

CoRec Flag Football

PLAYERS: A game is played between two teams of 8 players, 4 men and 4 women. To avoid a forfeit, six players, 3 men and 3 women or 2 men and 4 women are required.

THE BALL: A regular, intermediate, youth or junior size football may be used.

LINE OF SCRIMMAGE: The offensive team must have at least 5 players on their scrimmage line. Penalty: Illegal Procedure, 5 yards from the previous spot.

MALE RUNNER: The offensive team males cannot advance the ball through their scrimmage line. Penalty: Illegal Procedure, 5 yards from the previous spot. There are no restrictions: during a run by a male runner once the ball is beyond the offensive scrimmage line; during a run by a female runner, and after a change of possession.

OPEN vs. CLOSED PLAYS: Each drive will begin with the play being open. During the offensive team's possession there may not be two (2) consecutive legal forward pass completions from a male passer to a male receiver. This rule applies to the Try. 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 a female receiver for positive yards. (i.e. All plays are OPEN until a forward pass is completed from a male QB to a male receiver. After a male-to-male completion, the next play shall be CLOSED, and will remain closed until positive yards are gained on a passing play that involves either a female QB or a female receiver). All closed play violations shall be penalized as illegal forward passes. 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. Any foul, whether accepted or declined, shall have no effect on whether the next legal forward pass completing is "open" or "closed." If a female ballcarrier rushes the ball for positive yardage on a CLOSED play, there is no penalty, but the play shall remain closed.

SCORING: If a female player scores a touchdown, the point value is 9. If a female player throws a legal forward pass and a touchdown is scored by any offensive team member, the point value is 9.

All other Flag Football Rules are the same...

All final decisions to eligibility rules will be at the discretion of the Intramural Director and Intramural Coordinator.

CONDUCT OF PLAYERS, COACHES, AND SPECTATORS

A. The McDowell Family Intramural Sports Program is for your benefit and enjoyment. You are expected to control your behavior and conduct yourself in a responsible and respectful manner with your peers. Good sportsmanship is vital to the conduct of every activity and unsportsmanlike conduct will not be permitted. Any participant that repeatedly exhibits a poor attitude and lack of sportsmanship and makes any physical and/or verbal against an intramural official or staff member may result in permanent banishment from the program.

Reporting Scores

All matches need to be reported to the Intramural office, via email, text, or on site Intramural staff.

Email:david.gardner@okbu.edu

text 405-250-7828