**Flag Football Rules**

\***Disrespect of any kind (cursing, taunting, arguing calls, etc.) will not be tolerated. Violators will be subject for removal by commissioner (Mr. Brake) from the intramural sports club.**

\*7 vs. 7-all extra players for each team will be used as substitutes

\*Games will last 30 minutes

\*Rock, Paper, Scissors to determine first ball or any other disagreements

\*touchdown=6 points

\*Conversion=2 points

\*Penalties will be called

\*NO TACKLING

**Offense**

* Flags must be worn on outside of shirts with one flag on each hip (2 flags total).
* Play begins from the 5 yard line
* 4 plays to make a 1st down (25 yard line)
* “center” must hike the ball to the QB
* All players are eligible receivers
* No blocking
* No “flag guarding” (you cannot knock a defender’s hand away or stiff arm when they are trying to tackle you)
* No running plays
* Dead ball
	+ Anytime the ball hits the ground
	+ Ball carrier’s knee touches the ground
	+ Ball carrier has less than 2 flags
	+ Ball carrier runs out of bounds
* 2 point conversion attempt after a TD

**Defense**

* Flags must be worn on outside of shirts with one flag on each hip (2 flags total).
* Grab 1 flag to “tackle”
* Defense must count to 5 (using 1000 count) **aloud** before anyone can rush the QB
* Interceptions can be returned
* 2-point conversion attempts can be returned