1. TEAMS
   1. Each team is required to submit a roster by September 3, 2010.
      1. Team rosters are locked after the second week of the season.
         1. No additions to a roster may be made without the permission of the Commissioner after the September 3, 2010 deadline.
      2. In order for a player to be eligible to play in the playoffs, a player shall play on the field at least 3 times during the regular season.
   2. Each team must indicate a captain on their roster along with contact information (email/cell phone) for the captain.
      1. An alternative captain may also be named in addition to the captain.
   3. A roster shall consist of anywhere from a minimum of seven (7) players to a maximum of fourteen (14) players.
   4. **At least** one (1) player on the roster must be female.
   5. Each team must have at least seven (7) players present within five (5) minutes after the scheduled game time or a FORFEIT shall be entered against that team.
   6. The maximum number of players that can play on the field during any play is eight (8).
   7. No more than seven (7) males shall be on the field at any point.
   8. One female shall be on the field for their respective team during the entire game.
      1. Failure to have at least one female on the field at all times results in a FORFEIT.
   9. Each team is responsible to provide at least 1 Referee for the game immediately prior or immediately after the teams scheduled game.
      1. Failure to provide a referee for the game immediately prior or after the team’s game will result in a forfeiture of the game played on the same day.
2. Equipment
   1. Players shall wear either sneakers or cleats in order to participate.
      1. No metal cleats are permitted.
      2. Failure to abide by this requirement shall result in the player being ineligible to play during the scheduled game, unless different shoes are worn by the player.
   2. The designed home team will wear dark colors. (Black)
   3. The designated away team will wear light colors (White).
      1. Please do not wear grey as a light or dark shirt.
   4. Each player must tuck their shirt into their shorts/pants if the shirt extends below his/her waist and interferes with the opposing team’s ability to remove the flag.
      1. ***Penalty –*** Untucked shirt – player’s shirt is not tucked in AND that player gains a clear advantage as a result of his/her shirt not being tucked in.
         1. Ten yard penalty from the spot where the advantage was gained.
            1. If a first down was gained at the spot of the infraction, the team will have a 1st minus the 10 yards
3. The Field
   1. The field shall be approximately eighty (80) yards long by forty (40) yards wide, as designated either by cones or appropriate field markings
   2. Each end zone shall be approximately ten (10) yards deep.
   3. The boundaries of each end-zone shall be marked by orange pylons
   4. The goal line will be marked off by both the pylons and a marker extending across the width of the field from cone-to-cone.
4. The Game
   1. Time and Timing
      1. Each game shall consist of two (2) twenty (20) minutes halves with no more than five (minutes) for half-time.
      2. The clock will run **non-stop** until the final two minutes of each half.
         1. The clock shall stop for time-outs and substantial injuries.
         2. There shall be a two minute warning announced by the referee indicating that the clock will now stop on an incompletion, a time out, change of possession, or a player on the offense steps out of bounds while in possession of the football.
      3. Each team only has three (3) timeouts available per half.
      4. Unused timeouts do not carry over to the 2nd half.
   2. Pre-Game
      1. Captains will meet with the officials for the coin toss.
         1. The designated away team will have the choice of heads or tails.
         2. The team that wins the coin toss will have the option to either start the 1st half or the 2nd half with the ball or have a choice of the side of the field.
         3. The loser of the coin toss will have choice of the remaining option.
   3. Downs
      1. There will be a kickoff/throw-off to start each half and after every score from the 20 yard line.
      2. No onside kicks.
      3. On a kick-off, if the ball hits, the receiving team may pick up the ball and advance it down the field.
         1. If the ball goes out of bound – **Illegal Procedure –** Ball placed at the 50 yard line
      4. Receiving team must not line up any closer than 20 yards from the kicking team.
      5. The team who receives the ball will then have four downs to advance the ball at least 20 yards (the next 20 yard marker) at which point the team will receive either a new set of downs or 1st and goal if the team is within 20 yards of the endzone.
      6. At the end of each play, the offense will have NO MORE THAN 45 SECONDS to retrieve the ball, huddle up, and get the snap off for the next play.
         1. Penalty – Delay of game – five yards, repeat down.
      7. The line of scrimmage on every play will be marked off by a referee and the ball will be placed just behind the line of scrimmage, as established by the referee.
         1. There shall be a one yard “neutral zone” from the spot where the referee establishes the line of scrimmage extending toward the defense one (1) yard.
            1. No team may line up in the neutral zone at the time the ball is snapped.
            2. Penalty – Five (5) yards, repeat down.
   4. Scoring
      * 1. A touchdown is scored when the ball breaks the plane of the goal-line while in possession of a player attacking that end-zone or is caught by a player on the offense in the end-zone.
           1. 6 points shall be awarded for a touchdown
        2. After a touchdown, a team may either attempt a 1 Point or 2 Point conversion.
           1. 1 pt – from the 5 yard line.
           2. 2 pt – from the 10 yard line.
        3. The team with the most points at the end of the game will be considered the winner.
   5. Punting
      1. On 4th down, a team that has not yet reached the 1st down marker or scored a touchdown may elect to punt (or throw).
      2. Teams that are punting must inform the official.
         1. No fake punts.
      3. Neither team may cross into the neutral zone on a punt until the ball has crossed the line of scrimmage.
         1. Ie – no punt blocking.
         2. Attempted punt block – 10 yard penalty and automatic 1st down.
      4. Touchbacks (punt that crosses the goal line) will be spotted at the receiving team’s 20 yard line with a fresh set of downs.
      5. A punt that touches a player on the receiving team and then hits the ground is DEAD at the spot it hits the ground.
         1. The receiving team will then start with the ball at that spot.
      6. A punt that hits the ground and is not touched by the receiving team or by the kicking team is also a DEAD ball.
      7. Prior to the snap of a punt, the punting team must have at least three (3) offensive lineman on the line of scrimmage. The receiving team must have at least one (1) player lined up at the line of scrimmage.
      8. No player on the punting team may interfere with a player on the receiving team attempting to catch the ball or secure a punt.
         1. Penalty – Interference – 15 yards for the receiving team at the spot of the foul.
   6. Overtime
      1. If at the end of regulation the score is tied, teams will play a collegiate-style overtime.
         1. A coin flip will determine who starts with the ball.
            1. The away team calls the coin flip.
      2. Teams then have 1st and Goal at the twenty (20) yard line and have four downs to score a touchdown.
         1. After a score or a failure to score the other team gets the ball in the aforementioned position.
      3. First to outscore the opponent, each team having equal chances to score, wins.
   7. The Offense
      1. Running Plays
         1. Hash marks shall be placed in the center of the field of play 3 yards apart running the entire distance of the field.
            1. No player, including the RBs, QBs, or WRs shall be permitted to advance the ball across the line of scrimmage inside the has marks.

Penalty – Illegal Forward Run – 5 yard penalty, repeat the down.

* + 1. The offensive line (OL)
       1. An offense must have 1 center, two guards, and 1 QB. (RG is eligible receiver.)
          1. Penalty – illegal formation – 5 yards, repeat down.
       2. The offense may line up as many as five players on the offensive line, but the center and LG may not cross the line of scrimmage until the ball does so.
          1. Penalty – Ineligible man downfield – ten yard penalty.
       3. OL may line up in either 2 or 3 point stance.
       4. Players on the OL may not move once they are set until the ball is snapped or a timeout is called.
          1. Penalty – false start – five yards, repeat down
       5. Offensive players are not permitted to pin down defensive players once the ball is snapped, but must allow a reasonable chance for the defensive player to get back to his feet before he can be blocked again.
          1. Penalty – Holding – ten yards, repeat down.
       6. No female is permitted to line-up on the offensive line.
    2. Wide Receivers/Tight-Ends (WR/TE)
       1. On each play, the offensive team has five eligible receivers.
          1. WRs/TEs must remain set prior to the snap.

Penalty – false start

* + - * 1. Exception – one WR/TE may be in motion when the ball is snapped.

Motion must be laterally behind the line of scrimmage.

* + - 1. A ball is considered caught by the WR/TE when the player has full possession of the ball (no bobbling) AND has BOTH feet in bounds.
         1. A WR/TE who is intentionally pushed out of bounds by a Defensive player before both feet come down in bounds will be considered to be interfered with and a pass interference penalty will be assessed, as detailed below.
      2. After a catch is made by an offensive player, his/her teammates may block downfield, but are NOT permitted to blindside/hit/shove to ground/ or become overly physical or aggressive towards any player.
         1. Penalty – Unsportsman like conduct

Minimum – 15 yard penalty or half the distance to the goal from the spot of the foul.

Maximum – Ejection from Game/Reported to IM Committee for further action.

* + 1. Running Back (RB)
       1. Offense may elect to line up no more than one (1) player in the backfield to ether run the ball, serve as an outlet receiver, or help pick up a blitz.
          1. Teams are permitted to hand the ball off to the running back in order to advance the ball, BUT the running back MUST RUN OUTSIDE THE HASH MARKS.

Penalty – Illegal advance – 10 yards, loss of down.

* + - 1. RB may block, but shall not leave his two feet. (No diving).
         1. Penalty – Illegal Block – 15 yards, loss of downs.
      2. WARNING – If, in the opinion of the officials a block or hit rise to the level of flagrancy or malice, the player may be ejected from the game and possibly subject to further suspension.
      3. The same rules apply for RBs in regards to caught passes and motion prior to the snap.
    1. Quarterback (QB)
       1. QB must line up in the shotgun.
          1. Penalty – Illegal Formation – 5 yards, loss of downs
       2. QB is permitted to advance the ball past the line of scrimmage either by throwing the ball from behind the line of scrimmage or running the ball outside the hash marks.
       3. QB must make a reasonable attempt to throw the ball in the direction of an eligible WR if a pass is attempted.
          1. Exception – When the QB is flushed out of the pocket, as established by the offensive line, they may throw the ball away.

Penalty – Intentional Grounding – ten yards, loss of down.

* + - 1. QB is not considered sacked until his/her flag is completely removed from the belt.
         1. If the belt is not longer attached at the time a tackle is made, a QB is considered to be sacked when two hands simultaneously touch the QB.
      2. Each half, the QB must attempt at least 2 passes to a female or a female takes at least 2 snaps in the shotgun and attempts to pass or run.
         1. Failure to attempt 2 passes per half will result in a 3 point deduction.
    1. Offense Miscellaneous
       1. There are no fumbles
          1. If a ball is dropped (including lateral passes) it is dead at the spot the ball hits the ground or goes out of bounds.
          2. Defensive players may intercept a lateral pass.
  1. The Defense
     1. Defensive Lineman (DL)
        1. Team must line up at least 2 DLs but no more than 4 DL on the line of scrimmage.
        2. The area where the DL must lineup is directly outside the neutral zone and in front of the OL.
        3. No more than 3 DL players may rush at a time.
        4. DL may line up in a 2 or 3 point stance.
        5. DL must be lined up on the line of scrimmage at the time the OL gets set.
           1. Penalty – Illegal Formation – 5 yards, repeat down.
        6. Team may not put more players on the DL once the offensive line is set.
           1. Penalty – Illegal formation – 5 yards, repeat down.
        7. It is not a requirement that the DL rush any player.
     2. Defensive Backs/Linebackers (DBs and LBs)
        1. DBS and LBS may line up no closer than the defensive side of the neutral zone.
        2. DBs/LBs are permitted to play bump and run coverage within 5 yards of the line of scrimmage.
           1. Penalty – Illegal contact – 10 yards, repeat down.
        3. Only 2 DB/LB are permitted to blitz at a time.
           1. Penalty – Illegal Blitz – ten yards, repeat down.

1. Other Rules
   1. Pass interference
      1. Once the ball is in the air on a pass, a Defensive player or offensive player cannot gain an advantage in position by pushing, bumping, jostling, holding, ect. another player (Includes tipped passes).
         1. Exception – incidental contact – When two opposing players come into contact without a deliberate foul or violation, no penalty will be assessed.
         2. Exception – Un-catchable ball – if in the opinion of the referee the ball was not catchable, no penalty will be assessed.
         3. Penalty – Interference – 15 yards from spot of the foul or half the distance to the goal if within 20 yards of goal line.
   2. Holding
      1. Penalty: Defensive – five yards, automatic first down.
      2. Penalty: Offensive – ten yards, repeat down.
   3. Flagrant Conduct
      1. If in the opinion of the officials a player has committed any foul or flagrant conduct out of malice or with the intent to injure, hurt, or intentionally harm another player, that player will be immediately ejected from the game and will be subject to further suspension at the discretion of the commissioner and IM Committee.
         1. Penalty – 15 yards, repeat down.
2. Players are encouraged to acknowledge any fouls/violations that they commit and indicate the foul/violation to the referee. The penalty will be assessed by the referee and the game will continue.
   1. Note – every referee will enforce the rules slightly differently. If teams are able to acknowledge fouls/violations the games will be much more fun.
      1. Remember – refs are not professionals and are put in extremely uncomfortable positions when asked to settle a dispute between friends and colleagues. Please use common sense.
3. Failure to abide by the calls and decision of the referee and/or commissioner during a flag football game will result in immediate ejection for the remainder of the game. Continued harassment after an ejection will result in a team forfeit.
4. The Honor Code (specifically 2.1 (t)) is in effect. Every player participating in IM Flag Football under these rules acknowledges the Honor Code’s applicability.