



## INTRAMURAL FLAG FOOTBALL RULES AND REGULATIONS

*INTRAMURAL FOOTBALL WILL BE PLAYED UNDER the NIRSA FLAG AND TOUCH FOOTBALL CURRENT RULES, WITH THE FOLLOWING EXCEPTIONS AND/OR AMENDMENTS*

### TEAM CAPTAIN S MEETING

- Attendance at the team captain s meeting is MANDATORY. Any team not represented at this meeting will not be included in the league, unless the captain is able to come to the University Recreation Office and listen to an audiotape of the captain s meeting.

### SCHEDULES

- Schedules can be picked up immediately after the captain s meeting or after listening to the audio tape during office hours (7:45 a.m. — 4:30 p.m.) at the University Recreation Office.

### GENERAL PROCEDURES

1. All intramural participants must be registered with the UW-EC, and have a roster on hand with the University Recreation Department, or be a faculty/staff member affiliated with UW-EC.
2. All team sports will follow an unlimited roster policy. New players can come to the competition and be added to your roster as long as they have their UWEC Blugold I.D.
3. To be eligible for the playoffs, a player must have played at least one regular season game for that team.
4. The regular season of all competitive leagues will be followed by a single elimination playoff tournament when time permits.
5. Abusive, derogatory, and demeaning comments & gestures will NOT be tolerated in Intramural Sports. Violators will face suspension or expulsion from the program. Serious incidents or repeated abuses will be subject to sanctions under the UWEC Code of Conduct.

### GAME RULES

1. Flag football teams are comprised of seven (7) players, eight (8) for co-rec. A minimum of five (5) players is required to begin a game. In Co-Rec play there may be a gender difference of one (1) that can be either male or female. If the game is played with less than the minimum amount of players, it will be declared default. If no game is played at all, it will be declared a forfeit.
2. A speaking captain must be designated for each team and listed as such on a score card. The captain alone may appeal to the referee, and then **only** on questions of **rule interpretation**.
3. **Two periods of 20 minutes with a 5-minute half time shall constitute a game.** Time is continuous for each period except in the following circumstances:
  - (a) When the official calls time-out
  - (b) At the end of a play which results in a safety or touchdown
  - (c) In the last two minutes of the first half after team scores. (The clock starts again after the kickoff.)
  - (d) The last two minutes of the second half are stop time if the score difference is less than seventeen (17) for men s and women s games, and less than twenty-three (23) for co-rec games.

- (e) The game will be declared over if the score difference is seventeen (17) or greater when the second half two (2) minute warning is given for men's and women's games. For co-rec games, the game will be declared over if the score difference is twenty-three (23) or greater when the second half two (2) minute warning is given. Games will also be declared over if the score difference is forty-five (45) or greater at the completion of the first half.
  - (f) **SCORING** the point value of scoring plays shall be:
    - TOUCHDOWN** — 6pts for men's and women's games AND 9pts for woman scoring in co-rec games
    - SAFETY** — 2pts
    - EXTRA POINT** — 1pt from the 3 yard line AND 2pts from the 10 yard line
4. **Each team is entitled to one time-out per half.**
  5. The ball must be put in play legally within 25 seconds after it is declared ready for play.
  6. The ball shall be kicked on the 20-yard line to begin each half and after a safety. The ball will be placed on the 15 yard line after touchdowns. The teams kicking off may place kick, drop kick, or punt from behind its 20-yard line.
  7. The kicker on punts will have absolute protection if requested. Under these conditions, no player may cross the scrimmage line until the ball has been kicked and the defense must have five players on their line of scrimmage.
  8. Four downs shall be allowed in which to advance the ball into the next zone.
  9. **On offense, four (4) players must be on the line of scrimmage.** Defensive players must be back one yard from the line of scrimmage.
  10. **Offensive blocking shall take place WITHOUT CONTACT.** The blocker shall have his/her hands and arms at his/her side or behind his/her back. The body becomes a screen and may move in any direction. Any use of the arms, elbows, or legs during an offensive players block is illegal. You cannot hold your opponent with your hands, or use your hands in any manner. You cannot trip your opponent. You cannot leave your feet on a block of any kind. You cannot in any manner use your elbows, forearms or hands to swing or strike at your opponent when attempting to block him.
  11. Defensive players may not use their shoulders, arms, or hands while rushing the quarterback to form wedges, hold, or push an opponent.
  12. Defensive players must avoid the blocker behind the line of scrimmage. Beyond the line of scrimmage during a free kick, or after a change of possession, the offensive player can in no way obstruct (block, screen) would be tacklers.
  13. **Forward passes may be made from any place behind the line of scrimmage. Only one forward pass is permitted in each scrimmage.** Lateral or backward passes may be made anywhere on the field, and there is no limit to the number that may be attempted in each scrimmage. **All players are eligible to receive forward or lateral passes.**
  14. **A fumble, center snap, laterals and/or backward pass, which strikes the ground, is dead at that point.**
  15. Removal of the flag belt from the ball carrier shall end the down and the ball shall be declared dead. A player who removes the flag belt from the ball carrier should immediately hold the belt above his/her head to assist the official in locating the spot of the capture. (If a flag belt inadvertently falls to the ground, a one-hand tag between the waist and the shoulders constitutes capture.)
  16. **The ball carrier is prohibited from hurdling, the ball is dead at this point.**
  17. Players must always try to avoid contact. Absolutely no aggressive pushing, shoving, or pulling will be permitted. A runner shall not be bumped out of bounds. No player shall contact an opponent obviously out of play either before or after the ball is declared dead.
  18. **All offensive players shall be within ten (10) yards of the ball when it is ready for play. They may move once the seven players have been within ten (10) yards of the ball. (hideout play)**
  19. Extra points may be returned by the defense for the same points tried for by the offense.
  20. **OVERTIME:**
    - (a) Each team will receive 4 plays from the 15 yard line.
    - (b) If one team throws an interception that is returned for a touchdown by the defending team, the team that returned the ball for the score wins.
    - (c) Teams may return extra pt. attempts for scores as well.

## SPORTSMANSHIP

1. Team managers are responsible for the eligibility and conduct of all their players. Referees are instructed to speak with **team captains only!** The Referee may eject players who choose to ignore this rule.
2. The Referee may forfeit the game if physically or verbally abused by any team member or spectator.
3. If a player is ejected from a contest for any reason, the official and/or supervisor will document the reason for ejection on a daily report. Once on report, a player must meet with an Intramural Director before being reinstated for competition.

## EQUIPMENT

1. Metal spikes are **NOT ALLOWED**, Players are prohibited from wearing spiked shoes or removable cleats. Only tennis shoes, flat rubber, molded rubber cleats, or turf shoes are permitted. Players are not permitted to play barefoot.
2. A team may wear apparel of their choice. However, shoes and shirts must be worn at all times.
3. **NO JEWELRY** of any kind is permitted while participating in any Intramural activity. Failure to remove jewelry will result in ejection from the contest. Any exposed piercing must be taped.

## FORFEITS

1. Captains of any team forfeiting a contest must stop by the UR Office, in person by 4:30 p.m. of the next business day to re-enter their team. Failure to do this will result in the team being dropped from further competition. Any team forfeiting a game will not be eligible for post-season play.
2. Any team forfeiting two games will be automatically dropped from competition. Any team may be charged with a forfeit for unsportsmanlike conduct.

## DEFAULTS

1. A team unable to attend a game may default their contest, if this is done twenty-four (24) hours in advance of the scheduled game time. Sunday games must be defaulted by Friday noon. A default will result in a loss by the defaulting team, and will have no effect on playoff eligibility.

