Southwestern Oklahoma State University
Intramural Flag Football Rules

Only 2 past or present football players to a team. If there is a question regarding status, coaches will decide. Playing somewhere else counts. (Another University or Juco counts)

Only 1 player can be in motion. You may jump. When you are at the 5 yard line, or closer, it can't be a designed run play. (i.e. handoff or any qb sneak type of play)

All penalties will be 10 yards except personal fouls, (i.e. unsportsmanlike conduct or unnecessary roughness.) They will be 15 yards and possible ejection.

Penalties with automatic 1st downs.
Roughing the passer.
Defensive pass interference.

Penalties with loss of down.
Illegal forward pass. 10 yards + loss of down
Intentional grounding. 10 yards + loss of down
Stiff-arming (Flag Guarding).10 yards from the spot + loss of down.

Overtime will take place only if there is a tie at the end of regulation. Each team will get a chance from the 20 yard line to score. Repeat if necessary.

No baseball caps or metal cleats (no metal tips).
1 timeout a half.

There must be at least 5 players on the line at all times. Blockers must have arms behind their back.

Only 1 forward pass per play!

You will be rated on conduct by a supervisor. A 3 will get you into the tournament.

MERCY RULE!!! Any team ahead by 30 points or more will win the game right then.
NO EXCEPTIONS!!!!

Loss of 10 yards:
Roughing the Passer + Auto 1st Down
Delay of Game (25 seconds from dead ball to snap)
Encroachment
False Start
Illegal Formation (less than 5 on the line)
Illegal Motion
Illegal Forward Pass + Loss of Down
Intentional Grounding + Loss of Down
Kick Catch Interference
Offensive Pass Interference + Loss of Down
Defensive Pass Interference + Auto 1st Down
Delaying the Game by Spiking the Ball or Throwing the Ball in the Air
Trying to Strip the Ball
Tackling
Stiff Arm
Flag Guard + Loss of Down
Holding (holding shirt/shorts for an advantage; holding a player from advancing the ball)

Loss of 15 yards:
Intentionally Touching an Official
Anything Deemed Unsportsmanlike (Officials Discretion)