a. Players may substitute freely between downs. Substitutes must be in uniform and read for play prior to the substitution.
      i. In CoRec, the gender ratio must be maintained following a substitution.
6. Live Ball/Dead Ball
   a. The offense must legally snap the ball within 25 seconds after the referee has sounded the ready for play whistle. **Penalty: Delay of Game.**
      i. If a team attempts to conserve time illegally, the clock may be started on the ready for play signal.
      ii. If a team attempts to consume time illegally, the clock may be started on the snap. This includes delay of game and encroachment fouls by the defense.
   b. The ball becomes dead when:
      i. A forward pass strikes the ground or is caught simultaneously by opposing players.
      ii. A backward pass or fumble by a player strikes the ground.
      iii. A runner’s flag belt is removed legally by an opponent. A flag is removed when the clip is detached from the belt, or if the flag/belt rips when pulled.
      iv. A runner is legally touched with one hand between the shoulders and knees, including the hand and arm, if the flag belt falls off during play.
      v. A snap hits the ground.
      vi. A muffed punt touches the ground.
      vii. If a ball in-flight hits an official at any time and the ball falls to the ground (if the pass was backward, it is an incomplete pass, otherwise the play is dead at the spot).
      viii. Any part of a player’s body – other than the hands or feet – hits the ground.
   c. Out of Bounds
      i. If the ball or any part of a player touches the boundary line, the ball is dead.
      ii. If an inbounds runner touches or is touched by an out-of-bounds player or official, the ball remains live.

7. Fumbles
   a. There are no fumbles in flag football.
   b. A fumble or backward pass is dead at the spot it hits the ground.
   c. The ball belongs to the team last in possession – touching a fumble is not considered legal possession.

8. Series and Number of Downs
   a. The team in possession of the ball has four downs to advance to the next zone line-to-gain. After a change of possession, the succeeding play will be a first down for the team with possession.
   b. The zone line-to-gain will be the line (or field marker) in advance of the ball, unless distance has been lost due to penalty or failure to gain. In such cases, the original line in advance of the ball at the beginning of the series of downs is the zone line-to-gain (referred to as “double stakes”).
   c. The most forward point of the ball, when declared dead between the goal lines is the determining factor.

9. Kicking the Ball
   a. There are no kickoffs. Each new series starts at the 14-yard line.
   b. A team must declare they will punt before the ready for play whistle on that down. **No fakes!**
   c. Neither team can enter the neutral zone until the ball is kicked.
   d. The player punting the ball must do so immediately upon possession and in one, continuous motion.
   e. A punt becomes dead if:
      i. It touches any player and then hits the ground (muffed).
      ii. It is recovered by a player on the kicking team.
      iii. Goes out of bounds.
      iv. Goes beyond the goal line.
      v. Comes to rest with no player attempting to secure it.
   f. 1st touching occurs when a player on the kicking team touches the ball before a player on the receiving team.
   g. The kicking team cannot interfere with the receiving team’s ability to catch a punt that is still in flight. **Penalty: Kick Catch Interference**
   h. There are no fair catches in flag football. All signals should be ignored.

10. Scrimmage Play
    a. Snapping
i. The snap need not pass through the snapper’s legs but must be done in one continuous motion. *Penalty: Illegal Snap.*

ii. The player receiving the snap must be at least 2 yards behind the scrimmage line. *Penalty: Illegal Formation.*

iii. **The snapper is the only offensive player required to be on the offensive scrimmage line.**

iv. The snapper may carry the ball from the huddle to the scrimmage line. A towel may be used to help keep the ball dry and placed under the ball, but may not be attached to the player.

v. No player on the offensive team shall make a false start. A false start is any movement simulating the start of play. *Penalty: False Start.*

vi. At the time of the snap, it is encroachment for any player to break the plane of his/her scrimmage line, except the snapper’s right to be over the ball. *Penalty: Encroachment.*

vii. Prior to the snap, all offensive players must come to a complete stop and remain stationary for at least one full second. If two or more players shift, all must become set for one second before the snap. *Penalty: Illegal Shift.*

viii. Only one offensive player may be in motion, but not in motion towards the opponent’s goal line. *Penalty: Illegal Motion.*

11. Handing the Ball
   a. Any player may hand the ball forward or backward at any time.

12. Passing and Receiving
   a. All players are eligible to touch or catch a forward pass. Only one forward pass may be thrown per down.

   b. A forward pass is illegal if:
      i. The passer’s foot is beyond the line of scrimmage when the ball leaves their hand.
      ii. The ball is thrown after team possession has changed during the down.
      iii. The ball is intentionally grounded to save loss of yardage
      iv. A passer catches their untouched forward or backward pass.
      v. There is more than one forward pass per down.

   c. *Penalty: Illegal Forward Pass*

   d. After the ball is snapped, and until it has been touched, there shall be no offensive pass interference beyond the line of scrimmage if the legal forward pass crosses the line of scrimmage. *Penalty: Offensive Pass Interference.*

   e. After a legal forward pass is released by the passer and until it has been touched, there shall be no defensive pass interference beyond the line of scrimmage while the pass that crosses the line of scrimmage is in flight. *Penalty: Defensive Pass Interference.*

   f. In CoRec, plays – including a try for 1, 2, or 3 points – are classified as either “open,” “closed – male,” or “closed – female”.
      i. “Open” means that any player can complete a legal forward pass to any other player.
         1. During an “open” play, any player may run the ball through the line of scrimmage without a legal forward pass. This causes the subsequent down to be closed.
         2. During a “closed” play, if a player runs the ball through the line of scrimmage prior to any legal forward pass, it is a foul. *Penalty: Illegal Advancement, 5 yards.*

      a. To open the play, a legal forward pass must involve a player of the opposite gender identity (either passer or receiver) as the runner who closed the play.

      b. “Closed - male” means that a male may NOT complete a legal forward pass to another male.

      c. “Closed – female” means that a female may NOT complete a legal forward pass to another female.

      d. If a male passer completes a legal forward pass to a male receiver, the next legal forward pass completion must involve either a female passer or a female receiver for positive yards on the down.
v. If a female passer completes a legal forward pass to a female receiver, the next legal forward pass completion must involve either a male passer or a male receiver for positive yards on the down.

vi. Fouls, whether accepted or declined, have not effect on whether the next down is “open,” “closed – male,” or “closed - female”.

g. A player must have one foot inbounds for a legal reception.

13. Scoring Plays & Onside Conversions

a. A touchdown in all leagues is worth 6 points.
b. In all leagues, a safety is 2 points.
c. A try is granted to a team following a touchdown. The team will have the opportunity to score:
   i. 1 point from the 3-yard line
   ii. 2 points from the 10-yard line
   iii. 3 points from the 20-yard line

d. Following a try the scoring team has the option to attempt an onside conversion. After a safety, the team that conceded the safety has the option to attempt an onside conversion.
   i. The scoring team will have one down (4th down play) to reach the zone line-to-gain:
      1. Following a try, the ball will be snapped from the offensive’s own 28-yard line, with the 40-yard line as the zone line-to-gain.
      2. Following a safety, the ball will be snapped from the offensive’s own 8-yard line, with the 20-yard line as the zone line-to-gain.
   ii. If a penalty (or penalties) moves the ball from the spot stated above, the zone line-to-gain will remain unchanged.

14. Mercy Rule

a. If a team is up by 19 or more points (25 or more in CoRec) with two minutes to play, the game is over.
b. If a team scores during the last 2 minutes of the game and that score creates a 19 or more point differential (25 or more points in CoRec) the game is over.

**All other rules will follow the NIRSA Flag & Touch Football Rules Book.**