
Flag Football Rules

Updated 8/15/2023.

We follow the [NIRSA Flag & Touch Football Rules Book & Officials' Manual 20th Edition](#) ISBN: 9781718208124 attached here and these following BYU-Idaho Modifications listed below.

BYU-Idaho Modifications:

Timing and Play

- Games consist of four (4) quarters of eight (8) minutes.
- Teams must always consist of at least **4** players with a max of **7** on the field playing during Men's or Women's games.
- In Co-Rec there must always be at least **3** of each gender on the field during play.

Blocking and Rushing

Offense:

- The offense can set a legal screen at any point in the play if they give the defender "time and space" to avoid them (similar to basketball). Once the quarterback establishes himself/herself as a runner, the blocker should disengage.

Defense:

- ALL defensive players can rush past the line-of-scrimmage (once the ball is snapped) in pursuit of the ball-carrier. They must make a reasonable effort to get around their offensive counterparts via open-handed techniques (including but not limited to swims, rips, spins, swats, jukes, etc.), rather than through via closed-handed techniques (including but not limited to holds, punches, etc.). Once the quarterback establishes himself/herself as a runner, the blocker should disengage.

Open Hand Blocking (Male vs. Male and Female vs. Female, but not Male vs. Female)

- Offensive and defensive linemen can participate in open hand blocking if they are within one (1) yard off the line of scrimmage, and within three (3) yards from the line of scrimmage from the start of the snap ("free blocking zone"). If linemen remain engaged, they can keep the use of open hand until the quarterback establishes himself/herself as a runner.
- The following acts may constitute an Unnecessary Roughness penalty:
 - o Any contact above the shoulders, leading with the head or shoulder, "blindly" driving a player with no awareness for the area of attack, or any attack designed to cause harm or injury to another participant.

Specific Overtime Clarifications for Flag Football

In the event of a tie-game, overtime will only be played in the postseason tournament.

Tournament play adjustments

In the event of a tie-game, overtime will only be played in the postseason tournament.

For any other questions regarding participating in Campus Recreation Sport Activities please look at our Policies and Procedures provided here: [BYU-I Policy and Procedures](#)