

Daytona State College

5vs5 Flag Football

Modifications

5 vs 5 FLAG FOOTBALL RULEBOOK

Participation in the Daytona State Intramural Sports Programs is voluntary, and individuals use facilities at their own risk. Participation in any physical activity involves inherent risk and even when safety precautions are utilized, injuries and accidents can occur. Daytona State College would like to encourage each individual to consult their physician and obtain adequate personal health/accident insurance prior to participation in our programs. Daytona State College does not provide personal health or medical insurance coverage for participants.

Daytona State College Intramural Sports follows NFL FLAG rules with modifications.

NFL FLAG rules can be found in the online at nflflag.com

Rules are subject to change



Daytona State College

5vs5 Flag Football

Modifications

1. Scoring/Mercy and Downs

a. The value of scores shall be:

- **Touchdown - 6pts**
- **PAT 10yd line - 2pts**
- **PAT 3yd line - 1pt**
- **Safety - 2pts**

b. Teams must declare what PAT value they are going for to the Head Ref immediately after a touchdown.

c. The game will end if a Mercy Rule scenario comes into effect, the Mercy Rule situations are:

- Team is leading by 42 or more points at any point in the first 20 minutes of a game.
- Team is leading by 28 or more points in the final 5 minutes of a game.

d. There are 4 downs, punting is allowed.

2. Substitution Rules:

a. Players may substitute freely *between* downs.

b. Players must exit the field on their own sideline, failure to do this is an illegal substitution.

c. Teams must always have a snapper/center on the field. The snapper is eligible to participate in the play only after snapping the ball.

3. Kicking and Punting:

SECTION 1. PUNT ART:

a. **Legal Punt:** A legal punt is a kick made in accordance with the Rules. Quick kicks are illegal.

PENALTY: Illegal Kick, 10 yards (S31).

b. **Punt:** Prior to making the ball ready for play on fourth down, the Referee must ask the Team A captain if they want to punt. The Referee must announce this decision to all players

Daytona State College

5vs5 Flag Football

Modifications

and officials. The Team A captain may declare a punt on any down. After this announcement, the ball must be punted.

EXCEPTION: If a Team A or B time-out is called, a foul occurs any time prior to or during this down, or an inadvertent whistle is blown after the Team A captain's decision which results in the kicking team having the right to repeat the down again, the Referee must ask the Team A captain whether or not they want to punt and communicate this decision to all players and officials.

c. **Formation and Snap:** Neither Team K nor R may advance beyond their respective scrimmage lines until the ball is punted.

PENALTY: Illegal Procedure, 5 yards from the previous spot.

NOTE: All scrimmage line rules regarding the snap, encroachment, false start, minimum line players, motion, and shift on punt.

d. **Punting the Ball.** After receiving the snap, the kicker must punt the ball immediately in a continuous motion.

PENALTY: Illegal Procedure, 5 yards.

e. **After Being Punted:** Once the ball is punted, any R player may block the kick. If the blocked punt hits the ground, it is dead at that spot. If the punt is blocked by any R player behind K's scrimmage line and then caught by any K player behind K's scrimmage line (first ball spotter-orange), they may advance. R may advance the punt anywhere in the field of play or end zone. A K player cannot punt the ball to themselves or any other K player. Team K may punt the ball only once per down.

PENALTY: Illegal Kicking, 10 yards.

f. **Punt Crosses K's Scrimmage Line:** When a punt, which has crossed K's scrimmage line (first ball spotter-orange), touches a player from either team and then hits the ground, the ball is dead and belongs to R. If it hits an R player and then is caught in the air, it can be advanced by R. If touched by R beyond K's scrimmage line and then caught by K beyond R's scrimmage line, the ball is dead, belongs to K, and a new series begins for K.

g. **First Touching:** If any K player touches a punt after it crosses K's scrimmage line (first ball spotter-orange) and before it is touched there by any R player, it is referred to as "first

Daytona State College

5vs5 Flag Football

Modifications

touching.” R may take the ball at that spot or may choose to have the ball put in play as determined by the action which follows first touching. R's right to take the ball at the spot of first touching by K is canceled if R touches the punt and thereafter during the down commits a foul or if the penalty is accepted for any foul committed during the down.

h. Punt Out-of-Bounds Between the Goal Lines or at Rest: If a punt goes out-of-bounds between the goal lines or comes to rest inbounds untouched and no player attempts to secure it, the ball becomes dead and belongs to the receiving team at that spot.

i. Punt Behind the Goal Line: When a punt breaks the plane of R's goal lines, it is a touchback unless R chooses the spot of 1st touching by K.

SECTION 2. KICK CATCH INTERFERENCE:

a. Interference: While any punt is in flight beyond K's scrimmage line (first ball spotter-orange), K shall not touch the ball or R, nor obstruct R's path to the ball, unless the punt has been touched by R. K may catch, touch, muff or bat a punt in flight if beyond K's scrimmage line if no R player is in position to catch the ball.

PENALTY: Kick Catch Interference, 10 yards spot of the foul.

SECTION 3. SIGNALS ART

a. Signal: Players shall ignore any signals given by K or R. The ball remains live until a flag has been removed.

4. Game Timing and Timeouts:

a. The length of the game is two 15-minute halves. Halftime will be 3 minutes, time permitting.

B. A running clock will be used until the last two minutes of the second half

Exception: Official and team timeouts.

c. In the case of inclement weather or other circumstances, a game is considered “official” after the first half is completed.

d. Each team receives (2) 30-second timeouts for the entire game. These timeouts may be called at any time.

e. All checked-in players and coaches can call timeouts on their team's behalf.

Daytona State College

5vs5 Flag Football

Modifications

f. Teams that arrive late to games and/or are not ready with the minimum roster by start time will receive the following penalty:

- **1-4 minutes late = Other team starts up 14-0 and gets possession to begin both halves**
- **5+ minutes late = Game is forfeited**

5. Overtime

a. If scores are tied at the end of the second half, the game will be recorded as a tie game (game over) during the regular season. During the playoffs, an overtime period will be played.

b. A coin flip will determine the options. All overtime periods shall be played toward the same goal line.

i. An overtime period consists of one possession by each team.

ii. Unless moved by penalty, each team will start first and goal from the 10-yard line. Each team will have a series of downs to score a touchdown.

iii. If the score is still tied after one overtime period, as many periods as necessary will be played to determine a winner.

iv. Try for points will be attempted and scored during overtime.

v. When B (defense) secures possession, the ball is dead, and the series is over. The ball will be placed at the B 10-yard line, and team B will begin their series of 4 downs, if available.

vi. Each team is entitled to one timeout for the entire overtime session, and time outs do not carry over from regulation.

6. Penalties:

a. The officials will call all penalties.

b. Game officials determine incidental contact that may result from normal run of play.

c. All penalties will be assessed from the line of scrimmage, except as noted. (Spot fouls)

Daytona State College

5vs5 Flag Football

Modifications

d. Only the team captain or head coach may ask the referee questions about rule clarification and interpretations. Other players, coaches and fans may not question calls.

e. Games and halves may not end on a penalty unless the opposing team declines it.

f. Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete.

g. Penalties will be assessed half the distance to the goal line when the penalty yardage is more than half the distance to the goal.

7. CO-ED Rules:

a. Co-Ed is 8vs8, no team shall participate with less than 7 players at any time.

b. If injuries or ejections cause a team to drop below the minimum number of players required, the team may continue, if they started with the minimum number of players.

c. Mixed gender teams may not have more than four players of one gender on the field

d. Mixed gender teams must adhere to the rule of c (2.c) regardless of injury or ejection - even if it results in a shorthanded scenario.

e. Each gender must play QB for at least 5 minutes of a game.

f. Each gender must play Center for at least half of the game.

g. A Co-Ed team must consist of at least 8 players with a minimum of 7 players on gameday. Co-Ed teams may play with any combination of the following:

- 4 males & 4 females

- 4 males & 3 females

- 3 males & 4 females

- There are no restrictions during a run by a male runner once the ball has been touched beyond the scrimmage line, during a run by a female runner, after a change of team possession, and after a legal forward pass. There may not be 2 consecutive legal forward pass completions involving a passer and receiver of the same gender. If a legal forward pass is completed by two male players, the next legal forward pass completion must involve players of differing genders.

Daytona State College

5vs5 Flag Football

Modifications

- On an OPEN play, there are no restriction on who can throw or receive a pass.
- On a CLOSED play, a legal forward pass completion cannot involve two male players.
- An OPEN play becomes a CLOSED play following a legal forward pass completion between two male players.
- A CLOSED play becomes an OPEN play after a legal forward pass that involves players of different genders as the passer and receiver which results in positive yards. The spot where the play ends must be beyond the line of scrimmage.

Daytona State College

5vs5 Flag Football Modifications

ii. Defensive spot fouls

Defensive pass interference	Automatic first down
Holding/Illegal Contact	+5 yards and automatic first down
Stripping	+5 yards and automatic first down

iii. Offensive spot fouls

Screening or blocking	-5 yards and loss of down
Charging	-5 yards and loss of down
Flag guarding	-5 yards and loss of down
Holding/Illegal Contact	-5 yards and loss of down

iv. Defensive penalties

Defensive unnecessary roughness	+10 yards and automatic first down
Defensive unsportsmanlike conduct	+10 yards and automatic first down
Offside / illegal substitution	+5 yards from line of scrimmage and automatic first down
Illegal rush (Starting rush from inside 7-yard marker)	+5 yards from line of scrimmage and automatic first down
Illegal flag pull (Before the receiver has the ball)	+5 yards from line of scrimmage and automatic first down
Roughing the passer	+5 yards from line of scrimmage and automatic first down
Taunting	+5 yards from line of scrimmage and automatic first down

v. Offensive penalties

Offensive unnecessary roughness	-10 yards and loss of down
Offensive unsportsmanlike conduct	-10 yards and loss of down
Offside / false start / illegal substitution	-5 yards from line of scrimmage and loss of down
Illegal forward pass (Any pass received or lands behind the line of scrimmage or throwing a pass after crossing the line of scrimmage)	-5 yards from line of scrimmage and loss of down
Offensive pass interference	-5 yards from line of scrimmage and loss of down
Illegal motion (More than one person moving)	-5 yards from line of scrimmage and loss of down
Delay of game	-5 yards from line of scrimmage and loss of down
Impeding the rusher	-5 yards from line of scrimmage and loss of down
Illegal Procedure	-5 yards from line of scrimmage and loss of down
Taunting	-5 yards from line of scrimmage and loss of down

5vs5 Flag Football
Modifications

PART V • CODE OF OFFICIAL FOOTBALL SIGNALS 101










PART V. CODE OF OFFICIAL FOOTBALL SIGNALS

<p>1</p>  <p>Ball ready for play *(intimed down</p>	<p>2</p>  <p>Start clock</p>	<p>3</p>  <p>Time-out; Discretionary or injury time-out (follow by tapping hands on chest)</p>	<p>4</p>  <p>TV/Radio time-out</p>
<p>5</p>  <p>Touchdown Point(s) after touchdown</p>	<p>6</p>  <p>Safety</p>	<p>7</p>  <p>Ball dead; Touchback (move side to side)</p>	<p>8</p>  <p>First down</p>
<p>9</p>  <p>Loss of down</p>	<p>10</p>  <p>Incomplete forward pass; Penalty declined; No play, no score; Toss option delayed</p>	<p>11</p>  <p>Legal touching of forward pass or punt</p>	<p>12</p>  <p>Inadvertent whistle (face press box)</p>
<p>13</p>  <p>Disregard flag</p>	<p>14</p>  <p>End of period</p>	<p>15</p>  <p>Sideline warning</p>	<p>16</p>  <p>First touching</p>
<p>17</p>  <p>Backward Pass</p>	<p>18</p>  <p>Encroachment</p>	<p>19</p>  <p>Illegal procedure; False start; Illegal formation</p>	<p>20</p>  <p>Illegal shift - 2 hands; Illegal motion - 1 hand</p>

Daytona State College

5vs5 Flag Football

Modifications

<p>21</p>  <p>Delay of game</p>	<p>22</p>  <p>Substitution infraction</p>	<p>23</p>  <p>Failure to wear required equipment</p>	<p>24</p>  <p>Flag guarding</p>
<p>27</p>  <p>Unsportsmanlike conduct; Noncontact foul</p>	<p>28</p>  <p>Illegal participation</p>	<p>29</p>  <p>Sideline interference</p>	<p>31</p>  <p>Illegal batting/kicking (followed by pointing toward toe for kicking)</p>
<p>33</p>  <p>Forward pass interference; Kick catching interference</p>	<p>34</p>  <p>Roughing the passer</p>	<p>35</p>  <p>Illegal pass</p>	<p>36</p>  <p>Intentional grounding</p>
<p>38</p>  <p>Personal foul</p>	<p>40</p>  <p>Open (Corec only)</p>	<p>41</p>  <p>Closed (Corec only)</p>	<p>42</p>  <p>Holding/obstructing</p>
<p>43</p>  <p>Declared punt</p>	<p>44</p>  <p>Helping the runner</p>	<p>45</p>  <p>Forward pass</p>	<p>47</p>  <p>Player disqualification</p>

Daytona State College

5vs5 Flag Football

Modifications

8. Cancelled Games/Rescheduling/Forfeits:

a. **Weather:** Daytona State College will rely on referee discretion or campus safety to make a judgement call based on weather conditions and player safety during gameday. Daytona State College reserves the right to cancel any game, at any time. If the weather is known prior to the game, students will be notified that their game is cancelled.

b. **Rescheduling of Games:** Intramural Sports will not reschedule regular season games cancelled due to inclement weather, loss of facilities, or special circumstances. Playoff games that are cancelled due to unexpected circumstances will be rescheduled without consultation with teams and posted on @DSC_StudentLife Twitter/X as well as emailed to the participants.

c. The status of intramural games and activities will be updated on Twitter/X @DSC_StudentLife. Individuals can either create a twitter account or check their email. Email and X/Twitter are the only 2 places where the final determination of the status of games will be communicated by Intramural Staff, it is a captain's responsibility to inform their team.

d. A team must start a game with at least 4 players. If a team does not have enough players to participate, they will forfeit that game. Games that are forfeited count as a loss.

9. Playoffs/Championship:

a. Championship t-shirts are awarded to all members of a team's official roster who are present during the championship game. Photos of each team are also located on the website and posted on Twitter/Instagram.

b. Playoff Schedules will be posted on the DSC website and @DSC_StudentLife on Twitter/X, an email will also be sent to all participants.

10. Contacts:

Intramurals@daytonastate.edu or 386-506-3289 or Building 115, Room 218

Campus Safety Contact Information: Campus Safety 24-hour Dispatch – (386) 506-4444

(In case of power or network outage call (386) 258-7374)

Title IX Coordinators - For Students

Daytona State College

5vs5 Flag Football

Modifications

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