



Flag Football Rulebook

Any rules or regulations not covered in this rule book should be decided after reference to the 2025 & 2026 NIRSA Flag & Touch Football Rules Book & Officials Manual

RULE ONE: THE GAME, FIELD, PLAYERS AND EQUIPMENT

Section One: General Provisions

A. Eligibility

1. This activity will be conducted according to standard eligibility rules as set forth by the Louisiana Collegiate Intramural Recreation Sport Association (LCIRSA).
2. Participants must be listed on their respective team rosters prior to the roster submission deadline, which is 12:00pm on the Friday before the tournament begins.
 - a. any students seeking to be added after this deadline must have LCIRSA Flag Football Committee Staff approval.
 - b. Students must check in to the scorers table before the start of each game with their respective university Identification card. The name on the card must match the name on the roster.
3. Participation by an ineligible player will subject the offending team to forfeiture of the contest in which the ineligible player participated, and possibly removal from the tournament.

B. Players

1. The game shall be played between two teams of seven (7) players each. In CoRec, games are played between two teams of eight (8) players each.
2. A team may begin a game with a minimum of four (4) players. For CoRec, a team may begin with a minimum of five (5) players.
3. Team representatives (players, substitutes, coaches, trainers, and other persons affiliated with the team) are subject to the rules of the game and shall be governed by decisions of officials assigned to the game. All patrons are under the jurisdiction of the LCIRSA Tournament staff from their moment of arrival to their time of departure from the fields.

UNSPORTSMANLIKE CONDUCT

Players shall not commit acts of unsportsmanlike conduct. In the event anyone acts in an unsportsmanlike manner before, during, or after an Intramural contest, the official(s) and supervisors at the game site have the complete authority to take action, as they deem necessary, in order to keep the game in control.

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Unsportsmanlike conduct includes but is not limited to: arguments with officials and staff by any player, coach, manager, or spectator; unsportsmanlike conduct, fighting, etc., before, during or after a contest. No player, coach, or team shall:

- Use foul or derogatory language, threaten, or verbally abuse any other participant or LCIRSA Staff / Student Officials before, during, or after a game
- Participate in a game for which he/she is ineligible
- Argue with or berate the game official(s)
- Intentionally strike, push, trip, or flagrantly foul another player
- Mistreat the facility, equipment, or supplies of the host university

All unsportsmanlike penalties, technical fouls, yellow cards and unsportsmanlike fouls/acts will be recorded. Students may be referred to the LCIRSA Executive Board and their institutions Student rights and Responsibilities Office based on actions warranting an Unsportsmanlike Conduct penalty. The accumulation of two such fouls/acts in a game will result in an automatic ejection from the contest. A team accumulating three unsportsmanlike fouls will result in forfeiture of the contest by that team.

SIDELINE/SPECTATOR GUIDELINES

Only officials, players, and one coach are permitted on the field of play. Failure to comply with all Intramural and Rec Sports policies and procedures for the fields by spectators will result in immediate expulsion of the spectators and possible forfeiture of the game.

Section Two: The Field

E. Field Layout

1. The field dimensions are 80 yards by 40 yards with 10-yard end zones. The playing field is divided into four 20-yard zones. Both 14 yd. lines shall be marked with an "X" on the hash mark.

F. Inbounds/Out-of-Bounds

2. The lines bounding the sidelines and the end zones are out-of-bounds.

G. Team Box and Spectator Area

3. Each team box is a designated area for players. Each box is marked between the 20-yard to 20-yard line and one yard from the sideline. Players must stay within this team box. The spectator area is designated five yards from the sideline and extends from 20-yard line to 20-yard line.

Section Three: Equipment

H. The Ball

1. Each team must provide their own football. The official ball shall be pebble-grained leather or rubber covered and meets the recommendations of size and shape for regulation football. There are no requirements regarding ball pressure and markings.

2. Men shall use the regular size while women or CoRec shall use the men's, intermediate, youth, or junior size. The referee shall be the sole judge of any ball offered for play and may change the ball during play at his/her discretion. During the game each team must use a legal ball of its choice when in possession.

Section Four: Player Equipment

I. Jersey

1. Jerseys may not have pockets, holes, or a button placket. All team members must wear the same shade of color shirt. Jerseys must be either:

- a. Long enough so they remain tucked in the pants/shorts the entire down, or
- b. Short enough so there is a minimum of 4" from the bottom of the jersey to the player's waistline.

J. Pants/Shorts

1. Each player must wear pants or shorts without any belt(s), belt loop(s), pocket(s), holes, or exposed drawstrings. Pants and shorts with zipper pockets are not permitted. Pants or shorts must be a different color than the flags. Pants or shorts may not be turned inside out, and pockets may not be taped.

K. Flag Belt

1. The Referee must know that a player was not wearing a flag belt during the down in order to penalize a team.
2. If a player's flag belt falls off during play, that player can be deemed "down" with a touch from one hand of a defensive player.

L. Shoes

1. All players must wear shoes made of canvas, leather or synthetic material, which cover the entire foot.

Section Five: Player Equipment-Optional

M. Headwear

1. Players may wear a knit stocking cap. The cap must have no bill.
2. Players may wear a single-colored headband no wider than 2"

N. Sunglasses

1. Players may wear pliable and non-rigid sunglasses.

O. Play Book

1. Players may carry a Play Book inside their clothing as long as it is not made of unyielding material.

Section Six: Player Equipment-Illegal

P. Illegal Equipment

1. A player wearing illegal equipment shall not be allowed to play. Types of equipment that shall be declared illegal include:

- a. Headwear containing any hard, unyielding, stiff material, including billed hats, or items containing exposed knots, such as bandanas.
- b. Jewelry and rubber bands of any kind.
- c. Pads or braces worn above the waist.
- d. Shoes with metal, ceramic, screw-in, or detachable cleats unless the screw is part of the cleat.
- e. Jerseys that have been altered in any manner which produces a knot-like protrusion.
- f. Leg and knee braces made of hard, unyielding material, unless covered on both sides and all edges.
- g. Towels may not hang from a participant's waist.

RULE TWO: PERIODS, TIME, SUBSTITUTIONS

Section One: Before the Game

Q. Coin Toss

1. The captain winning the toss shall have the choice of options for the first half or shall defer his/her option to the second half. The options are:
 - a. To choose whether his/her team will start on offense or defense.
 - b. To choose the goal his/her team will defend.
 - c. Defer options to the second half
2. The captain, not having the first choice of options for a half shall exercise the remaining option.

Section Two: Game Time

R. Playing Time and Intermissions

1. Playing time shall be 40 minutes, divided into two 20-minute halves.
2. The clock will run continuously through all 20 minutes of the first half.
3. the clock will run continuously for the first 18 minutes of the second half.
 - a. Clock stoppage in the final two minutes of the second half will follow two-minute mechanics.
3. Half-time will be three minutes.

S. Play

1. Play at the beginning of each half will start at the offense's 14-yard line.

T. Extension of Periods

1. A half must be extended by an untimed down, except for unsportsmanlike or non-player or fouls which specify a loss of down, if during the last timed down, one of the following occurred:
 - a. There was a foul by either team and the penalty is accepted.
 - b. There was a double foul.

c. If a touchdown was scored, the Try is attempted unless the touchdown is scored during the last down of the second half and the point(s) would not affect the outcome of the game.

d. If (a), (b), or (c) occurs during the untimed down, the period will be extended by the same rule.

U. Clock Stoppage – Two Minute Mechanics

1. During last 2 minutes of the second half the clock will stop for a(n):

a. Incomplete legal or illegal forward pass starts on the snap.

b. Out-of-bounds-starts on the snap.

c. Safety starts on the snap.

d. Team time-out starts on the snap.

e. First down depends on previous play.

f. Touchdown-starts on next offensive snap (Point Tries are untimed)

g. Penalty and administration-dependent on the previous play (except delay of game starts on snap)

h. Referee's time out-starts at his/her discretion.

i. Touchback-starts on the snap.

j. Team attempting to conserve time illegally-starts on whistle.

k. Team attempting to consume time illegally-starts on snap.

Section Three: Tie Game

V. Overtime

1. Pool play games (Saturday) that end in a tie will remain a tie game.

2. Any Elimination Bracket (Sunday) games that go to an overtime period will follow the instructions listed below.

3. If a game remains in a tie after the first overtime period, each team will be forced to go for a two or three point "point after touchdown try" (PAT) in each succeeding overtime period.

W. The Coin Toss

1. There will be only one coin flip during the overtime. ALL OVERTIME PERIODS ARE PLAYED TOWARD THE SAME GOAL LINE.

2. Winning captain gets choice of offense/defense or side.

3. Losing captain gets the remaining option.

X. Tie Breaker

1. Unless moved by penalty, each team will start first down and goal from the 10-yard line. The team will have four downs to score, unless awarded first down automatically, or a penalty allows for repeating the down.

2. If the defense intercepts a pass or fumble, the ball is dead and the series is over. The ball will be placed at 10-yard line, and the original defense will begin their series of four downs, if available.

3. Each team is entitled to one time-out per overtime period.

Y. Overtime-Fouls and Penalties

1. The goal line shall always be the zone line-to-gain in overtime.

Section Four: Time Outs

Z. Charged Time-outs

1. Each team is entitled to three charged time-outs per game.

AA. Length of Time-outs

1. A charged time-out requested by any player which is legally granted shall be one minute and can be shortened if both teams are ready.

BB. Injured Player

1. An injured or apparently injured player, who is discovered by an official while the ball is dead and the clock is stopped, shall be replaced for at least one down unless the halftime or overtime intermission occurs. A player who is bleeding, or has an open wound, or has blood on their uniform shall be considered injured.

Section Five: Delays

CC. Delay of Game

1. The ball must be put in play promptly and legally and any action or inaction by either team, which tends to prevent this, is delay of game. This includes:
 - a. Failure to snap within 25 seconds after the ball is whistled ready for play.
 - b. Putting the ball in play before it is whistled ready for play.

DD. Illegally Conserving or Consuming Time

1. The Referee may order the game clock started or stopped whenever, in his/her opinion, either team is trying to conserve or consume time.

Section Six: Substitutions

EE. Eligible Substitutions

1. No substitute shall enter during a down. An incoming substitute must enter the field directly from the team area. A replaced player must leave the field at the sideline nearest his/her team area prior to the ball being snapped.

FF. Legal Substitutions

1. No substitute shall become a player and then withdraw, and no player shall withdraw and then re-enter as a substitute unless a penalty is accepted or there is a charged time-out.

RULE THREE: BALL IN PLAY, DEAD BALL, OUT-OF-BOUNDS

Section One: Ball in Play-Dead Ball

GG. Ball Declared Dead

1. A live ball becomes dead, and an official shall sound the whistle or declare it dead when:
 - a. When it goes out-of-bounds,
 - b. When any part of the runner, other than a hand or foot touches the ground.
 - c. When a touchdown, touchback, safety, or successful Try is made.

- d. When a forward pass strikes the ground or is caught simultaneously by opposing players
- e. When the ball strikes the ground after being first touched by the kicking team.
- f. When a backward pass or fumble by a player strikes the ground or is caught simultaneously by opposing players.
- g. A ball snapped, which hits the ground before or after getting to the intended player is dead at the spot where it hit the ground.
- h. When a runner has a flag belt removed legally by a defensive player.
- i. A flag belt is removed when the clip is detached by another player from the belt
- j. When a runner is legally tagged with one hand between the shoulders and knees, including the hand and arm when the flag belt inadvertently becomes detached.
- k. When a punt has touched the receiving team and then touches the ground

Section Two: Inadvertent Whistle

HH. Inadvertent Whistle-Clock

1. There is no time added to the clock during a down with an inadvertent whistle.

RULE FOUR: SERIES OF DOWNS, NUMBER OF DOWNS, AND TEAM, POSSESSION

Section One: Series

II. Zone Line-to-Gain

1. The zone line-to-gain in any series shall be the zone in advance of the ball, unless distance has been lost due to penalty or failure to gain. In such case, the original zone in advance of the ball at the beginning of the series of downs is the zone line-to-gain.

JJ. Awarding a new series

1. A new series of downs shall be awarded when a team moves the ball into the next zone on a play free from penalty; or a penalty against the defense moves the ball into the next zone; or an accepted penalty against the defense involves an automatic first down; or either team has obtained legal possession of a ball as a result of a penalty, punt, touchback, pass interception, or turnover on downs.

KK. Onside Conversion

1. A team after scoring a touchdown can elect to attempt an onside conversion that if converted will allow the team to maintain possession.
2. Onside conversions can only be attempted in the 2nd half by a team not leading by 19 or more points.
3. Procedures for Onside Conversion Attempts
 - a. The touchdown scoring team will attempt to reach the endzone from the opposing team's 20-yard line.
 - b. If the team reaches the endzone in 1 play, then the team will maintain possession on their own 30-yard line.

- c. If the team cannot convert the conversion, then the defense will take over possession at the offense's 30-yard line.

Section Two: Down and Possession After a Penalty

LL. Penalty Resulting in a First Down

1. After a penalty which leaves the ball in possession of a team beyond its zone line-to-gain, or when a penalty stipulates a first down, the down and distance established by that penalty shall be first down with the next line-to-gain.

MM. Foul Before Change of Possession

1. The down shall be repeated unless the penalty also involves a loss of down or leaves the ball on or beyond the line-to-gain. If the penalty involves a loss of down, the down shall count as one of the four in that series.

NN. Rule Decisions Final

1. No rule decision (interpretation) may be changed or protested after the ball is next legally snapped.

RULE FIVE: KICKING THE BALL

Section One: Punting

OO. Punt

1. Prior to making the ball ready for play on the fourth down, the Referee must ask the offensive team captain if they want to punt. The team captain may request to punt on any down. After such announcement, the ball must be punted, unless a charged time-out is called or a penalty occurs prior to or during that down which allows the kicking team to repeat the down.

PP. Formation and Snap

1. Neither the Kicking team nor Receiving team may advance beyond their respective scrimmage line until the ball has been punted.

QQ. Punting the Ball

1. After receiving the snap, the kicker must punt the ball immediately in a continuous motion.

RR. After the Punt

1. Once the ball is punted, any receiving team player may block the kick. If the blocked punt touches the ground, the play is dead at that spot. If the punt is blocked by any receiving team player and then caught by any kicking team player behind the line of scrimmage, they may advance the ball. The receiving team may advance the punt anywhere in the field. A kicking team player cannot punt the ball to himself/herself or any other kicking team player. The kicking team may only punt once per down.

RULE SIX: SNAPPING, HANDLING, AND PASSING THE BALL

Section One: The Scrimmage

SS. The Start

1. All plays must be started by a legal snap from a point on or between hash marks.

TT. Ball Responsibility

1. The offensive team is responsible for retrieving the ball after a down.

Section Two: Prior to the Snap

UU. Encroachment

1. Following the ready-for-play whistle, and until the snap, no player on defense may encroach, touch the ball, nor make contact opponents or in any other way interfere with them (verbally or otherwise). This includes standing in or shifting through the neutral zone.

VV. False Start

1. No offense player shall make a false start or simulate the start of a play. An infraction of this rule may be penalized whether or not the ball is snapped and the penalty for any resultant encroachment shall be cancelled.

WW. Snap

1. The snapper, after assuming position for the snap and adjusting the ball, may neither move nor change the position of the ball in a manner simulating the beginning of play until the snap.
2. When over the ball, the snapper shall have his/her feet behind the scrimmage line. The snapper shall pass the ball backwards from its position on the ground with a continuous motion.

Section Three: Position and Action During the Snap

XX. Legal Position

1. Anytime on or after the ball is marked ready for play, each offensive player must momentarily be at least 5 yards inbounds before the snap (NOTE: If a defensive player covers an offensive player positioned within 5 yards of the sideline, it is not a foul).

YY. Minimum Line Players

1. The snapper is the only offensive player required to be on their scrimmage line at the snap.

ZZ. Motion

1. One offensive player may be in motion, but not toward the opponent's goal line at the snap. Other offensive players must be stationary in their positions without movement of the feet, body, head, or arms.

AAA. No Direct Snap

1. The player receiving the snap must be at least two yards from the offensive line of scrimmage.

BBB. Shift

1. All offensive players must come to a complete stop and remain still for one second prior to the snap.

Section Four: Handing the Ball

CCC. Anytime

1. Any player may hand the ball forward or backward at any time.

Section Five: Backward Pass and Fumble

DDD. Anytime

1. A runner may pass the ball backward or lose player possession by a fumble anytime.

EEE. Caught or Intercepted

1. A backward pass or fumble in flight may be caught or intercepted and advanced by any player inbounds

FFF. Ball Dead when It Hits the Ground

1. A backward pass or fumble, which touches the ground between the goal lines, is dead at the spot where it touches the ground or crosses the sideline.

Section Six: Legal and Illegal Forward Pass

GGG. Legal Forward Pass

1. All players are eligible to touch or catch a pass. During a down and before a change of possession a forward pass may be thrown provided the passer's feet are behind the offensive line of scrimmage when the ball leaves the passer's hand.
2. Only one forward pass is allowed per down. A play involving a run across the line of scrimmage and then back behind the line of scrimmage where a forward pass is thrown is a legal play.

HHH. Illegal Forward Pass

1. A forward pass is illegal if:
 - a. If the passer's foot is beyond the line of scrimmage when the ball is released.
 - b. If intentionally thrown to the ground or out-of-bounds to save loss of yardage
 - c. If a passer catches his/her untouched forward or backward pass
 - d. If there is more than one forward pass per down

Section Seven: Completed or Intercepted Passes

III. Pass caught In-Bounds

1. A minimum of one foot landing in-bounds will result in a catch.

JJJ. Simultaneous Catch by Opposing Players

1. If a forward pass is caught simultaneously by members of opposing teams, the ball becomes dead at the spot of the catch and belongs to the offensive team.

Section Eight: Forward Pass Interference

KKK. Contact

1. During a down in which a legal forward pass crosses the offensive line of scrimmage, contact or action that interferes with an eligible receiver who is beyond the line of scrimmage is pass interference.
2. It is also pass interference if an eligible receiver is deflagged prior to touching the ball. There must be contact to constitute Pass Interference.

RULE SEVEN: SCORING PLAYS AND TOUCHBACK

Section One: Mercy Rule

LLL. Two Minute Warning

1. If a team is 19 or more points ahead when the Referee announces the two-minute warning for the second half, the game shall be over.

MMM. After the Two Minute Warning

1. If a team scores during the last two minutes of the second half causing a score difference of 19 or more points, the game shall be over.

Section Two: Touchdown

NNN. Player Responsibility

1. The player scoring the touchdown must raise his/her arms so the nearest official can deflag the player. If the player is not able to be deflagged with one pull to the left or right and the official determines the belt has been secured illegally, the touchdown is nullified, and the player is ejected.

Section Three: Point(s) after Touchdown Tries

OOO. One, Two, or Three Points

1. An opportunity to score one point from the three-yard line, two points from the ten-yard line, or three points from the twenty-yard line by running or passing shall be granted to the team scoring a touchdown.
2. If a touchdown is scored on the last timed down of the second half, the Try is not attempted, unless it will affect the outcome of the game or playoff qualifying.

PPP. Decision

1. Once the scoring captain makes the choice, the decision may only be changed when either team takes a charged time-out.
2. A penalty does not allow for a change in point value, nor does awarded or lost yardage affect the point value.
3. If the defense intercepts a pass or fumble on a Try, the ball is declared dead.

QQQ. Penalties During a Try

1. If a double foul occurs, the Try will be replayed.
2. If the offensive team is penalized on a successful try, the down will be repeated if the penalty is accepted.
3. If the offensive team incurs a loss of down penalty, the Try will not be repeated.

RRR. Subsequent Series

1. After the Try, the new offensive team shall snap the ball from their own 14-yard line unless moved by a penalty.

Section Four: Momentum, Safety, and Touchback

SSS. Safety

1. A safety occurs when:
 - a. A runner carries the ball from the field of play to or across his/her own goal line and the ball becomes dead
 - b. A player punts, passes, fumbles, snaps, muffs, or bats a loose ball from the field of play to or across his/her own goal line and the ball becomes dead behind their goal line
 - c. A player on offense commits any penalty for which the penalty is accepted and measurement is from a spot in his/her end zone; or throws an illegal forward pass from within his/her end zone, or any situation which leaves the offense in possession of the ball in their own end zone.
 - d. After a safety, the scoring team shall snap the ball at their own 14-yard line, unless moved by a penalty.
2. A safety will result in 2 points and possession of the ball by the scoring team at their own 14-yard line.

TTT.Touchback

1. A touchback occurs when:
 - a. The receiving team downs a punt that touches anything while the ball is on or behind the receiving team's goal line
 - b. The kicking team downs a punt that touches anything while the ball is on or behind the receiving team's goal line
 - c. The ball is out of bounds behind a goal line (except from an incomplete forward pass)
 - d. After a touchback, the ball shall be snapped from the nearest 14-yard line, unless moved by a penalty.

RULE EIGHT: CONDUCT OF PLAYERS AND SPECTATORS

Section One: Unsportsmanlike Conduct

UUU. Noncontact Player Acts

1. No player shall commit acts including:
 - a. Using words similar to the offensive's audible or quarterback cadence prior to the snap in an attempt to interfere with the offense
 - b. Intentionally kicking the ball, other than a punt
 - c. Participating while wearing illegal player equipment
 - d. Fighting or attempting to fight (results in disqualification)

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VVV. Dead Ball Fouls

1. When the ball is dead, no player shall:
 - a. Intentionally kick the ball
 - b. Spike the ball

WWW. Prohibited Acts

1. There shall be no unsportsmanlike conduct by players, substitutes, coaches, or others subject to the rules. Examples include, but are not limited to:
 - a. Attempting to influence a decision by an official
 - b. Disrespectfully addressing an official
 - c. Using profanity, taunting, insulting or vulgar language or gestures
 - d. Intentionally contacting a game official during the game
 - e. Fighting
 - f. Leaving the team area and entering the playing field during a fight

XXX. Second Unsportsmanlike Conduct Foul by Player

1. The second unsportsmanlike conduct foul by the same player results in disqualification.

If a spectator receives the penalty, it will be assessed to the captain.

YYY. Third Unsportsmanlike Conduct Foul by Team

1. The third unsportsmanlike conduct foul by the same team results in their forfeiture of the game.

Section Two: Personal Fouls

ZZZ. Player Restrictions

1. No player shall:
 - a. Strip or attempt to strip the ball from a player in possession by punching, striking, or stealing.
 - b. Contact an opponent who is on the ground
 - c. Throw a runner to the ground
 - d. Hurdle any other player
 - e. Contact an opponent either before or after the ball is dead
 - f. Make contact of any nature which is deemed unnecessary
 - g. Deliberately dive or run into a defensive player
 - h. Tackle the runner by grasping or encircling with the hands or arms.

AAAA. Roughing the Passer

1. Defensive players must make a definite effort to avoid charging into a passer after it is clear the ball has been thrown forward legally.
2. No defensive player shall contact the passer who is standing still or fading back as he/she is considered out of the play after the pass.
3. The passer remains the passer while the ball is in flight or until they move to participate in the play.

Section Three: Screen Blocking

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BBBB. Offensive Screen Blocking

1. The offensive screen block shall take place without contact. The screen blocker shall have his/her hands and arms at his/her side or behind the back.
2. Any use of the hands, arms, elbows, legs, or body to initiate contact during an offensive player's screen block is illegal. A blocker must be on his/her feet before, during, and after the screen.

CCCC. Screen Blocking Fundamentals

1. A player who screens shall not:
 - a. Make contact when assuming a position at the side or in front of a stationary opponent.
 - b. Take a position close to a moving opponent such that the opponent cannot avoid contact.
 - c. After assuming the legal screening position, move unless the blocker moves in the same direction as the opponent.

Section Four: Runner

DDDD. Flag Guarding

1. 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. Examples of flag guarding include, but are not limited to:
 - a. Placing or swinging the hand or arm over the flag belt
 - b. Placing the ball in possession over the flag belt
 - c. Lowering the shoulders in such a manner which places the arm over the flag belt

EEEE. Obstructing the Runner

1. The defensive player shall not hold, grasp, or obstruct the forward progress of a runner when in the act of removing the flag belt.

FFFF. Charging

1. A runner shall not charge into nor contact an opponent in their path.
2. If a runner in progress has established a straight path, he/she may not be crowded out of that path, but if a defensive player legally established position, the runner must avoid contact by changing direction.

RULE NINE: SUMMARY OF CO-REC RULES

Section One: The Game

GGGG. The Game

1. The game shall be played between two teams of eight players, four men and four women. Teams with seven players shall be four men and three women or four women and three men. Five players are required to start the game to avoid a forfeit.
2. A team can never go above the four per gender. Examples include:
4 males, 4 females

- 3 males, 2 females
- 3 males, 3 females
- 2 males, 3 females
- 4 males, 2 females
- 4 females, 2 males

Section Two: The Ball

HHHH. The Ball

1. A regular, intermediate, youth, or junior size ball may be used.

Section Three: Male Runner

IIII. Male Runner

1. An offensive male runner cannot advance the ball through their own scrimmage line.
2. There are no restrictions during a run by a male runner once the ball has been touched beyond the A or K scrimmage line, during a run by a female runner, after a change of team possession, and after a legal forward pass.

Section Five: Male to Male Completion

JJJJ. Male to Male Completion

1. During the offensive team's possession, there may not be two consecutive legal forward pass completions from a male passer to a male receiver. This rule applies to the Try.
2. If a male passer completes a legal forward pass to a male receiver, the next legal forward pass completion must involve either a female passer or female receiver for positive yards.
3. The spot where the ball becomes dead by rule must be beyond the A scrimmage line (1st ball spotter – orange).
4. There are no other restrictions concerning a male passer completing legal forward passes to a female receiver, or female to female, or female to male.
5. A legal forward pass caught jointly by male and female teammates is considered a female reception.

Penalty: Illegal Male reception, 5 yards from the previous spot and loss of down. Any other foul, whether accepted or declined shall have no effect on whether the next legal forward pass completion is "open" or "closed."

RULE TEN: Appeals

Section One: Types

A. Misinterpretation of a rule.

1. The protest must be made before the next play or, if on the last play of the game - before the LCIRSA staff leave the playing area.
 - a. Teams cannot appeal officials' calls

B. Player Eligibility Appeals.

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1. A player eligibility appeal may ONLY be done during the game or 30 minutes before and after a game the player in question is participating. Once the 30 minutes of the conclusion of a game has passed the player in question is deemed eligible for that game and the result of the game stands. This eligibility granted for the game in question DOES NOT guarantee eligibility for future tournament games C. Ineligible player. The protest must be made within 24 hours of the end of the game. The Intramural Sports staff will rule on the protest.
2. To ensure the integrity and sportsmanship of the tournament, once a player is found ineligible by the professional staff, that player is automatically disqualified from the tournament. No further appeals or protests are necessary.
3. Any team caught with an ineligible player via protest or professional staff discovery shall forfeit the game in which the ineligible player participated unless the 30 minutes after the conclusion of the game has elapsed.
4. Player Eligibility Appeals that the above guidelines govern:
 - i. Player participation in NCAA Sport in which he/she was an athlete on any collegiate level. Includes: Scholarship/Non-scholarship. Division I, II, & III, practice squads, Junior Varsity squads, etc. Rule of Thumb: If a player appears on a collegiate roster, he/she is ineligible.
 - ii. Student enrolled in university/college they represent.
 - iii. Maximum number of years participating in LCIRSA Tournament.

Section Two: Procedures

- A. Protests based on decisions involving accuracy of an official's judgment will not be considered.
- B. Team captains must initiate protests. The LCIRSA staff on site, including officials and supervisors, will determine the next action to take place.

SUMMARY OF NIRSA / LCIRSA FLAG FOOTBALL PENALTIES

Loss of 5 Yards

1. Required Equipment Worn Illegally
2. Delay of Game (Dead Ball Foul)
3. Illegal Substitution
4. Illegal Procedure – (Punt plays)
5. Encroachment (Dead Ball Foul)
6. False start (Dead Ball Foul)
7. Illegal Snap (Dead Ball Foul)
8. Illegal Formation
9. Illegal Motion
10. Illegal Shift
11. Illegal Advancement by a Male Runner (Co-Rec only)
12. Illegal Forward Pass (Loss of Down, if by Team A)
13. Intentional Grounding (Loss of Down)

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14. Illegal Male Reception: Male-to-Male Forward Pass Completion on a closed play (Loss of Down, CoRec Only)

15. Help the Runner

Loss of 10 Yards

1. Unsportsmanlike conduct, Illegal Player Equipment
2. Illegal Kick, quick punt
3. Kick Catching Interference
4. Two or more encroachment fouls during interval between downs
5. Offensive Pass Interference
6. Defensive Pass Interference
7. Unsportsmanlike Conduct
8. Strip or Attempt to Strip the Ball
9. Hurdle any Player
10. Contact Before or After the Ball is Dead
11. Unnecessary Contact of Any Nature
12. Drive or Run Into an Opponent
13. Position Upon Shoulders or Body of a Teammate
14. Roughing the Passer (Automatic 1st Down)
15. Illegal Contact
16. Illegal Flag Belt Removal
17. Guarding the Flag Belt
18. Holding
19. Illegal Batting
20. Illegal Kicking
21. Illegal Participation

Disqualification Associated with Certain 10 yard Penalties

1. Illegally Secured Flag Belt on a Touchdown or Try (Loss of Down if by A)(Automatic 1st Down if by B)
2. Flagrant Unsportsmanlike Conduct
3. Unsportsmanlike Conduct, Intentionally Contacting an Official
4. Unsportsmanlike Conduct, Leaving the Team Box and Entering the Field During a Fight
5. Fighting an Opponent
6. Intentional Tampering with Flag Belt (Loss of Down if by A)(Automatic 1st Down if by B)
7. Nonplayer Deflagging or Interfering with a runner