

**STUDENT RECREATION & WELLNESS CENTER  
WASHBURN UNIVERSITY**

**INTRAMURAL ARENA FLAG FOOTBALL RULES**

1. **ALL PARTICIPANTS MUST BRING THEIR CURRENT WASHBURN PICTURE ID TO PLAY.** ID checks may be made to verify eligibility of players. Players without proper ID will not be allowed to participate. Washburn Intramural guidelines concerning eligibility are in effect.
2. NIRSA Flag Football rules will govern play except where Washburn Intramural modifications are stipulated.
3. Each team will consist of four (4) players. Game time is forfeit time. Teams must begin and end the game with a minimum of three (3) players. Teams failing to be represented by at least three (3) eligible players at game time shall forfeit the game. The intramural supervisor shall have the official time piece.
4. Prior to each match, team captains must check the roster on the score sheet for accuracy and write in jersey numbers. Each roster will be limited to 7 players.
5. Jerseys with numbers on either the front or back must be worn by each player. Jerseys may be checked out from the officials (a T-shirt with sleeves must be worn under these jerseys). Teams may provide their own T-shirts or jerseys; however, they must be of similar color and must have **clearly visible** numbers on either front or back.
6. No jewelry of any kind is allowed. Shorts and pants may not have any pockets. Shirts must either be tucked in or short enough so there is a minimum of 4 inches between the bottom of the shirt and the waistline. Shirts altered in any manner which produces a knot-like protrusion will be illegal.
7. Playing field will be one SRWC size basketball court.
8. Each team will receive 5 possessions to score as many points as possible. Teams will alternate possession of the ball. A coin toss will determine first possession.
9. Each team will receive two 30-second timeouts per game.
10. Teams will begin each possession at their goal line with a first down. Teams will have four (4) downs to score.
11. Each time the ball is spotted, the offensive team will have fifteen (15) seconds to snap the ball.
12. Quarterbacks begin the play with at least one foot on the ball spotter. The “snap” is when the quarterback lifts their foot from the ball spotter.
13. The defensive team may rush the quarterback. Only players who begin the play behind their own end zone may rush. The quarterback may cross the line of scrimmage only after a defensive player has done so. All forward passes must be completed beyond the line of scrimmage.
14. Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove the flag belt. To avoid calls, and maximize field position, the runner should put his/her arms and/or ball in the air when being de-flagged.
15. When a runner loses their flag belt accidentally or inadvertently, play continues. The de-flagging reverts to a one hand tag of the runner between the shoulders and knees by an opponent.
16. Leaving the ground for any reason other than to jump straight up to catch or block a pass is illegal. Spinning is acceptable, but contact resulting from spinning is the responsibility of the ball carrier.
17. Only one (1) forward pass per offensive play. All players are eligible receivers.

**For complete information on general intramural information and sportsmanship policies visit  
[www.washburn.edu/getfit](http://www.washburn.edu/getfit)**

18. No fumble recoveries unless made in mid-air. A loose ball is dead immediately when it hits the ground.
19. All offensive penalties, including dead-ball penalties, will result in a loss of down.
20. All defensive penalties will be an automatic first down.
21. All interceptions will be blown dead immediately with the result being change of possession and 3 points for the defensive team.
22. PAT may be run or passed into the end zone from either the half-court line (one point), the red volleyball end-line (two points), or the free throw line (three points). **An interception on a PAT will result in 3 points for the defense.**
23. Overtime: Coin is tossed; winner has choice of whether to be on offense first or second. Each team is given one normal possession in which to score. If they score, they may attempt a PAT. After the team has either scored or turned the ball over, the opposing team is given their possession. If the score is still tied after both teams have had one possession, the entire procedure is repeated with alternating possession until a winner is determined. Each team has one timeout per overtime period; unused timeouts do not carry over to subsequent overtimes.
24. Teams must protest according to the procedure outlined in the intramural sports policies and procedures document. Teams not represented at the managers' meeting will be unable to lodge protests of any kind during the season and/or playoffs.
25. The Washburn Intramural Sportsmanship Rating System is in effect for all games. Any player receiving a yellow card must sit out at least one play.

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