



FLAG FOOTBALL RULES

NU ALPHA KAPPA FRATERNITY, INC.

1) EQUIPMENT

Flag Belt. Each player must wear a one-piece belt, without any knots, at the waistline with three flags permanently attached, one flag on each side and one in the center of the back. The belt must have a spring loaded clip. Penalty: Live Ball Foul. Failure to have flag belt legally attached at the snap, 5 yards from the previous spot.

2) THE GAME, FIELD, AND PLAYERS

The game shall be played between 2 teams of 7 players each. Five players are required to avoid a forfeit. Penalty: Illegal Participation, 10 yards

3) REMOVING THE FLAG BELT

When the flag belt is clearly taken from the runner in possession of the ball the down shall end and the ball is declared dead. A player who removes the flag belt from the runner shall immediately hold the flag above his/her head to assist the official in locating the spot where the capture occurred. If a flag belt inadvertently falls to the ground, a one hand tag between the shoulders and the knees constitutes capture. A player may leave his/her feet to remove the flag belt.

4) SCREEN BLOCKING

Screen blocking is legally obstructing an opponent without using any part of the body to initiate contact with him/her.

5) GAME TIME

All games consist of two 20-minute halves of running time. The intermission between halves shall be 5 minutes.

6) TIME OUTS

During semi-final and final games, each team will receive 1 time-out per half, non cumulative. The clock will be stopped on all time-outs

7) OVERTIME

A coin will be flipped to determine the options as in the start of the game. The home team captain shall call the toss. There will be only one coin flip during the overtime. If additional overtime periods are played, field captains will alternate choices. ALL OVERTIME PERIODS ARE PLAYED TOWARDS THE SAME GOAL LINE.

Unless moved by penalty, each team will start 1st and goal from the Team B 10 yard line. The line to gain will always be the goal line. An overtime period consists of 4 downs by each team. If the score is still tied after one period, play will proceed to a second period or as many as are needed to determine a winner. If the first team which is awarded the ball scores, the opponent will still have a chance to win the game. Unless moved by penalty, they will start 1st and goal from the Team B 10 yard line.

8) LIVE BALL/DEAD BALL

Dead Ball Becomes Alive. A dead ball is ready for play when the Referee sounds the whistle and signals "ready for play."

A ball is declared dead when:

- When it goes out-of-bounds.
- When any part of the runner other than a hand(s) or foot touches the ground. If the player slips and regains

his/her balance as the ball in contact with his/her hand touches the ground, the play will continue as a ball in possession is considered part of the hand.

- When a touchdown, touchback, safety, or successful try is made.

- When a player of the kicking team catches a punt which is beyond the neutral zone; or an untouched punt comes to rest on the ground and no player attempts to secure it.

- When a forward pass strikes the ground or is caught simultaneously by opposing players.

- When a backward pass or fumble by a player strikes the ground or is caught simultaneously by opposing players. A ball snapped from scrimmage, which hits the ground before or after getting to the intended receiver, is dead at the spot where it hits the ground.

- When a runner has a flag belt removed legally by a defensive player. A flag belt is removed when the clip is detached from the belt.

- When a runner is legally tagged with one hand between the shoulders and knees, including the hand and arm, once the flag belt is no longer attached.

- When a passer is deflagged/tagged prior to releasing the ball.

- When a muff of a punt touches the ground.

10) FIRST DOWNS

A team, in possession of the ball, shall have 4 consecutive downs to advance to the next zone by scrimmage. Any down may be repeated or lost if provided by the Rules.