



Intramural Flag Football Rules

Registration: The registration deadline for Flag Football is 5:00 PM on Wednesday September 7th, 2011. You can register at the intramural office, Fitness Center Room 220. You must have a minimum of 7 players on your team.

Different levels of play: Men's Open Pro, Men's Open Collegiate, IFC (Fraternities), & Men's PFR
Women's Open, PHC (Sororities), & Women's PFR

Format: Number of games will be determined by the number of teams in each division. The amount of teams eligible for the playoffs will be determined by the amount of teams in the league.

Mandatory Player's meeting: The player's meetings will be September 7th at 5:00pm for Open leagues, 5:30pm for PFR leagues and 6:00pm for Greek leagues. in Fitness Center Room 218. If a team is not represented at one of these meetings, the team will not be eligible to participate in the season without the prior consent of the Intramural Coordinator.

Forfeits: In an attempt to discourage teams from not showing to scheduled contests, any team that does not show up for a game will not be eligible for the playoffs. Any team that forfeits a second time will be dropped from the league. Any team that does not show up to their first scheduled game can be replaced by a team on the waiting list.

Eligibility: Intramurals are intended for current students, faculty and staff only. Teams will be allowed to add new players to their roster during the regular season. You can add a player at your game. Teams will have until their last regular season game to add to their rosters. A player must have checked into at least one game to be eligible to participate in the playoffs.

Valid ID Cards: To participate in an intramural sport you must present a valid TTU picture ID at **all** scheduled contests. No exceptions. **NO TTU ID = NO PLAY!**

Sportsmanship Rating System: In an effort to recognize those teams or individuals that display superior sportsmanship, Sportsmanship grading scale has been implemented. A secondary purpose of this system is to provide accountability measures, which serve as a way to eliminate teams that fail to comply with sportsmanship standards. Respective teams will be rated during each contest. Two ratings of D or below constitute that team being eliminated from further competition in that sport. Any team that has less than a B average at the end of the regular season will be ineligible for the playoffs. A team will be dropped from playoff action if they receive a rating of C or below in a single playoff game. If a team is dropped from the playoffs due to an unacceptable sportsmanship rating, their opponent (provided they receive an acceptable rating) will automatically be advanced regardless of the game result. Sport-specific criteria for ratings will be available for each sport. Sportsmanship ratings are determined by the officials and approved by the site manager. **NOTE:** A team may be eliminated immediately if there is an incidence of serious discipline problems (i.e. fighting) or multiple infractions by the team in a single game. These situations will be handled by the Intramural Sports staff on a case-by-case basis.

Sportsmanship Guideline:

A. Excellent Conduct and Sportsmanship. Players cooperate fully with the opposing team and the officiating crew. Players exhibit control, there is not an excessive number of fouls or rough play. There are no verbal warnings from the officials. **ONLY** the captain speaks with officials and does so in a calm manner regarding any interpretations and calls.

B. Good Conduct and Sportsmanship. Captains complain verbally without doing so in a calm manner to officiating crew. Sportsmanship and understanding of the rules is acceptable, but could be better

C. Decent Conduct and Sportsmanship. Teams show verbal dissent towards opposing team and/or the officiating crew. Team receives an unsportsmanlike conduct penalty.

D. Poor Conduct and Sportsmanship. Teams constantly comment to the officiating crew and/or opposing team from the playfield and/or sidelines. The team captain shows little or no control over teammates or himself/herself.

F. Unacceptable Conduct and Sportsmanship. Team is completely uncooperative. Captain has no control over team. Any team causing a game to be stopped or forfeited due to unsportsmanlike conduct or receives three unsportsmanlike conduct penalty shall receive a grade of an F. Teams that receive an F sportsmanship grade are placed on probation until they are able to bring their average to a B. If a team is on probation and receives a grade of C they will be removed from the league.

Amendments: At the discretion of the Officiating Crew & Supervisors, grade levels may be returned to the team's sportsmanship rating score for exemplary team conduct for containing one individual team member in a single incident of unsportsmanlike behavior. Sportsmanship ratings become official upon conclusion of the game.

Disciplinary Action Guidelines for Unsportsmanlike Behavior: Student employees are providing a valuable service and under NO circumstances should student employees be either verbally or physically abused and/or threatened. The Intramural Sports Staff will take appropriate disciplinary action should any of these situations occur.

In order to preserve the spirit of fair play, it is essential that participants adhere to the rules as well as to the spirit of the game. Good sportsmanship is a requirement of all participants. The Office of Intramural Sports reserves the right to eject and suspend any individual, team or fan that interrupts the flow of a game in any manner. Ejections may occur before, during, or after any contest. Any ejected player(s) must leave the playing area immediately. If the player refuses to leave within 3 minutes, the game will be forfeited. The team captains are expected to assist the intramural staff when needed.

No team or individual shall be permitted to make a travesty of a contest. Those teams/players that demonstrate actions considered to make a mockery of the game will be either suspended or eliminated from further participation (purposely shooting at the wrong basket, running football plays during basketball, etc.). The severity of this penalty shall be determined on a case-by-case basis by the GA, Supervisor, and/or Intramural Coordinator.

Any player or fan that has to be removed or ejected from a game or playing area is automatically ineligible from further competition and will be suspended (see below). Notification of disciplinary action will be sent to the individual, team captain and in severe instances to the Dean of Students office.

Anyone ejected for unsportsmanlike conduct toward other participants, spectators or teammates will have to follow the procedure outlined in the policies and procedures to become reinstated.

Any individual found guilty of striking, intimidating or in any way attempting to influence an official, will be referred to the Dean of Students office, suspended for 365 days, banned from all recreation facilities and may have official charges filed against them with the Police Department.

Anyone involved in a fight or found guilty of cheating (check in under an assumed name, participation while under suspension, violation of eligibility rules) will be suspended from intramural sports for up to 365 days. The team will forfeit all games a guilty player participated in.

All instances of suspensions will be handled on a case-by-case basis by the Intramural Coordinator.

In cases occurring late in the sport season or the academic year, a suspension may carry over to the next sport or next intramural year.

After reinstatement by the Coordinator of Intramurals, anyone involved in a second major offense during the course of the intramural year will be banned from participation for 365 days.

The decision of an official or intramural staff member to eject a player for any unsportsmanlike conduct (be it verbal or physical) will be firmly upheld by the Intramural Sports Office. Protests of this type will not be accepted. There are absolutely no exceptions.

Failure to Comply: All participants and guests are expected to comply with the directives or reasonable requests of university officials acting in the performance of their duties. Failure to comply will result in suspension from intramural sports and use of recreational facilities.

The Office of Recreational Sports reserves the right to prohibit trespass onto the recreation facilities. University employees whose duties include recreation building or property supervision or the general safety and protection of persons or property may issue a trespass warning. A trespass warning may be issued to students or non-students. The revocation of a person's privilege to be on the lands, within the buildings, or on the premises of the university may be restricted to time and place by the agent of the university issuing the trespass warning.

Alcohol/Illegal Drugs: No individual will be allowed to participate in any activity if it is **suspected** that he/she is under the influence of drugs or alcohol. Spectators and players are prohibited from bringing and/or consuming alcohol at an activity site. Individuals violating this rule shall be removed immediately.

Any participant removed from an intramural game due to a violation of the alcohol and drug policies are subject to further disciplinary actions by the Intramural Sports Office.

Any team that has a participant removed for a violation of the alcohol and drug policy, does not cooperate fully with Intramural Sports employees in resolving alcohol and drug violations by spectators associated with their team, or is found possessing or consuming alcohol at an activity site shall automatically receive an unsatisfactory sportsmanship rating for that contest and will be placed on probation or suspension for the remainder of the season. The severity of the penalty shall be determined by the Intramural Coordinator on a case-by-case basis.

There is no smoking in or around the intramural playing field. Individuals in violation of this will be asked to put out their cigarette or cigar or be asked to leave.

Equipment

- Athletic attire is required. (No jeans, or jean shorts, button shirts, hard-soled shoes, etc) All articles of clothing must be tucked underneath the flag belts. Shirts must be long enough to tuck in so that they remain tucked in the pants/shorts during the entire down or short enough so there is a minimum 4" from the bottom of the shirt to the player's waistline. Towels may not hang from a player's waist or otherwise interfere with the possible removal of a flag. Towels however may be used and kept on the ground on the ball before the snap.
- EACH PLAYER MUST WEAR SHORTS OR PANTS WITHOUT ANY POCKETS, belt(s), belt loops, or exposed drawstrings. The pants or shorts must be different in color than the flags. The above rules are mandatory rules and they will be enforced very strictly! Any individual who is unprepared to play with the proper equipment will be unable to play until they are fitted with the proper equipment. (This is a Nationally Certified Rule and it enforced for safety pre-cautions)
- Shoes must be "gym or running shoes." Pliable rubber cleated shoes may be worn on the outdoor Intramural fields. NO METAL SPIKES or plastic cleats with metal tips will be permitted.
- Headgear is not allowed to be worn by any participant during an Intramural event, except for one-piece head/sweat bands that do not have to be tied or do not have any form of knot(s). Illegal headgear consists of any hats, bandannas, baseball caps, winter/wool hats, and any other such similar headgear. For outdoor sports, winter/wool hats are allowed and any baseball-like hats are allowed only during Intramural Softball.
- Players must REMOVE ALL JEWELRY prior to participating, including any viewable body piercing, and LIVESTRONG type rubber-bands.
- A flag belt must be worn with a flag on each hip and one in the back. Tying of the belt will result in immediate ejection from the game and suspension from future games.

First Downs

- A first down is awarded to a team whenever they advance the ball across the next 20-yard marker. Four downs will be allowed to complete the task.
- Only one first down per series of possession can be obtained at each 20-yard marker.
- A team may have anywhere from one inch to 20 yards to get to reach a first down.

Timing

- An official game will consist of two (22) twenty-two minute halves with a running clock. The clock runs continuously except for the last two (2) minutes of the second (2nd) half, when it stops for all dead ball situations. [I.e. incomplete passes, penalties, out of bounds, change of possession, scoring, including PAT]. There will be a 3-minute half time. Once the ball is marked ready for play, the play clock gives the offensive team (25) twenty-five seconds to snap the ball.
- A coin flip at the start of the game will determine the teams' choice to "start on offense, to start on defense, to defer until the second half" (rather than kick or receive); or to defend a specific goal. The loser of the coin flip has the remaining option. At the start of the second half, these privileges are reversed.
- At the start of each game and after each score the ball will be placed on the 14-yardline.
- For regular season, if at the end of regulation play the score is tied, the contest will be recorded as a tie. No overtime will be played during the regular season!
- Mercy Rule: When a team is ahead by 19 or more points at or during the two (2) minute warning, the game is over. When a team is ahead by 42 or more points at any point in the second half, the game is over.
- Each team is allowed two (2) one (1)-minute time-outs during the game. One (1) time out is allowed during the overtime period. Time-outs do not carry over into overtime. Time-outs can be shortened if both teams are ready.

Play During the Game

- Only seven players per team are allowed on the field at a time. A minimum of five players are necessary to begin and continue play. The offense must have at least four players on the offensive line of scrimmage.
- The ball will start on the 14-yard to begin the game and after a touchdown.
- All plays must originate with a snap from center. This snap must be received at least 2 yards behind the offensive scrimmage line. The snap can be made between the legs of the snapper or on the side but must originate from the ground.
- Defensive players may not break the neutral zone until the ball is snapped. Offensive players are responsible for helping retrieve the ball after a down has ended. All players not in the game, and spectators, must remain between the 20-yard lines and off the sideline.

- Forward progress is determined by where the ball is when the whistle is blown.

Carrying the Ball

- Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove the flag belt. PENALTY: Flag Guarding--10 yds from the spot of the foul
- Examples of flag guarding include, but are not limited to:
 - o Placing of swinging the hand or arm over the flag belt.
 - o Placing the ball in possession over the flag belt.
 - o Lowering the shoulders in such a manner, which places the arm over the flag belt.
 - o The runner shall be prohibited from contacting an opponent with extended hand or arm “stiff arm”
- The ball carrier may spin in an attempt to avoid the defensive players.

The ball carrier is allowed to dive to advance the ball, but at no time is a player allowed to hurdle other players (“over the pile”). Diving to advance the ball will be observed very closely by all officials so that no defensive players are put at a disadvantage.

- The defensive player cannot hold, grasp, or obstruct the forward progress of a ball carrier while in the act of removing the flag belt.
- A runner shall not charge into nor contact an opponent in his/her path nor attempt to run between two opponents or between an opponent and a sideline, unless the space is such as such to provide a reasonable chance for him/her to go through without contact (this will be viewed as basketball terms “block” & “charge”).
- When any part of a ball carrier's body touches the ground other than their hands or feet, the ball becomes dead immediately.
- A fumbled or muffed ball is dead when it strikes the ground.
- It is illegal to attempt to steal a ball in player possession. The object of the game is to deflag a ball carrier, not steal the ball.

Blocking & Rushing

- The offensive team is permitted screen blocking only. Any use of the arms, elbows, or legs to initiate contact during an offensive player's screen block is illegal. Both feet must remain on the ground while screen blocking. * There is no blocking beyond the line of scrimmage, except for setting stationary screens. A blocker may only use his/her hands or arms to break a fall or retain his/her balance. ONLY THE MOST ACCIDENTAL CONTACT THAT DOES NOT PROVIDE AN ADVANTAGE, TO A SPECIFIC PLAYER, WILL BE TOLERATED.

Passing

- A forward pass may be thrown from any point behind the line of scrimmage.
- All incomplete backward passes shall be marked down at the point of ground contact.
- Only 1 forward pass may be attempted from behind the line of scrimmage on a given play.
- A forward pass is illegal if:
 1. It is thrown from beyond the line of scrimmage.
 2. It is intentional grounding.
 3. It is thrown after a change of possession.
 4. The passer catches his/her untouched forward/backward pass.
 5. It is the second forward pass during a play.
- A player must have complete possession of the ball and land with the first part of their body inbound, normally one foot, to be a legal reception.
- If the passer is deflagged prior to releasing the ball, the ball is dead at that spot and the down has ended.

Kicking

- On fourth down, the offense must announce when the ball is marked ready-for-play whether or not they will kick. Once the decision is made, it cannot be changed unless a timeout requested. If a kick is to be made, the following procedures must be followed. 1. The offense must have a minimum of 4 players on their line of scrimmage. 2. The kicker must receive the ball two yards behind the center. 3. The kick must be made immediately upon receiving the snap. 4. Players of the kicking or receiving team may not advance beyond their respective scrimmage lines until the ball is kicked.
- A punt may be run back. If it is marked dead in the end zone the ball will be placed on the 14 yard line.

Scoring

Touchdowns = 6 points

Extra Points = 1 point if successful from the 3 yard line; 2 points from the 10 yard line; 3 points from the 20 yard line

Safety = 2 points

Defensive Conversion on Extra Point Attempt = 3 points

Tiebreaker

- For the playoffs, if at the end of regulation play the score is tied, the following overtime process will occur. A coin toss will be conducted with the winner having the choice of “offense or defense” or direction. During the overtime, the format will be repeated until a winner is declared. Each team receives four (4) downs starting from the ten (10) yard line to score a touchdown.
- If the defense intercepts a pass and returns it for a touchdown, they will win the game. If they do not return the interception for

a touchdown, the series is over, the ball will be placed at the 10-yardline for Team B and then Team B will begin their series of four (4) downs. All penalties will be addressed the same during the overtime period.

Penalties

- The offended team may have its choice of the penalty or the result of the play.
- When both teams commit an infraction during the same live ball period, regardless of the severity, the down is automatically replayed, provided there is no change of possession.
- When a live ball and dead ball penalty occurs, each is handled on its own merit, regardless whether the penalties are on the same or opposing teams.
- All unsportsmanlike conduct penalties are penalized as a dead ball foul.
- * **Three Unsportsmanlike Conduct Penalties on an Individual or a Team = Game Forfeiture**
- * **Two Unsportsmanlike Conduct Penalties on an Individual = Game Ejection**
- * **Four Unsportsmanlike Conduct Penalties on an Individual during a tournament or league = Suspension**
- * **Six Unsportsmanlike Conduct Penalties on a Team during tournament or league = Team Suspension**
- If a fight occurs on the playing field, all team substitutes are to remain in their team box. If a substitute enters the field to observe, separate participants, become involved in the fight, or for any other reason, he/she will be disqualified and a 10-yard unsportsmanlike conduct penalty will be enforced from the succeeding spot. Fighting carries a 365-day suspension from intramural sports and notification to the Dean of Students Office.
- Delay of game penalty: the offense has 25 seconds from the time the ball is marked to hike the ball. The offense is also responsible for retrieving the ball in a timely manner.
- Penalties assessed during a touchdown or extra point will be enforced during the extra point(s) try and change of possession respectively.

Five yard Penalties: Improper equipment, Encroachment, Illegal substitution, Illegal motion, shift, snap, or procedure helping the runner, delay of game, and false start.

Ten yard Penalties: Illegal participation, hurdling, protecting the flag, illegal removal of flag, illegal use of hands, arms, legs or body, unsportsmanlike conduct, unnecessary roughness, tackling the runner (automatic disqualification). Fighting (an attempt by a player or non-player to strike or engage an opponent in a combative manner unrelated to football) includes acts such as attempting to strike an opponent(s) with the arm(s), hand(s), leg(s), or foot (feet), whether or not there is contact (automatic disqualification). Intentionally contacting a game official physically (automatic disqualification). Defensive pass interference, plus automatic first down (if intentional or flagrant, the team may be penalized an additional 10 yards) Roughing the passer, plus automatic first down. Steal or attempt to steal ball from ball carrier. Consecutive encroachments in the same interval between downs. Illegally secured flag belt (if by Team A will also result in player disqualification and loss of down, if by Team B will also result in player disqualification and automatic first down).

Loss of down penalties. : Illegal forward pass (5 yards) Offensive pass interference (10 yards) Illegally secured flag belt on a touchdown by Team A (also disqualification).

All Rules are subject to change by the Department of Intramural Sports.