Intramural Flag Football

Eligibility

A. In order to be eligible to participate in intramural activities, players must be current students enrolled in one or more credit hours or a Faculty/Staff member.
B. Players must be on the roster before the start of game play

Code of conduct

A. Understand, appreciate, and abide by the rules of the game and the honor system.
B. Respect the integrity and judgment of game officials and staff.
C. Respect your opponents and congratulate them in a courteous manner following each match, whether in victory or defeat.
D. Be responsible for your actions and maintain self-control.
E. Do not taunt or bait opponents.
F. Refrain from using foul or abusive language.
G. Keep the game fun!

Equipment

A. The Intramural Director will provide a game ball for each contest.
B. If teams wish to warm up they must provide their own ball.
C. Clothing
   a. Athletic attire must be worn, NO pants with belt loops or pockets.
   b. Athletic shoes or molded cleats, NO metal cleats.
   c. All jewelry must be removed before each game.
   d. A flag belt must be worn at all times during the game.
   e. Shirts must be worn the entire game. No shirts and skins.

Playing Field

A. The field shall be approximately 60yrd x 30yrd.

Players

A. Each team will consist of at least 5 players
B. Men, Women, or Co-Ed teams
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Forfeits

A. Forfeit time is 5 minutes from the scheduled starting time of the contest. A team must be present and ready to play within 5 minutes to avoid forfeit.
B. The game will begin when 5 players of each team are present.
C. In order to claim a forfeit, a team must have the correct number of players present and be ready to play.
D. If neither team is able to field a team, a double forfeit will be declared.
E. A second forfeit within the same sport may result in that team being dropped from league play.

Starting the Game

A. A coin toss will be conducted prior to beginning the game. The team winning the coin toss will choose one of the following options:
   a. Whether or not to receive kickoff
   b. Which end of the field they will defend
   c. Winning team may defer their option to 2nd half
   d. Team losing toss will have the choice of options at the beginning of second half unless winning team defers
B. The ball shall be put into play at the beginning of the game, beginning of the second half, and after a score by a punt or pass from the kicking team’s end zone. The ball may be placed anywhere in the end zone.
   a. Kickoff must cross midfield.
   b. If the ball is kicked into the end zone, it will be declared a touchback.
   c. Kicking team must line up own goal line.
   d. If the ball is kicked our passed out of bounds, a 10 yard penalty will be assessed to the kicking team. The ball will then be kicked again.
   e. If kicked out of bounds on the second kick, the ball will be put in play by the receiving team on the midfield line.
C. Punts
   a. All punts must be announced. The only times a team may change to or from a decision to punt are timeouts or penalties.
   b. On punts, there shall be no movement on the line of scrimmage prior to the ball begin kicked.
   c. There must be at least 3 players from each team on the line of scrimmage prior to snap.

Game

A. Game shall consist of two 15 minute halves.
B. There will be a 5 minute halftime.
C. Each team is allowed 2, one minute time outs. Time outs can be requested only when the ball is dead and the time out must be granted by the official.
D. If the game is tied each team will have 4 downs on midfield to score.
E. During the last 2 minutes of the game: clock will stop for incomplete passes, penalties, out of bounds, change of possession, and scoring.
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Plays from Scrimmage

A. Putting the ball in play.
   a. The offensive team must have a minimum of 2 players on the line of scrimmage prior to snap.
   b. There will be a neutral zone separating the offensive and defensive lines.
   c. After the official puts the ball into play, the offense has 25 seconds to initiate play.
   d. The ball is put into play from scrimmage at the point of the field:
      i. Where the runner carrying the ball loses his/her flag, steps out of bounds, or the previous
         line of scrimmage on an incomplete forward pass.
      ii. Centered between the two sidelines
   e. Only one offensive player can be in motion toward the line of scrimmage prior to the snap.
   f. A player who lines up as a lineman may go in motion provided 2 players are left on the line of
      scrimmage.
   g. All players on the field must be a part of and leave the huddle before the start of a down.
   h. A runner may not attempt to jump over a player.
   i. If a player leaves the ground, he/she must land on their feet for play to continue.

B. Defensive use of hands.
   a. Defensive linemen must go around offensive linemen and may only slightly brush them.
   b. Defensive players may dive to remove a flag, but do not dive through the ball carrier.
   c. Defensive players may not hold, push, or pull the ball carrier when taking the flag.
   d. When rushing the passer, the defensive player may block the pass or take the flag but shall not
      initiate physical contact to break a play.
   e. The ball is considered part of the body while it is in possession of a player, thus, the ball may not
      be stripped from the ball carrier’s possession.

C. Downing the ball carrier.
   a. When a defensive player pulls a flag he/she should hold it up so the official(s) and other players
      can see play has ended.
   b. If a runner unintentionally loses his/her flags while running or receiving the ball he/she must be
      touched anywhere between the shoulders and waist by a defender with one hand in order to be
      downed.

Scoring

A. Touchdown= 6 points
B. Point after touchdown= 2pts/1pt
   a. For 1 point the ball will be placed on the 3yard line
   b. For 2 points the ball will be placed on the 10yard line
C. Safety= 2 points
   a. When the ball is downed in the offensive team’s end zone, a safety is awarded.
   b. Two points are awarded to the defensive team. The ball is put in play by a punt by the scored
      upon team from the back of their end zone.
D. The defensive team may return a fumble or interception during an extra point try from the offensive team
   for 2 points.
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Tie Breaker

A. A coin toss will be conducted. The winner will choose offense, defense, or direction.
B. Each team will start on the 10yd line and will get 4 downs to score, each team will have a chance to score.
C. Both teams will attempt to score in the same direction.
D. When a team scores a touchdown, they receive an attempt at extra points just like in regulation play. Possession is then turned over to the other team.
E. During regular play, this will be conducted once. In the playoff game, it will be repeated until one team gains advantage.

Penalties

A. 5 Yard Penalties
   a. Delay of game
   b. False start
   c. Encroachment (off-sides)
      i. If a player lines up off-sides he/she will be warned to move
      ii. Persons who jump off-sides, moving into the neutral zone will be penalized
   d. Illegal formations
   e. Illegal motion or shift
   f. Illegal timeout
   g. Illegal forward pass

B. 10 Yard Penalties
   a. Illegal contact
   b. Holding/guarding the flags
   c. Pass interference:
      i. Defensive
         1. 10 yard penalty from the previous spot and a first down or half the distance to the goal line.
      ii. Offensive
         1. 10 yard penalty from previous spot. No loss of down.
         2. Roughing the passer- 10 yard penalty, first down
   d. Unsportsmanlike conduct 10 yard penalty and possible ejection

Fumbles

A. Incomplete laterals, backward passes, and handoffs are considered fumbles.
B. If the ball is fumbled at any time any player from any team may recover it.
C. Muffs are not fumbles and may not be advanced although may be recovered by any team. Muffs are unsuccessful attempts to catch kicks that are touched.
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Unsportsmanlike Conduct

A. Any unsportsmanlike conduct (including but not limited to: verbal abuse to officials or players, unnecessary roughness, taunting, arguing with official, fighting, etc) will result in:
   a. 1st incident Penalty
   b. 2nd incident Ejection
   c. 3rd incident Forfeit of game

B. Any player who is ejected from a game will be ineligible for further participation in Intramural activities until the incident is resolved by:
   a. Meeting with the Intramural Director after first major incident. Any fines or suspensions will be at the Intramural Director’s discretion.
   b. Meeting with the Vice President of Student Affairs to determine if he/she will be eligible for further participation in any Intramural activities for the remainder of the school year and any other actions he/she deems necessary.
   c. There will be no 3rd incident.

C. Any player that is ejected must leave the playing area.

D. Any team with a player who has been ejected from the league will not be allowed to replace the player on the roster.

Intramural Flag Football Score Card

| Game Time:_________          |
|___________________________|
|___________________________|

<table>
<thead>
<tr>
<th>Home Team</th>
<th>Visiting Team</th>
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|        | 1St Half       |        |
|--------|----------------|
| ______ |                |

|        | 2nd Half       |        |
|--------|----------------|
| ______ |                |

|        | Timeout        |        |
|--------|----------------|
| ______ |                |

|        | Final Score    |        |
|--------|----------------|
| ______ |                |

Winning Team

___________