

Below is a summary of basic rules for Intramural Flag Football, 7 v 7. For the complete rules, please check the Flag Football, 7 v 7 Rules document.

Equipment

- A. Players are required to wear a shirt or jersey without pockets that can be tucked in. Players of the same team should wear the same color shirt/jersey. Intramural Sports will not provide jerseys.
- B. Each players shall wear pants/shorts without pockets, belt, belt loops, or exposed drawstrings.
- C. Shoes with metal cleats are not permitted.
- D. Players may not wear jewelry (including earrings, bracelets, watches, piercings, etc.). Medical alert bracelets/necklaces or religious items may be worn, but must be taped down.
- E. Intramural Sports will provide flag belts. Belts must be worn with one flag on each side, one flag in the back, and cannot be tied.

Timing

- A. Play will be divided into two 20-minute halves. Clock runs continuously through the first half and until the 1-minute warning of the 2nd half, except for time-outs and the end of each period.
- B. During the final 1 minute of the 2nd half, the clock will stop and start according to NIRSA rules (i.e. clock will stop for first downs, touchdowns, out of bounds, etc.)
- C. Each team has 3 charged time-outs per game.
- D. Games will end in a tie and overtime will not be played in the regular season. In the playoffs, an overtime period consists of each team receiving a series of downs at the opponent's 10-yard line. If the score is still tied, additional overtime periods will be played to determine a winner.

Gameplay

- A. All leagues except Co-Rec will be played with 7 players on the field for each team. A minimum of 4 players is required to start the game
- B. Co-Rec leagues will be played with 8 players on the field for each team, 4 men and 4 women. A minimum of 5 players is required to start the game with a minimum of 2 men/women and maximum of 4 men/women.
- C. On offense, teams will have 4 downs to cross the next zone-line-to-gain (each 20 yard line, 40 yard line, and goal line)
- D. The offense has a 25-second play clock to snap the ball starting when the Referee blows their whistle.
- E. A fumble is dead and the play is over anytime it hits the ground.
- F. Touchdowns are worth 6 points in all leagues except Co-Rec.
- G. In Co-Rec leagues, teams score 9 points per touchdown when a woman crosses the goal line or throws a forward pass that leads to a touchdown. All other touchdowns are worth 6 points.
- H. After a touchdown, the scoring team may try for 1 point (3-yard line), 2 points (10-yard line), or 3 points (20-yard line).
- I. Mercy Rules – If a team is leading by 35 or more points with 5 or fewer minutes left or 19 or more points (25 for Co-Rec) anytime at or after the 1-minute warning of the 2nd half, the game will be over.
- J. The only type of blocking allowed is screen blocking. The screen blocker shall have his/her hands and arms at his/her side or behind his/her back when screen blocking. No contact is allowed.
- K. All players are eligible to receive a pass.

Sportsmanship

- A. Teams will earn a sportsmanship rating on a 10 point scale at the end of each game. This rating is based on the respect, cooperation and behavior displayed by each team throughout the game.
- B. Teams must achieve a 7.0 sportsmanship average rating during the regular season to be eligible for the playoffs, and must maintain that 7.0 average throughout the playoffs to continue.
- C. Unsportsmanlike conduct penalties may be given by any staff member for various unsportsmanlike actions. Players that receive 2 unsportsmanlike conduct fouls in a game will be disqualified and required to meet with the Competitive Sports Coordinator before participating.