

Intramural flag football follows NFHS/NIRSA rules, which may differ from a player's previous experience with the game.

If there is a sport offered as club and intramural, a maximum of four club players or approved ex-varsity players may play on an intramural team. Club and approved ex-varsity players may not play in an intramural Rec league. Violation will result in suspension of the offending player(s), and the team will forfeit any games in which the offending player(s) participated.

- Teams consist of seven players; a minimum of five players is required to avoid a forfeit unless both captains agree before the start of the game. The offensive and defensive team must have four players on the line of scrimmage. If there is a two player difference between the two team, the team that has the greater number of players must have at least 3 lineman on the line of scrimmage.
- Games consist of two 20-minute halves and a two-minute intermission. The clock will run continuously until the last two minute of play in each half except for a team time out (one per half, no carry-over) or a referee time out.
- Games may end in a tie except for playoffs, in which case an overtime period will consist of one possession per team. Each team will start facing the same goal with the ball at the 20 yard line, with the objective of scoring a touchdown. If no team scores or both teams' score, another overtime period will be played, until a winner is determined. If the defensive team intercepts the ball but does not score, possession returns to the offensive team.
- A limit of four (4) club team members may participate, in D1 only. Violation will result in the offending team forfeiting that game.
- Proper athletics clothing is required to play intramurals. No metal cleats are allowed on the turf.
- No kickoffs; the ball starts on the 20-yard line.
- All players are eligible to receive a pass.
- Only one forward pass is allowed during a down. A lateral does not count as a forward pass.
- When the entire flag belt is removed completely, the runner is down.
 - If the runner inadvertently loses his or her belt, de-flagging reverts to a one hand touch of the runner between the shoulders and knees.
- There will be a play clock of 25 seconds for each play. The play clock will start once the ball is set by the official.
- If a player extends the ball breaks the plane of the goal line before the defensive team pulls that player's flag, it will count as a touchdown.
- On completion of a touchdown, the offensive team will have the choose to go for an extra point value of 1 point (2 yard line), 2 points (10 yard line) or 3 points (20 yard line).
- No direct snaps to the quarterback. The quarterback must be two yards behind the center.
- No direct handoffs; the ball must be pitched.

- Teams are allowed to throw or kick the ball for punts. If the offensive team decides to punt the ball, they must declare this to an official before they snap the ball (No fake punts). The offensive team are not allowed to go beyond the line of scrimmage until the ball is past the line of scrimmage for punts.
- Fumbles and dropped punts are dead at the point of contact with the ground. The defensive team cannot recover a fumble for a turnover.
- The defensive team must line up one yard away from the offensive line (one yard neutral zone). Anytime a player (defensive and offensive) goes into the neutral zone before the snap, it is a five-yard dead ball foul.
- The defensive team may blitz on the snap of the ball (there is no four-second blitz rule).
- Blocking: Hands must be behind the back or by the side at all times.
- Flag guarding and face guarding (intentionally obstructing the runner's view) will both result in a 10-yard penalty. Stiff-arms are not allowed.
- Player-to-player fouls are ten yard penalties (holding, pass interference, unnecessary roughness, blocking with elbows etc.)
- If any individual players is called for two unnecessary roughness penalties, that player will be thrown out of the game and asked to leave the turf.
- Any contact with the Quarterback (except when reaching for the flag) is a ten-yard penalty.
- Non-contact fouls are five yards, including false starts, offside, illegal forward pass and intentional grounding.
- Players are required to have their flags clipped, not tied over their shirt and visible to the opposing team. If a player continues to disregard this rule, a 5 yards penalty will be assessed to the team after one team warning.
- Defensive lineman must wait two seconds before bull rushing up the middle of the offensive line. Defensive lineman can rush from the outside the tackle box immediately when the ball is snapped.
- Following rules regarding will be in effect, in addition to those outlined above. There will be **zero tolerance** for any of the following committed by any team member or spectator:
 - At no time will a team member verbally or physically abuse or threaten on official. The offending player will be removed from the game and suspended until a meeting with the Assistant Director for intramurals has occurred;
 - At no time will a team member verbally or physically abuse or threaten a member of the Recreation and Intramurals or Intercollegiate Athletics staff. The offending player will be removed from a game and suspended until a meeting with the Assistant Director for Intramurals has occurred, and disciplinary action through Student Conduct, Public safety, and/or the Monroe County Sheriff's Office may be pursued.
 - Team captains are responsible for their fans. Spectators will not abuse players, officials, or facilities. This includes but is not limited to: taunting , obscene language or gestures, throwing objects of any kind on the field, or defacing the facility in any way;

- Any team member or spectator under the influence or in possession of alcoholic beverages will be held in violation of intramural and Institute policies, and will face consequences as such. Public safety will be notified.