



Dixie State Intramurals



Flag Football

Eligibility

- To participate in Intramural sports a player must be a current Dixie State student and needs to present an ID card at every event. A player may only play on one team per sport. A player that has not played in the regular season may not be added to the roster for the tournament/playoffs; only players who have previously played on the team can play during the tournament/playoffs. If a team is eliminated the players may not play on a different team. A current DSC collegiate athlete may not play the same sport in Intramurals.

Sportsmanship

- Participation in DSC Intramurals is a privilege; it is for enjoyment and enhances the college experience. Respect for teammates, opponents, and the Intramural Staff is expected. Acknowledge that the referees are not professionals, but fellow students. Having amateur and inexperienced officials will result in inconsistencies and/or discrepancies in their calls throughout the course of a game or season. Respect for officials is mandatory, and disrespect will not be tolerated. After each game a sportsmanship grade of A, B, C, D, or F will be given to each team by the officials. Teams must maintain a 2.0 average to continue during league play and a 3.0 average is required to enter the tournament.

Rules

- A team consists of seven players on the field.
- The minimum number of players to begin a game is 5. The game must begin at the scheduled time if 5 or more players are present. A team is given 10 minutes after the scheduled game time to have 5 or more players and if fewer than 5 players are present the game will be a forfeit.
- A game consists of two 18 minutes halves with a 3 minute halftime.
- The clock will run consecutively until the last one minute of the first half and the last two minutes of the game in which it will be stopped on out of bounds plays, touchdowns, and penalties.
- Each team is given two time outs per game.
- Each player must tuck in their jersey.
- A player's flag must be a different color from their jersey.
- A touchdown is worth 6 points.
- A safety will result in 2 points and possession of the ball awarded to the defensive team.
- One extra point will be given for scoring from the 5 yard line after a touchdown and 2 points will be given from the 10 yard line.
- First downs are at every 20 yard marker.
- The ball may be lateraled by the carrier after he has crossed the line of scrimmage, however, on lateral passes there must be space between players. The ball may not be handed off to any player.
- A defensive player may jump to block a pass, but there may be **no contact** to the passer at any time during or after the play. They may only go for the flag. Contact will result in a roughing the passer call.
- When rushing, the defensive player must be 10 yards from the line of scrimmage as the ball is snapped, all other defensive players at the line of scrimmage cannot rush.
- When the flag is clearly removed from the ball carrier the play is dead. If the flag inadvertently falls to the ground, a one hand touch between the shoulders and knees constitutes capture. The runner is also down if any parts of his body touches the ground other than his feet or hands.

- After each touchdown an official will pull the scorers flag off to ensure that it was worn properly. If the flag was attached inappropriately (tied), no points will be awarded for the touchdown, the opposing team will receive the ball on the 10 yard line, and **the offending player will be ejected** for the remainder of the game.
- There are no kick offs or punts. The ball will be placed at the 10 yard line to begin possession.
- After change of possession the other team will take the ball on their own 10 yard line, unless there is an interception, then the ball is placed where the play ends.
- **No contact is allowed!!** No blocking, bumping, tackling, etc.
- Unnecessary and violent contact will not be tolerated.
- **The referees will have the final say in any call and intramural officials are permitted to alter rules as they see fit.**

Additional Coed Rules

- Coed is played with 4 girls and 4 guys.
- In the event that a team is playing with less than 8 players, there may never be more men than women on the field.
- If a woman is involved in a touchdown (quarterback or receiver) it is worth 9 points.
- There may not be 2 consecutive passes from a guy to a guy. When a guy to guy pass is completed the next play is called a **closed** play suggesting that the next play must involve a woman. After a completed pass **from** a woman or **to** a woman, the play is then **open** and the ball can be thrown by and to any player.
- If the quarterback is male and a pass is completed to another male the next pass must be to a female or be thrown from a female. A guy to guy completion cannot be made until a girl is involved in a completed pass or it will result in a loss of down.
- If a man goes for a ball that is thrown to a woman **on a closed play**, there will be a penalty (No intercepting from girls on closed plays). This is at the referee's discretion.