Below is a summary of basic rules for Intramural Flag Football, 7 v 7. For the complete rules, please check the Flag Football, 7 v 7 Rules document.

**Equipment**
A. Players are required to wear a shirt or jersey without pockets that can be tucked in. Players of the same team should wear the same color shirt/jersey. Intramural Sports will not provide jerseys.
B. Each players shall wear pants/shorts without pockets, belt, belt loops, or exposed drawstrings.
C. Shoes with metal cleats are not permitted.
D. Players may not wear jewelry (including earrings, bracelets, watches, piercings, etc.). Medical alert bracelets/necklaces or religious items may be worn, but must be taped down.
E. Intramural Sports will provide flag belts. Belts must be worn with one flag on each side, one flag in the back, and cannot be tied.

**Timing**
A. Play will be divided into two 20-minute halves. Clock runs continuously through the first half and until the 1-minute warning of the 2nd half, except for time-outs and the end of each period.
B. During the final 1 minute of the 2nd half, the clock will stop and start according to NIRSA rules (i.e. clock will stop for first downs, touchdowns, out of bounds, etc.)
C. Each team has 3 charged time-outs per game.
D. Games will end in a tie and overtime will not be played in the regular season. In the playoffs, an overtime period consists of each team receiving a series of downs at the opponent's 10-yard line. If the score is still tied, additional overtime periods will be played to determine a winner.

**Gameplay**
A. All leagues except Co-Rec will be played with 7 players on the field for each team. A minimum of 4 players is required to start the game.
B. Co-Rec leagues will be played with 8 players on the field for each team, 4 men and 4 women. A minimum of 5 players is required to start the game with a minimum of 2 men/women and maximum of 4 men/women.
C. On offense, teams will have 4 downs to cross the next zone-line-to-gain (each 20 yard line, 40 yard line, and goal line)
D. The offense has a 25-second play clock to snap the ball starting when the Referee blows their whistle.
E. A fumble is dead and the play is over anytime it hits the ground.
F. Touchdowns are worth 6 points in all leagues except Co-Rec.
G. In Co-Rec leagues, teams score 9 points per touchdown when a woman crosses the goal line or throws a forward pass that leads to a touchdown. All other touchdowns are worth 6 points.
H. After a touchdown, the scoring team may try for 1 point (3-yard line), 2 points (10-yard line), or 3 points (20-yard line).
I. Mercy Rules – If a team is leading by 35 or more points with 5 or fewer minutes left or 19 or more points (25 for Co-Rec) anytime at or after the 1-minute warning of the 2nd half, the game will be over.
J. The only type of blocking allowed is screen blocking. The screen blocker shall have his/her hands and arms at his/her side or behind his/her back when screen blocking. No contact is allowed.
K. All players are eligible to receive a pass.

**Sportsmanship**
A. Teams will earn a sportsmanship rating on a 10 point scale at the end of each game. This rating is based on the respect, cooperation and behavior displayed by each team throughout the game.
B. Teams must achieve a 7.0 sportsmanship average rating during the regular season to be eligible for the playoffs, and must maintain that 7.0 average throughout the playoffs to continue.
C. Unsportsmanlike conduct penalties may be given by any staff member for various unsportsmanlike actions. Players that receive 2 unsportsmanlike conduct fouls in a game will be disqualified and required to meet with the Competitive Sports Coordinator before participating.