

APU Flag Football and Powder-Puff Rules and Policies

- Official CIF rules for High School federation will be in effect except as noted below.
- Each roster may carry a maximum of 15 players and no less than 6 players.
- Players must participate in at least 2 of their team's league games to be eligible for postseason play.
- If a team does not have at least six (6) players within five minutes after a scheduled game time, they shall forfeit the game.
- Free substitution when the ball is not in play.
- The playing field is 80 yards by 40 yards, with four zones of 15 yards each.

Starting the Game

- Choice of goals and first possession: best of three Ro-Sham-Bo will be used to determine choice of goals and kicking/receiving. The loser gets choice of the remaining options. The choices will be reversed at the half.
- Putting the ball in play: the kicking team will kick from their own first zone marker. Receiving team will have three receivers on the field and only the kicker will be on the field for the kicking team. If a receiver catches the ball in the air, the offense starts from that point plus five yards. If the kick hits the ground at any point, the offense will start from wherever the ball is first touched by a receiver. This format will be used at the start of each half, and after any score.

Number of Players

- Eight players (8) on the field constitutes a full team.
- While on offense five (5) players (no more or no less) must be on the line of scrimmage. Of those 5, all receivers must be properly lined up either on or off the ball. All the while maintaining that 3 linemen are always INELIGIBLE!!!
- Teams must have a minimum of six (6) players on the field at all times.
- Each team is allowed a maximum of six (6) ex-varsity football players on a team and a maximum of three (3) on the field at one time.

Eligible Players

- Any student, alumni (24+ units at APU), faculty, or staff of APU are eligible for intramural athletics.
- No more than 3 Alumni's on any given team's roster. They may be on the field at the same time. "NO TEAM MAY HAVE MORE THAN 3 ALUMN ON THEIR ROSTER!".
- A collegiate varsity athlete must wait a full academic year after he stops playing at the collegiate level before being eligible to participate at the intramural level for **their sport only**.
- Any collegiate athlete may participate in any other intramural activity with the permission of his/her coach.
- Redshirt players cannot play their own sport the year they are redshirting, but may play the following year if they are no longer playing collegiately, and they are not considered ex-varsity athletes.
- All players must sign a sportsmanship agreement form given to each team captain at the captains meeting and must be signed and turned in **By All Players Before Their First Game**. Players that do not have the sportsmanship agreement form turned in **Will not be allowed to play until they turn their form in**. This rule will be strictly enforced.

Player Equipment

- Shoulder pads, helmets, arm-guards, pads, etc. are not allowed.
- Metal cleats of any kind and bare feet are not allowed.
- All teams must have a team jersey or all the same color. This must be cleared through the director before the season starts. First come first serve for team colors.

Length of Game

- Two 30 minute halves with a five minute halftime. Running time will be used for the entire game with the exception of the last two minutes of the game. These two minutes will be in stoppage time for all dead balls.
- Each team is allowed two (2) one minute time-outs per half. The time-outs not used in the first half may not be used in the second half.

Yards and Downs

- There are four (4) fifteen yard zones and the end zones are 10 yards deep.
- The team with possession has four (4) downs to move the ball into the next zones, no matter where in the zone they start from.
- Any penalty that moves the line of scrimmage past the first down marker is a first down. Any penalty that moves it back behind the previous zone, the original first down zone remains.

Out of Bounds

- A player catching a pass on the sidelines must have one foot in-bounds and must have control of the ball. If a player is pushed out of bounds, it is up to the referee's discretion as to whether or not the ball was catchable.

Forward Passes

- All forward passes must be thrown from behind the line of scrimmage.
- Only the backs and receivers are eligible. There should be three linemen on the field at all times that do not wear flags at all to eliminate any confusion.
- Intentional grounding may be called if the receiver is more than ten yards away from the thrown pass; and or at the Referee's discretion.

Punts

- If a punt is to be made, the punting team must announce it to the officials and the opposing team. No fake punts.
- The team receiving the punt must have five men on the line of scrimmage.
- Punts may still be returned by the receiver after the ball hits the ground or is dropped.
- If the receiver fumbles the ball,(see Fumbles heading).
- When the ball comes to a stop after a punt, the ball is dead and cannot be advanced.
- The team receiving the punt may only block on the line of scrimmage. There will be NO DOWNFIELD BLOCKING on punts!!!

*NOTE: for all punts and kick-offs- If a kick lands in or carries out the back of the end zone in the air, the ball will be placed 2 yards in front of the receiving team's first zone marker and will have four downs to cross the next marker.

-If a kick lands in bounds before the end zone and then rolls out the back, the ball will be placed on the receiver's first zone marker and will have four downs to cross the next marker.

-If a kick carries out of bounds in the air on the sideline, the referee will mark the point it crossed the boundary plain and the receiving team will have the option of starting at that point, or two yards in front of their first zone marker. From either place they will have four downs to cross the next zone.

-For Punts: If a kick rolls out of bounds on the sideline, the receiving team will start from the point it went out at.

Running with the Ball

-Direct quarterback runs will be allowed.

-It is a penalty for the ball carrier to stiff-arm, charge into, knee, kick, knock over, or intentionally run into a defender. It is the ball carrier's obligation to avoid defenders and he/she can be penalized for failure to do so.

-It is a violation when the ball carrier jumps to avoid a defender from pulling his/her flags. The ball will be spotted from the point the player jumped and will receive a five yard penalty.

-Runs up the middle: running plays may not go up the middle. All running plays must be designed and executed to run to the outsides of the linemen. The play will be whistled dead and a ten-yard penalty will incur for the violation. In the event of a broken pocket, the quarterback may scramble up the middle only if there is not traffic. Any attempt by a team to design a play simulating a broken pocket so a player can run up the middle will be penalized 15 yards and will receive their only warning before disqualification of the game. This is at the referee's discretion.

Blocking

-In all instances a player must have both feet in contact with the ground, during and after contact is made with the opponent.

-Elbow leads, cross body blocks, chop blocks, leg sweeps, hands to the face, clipping, and other such blocks are illegal.

-A player may not block the opponent above the shoulders.

-Down the field blocking is not allowed on pass plays until the ball is caught.

-All blocks must be performed with hands in front of the body.

-Any block leading with the forearms or the elbows will be penalized five yards.

-No player may block with the head or shoulder, this is a ten yard penalty and possible ejection.

Tackling

-A player is down when the flags are pulled.

-If flags accidentally fall off of the ball carrier, one hand touch anywhere (not everywhere though) will come into play.

-Defensive players may leave their feet to block a pass or pull flags.

-Actual tackling, tripping, kicking, shoving, or elbowing the ball carrier is a penalty.

-Roughing the passer results in an automatic first down or upon a scoring play the offense may choose to decline the penalty.

-Players MAY NOT grab the ball carriers waist in attempt to bring down the flag belt. This will be heavily enforced and a five yard penalty will incur for the violation. This is at the referee's discretion.

-Any type of excessive physicality or intentional violence used while pulling flags (or any other time for that matter) is illegal and will be penalized 5-15 yards depending on the severity, as well as possible ejection of the game/league.

-If a ball carrier is near the sideline or headed out of bounds, a player may not push him out of bounds as a means of stopping the play (5 yard penalty), he/she must attempt to grab his flags.

Fumbles

-Any ball fumbled by a runner is dead at the point the player dropped it.

-In the event of a missed pitch, hand-off, or snap, the player intended to receive the ball only may pick it up and continue the play. The defense will attempt to pull the flags of that player and if successful the ball will be down at the point of tackle.

-The defense may not go after the ball in any circumstance there is not opportunity for turnover. If this is violated, the ball will be marked at the place the ball was lost plus five yards and no loss of down.

-***Any player that dives for a loose ball will be penalized 10 yards and receive a warning of ejection.

-In order to stop a player from picking up a miss pitch play or a muffed snap, the defense needs to pull the players flags.

Ball in Play

-A team is allowed 30 seconds to put the ball in play after signaled by the referees.

Sleeper Plays

-Teams do not have to huddle, but if the team does huddle, all players must be in the huddle.

-If you want to push this with an idea you have, you might want to run it by the intramural staff and the referee's of the game before attempting it so there is no confusion among officials.

Flags

-All defensive players and all offensive players with the exception of three offensive linemen must wear flags at all times.

-The flags are to hang down vertically along the side seam of the shorts and in the back.

-Shirts must be COMPLETELY tucked in at all times for players wearing flags.

-The flags must be buckled properly and worn on the outside of the shorts. Tucking flags into the shorts is illegal and will be penalized.

Player/Spectator Regulations

-Teams are responsible for keeping players and fans at least 5 yards from the sidelines on their half of the field. If this becomes a problem teams will start to be penalized. After a teams first warning, there will be a ten yard penalty assessed. Each additional violation will be a fifteen yard penalty.

Scoring

-Touchdown = 6 points

- Extra point = 1 point from 3 yards out, 2 points from 5 yards out.
- Safety = 2 points

Overtime Policy

-Ro-Sham-Bo is used to determine possession and direction. The ball will be placed on the ten yard line and the offense will have four downs to score. If the team scores on their first down, then, the other team will only have one down to score from the ten yard line as well. If the first team scores in two downs, the other team will have two downs to score and force another overtime or score in one down and win the game. Regular season games will only have two overtime periods. Playoff games will have as many overtime periods as necessary to determine a winner.

Important Notices

-Only captains (2 max) can approach the referees with a complaint or argument. The first time this is violated it will be a 5 yard penalty, then ten, and then a possible team disqualification. Do not push this rule, it will be enforced.

-While the games are being played, the referees have complete authority over the players, captains, and coaches. If the referee feels a player should be ejected, the referee's decision will stand. It is mandatory that all ejections be referred to the intramural director so that suspension or disqualification can be discussed further.

SUMMARY OF PENALTIES

Five yard penalties:

- Less than 5 players on the line
- Delay of game
- Illegal forward pass
- Intentional grounding
- Infractions of formation rules
- Illegal motion
- Illegal pitch
- Offsides
- Encroachment
- More than 8 players per team on the field
- Unintentional tackle (holding runner)

Ten yard penalties:

- Infraction while running the ball (stiff arming, etc.)
- Illegal blocking
- Illegal tackling
- Failure to announce punt
- Offensive pass interference
- Defensive pass interference: intentional, place of infraction and first down, Incidental 10 yard penalty
- Interfering with punt receiver
- Illegal use of the hands
- Clipping
- Protecting the flags or flag guarding

Fifteen Yard Penalties:

- Any block made in the areas above the shoulders or below the knees
- Unnecessary roughness
- Unsportsmanlike conduct including LANGUAGE and ATTITUDE and FIGHTING
- Spearing, kneeing, kicking, and striking

Automatic First Down Penalties

- Roughing the passer