

# Campus **Recreation**

## University of South Carolina Student Life

### 7v7 Flag Football League Rules

*\*\*Please refer to the Participants' Manual for a complete list of all Intramural Sport guidelines & procedures\*\**

#### Section 1: General Information

##### General IM Procedures

- Teams should arrive 15 minutes before the game to check-in with the supervisor.
- Teams are expected to begin the game at the agreed scheduled time.
- All participants must display a valid Carolina Card before each game in order to play.
  - i. You may also use your digital Carolina Card through the GET mobile app. No ID – No Play – No Exceptions!

##### Defaults

- A default will result in the team automatically losing and receiving a 3-sportsmanship rating, and the game will be scored as the maximum mercy rule for that sport.
- The deadline to notify the Sport Programs Office that their team is unable to play their scheduled game and receive a default is 3pm the day of their game (M-F) or 12pm if their game is on Sunday.
- If a team defaults twice during the regular season, this is referred to as a “double default” which is equivalent to a forfeit and results in a **forfeit fee of \$25** being assessed to the captain. The captain will be suspended from Intramurals until this fee has been paid on DSE. The team will receive a 3-sportsmanship rating for each default.
- The UofSC Sport Programs Office can be reached:
  - i. By email at [sportprograms@mailbox.sc.edu](mailto:sportprograms@mailbox.sc.edu)
  - ii. By phone at 803.576.9387
  - iii. In person at the Strom Thurmond Wellness & Fitness Center – Room 201D

##### Forfeits

- A forfeit will result in the team automatically losing and receiving a 1-sportsmanship rating, and the game will be scored as the maximum mercy rule for that sport. A **forfeit fee of \$25** will be assessed to the captain, and the captain will be suspended from Intramurals until this fee has been paid on DSE.
- If a team forfeits twice during the regular season, this is referred to as “forfeiting out” and they will be removed from the league. A **second forfeit fee of \$25** will be assessed to the captain, and the captain will be suspended from Intramurals until both fees have been paid on DSE.

##### Team Choice (5 minutes: 5 minutes)

- The captain of the team present who has the minimum required number of players to play, can choose to accept the default/forfeit or enact team choice at the game start time. If the team enacts the team choice rule, they cannot change their mind and accept a default/forfeit later.
  - i. If both teams are present but neither team has the minimum number of required players at game time, the Sport Programs Leader will start the game clock but neither team will receive points during the first 5 minutes.

- ii. During the first 5 minutes, if only one team meets the minimum number of required players, no points will be awarded but they will have the opportunity to enact “team choice” for the second 5 minutes. If they accept the default, the game will be called, otherwise points will be awarded during the second 5 minutes according to the team choice point guidelines.
- **7v7 Flag Football (7 points:7 points)**

### **Sportsmanship**

- Each team will be given a sportsmanship rating 1-5, in accordance with the Participants’ Manual, from the officiating crew/on-site supervisor following the game.

### **Playoffs**

- All teams are eligible for post season play provided that they
  - i. Win at least one game in the season.
  - ii. Do not forfeit more than once
  - iii. Do not default more than twice
  - iv. Complete the season with the required sportsmanship rating (3.0).
- **If a team receives more than one game with a sportsmanship of 2, they will forfeit the remainder of the playoffs. A team that receives below a 2 in any playoff game will automatically be forfeited.**

### **Miscellaneous**

- To receive the latest USC Intramural Sports schedules, scores, and updates be sure to log onto **[sc.dserec.com/online/dashboard](http://sc.dserec.com/online/dashboard)**
- **No jewelry can be worn during games.** Captains are responsible for making sure all jewelry is removed before a player takes the court.
- **Protest:** The only 2 things that can be protested are rule interpretation & player eligibility.
  - i. In order to protest rule interpretation, you must tell the supervisor you wish to protest before the next play.
  - ii. Player eligibility protests can be made before, during, or after the game to any supervisor or professional staff member.

## **Section 2: Rules & Sport Specific Information**

*The game will be played according to the current National Intramural & Recreational Sports Association’s (NIRSA) rules if not explicitly stated in this document.*

### **Field & Locations**

- Games will be played at the STWFC Recreational Fields, unless notified otherwise.
  - The field shall be rectangular (100 yds x 40 yds)
    - The playing surface will be 80 yds, with two 10 yd end zones.
    - The zones will be lined at 20 yd intervals from goal line to goal line.
    - The 3 and 10 yd “try-for-point” lines shall be 1 yd wide.

### **Players**

- Seven players constitute a men’s, women’s, corec, or open team.
  - A minimum of five (5) players are required to play

### **CoRec Rules**

- CoRec teams may play with seven and there must be no more than 4 players of a gender on the field at any time.
  - CoRec teams must have at least 5 players to start.
  - The following gendered arrangements are allowed (4w&3m, 3w&4m, 3w&3m, 4w&2m, 2w&4m, 1w&4m, or 4w&1m).
- An adult or youth football can be used, captains must agree or a youth ball will be used.
  - If captains can't agree, a youth football will be used.
- A male runner may only advance the ball beyond team A's scrimmage line following a legal forward pass. There are no restrictions concerning: runs by females, during a run by a male following a legal forward pass, and after a change of possession.
- There are no restrictions concerning a male passer completing a legal forward pass to a female receiver, or female to female, or female to male.

## Equipment

- Each player on the field must wear a one-piece flag belt (provided by UofSC Sport Programs) on the waist with the 3 permanently attached flags on either side and one on the back.
- **Belt loops, pockets, exposed drawstrings, or untucked hoods are illegal.**
  - These items increase the risk of injuries to fingers given the nature of flag football.
- Any type of running shoe or sneaker is permitted.
  - Molded one-piece screw-ins with a cleat length of 2" or less are permitted.
  - Exposed metal on cleats is prohibited and players will be asked to remove their cleats before playing (cannot be "taped up".)
- Headgear, shoulder pads, body pads, or any unyielding or dangerous equipment is prohibited.
  - Under no circumstances will a player wearing a cast or splint be allowed to play. Braces with exposed metal parts must be covered.
- Players may wear a knit or stocking cap but no bandanas or any other headwear with a knot may be worn.
  - No baseball style/brimmed hats.
- Soft gloves may be worn.
- All players must wear shirts/jerseys long enough that they can remain tucked in through a down or cut at least 4" above the waist.
- The supervisor on duty will make any decisions on the legality of any equipment.

## Scoring

- All touchdowns will count as 6 points.
- Teams will have the option to go for a Point After Try (PAT) following a touchdown
  - 1-point (3 yds), 2-points (10 yds), or 3-points (20 yds)
- Safeties will count as 2 points.
  - Following a safety, the scoring team will snap from their own 14 yd line.
- **Mercy Rule** – The game will end immediately if:
  - If a team is 35 or more points ahead at any time during the second half, the game shall be over.
  - If a team is 19 or more points ahead when the referee announces the 2-minute warning for the second half or anytime thereafter, the game shall be over.

## Timing

- The game will consist of two halves of 20-minutes with a running clock unless:

- A time-out is called or at the referee's discretion.
- During the last two (2) minutes of each half the clock will stop on high school rules.
  - a. Incomplete pass, out of bounds, on penalties, on a change of possession, on any score, or on first downs.
- Half time will be a maximum of five (5) minutes.
  - The referee has discretion to reduce the length of half time if conditions deem it necessary, or if teams are ready to play.
- The referee may stop & start the game clock whenever, in their judgment, either team is trying to conserve or consume playing time by using illegal or unfair tactics.

### **Time Outs**

- Teams are permitted 3 time-outs per game. Each time-out will last 1 minute.
  - Time outs do not "roll over".

### **Pre-Game**

- The Sport Programs staff will identify a "coin toss" process that will determine which team will select possession, side, or the ability to defer their choice to the second half.
  - The options for each half shall be:
    - a. Offense / Defense / Defer option to the 2<sup>nd</sup> half
    - b. Goal to defend
- The captain not having the first option for a half shall exercise the remaining option.

### **Snapping The Ball**

- The offensive team must have a minimum of 1 player (the snapper) on the line of scrimmage at the time of the snap.
  - The snapper shall pass the ball back from its positions on the ground with a quick & continuous motion of the hand(s).
  - The player who receives the snap from the center must be at least 2 yds behind their scrimmage line.
- If on the snap, scrimmage kick, or any other circumstances the ball is fumbled, it is immediately dead, at the spot, upon hitting the ground. No advancements can be made by either team.

### **Passing The Ball**

- A forward pass is a live ball thrown towards the opponents' goal line. A backwards pass is a live ball thrown parallel or backwards. The initial direction of the pass will determine whether the ball is forward or backwards.
- All players are eligible to touch a forward pass after it is thrown. The passer may catch their own forward pass provided another player has touched it first.

### **Carrying & Catching**

- A runner may not guard their flag using any part of their body (including the ball) to cause contact between the runner and an opponent that denies the opponent the opportunity to pull or remove the flag belt. Examples include, but are not limited to:
  - Placing/swinging the hand or arm over the flag belt
  - Placing the ball in possession over the flag belt
  - Lowering the shoulders in such a manner that places the arm over the flag belt

- The ball is considered an extension of the runner, and it is illegal to attempt to contact the ball while in player possession. Once a player has obtained possession of the ball, their opponent must play the flag, not the ball.
- Only one foot must touch inbounds in order for a pass reception to be considered legal.
- A fumble going out of bounds without hitting the ground remains in possession of the fumbling team at the spot where the ball was fumbled or wherever the ball went out of bounds.
- If members of opposing teams catch a legal forward pass simultaneously, the ball is immediately dead upon returning to the ground and belongs to the offense.
- If a player's flag belt breaks or inadvertently falls off, then a one-handed tag on that player, between the shoulders and the knees, must be applied in order for that player to be down.

## Screening & Rushing

- Defensive players must not contact the passer at any time during or after the play. They may only go for the flag.
  - Rushers may try to deflect the ball, but they may not contact the passer even if the ball is deflected. If the defender contacts the passer, including the ball while in possession, it is considered "roughing the passer."
- Screen blocking is legally obstructing an opponent **without** using any part of the body to initiate contact with him/her.
  - The screen blocker shall have their hands and arms at their side or behind their back.
  - Any use of the hands, arms, elbows, legs, or body to initiate contact during an offensive player's screen block is illegal.
  - A blocker may only use their hand or arms to break a fall or to retain their balance.
- Defensive players must go around the offensive player's screen block. The arms and hands **cannot** be used to contact the opponent and gain an advantage in getting around/through the block.
- The application of this rule depends entirely on the judgment of the referee.
- These actions are judged similarly to the block/charge call in basketball.

## Punting

- There will be no scrimmage kicks to start a game; the ball will be placed on the 14 yd line.
- Prior to a punt, the offensive team must make the referee aware of its intentions. After such announcement, the ball must be kicked. Exception: a time-out is called or a foul occurs prior to or during this down after Team A's captain's decision which results in the kicking team having the right to repeat the down again, the referee must ask Team A's captain whether or not he/she wants to punt and then the referee will communicate this decision to the Team B captain.
- Anytime at or after the ball is ready for play (determined by the referee blowing the ready for play whistle), each Team A player must momentarily be at least 5 yards inbounds before the snap.
- Neither K nor R may advance beyond their respective lines of scrimmage until the ball is kicked. All scrimmage line rules regarding the snap, stance, false start, minimum line players, motion and shift apply to punts.
- After receiving the snap, the kicker must kick the ball immediately and in a continuous motion. If a kicker drops the ball, it is considered a fumble and the ball becomes dead at the spot.
- When a punt breaks the plane of R's goal line, it is a touchback.
- Kick Catch Interference – While any punt is in flight beyond K's scrimmage line, K shall not touch the ball or obstruct R's path to the ball. This prohibition does not apply if the act is after R has touched the kick.
- Players shall ignore any signals (fair catch) given by the kickers or receivers. The ball remains live.

## On-Side Kicks

- Teams are able to choose if they want to try for a 20-yard conversion, for a chance at maintaining possession
  - After a Touchdown and PAT, team will be asked if they
- To be able to try an on-side kick conversion, the team who just scored must be winning by no more than 19 points or trailing by any number of points.
- On-side kick conversions can only be enacted in the second half.

## Miscellaneous

- Team players are responsible for retrieving the ball after a down has ended.
  - Officials are not responsible for retrieving the ball.
- The offensive team may take the ball to the huddle after each play.

## Overtime

- **There will be no overtime during the regular season.**
- If a playoff game ends in a tie, the two captains will determine the options by a coin flip. The home captain will call the coin toss.
- The winner of the toss shall be given options of offense, defense, or direction. The loser of the toss shall make a choice of the remaining option.
- Teams will alternate choices if additional overtime periods are played.
  - All overtime periods are played toward the same goal line.
  - Each team will be given a series of 4 downs to score.
  - Extra points will be attempted and scored as previously stated.
  - If the defense intercepts the ball, the ball is dead.
  - Each team is entitled to 1 time-out per entire overtime.
  - The game will continue to be played until a winner is determined.

## Summary of Penalties

Foul	Type	Yards	Basic Spot	Special Notes
False Start	Dead Ball	5	SS	
Illegal Snap	Dead Ball	5	SS	
Encroachment	Dead Ball	5	SS	
Illegal Substitution	Dead Ball	5	SS	
Delay of Game	Dead Ball	5	SS	
Illegal Motion	Live Ball	5	PS	
Illegal Substitution	Live Ball	5	PS	
Minimum # of Line Players	Live Ball	5	PS	
15 Yard Rule	Live Ball	5	PS	
Illegal Shift	Live Ball	5	PS	
Illegal Equipment	Live Ball	5	PS	
Illegally Conserving Time	Live Ball	5	PS	
Receiving Snap within 2 yards	Live Ball	5	PS	
Advancement of Male Runner	Live Ball	5	PS	
Illegal Forward Pass	Live Ball	5	SPOT	Loss of Down
Intentional Grounding	Live Ball	5	SPOT	Loss of Down

Updated Fall 2024

2 consecutive male-male passes	Live Ball	5	SPOT	Loss of Down
Helping the runner	Live Ball	5	SPOT	

<b>Foul</b>	<b>Type</b>	<b>Yards</b>	<b>Basic Spot</b>	<b>Special Notes</b>
Illegal Participation	Live Ball	10	PS	
Unsportsmanlike Conduct	Live/ Dead	10	SS	
Pass Interference - Offense	Live Ball	10	PS	
Pass Interference - Defense	Live Ball	10	PS	
Illegally Secured Flag belt	Live Ball	10	All But 1	LOD/ 1st Down
Illegal Contact	Live Ball	10	All But 1	
Roughing the Passer	Live Ball	10	PS/ EORR	Automatic 1st Down
Flag Guarding	Live Ball	10	SPOT	
Illegally Kicking	Live Ball	10	SPOT	
Illegal Flag Belt Removal	Live Ball	10	PS	

**SS – Succeeding Spot**

**PS – Previous Spot**

**SPOT – Spot where the Foul Occurred**

**EORR – End of the Related Run**

**ALL BUT 1 – All fouls but one, that is a foul by the offense behind the basic spot, are penalized from the basic spot.**