

Intramural Flag Football Rules

The following set of rules addresses gameplay for intramural flag football. Any additional situations that arise will be ruled on according to the NIRSA Flag and Touch Football Rules Book. Additionally, the intramural handbook addresses intramural policies that apply to all sports and should be read prior to registering an intramural team.

Postings: Schedules, league updates, game results, and playoff brackets will be posted on IMLeagues as that information becomes available. Team captains should check the site regularly to check for changes.

Eligibility: All students are eligible to participate in the Intramural Sports Program, provided they are enrolled during that semester/block at St. Olaf.

All faculty, staff, and spouses are eligible provided they have a current Recreation Pass, have signed the necessary waivers, and paid the necessary pass fees.

All eligibility protests must be presented to the supervisor before the game or when the protested player first enters the game.

All players must have played in one regular season game to be eligible for the playoffs.

Pre-Game: All participants must present a valid Ole Card to participate in any intramural activity.

There will be no exceptions to this policy. If participants do not present valid identification, they will not be allowed to participate in the Intramural activity.

No ID, No Play!

Equipment: The intramural staff will provide pinnies. However, teams may provide their similar colored shirts or jerseys if they like.

No jewelry or hard brimmed hats may be worn.

If braces are worn, they must be covered with a soft, pliable material. Hard casts may not be worn.

Shirts must be long enough to be tucked into the shorts or short enough to clearly not interfere with the flag belt.



Towels may not be worn on the waist. A towel may be placed next to the offensive cone for the sole purpose of drying the wet ball.

Players must fasten the flag belts correctly using the clip. If a player is found to have intentionally tied their belt, they may be removed from the game.

Forfeits: To avoid a forfeit, teams must have the minimum number of players checked in by five (5) minutes past game time.

Timing: Each game consists of two halves of 20 minutes each. The clock will run continuously for the first 18 minutes of each half. During this time, the clock will only stop for timeouts.

Stoppage time will be used for the last two minutes of each half. During stoppage time, the clock will stop on all incomplete passes, out of bounds, changes of possession, scores, penalties, first downs, and timeouts.

The play clock is 25 seconds from when the officials mark the ball ready for play (indicated by a whistle).

Each team is allowed three timeouts per game.

Overtime: If the score is tied, the NFHS overtime is used. After a coin toss, each team will get one possession from the 10 yard line going in to the endzone. Trys will be attempt after touchdowns as well.

At the end of both team's possession, if the score is still tied, teams will switch who played first for the second overtime period.

Each team is awarded one timeout for all of overtime, and each overtime period is played toward the same goal.

An interception in overtime is a dead ball and cannot be returned.

Mercy Rule: If the point spread is 19 or more at any time under two-minutes remaining in the game, the game will be ended.

General Rules: The game is played by teams of 7 players. Teams must have at least 5 players to begin and continue a game.

An NFL, NCAA, or NFHS official sized football must be used. Teams should provide their own ball.

Teams have 4 downs to achieve a first down by crossing the next yard line to gain. First downs are achieved by crossing either 20 yard line or the 40 yard line.



Scoring: Touchdowns are worth 6 points for all games. After a touchdown, the scoring team must elect which try they would like to attempt:

- 1 point = 3 yard line
- 2 points = 10 yard line
- 3 points = 20 yard line

An intercepted try can be returned for two points.

After scores or touchbacks, the ball is placed at the 14 yard line.

A safety is scored when the team in possession of the ball is deflagged in their endzone, and their impetus caused the ball to retreat behind their goal line. The defense is awarded 2 points and possession of the ball at their own 14 yard line.

Contact: Flag football is a non-contact sport. Any player who initiates non-incident contact with an opponent will be flagged, regardless of intent. Intentional contact may result in an ejection.

Blockers may not initiate contact with the rusher with their hands, arms, shoulders, legs, or feet. Blocking in flag football is comparable to playing defense in basketball, thus a blocking foul is illegal contact.

Pass rushers may not use their hands to gain an advantage. They should use their feet to move around the blockers, not through them. Blockers can take a charge and the penalty will be called on the rusher.

Attempting to strip the ball is also illegal and will be flagged.

Holding: Holding will be called when defender grabs the runner's clothing or body in an attempt to deflag the runner. If the runner's momentum is affected, the penalty will be called regardless of intent.

Flag Guarding: Flag Guarding is using any part of the body or ball to shield the runner's flags from the defensive players. Again, intent is not necessary.

Roughing the Passer: Roughing the passer shall be called when a defensive player contacts the passer during or immediately after a pass is thrown. Any contact with the head, neck, hand, or arm will cause a penalty no matter what. Additionally, any especially rough play on the part of the defender will also result in a penalty.

Pass Interference: Defensive pass interference is a 10 yard penalty and an automatic first down. Pass interference shall not be called if a pass is not thrown or the officials deem the pass uncatchable.

Line of Scrimmage: There are two lines of scrimmage about one yard apart and marked with a cone. No players are allowed in the neutral zone prior to the snap. The neutral zone is defined as the space between the two cones.

The offense must have at least 3 players on the line of scrimmage. There is no requirement for the defense.

All offensive players must be set simultaneously for one second prior to the snap (Illegal Shift). After being set for one second, one offensive player may go in motion at one time so long as the motion is not towards their opponents' goal line when the ball is snapped (Illegal Motion).

The Snap: The snap must be snapped off the ground in one continuous motion. It must be received by a player who is two yards behind the line of scrimmage. The snap does not need to go through the snapper's legs.

Ending the Play: The play is dead when the defender causes the runner to lose their flags. If the runner's belt falls off without the defender causing it to, the player must be touched with one hand to be downed.

If the runner touches the ground with any part of his/her body except the hand or the foot, the runner is down and the play is over. For the purposes of this rule the ball is part of the hand.

Additionally, the play is over anytime the ball contacts the ground while not in player possession.

