



## **Campus Recreation**

### **Special Note**

*All Flag Football games will now be held at Citrus Stadium under the lights on Monday and Wednesday nights. There will be 3-4 games happening at one time, and the games will take place at 8:30pm, 9:30pm and 10:30pm. The prime time slot will be considered 10:30pm as there are less time constraints for that hour. Because of this change teams will not be allowed to request a night or time to play. There will be a strong effort made to equally schedule teams at the 10:30pm slot, than the 9:30pm slot will be used and lastly the 8:30pm slot. Men's and Women's leagues will play at the same time. The regular season will last 4 weeks, and playoffs will be 2 weeks. There will be 6 games per team for regular season play.*

*\*\*The volleyball season will not start until the last week of October; sign-ups will not start until the first week of October. Volleyball will no longer take place in the cougar dome; all games will be held in the Felix Event Center on the main floor and auxiliary court.*

*These changes have been made to accommodate the now pristine facilities that intramural participants will be able to use. There have also been significant changes that have been made to the Flag Football rules, please look over the rules thoroughly.*

*Thank you and Have Fun,*

*Dan Williams, M.A., W.F.R  
A.D. of Campus Recreati*

## **Flag Football Rules and Policies**

- Each roster may carry a maximum of 18 players and no less than 9 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 five (5) 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 64 yards by 35 yards, end zones 7 yards deep, 1 first down at the 25 yard marker

### **Starting the Game**

- Choice of goals and first possession: best of three "Rock, Paper, Scissors" will be used to determine choice of goal and possession 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 10 yards out from the end zone. 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**

- Seven players (7) on the field constitute a full team.
- While on offense four (4) players (no more or no less) must be on the line of scrimmage. Of those 4, all receivers must be properly lined up either on or off the ball. All linemen are eligible to receive!!!
- Teams must have a minimum of five (5) players on the field at all times.

### **Eligible Players**

- Any student, faculty, staff, or board member of the university is eligible for intramural athletics with the exception of the people listed below.
- Current collegiate varsity football players are not eligible to play-***please see student athlete policy.***

- 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 20 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.  
-Mercy rule- if a team is up by 3 touchdowns going into the final two minutes a mercy rule will go into effect and the clock will run.  
-Each team is allowed three (3) one minute time-outs per game.

### **Injuries**

- If time is stopped due to injury or suspect of injury the injured player(s) is to come directly off the field and can return once the injury is taken care of and the play of the game has continued.  
-Any player who is bleeding must exit the field immediately and can return to play once the bleeding has been controlled and the wound is covered.

### **Yards and Downs**

-There is two(2) 25 yard zones and the end zones are 7 yards deep.  
-The team with possession has four (4) downs to move the ball into the next zone, 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.
- Every participant is eligible to catch the ball.
- Intentional grounding will be allowed however the offensive team will forfeit their down once the ball is grounded.

### 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 four 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 ten yard out 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 the down 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 go up the middle**

### 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 or below the waist.

-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 15 yards, 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 5 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 wish to try a trick play first confirm with the referees to make sure it is legal and to allow no confusion within the referee staff.

### **Flags**

- All defensive players and all offensive players.
- 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 five (5) yards.
- If a player is caught holding or tying their flag belt where it is unable to be pulled off by the opposing team the team will be penalized five (5) yards.

### **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 team's first warning, there will be a five (5) yard penalty accessed. Each additional violation will be a fifteen (15) yard penalty.

### Coaching

-The role of coaches does not supersede the role of the captains.  
-Coaches are not allowed on the field with the exception of timeouts and halftime.

### Scoring

-Touchdown = 6 points  
-Extra point = 1 point from 3 yards out, 2 points from 5 yards out, 3 points 10 yards out.  
-Safety = 2 points

### Overtime Policy

-“Rock, Paper, Scissors” is used to determine possession and direction. The ball will be placed on the 15 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 (15) 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 not have overtime periods.** Playoff games will have as many overtime periods as necessary to determine a winner. One timeout will be given to each team at the start of the overtime.

### 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 five (5) yard penalty, then ten (15), 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 spectators. 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)
- 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 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