Players:
There may be a maximum of 7 and a minimum of 5 players on the field at all times. All players must wear flag belts and shirts must be tucked in. The flags must be clipped so that they fall off when being “tackled” by the other team. Any securing of the flags so that they are difficult to remove is illegal.

Each team must wear common colored shirts. The team listed first on the schedule is the home team and will wear a white colored shirt. The second team listed is the away team and will wear a dark colored shirt. Avoid grey if possible.

Team members must be listed on the team roster. Rosters are final at the completion of the regular season. Participants may only play on one team per league.

Note: Current Brown varsity football players are ineligible to play for the entire academic year.

Length of Game:
Two (2) 20-minute halves will be played with the clock stopping only during time-outs, injuries, and after extra point attempts. Halftime will be five (5) minutes long. In the final two (2) minutes of the second half, the clock will stop on incomplete passes, out-of-bounds, penalties, changes of possession, and scores. The clock will also be temporarily stopped in the last two (2) minutes for the ball to be reset on first downs. There will be a 20-second play clock once the ball is set.

Forfeiting/Playoffs:
After one forfeit (or not attending the captains meeting) teams lose their $10 forfeit fee. After forfeiting two (2) games or cancelling three (3) times, teams are ineligible to make the playoffs. Teams must average a 3.0 or better in the regular season to be eligible for playoffs and maintain at least a 3 rating in each playoff game to continue to the next round.

Mercy Rule:
If after ten minutes in the second half one (1) team is ahead by 30 points, the official can declare the game to be over. If a team is ahead by 19 (25 for co-ed) with 2 minutes remaining the official can declare the game to be over. This is at the official’s discretion, since some teams may wish to continue regardless.

Time Outs:
Each team will have a maximum of two (2) timeouts per game, which will be one-minute in length. Just one (1) additional over-time is awarded if the game goes into overtime.

Player Positioning:
Four (4) offensive players must be on the line-of-scrimmage at the time of the snap. Only one (1) player may be in motion at a time. This person may not motion towards the line-of-scrimmage. Defense must align at least two players on the line-of-scrimmage at the snap of the ball. In addition, only players on the line-of-scrimmage at the time of the snap are allowed to rush the ball. There must be a LOUD verbal 3-second count in order for other defenders to rush the quarterback. Co-Ed requires five (5) offensive players on the line-of-scrimmage at the time of the snap.

Starting the Game:
A coin toss will precede the start of each game. The winner chooses to defer or choose offense or defense. The other team chooses what goal to defend. The choice is automatically reversed at the start of the second half.
**Flag Football Rules**

**Kickoff:**
There will be no kickoffs. At the start of each half and after every touchdown/PAT or safety the offense will start at their own 14-yard line and have 4 downs/chance to advance 6-yards for a first down.

**First Downs:**
First downs are made by advancing to the next zone indicated by first down markers which are 20 yards apart. The offensive team has four downs to achieve a first down. If the offensive team fails to cross into the next zone in four downs, the defensive team will take over at the line-of-scrimmage.

**Punts:**
A team may choose to punt on any down. Neither team may advance beyond their respective scrimmage line until the ball is kicked. If the punter mishandles and drops the snap on the 4th down, the ball is dead on the spot and the defensive team will regain possession at that spot. The ball may be fielded off a bounce, but if the ball is bobbedled at anytime the ball is dead where it hits the turf. **NOTE: Punts are the only time that the defense does not have to be on the line of scrimmage.** The offensive players may not move their position until the ball has left the punter’s foot.

**Screen Blocking:**
An Offensive Screen Block shall take place without contact. The screen blocker shall have their arms close to their sides or behind the back. Any use of hands, arms, elbows, legs, or body to initiate contact is illegal. Defensive players must go around the offensive player’s screen block. The arms and hands may not be used as a wedge to contact the opponent.

**Buffer Zone:**
There is a one-yard buffer zone between the line-of-scrimmage and the defense. This will be indicated by field markers. Any violation of the zone by the offense or defense will result in a dead ball, and a 5 yard penalty will result.

**Point System:**
- TD = 6 pts.
- Safety = 2 pts.
- PAT from 3 yard line = 1 pt.
- PAT from 10 yard line = 2 pts.

**Safety:**
Anytime the offensive team is downed in their own endzone two (2) points will be awarded to the defensive team. The team that received the two points will then receive the ball on their own 14-yard line and proceed as the offensive team.

**Tie Game:**
Regular season games can end in a tie. For playoff games, if at the end of regulation, there is a tie, the ball will be placed at the 10-yard line and each team will be given four downs to score one touchdown. Extra points will be administered as in the regular game. The winner will be the team with the most points after each team has had one possession (which is considered one complete overtime). If the score is still tied, the process is repeated. A coin toss will determine the initial offense and defense. If Team A begins the first OT as defense they will begin the second OT as offense. Both teams use the same goal, decided by the staff.

**Substitutions:**
Substitutions are unlimited; however, they may only occur in the event of a dead ball.

**Specific Rules**

**Flag belts:** Flag belts must be clipped in front so that there is a flag on each hip and one in the back. They should be clipped in such a way that the ends are not intertwined. **NOTE:** Shirts must be tucked in at all times so the belts are exposed.

**Fallen Flags:** If a flag should inadvertently fall off, a one-hand touch will rule that player down.

**Offensive Obstruction:** The ball carrier may not impede the efforts of the defender in his/her attempt to grab the flag belt. No flag guarding or stiff arm.

**General Obstruction:** A defensive player may not strip the flags of an offensive player who does not have the ball yet.
**Diving:** Diving is only allowed in the attempt to catch the ball (offense or defense). Diving is not allowed to gain additional yards or to make a “tackle”.

**Pushing Out of Bounds:** Pushing out of bounds is prohibited. The defense must be attempting to “tackle” the runner and cannot intentionally push the runner out of bounds. Contact is not allowed!

**Fumbles:** The ball is dead when it hits the ground. There are no forward fumbles. A dropped ball in your own end zone is a safety.

**Snaps:** The ball must be snapped by a player on the line-of-scrimmage beginning from the ground position either through the legs or from the side. The center’s body should not be forward of the ball prior to the snap (watch your feet)

**Rush Count:** Only defenders that are lined up on the line of scrimmage may rush the quarterback on the snap. There is a 3-second count for remaining defenders prior to rushing the quarterback. One defense player must count 3 seconds out loud.

**Forward Pass:** Anyone is eligible to receive a forward pass but not if the quarterback is beyond the line-of-scrimmage. Only one forward pass is allowed per play, even if the forward pass is completed behind the line-of-scrimmage.

**Unsportsmanlike Conduct:** Any conduct considered by the officials to be unsportsmanlike, such as the defense simulating the snap count, taunting, etc. In addition to being penalized by loss of yardage, teams will be subject to sportsmanship rating reductions.

**COED FOOTBALL (Not currently offered at Drew)**
COED: Will be played between two teams of 8 players, (4M+4W). Teams with 7 players will have (4W + 3M or 4M + 3W). Six players are required to avoid a forfeit, (3W + 3M)

Only a female may run the ball across the line-of-scrimmage. A male participant may not advance the ball from behind the line-of-scrimmage. Once a male has obtained possession beyond the line-of-scrimmage (by forward pass), he can advance it. Co-ed requires five (5) offensive players on the line-of-scrimmage at the time of the snap.

The quarterback may be either male or female.

TD’s for Co-Ed:
If a female scores a TD or throws a legal forward pass for a TD = 9 pts
Male to male TD = 6 pts

**THE OPEN/CLOSED RULE:**
- Once a male completes a pass to a male, the next play becomes closed. (unless this play earns a first down)
- A closed play must involve a female in the pass either catching or throwing.*
- All first downs are ‘open’.
- A female carrying the ball across the line of scrimmage neither opens nor closes the play.
- If a male to male pass play scores the touchdown, the PAT is a ‘closed’ play.

*Closed Play = cannot be a male to male pass

**CLOSED PLAY PENALTY:**
- Completed male to male pass on a closed play results in an illegal forward pass.
- A male running the ball over the line of scrimmage is an illegal procedure.

**NOTE: Rules are subject to change without notice at the discretion of the Recreation Director.**
Penalties and Infractions:

Offensive Team Infractions

5 yard penalties include:
• Illegal Procedure/Players (PLAY IS DEAD)
  – (motion, formation, # of time outs)
• Off sides/ false start (PLAY IS DEAD)
• Delay of game
• Illegal snap (PLAY IS DEAD)
• Illegal forward pass (SPOT & LOSE DOWN)
• Illegally tied belts
• Leaving feet for additional yardage (SPOT FOUL)

10 yard penalties include:
• Pass interference (LOSS OF DOWN)
• Flag guarding (SPOT & LOSE DOWN)
  - (untucked shirts)
• Roughing, tripping, holding, tackling
• Stiff arming
• Contact blocking (SPOT FOUL)
• Unsportsmanlike Conduct

Penalties and Infractions

Defensive Team Infractions

5 yard penalties include:
• Illegal procedure/players
  – (# of time outs, formation)
• Off sides/encroachment

10 yard penalties include:
• Pass interference (AUTO 1ST DOWN)
• Stripping the ball
• Roughing (SPOT FOUL)
  – (tripping, holding, tackling, illegal block)
• Unsportsmanlike Conduct