

Southern Illinois University Edwardsville
Intramural Sports
Flag Football
Fall 2009

Rules

The Official National Flag Football rules and regulations govern all play with the following intramural clarifications and modifications:

ELIGIBILITY

Each student must sign one RELEASE AND ASSUMPTION OF RISK form per school year (which releases the university and university employees and officers of liability in case of bodily injury).

All players are expected to have accident insurance. SIUE assumes no responsibility for injury.

GENERAL REGULATIONS

A) Roster additions will not be added until the first contest. Roster additions can be made until the end of half-time during the last regular season game.

B) Team captains will sign out and leave their ID card for 15 flags, football and scrimmage vests. At the end of the game, teams must return equipment to the supervisor. If a flag belt, ball, tee, scrimmage vest or combination of any of the material given to the team captain is missing, the ID card will be retained until the equipment is returned to the Intramural Sports Office. You will be charged for any missing equipment.

C) All team members must have a valid SIUE ID card at every intramural event in order to participate. There are NO EXCEPTIONS!!!!!!!!!!!!!!

TEAM

Each team under penalty of forfeiture must have at least five players (six co-rec) on the playing field at the designated time of the game and must maintain a minimum of five players (six co-rec.) on the field throughout the game.

****Co-Ed**** Teams with 8 players must be 4 men and 4 women. Teams with 7 players shall be 4 men and 3 women or 4 women and 3 men. Teams with six players shall be 3 men and 3 women, 4 men and 2 women or 4 women and 2 men.

MERCY RULE

If at any time following the first half any team accumulates 30 points more than the opposition, the game shall be declared over and said team shall be declared the winner. If a team is 19 or more points (Co-Rec. 25 points) ahead when the two-minute warning is announced, the game shall be over. If at anytime after the two-minute warning has been given, a 19 (Co-Rec 25) point differential is established the game shall be over.

PERIODS, TIME FACTORS, SUBSTITUTIONS

THE START OF THE GAME AND POSSESSION AFTER A SCORE

A. Before the start of the game the referee shall toss a coin in the presence of the opposing field captains, after first designating which captain shall call the coin. The captain winning the toss shall have first choice of options for the first half. The options for each half shall be:

1. To choose whether his/her team will be on offense or defense.
2. To choose the goal his/her team will defend.
3. Defer their choice until the second half. The captain, not having the first choice of options for a half, shall exercise the remaining option.

Possession after a score and a try: After a team has scored a touchdown and attempted their try (extra point) the ball will be placed on the scored upon team's 14 yard line and possession shall change.

Effective fall 2009: SIUE Flag Football will now be played with four, ten minute quarters. Intermission will be 3 minutes.

Change of Quarters: Between the first and second and between the third and fourth quarters, the teams shall change goals. Team possession, number of the next down and the zone line-to-gain remain unchanged.

Each game will start at the 14 yard line.

Last two minutes: Final two minutes of each half will be under a two minute warning.

The final two minutes shall stop the clock:

- Incomplete legal or incomplete illegal forward pass – starts on the snap.
- Out-of-bounds – starts on the snap.
- Safety – starts on the snap.
- Team time-outs – starts on the snap.
- First down – dependent on the previous play
- Touchdown – starts on the snap (after the try)
- Penalty and administration – dependent on the previous play (Exception: Delay of game – starts on the snap.)
- Referee's time-out – starts at his/her discretion
- Touchdown – starts on the snap
- Team A is awarded a new series – dependent on the previous play
- Team B is awarded a new series – starts on the snap.
- Either team is awarded a new series following a legal punt – starts on the snap.
- Team attempting to conserve time illegally – starts on the ready
- Team attempting to consume time illegally – starts on the snap.
- Inadvertent whistle – starts on the ready.

Forfeit Time: GAME TIME is FORFEIT TIME!!!!!!

TIE GAME

During the regular season, games that are tied at the end of regulation will end in a tie. During the playoffs the following tie break rules will be enforced.

Tie Breaker: The tie-breaker will begin with an explanation of the rules and a coin toss. The winning team will choose either to go on offense first or to defend the goal. Unless moved by

penalty, each team will start 1st and goal from the ten-yard line. The same end of the field will be used for both possessions in order to ensure equal game conditions and conserve time. The object will be to score a touchdown. A tie-breaker period consists of one series of downs by each team.

If the first team that is awarded the ball scores, the opponent will still have a chance to match the score. Unless moved by penalty, they will start 1st and goal from the ten-yard line. Try-for-points will be attempted and scored as indicated in the rules. If the defense intercepts the ball and returns it for a touchdown, they win the game. If they do not return the interception for a touchdown, the ball will be placed at the ten-yard line to begin their series of 4 downs. Each team is entitled to one time-out per overtime period.

TIME OUTS

Charged time-outs: Each team is entitled to two charged time-outs during each half without penalty. Successive charged time-outs may be granted each time during a dead ball period. If the ball is dead and a team has not exhausted its charged time-outs, the referee shall allow a time-out and charge that team. Each time-out is one minute. Timeouts do not carry over from one half to the next.

Capt-Referee Conference: When a team requests a charged time-out for a rule interpretation, the referee will confer with the team captain. If the referee changes his/her ruling, it is an official's time-out. If the ruling is not changed, it will be a charged time-out against the team who protested. If the team has used its two time-outs, delay of game penalty will be assessed. The captain can further protest the ruling to the I.M. Supervisor. If still not satisfied, the captain can request a protest form and then play the remainder of the game under protest.

Sideline Conference: During a time-out charged to a team, only one coach may confer with their team on the field.

Injured Player and Blood Rule: An injured or apparently injured player, who is discovered by an official while the ball is dead and the clock is stopped, shall be replaced for at least one down unless the time-out or intermission has occurred. A player with an excessive amount of blood (determined by the officials) shall be considered an injured player and must sit out until they have secured a clean uniform and stopped bleeding. A player that suffers a head, spinal or neck injury must have a doctor's approval (in writing) before they are permitted to participate in another game.

***All players must be dressed in the same or similar uniform. If the entire team does not have the same or similar (Officials Judgment) uniform shirt the entire team **MUST** wear scrimmage vests supplied by the Intramural staff.

Players: Seven players constitute a team (Eight Co-Rec). On Offense, four players must be on the line of scrimmage. A team may not start or continue a game with less than five players. Co-Rec. teams need five players on the offensive line of scrimmage and they may have no less than six players to play a game.

Equipment: A valid ID card must be used to check out equipment. Each player must wear the flag belts provided by the I.M. Staff. Flag belts must have three flags that are to be positioned one to each hip and one in the back.

Illegal equipment consists of:

1. Shoes with cleats made of any metal.
2. Padding of any kind, shape, structure or material shall be considered illegal if worn above the waist.
3. Tied flag-belts.
4. Jewelry (including all types of rubber bands) or headwear containing any hard, unyielding, stiff material, including billed hats, or items containing exposed knots. (Hats with bills are not allowed) The only exceptions are medical alert bracelets or religious items, which must be taped down.

- **NO JEWELRY is allowed**

Shirts must be tucked in so that the flag can be easily seen and grabbed. If a sweatshirt is worn, it must be tucked in a manner in which it will not cover the flag belts. All hooded sweatshirts must also have their hoods tucked in and remain tucked in.

- Playoffs and Sportsmanship: Each team that finishes the regular season with a Sportsmanship Rating of at least 2.75 will make the single elimination playoffs. Furthermore, each team must maintain a Sportsmanship Rating of at least a 2.75 each game to remain in the playoffs.
- The following scale will be used to rate all teams in all contests played:
 - 4: Excellent, no problems.
 - 3: Occasional problems, some verbal dissent.
 - 2: Unreasonable comments and conduct.
 - 1: Continuous verbal dissent, unreasonable conduct.
 - 0: Fighting, vulgar language, unreasonable conduct.
- Non-unsportsmanlike penalties such as wearing jewelry or not having checked improperly will not count against sportsmanship rating unless it is a repeated offense during the same game.
- Method of Rating:
 1. The officials working that game and/or any Intramural Staff (Supervisors, Graduate Assistants, or Administrative Staff) will rate each team in each contest on sportsmanship.
 2. The Intramural Staff and officials on a 0-4 rating system rate teams and organizations. To qualify for the playoffs under the sportsmanship guidelines, a team **MUST** average a 2.75 over the course of the season to be included in the playoffs.
 3. Special Game Situations: Contests, which are postponed and not rescheduled due to rainouts, power failure, etc - both teams will receive a 4 for sportsmanship
 4. A team winning by forfeit or default will receive a 4 for sportsmanship. A team that forfeits will receive a 0 for sportsmanship. A team that defaults will receive no rating.

Shorts with no pockets required. In the event where a player is running with the ball and a player goes for the runner's flags and rips the individual's short because of the pockets, no penalty will be enforced.

Metal cleats are illegal. Players may not participate in sandals, boots, dress shoes, or barefoot. Players wearing illegal shoes become susceptible to disqualification.

No cast or metal braces will be allowed unless covered by a soft material.

Teams may provide their own football and it must be a regular size ball. Both teams must agree on using the ball otherwise the ball provided by the I.M. staff must be used. There will be no switching balls.

Blocking: Offensive screen blocking shall take place without contact. It is similar to a screen in basketball. The screen blocker shall have his/her hands and arms at his/her side or behind the back. Any use of arms, elbows, or legs to initiate contact during an offensive player's screen block is illegal. A player must be on his/her feet before, during, and after screen blocking. No charging into offensive blockers, the defense must make an effort to get around the offensive blocker. If the defense does charge into or bull rush into offensive blocker it will be a 10-yard penalty and may lead to a player ejection.

Punting: When punting the ball, a kicking team must announce its intentions to the officials before the ball is declared ready to play. After such an announcement, the kicking team can only change the decision by a time out (Either team) or by accepting any penalty. No offensive player may cross the line of scrimmage until the ball is **kicked**. The center must snap the ball to the kicker who must be at least two yards behind the line of scrimmage. There shall be no quick kicks. **There are no fake punts.**

A punted ball that hits the ground may be advanced, but it must be fielded cleanly. The ball will be declared dead if the punting team downs the ball or if the receiver doesn't field the ball cleanly (fumbles or muffs the punt).

Fumbles: Any fumble, lateral or forward pass that is intercepted or caught in the air may be advanced. Any time the ball touches the ground during a play from scrimmage, (excluding incomplete passes) the ball is automatically downed there. Balls may be fumbled backwards for a safety or a loss but not forward for a touchdown or a gain.

Delay of Game: The ball must be put in play with a backward snap between the legs or from his/her side within 25 seconds of when the referee blows the whistle after the ball has been spotted. No direct hand-off snaps are allowed. The ball must be snapped with a quick, continuous motion. If the ball is snapped before the Referee whistles the ball ready for play is considered a delay of the game. Penalty = 5 yards

First Downs: Each team will have a series of four downs to advance the ball from one zone to another. Failure to do so in four downs results in loss of the ball to the opponent. The line to gain in any series shall be the line in advance of the ball, unless the distance has been lost due to penalty or loss of yardage. The placement of the ball will be determined by the location of the ball when the person is de-flagged. Any part of the ball touching the line is considered over the line.

Motion: When the ball is snapped, only one offensive player may be in motion, but not in motion toward the line of scrimmage. A player in motion on the line of scrimmage must not be one of the four scrimmage line players.

False Start: Offensive players (except the player in motion) must be stationary in their positions without movement of the feet, body, head, or arms for at least one full second before the snap. Penalty is five yards.

Batting, Hitting, or Stealing the Ball: An opponent may not snatch, bat, or steal the ball from the ball carrier's hand. There will be a ten-yard penalty awarded against a team that strips or attempts to strip a ball.

Neutral Zone: There will be a one yard separation between the offensive line of scrimmage (point of the ball) and the defensive line of scrimmage. This will be designated by a spot for both the offensive and defensive lines of scrimmage.

Encroachment (Off sides): An Offensive or defensive team may not penetrate neutral zone (line of scrimmage) or it is encroachment and a five-yard penalty. Even if the defense gets back before the snap of the ball, it is still a penalty. It is an immediate dead ball.

Illegal Participation: Prior to a change of possession, no player of the offense shall go out-of-bounds and return during the down unless blocked out-of-bounds by an opponent. If a player is blocked out-of-bounds by an opponent and returns inbounds during the down, he/she shall return at the first opportunity. During the down, no player shall intentionally go out-of-bounds.

No replaced player or substitute shall hinder an opponent, touch the ball, influence the play, or otherwise participate.

Pass Interference: Penalty for offensive/defensive pass interference is ten yards from line of scrimmage and an automatic first down if defensive, and loss of down if offensive. It is not at the point of the foul.

Passing/Receiving: All players are eligible to receive a pass. Only one forward pass is allowed per play. Lateral/backward passes may be thrown at any time. Receivers must have one foot in bounds while in possession of the ball. A receiver who steps out of bounds and returns back to the playing field is ineligible to participate in that play until the ball is touched by another player (10 {TEN} yard penalty) Illegal Participation.

Handoffs: Any player may hand the ball forward or backward at any time.

Illegal Contact: It is considered a personal foul if a defensive player pushes the ball carrier out-of-bounds in an attempt to stop forward progress. This is a ten-yard penalty and if deemed by the official to be malicious, the player is subject to disqualification from the game.

Any unsportsmanlike conduct, be it physical or verbal, may result in disqualification. Depending upon the degree of one's conduct, this may result in disqualification from the remaining games. This decision will be made by the Intramural Coordinator and any involved personnel.

Scoring:

Touchdown = 6 points ****9 in Co-Ed if a female scores a touchdown****

Safety = 2 points

Point after TD = 1 point from 3 yard line
2 points from 10 yard line

3 points from the 20 yard line

Intercepted Try run back for a score = 3 points

A team is given one choice (one, two, or three points). The declared point value will remain the same even if penalties move the ball closer or farther from the goal unless the offensive team calls a timeout.

An interception or fumble on a try for an extra point can be returned for 3 points.

Securing the Flag belt: The defensive player must not tackle, block, trip or hold the ball carrier while attempting to deflag the ball carrier. If a player trips, holds, or uses any other illegal acts, a penalty of ten yards will be called. If flagrant, unnecessary roughness occurs, ejection may also result.

If a defensive player tries for the belt and they don't pull the flag off, but it falls off for any other reason, the play continues. It will become a one hand touch on the offensive player without the flag. Always play until you hear the whistle.

If a player is found wearing a belt that is tied, it will be an automatic ejection from a game. The player will also be ineligible for the next contest and you **MUST** speak with the Intramural Director. After a score is made, the referee must pull off the player's flag. If the flag does not come off the score does not count (additional 10-yard penalty) and player is ejected.

Flag Guarding: 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. The ball carrier may not hurdle, jump or attempt to jump over another player. The player with the ball may intentionally dive, but cannot create contact in the process. The penalty would be a ten-yard penalty.

A runner or receiver is also down if any part of his/her body touches the ground other than hands, feet or hand with possession of the ball.

A player is down where the original attempt to de-flag was made, not where the flag finally falls to the ground.

Roughing the passer: When rushing the passer you must play the flag and not the ball. If attempting to block a pass, you may not contact the passer in any manner, even if the ball is touched or blocked. This will result in a ten-yard penalty and an Automatic First Down.

Returns from End Zone: Passes, interceptions, and kicks may be returned from end zones, but not from behind the out of bounds lines. An interception in the end zone can be advanced or become a touchback (ball placed on the 14 yard line) if downed or deflagged in the end zone.

Inadvertent Whistle: A live ball becomes dead when an official sounds the whistle, even if inadvertently.

*A possessed (Player is holding the ball) ball blown dead, inadvertently can be replayed totally or taken from the spot where the ball was at the time of the whistle. This will be the choice of the team in possession of the ball at the whistle.

*A non-possessed ball (ball in the air) will be brought back to the previous spot and replayed.

Unsportsmanlike Conduct: Unsportsmanlike conduct penalties are 10 yards and loss of down if on the offense, and 10 yards and automatic first down if on the defense. Extreme cases can lead to ejection.

UNSPORTSMANLIKE CONDUCT:

Each team gets two (2) warnings. One warning before the game and one during the game. After the second warning a player may be ejected from the game.

PROFANE LANGUAGE:

Profane language is not permitted. There will be two (2) warnings, each of which will be penalized by 5-yards. Ejection on the third warning. This also includes sideline profanity.

**Teams are responsible for the conduct of their fans. Problems caused by unruly fans can be assessed on the field to their team, with penalties being applied.

COREC RULES

The Game – The game shall be played between 2 teams of 8 players, 4 men and 4 women. Teams with 7 players shall be 4 men and 3 women or 4 women and 3 men. A team with 6 players shall consist of 3 men and 3 women, 4 men and 2 women, or 4 women and 2 men.

Minimum Line Players – The offensive team must have at least 5 players on their scrimmage line at the snap.

Male Runner – A male cannot advance the ball through the scrimmage line, **ESPECIALLY** in the case where a male catches a pass behind the line of scrimmage and advances the pass beyond the line of scrimmage.

Male to Male Completion – During the offensive team's possession there may not be 2 consecutive legal forward pass completions from a male passer to a male receiver. If a male passer completes a legal forward pass to a male receiver, the next legal forward pass completion must involve either a female passer or a female receiver for positive yards. **Any foul, whether accepted or declined, shall have no effect on whether the next legal forward pass completion is "open" or "closed."

Mercy Rule – If a team is 25 or more points ahead when the 2 minute warning for the second half is announced, the game shall be over. If a team scores during the last 2 minutes of the second half and that score creates a point differential of 25 or more points, the game shall end at that point.

Touchdown Value – If a female player scores a touchdown, the point value is 9. If a female player throws a legal forward pass and a touchdown is scored by any Team A player, prior to a change of possession, the point value is 9.

The Play is "Open" - An OPEN play is defined as a play in which any team member, regardless of gender, may be involved with the advancement of the ball (with the exception of a male runner advancing the ball past the line of scrimmage), if a male to male play is involved, this will result in the next play becoming CLOSED. **Each drive will begin with the play being OPEN.

The Play is "Closed" - A CLOSED play is one in which a female team member must be directly involved with the advancement of the ball for positive yardage, this will result in the next play becoming OPEN.

To “Open” the Play - To make a play change from CLOSED to OPEN, or to stay OPEN, must involve 3 things.

- 1.) A female must be involved in the play.
- 2.) The play must result in positive yards.
- 3.) There must be a LEGAL forward pass.

****NOTE:** penalties do not affect the outcome of OPEN or CLOSED.

Summary Of Penalties

Loss of Five (5) Yards

- *Equipment violation (Of Required Equipment)
- *Delay of game
- *Encroachment
- *False start
- *Illegal snap
- *Infraction of scrimmage formation
- *Illegal motion
- *Illegal shift
- *Intentionally throwing a backward pass or fumble out of bounds (Loss of Down)
- *Helping the runner
- *Intentional grounding
- *Player receiving the snap within 2 yards of the line of scrimmage
- *Player out of bounds when ball is snapped
- *Offensive player not within 15 yards of ball
- *Advancement across the line of scrimmage by a MALE runner **CO-REC ONLY**

Summary Of Penalties

Loss of Ten (10) Yards

- *Kick catch interference
- *2 or more consecutive encroachments during the same interval between scrimmage downs
- *Offensive pass interference & (Loss of down)
- *Defensive pass interference & (Automatic 1st down)
- *Illegally secured flag belt on touchdown & (Loss of down)
- *Illegal Equipment (Unsportsmanlike Conduct)
- *Unsportsmanlike conduct
- *Attempting to steal, strip or strike the ball
- *Unfair tactics
- *Hurdling a player
- *Illegal contact
- *Aggressive running
- *Tackling the runner (Automatic Ejection)
- *Roughing the passer (Auto 1st down)
- *Flag guarding
- *Illegal participation
- *Illegal forward pass - 2 consecutive MALE to MALE forward passes (Loss of Ten (10) yards)
CO-REC ONLY