

Flag Football Rules

FFC rules shall be applied whenever possible, unless otherwise indicated.

Revised August 2025

General Intramural Sports Regulations:

- There is no warm-up equipment provided.
- Games that start late will finish on time. Halves or play time will be shortened to accommodate the scheduled end time. There will be no extra time added.
- Team rosters are to be submitted and completed online by the team captain (individual who registered the team) prior to the league start date. To complete your roster, you will need to know each player's email address associated with their Active Living profile. All players who do not have a profile must contact Client Services at 403-220-7749 to request one.
- Input your roster online at <http://www.ucalgary.ca/activeliving/> (Click on your name, drop down to 'My Teams', add players email).
- All players must be added to the roster no later than 24 hours before league play commences. Players may be added after at the coordinator's discretion.
- Captains are expected to:
 - Function as the exclusive point of contact for all communication between IMS and players
 - Appoint an alternate captain, who will function as a second contact if the captain is unavailable
 - Contact Active Living Client Services with any playing preferences or requests prior to their sport's registration deadline. Requests will not be accepted after the registration deadline.
 - Share the League Introduction email and all relevant documents with your team
 - Review all documents, resources, and policies related to their sport in detail
 - Complete the captain's quiz (found in the league introduction email) 24 hours prior to the league start date
 - Ensure that all teammates are aware of all IMS policies and rules relating to their sport
 - Ensure that all teammates are registered and have their online waivers signed
 - Maintain control of your team and spectator behavior in terms of conduct, safety, and sportsmanship before, during, and after all matches
 - Ensure that any player(s) or spectator(s) exit the vicinity if they are ejected or otherwise asked to leave
- All players must complete an online waiver before they are allowed to play. Instructions on how to sign online waivers can be found at <http://www.ucalgary.ca/activeliving/how-to-register> (Click on shopping cart next to name, waivers).
- All players who have not signed their waivers prior to league play will be removed from their rosters. All players must provide photo identification to the supervisor before they may begin their matches.
- **In Competitive Leagues, to be eligible for playoffs, a player must:**
 - Be on the team roster
 - Sign the online waiver
 - Compete in at least (1) regular season match
- Teams must meet the Fair Play requirements (3.5 average) to be eligible to compete in playoffs.

- Suspended players may not be present during scheduled games; if so, the entire team shall be suspended indefinitely.
- Any games that end after 30 minutes or 1 half of scheduled playing time will be considered a completed game and will not be rescheduled.
- Intramural Sports has a Zero-Tolerance policy for fighting and abuse of staff and other intramural participants. This will be strictly enforced.
- **Ineligible players include but are not limited to:**
 - Current intercollegiate varsity athletes while in season (in the same or similar sport)
 - Current professional athletes (in the same or similar sport)
 - Current national team/Olympic athletes (in the same or similar sport)
 - Individuals under the age of 18 and not currently enrolled at the University of Calgary
 - Suspended and/or delinquent participants

For a complete list, see [Intramurals policies and procedures](#)

Defaults:

- A default will occur when a team fails to appear or fails to have a minimum of five (5) players (1 of the opposite gender in mixed leagues) on the field within ten (10) minutes of the scheduled game time.
- Defaults will result in the loss of the \$60 Default Bond. A second \$120 bond will be due before the next match. A second default will result in the loss of this bond and may result in removal from the league.
- Defaults will be recorded as a 14–0 loss, resulting in 0 Fair Play Points and –1 points in the standings.
- Teams that give Intramural Sports a minimum of 24 hours' notice that they will not be able to field a team will not be charged with a default; the game will be declared a forfeit.
- Forfeits will also be recorded as a 14–0 loss; Fair Play rating will be awarded at the coordinator's discretion.
- If a team falls below the minimum number of players due to injuries or penalties, the game will be canceled. Games that are canceled after 30 minutes or 1 half of scheduled playing time will be considered a completed game.

Playing Rules:

Game Format

- Games will consist of two (2) twenty-minute halves with a running clock
- A five (5) minute halftime break will be given
- No overtime in regular season games
- At the 3-minute mark of each half, the referee will announce the "Last Five Plays" rule
- Substitutions are allowed only during dead ball situations
- Each team is allowed one (1) timeout per half

Gameplay Rules

- All players are eligible receivers

- Blocking is not permitted
- There must be a minimum 5-yard shotgun formation
- The quarterback may run at any time unless the defense chooses not to rush, in which case the QB must wait 10 steamboats before crossing the line of scrimmage
- A team has three (3) downs to reach the next 20-yard zone for a first down
- Each team must include a pass or run by a female player at least once every three downs in mixed leagues

Scoring

- Touchdown = 6 points
- Convert (from 5 yards) = 1 point | (from 10 yards) = 2 points
- Single = 1 point (punt through end zone or downed in end zone)
- Safety = 2 points
- In coed leagues, touchdowns scored by a female player = 9 points; convert attempts by female players are worth 1 additional point

Defense and Rushing

- Only one designated rusher (DR) may rush the QB
- DR must line up 5 yards from LOS and declare side pre-snap
- If the DR does not rush, the QB must wait 10 steamboats before running
- Defensive players may not contact or obstruct offensive players, including flag guarding, holding, or bumping receivers
- Players must avoid physical contact — intentional tackling will result in ejection

Flag Rules

- Flags must be worn on both hips, visible and unobstructed
- The play ends when the flag is pulled or falls off during a tackle attempt
- Flag guarding or hiding flags results in play being called dead at the point of infraction

Kicking Rules

- Kickoffs occur from the 15-yard line
- Punts must be declared prior to the play
- No blocking punts is allowed
- The punter may be downed if contacted before kicking motion begins
- A single point is awarded if the punt/kickoff results in a dead ball in the receiving end zone
- On kickoffs and punts, players ahead of the returner must remain stationary until the ball carrier passes them

Fumbles and Dead Balls

- Fumbles result in a dead ball (except during center-QB exchange)
- Ball is dead when: a flag is pulled, a player steps out of bounds, a knee touches the ground, or an incomplete pass occurs
- Only one foot is required in bounds for a completed catch

Mixed Division Rules

- Minimum of two (2) players of the opposite gender on the field at all times
- A play is considered a female play if a female player throws, runs, or receives the ball
- An incomplete or irrelevant pass toward a female does not fulfill this rule

- Failure to meet the gender-inclusion rule results in loss of possession

Mercy Rule

- The game will be called in the last five (5) minutes of play if the point differential is 30 points or greater
- No mercy rule will be applied in playoffs

Overtime Procedures:

No overtime during the regular season. Tied games will be recorded as such.

In playoffs, overtime will consist of alternating convert attempts starting from the 5-yard line. If the game remains tied, attempts move back in 5-yard increments until one team scores and the other does not.

Equipment & Uniforms:

- Flags, footballs, and kicking tees will be provided
- Molded cleats are allowed (no metal)
- Players may not wear casts or rigid equipment on arms/hands
- Players must bring both a light and dark shirt
- Home team wears white; away team wears dark
- No gray or red shirts allowed