



Centercourt Intramural 6v6 Flag Football Rules

Format & Rules

ROSTERS:

Minimum: 5

Maximum: 9

At least two male and female team members required.

GAME PLAY:

- Games will consist of two (2) twenty (20)-minute halves with a three (3) minute half-time, running clock
 - 6v6 Format
- One (1) timeout per team, per half
- Twenty-five (25) second play clock
 - All penalties are 10-Yards

OVERTIME:

Captains and officials will meet for coin toss. Winner of the coin toss will receive the ball at the 20-Yard line. If the team that starts with the ball scores, the opposing team will receive the ball for an opportunity to tie.