

The University of West Alabama
Intramural Sports
Flag Football Rules

1. ELIGIBILITY

- a. Intramural leagues are only open to current UWA Faculty/Staff and undergraduate students. Alumni and graduate students may play once they pay their alumni fee and monthly dues.
- b. Any team using an ineligible player will forfeit any game in which he/she has played in. A player may play on only one team per division. That is, a male participant may participate on one men's team and one coed team, but may not participate on a two men's league teams.
- c. Once a name is added to a roster that person is a member of that team for the season.
- d. Only three (3) athletes are allowed on the field.
- e. **Student ID's must be shown at every game!**

2. THE PLAYING FIELD

- a. The field is divided into four 20 yard zones.
- b. The ball shall be snapped on the 14 yard line to start the first and third periods.

3. PLAYERS, POSITIONS AND SUBSTITUTIONS

- a. A team shall consist of seven players one of whom is captain. Team captains are responsible for familiarizing themselves and informing their teammates of all rules, including those of sportsmanship and forfeits.
- b. Each team roster is limited to 20 people maximum.
- c. A team consists of seven (7) players. Five players are required to start the game and avoid a forfeit.
- d. Unlimited substitution is allowed as long as substitutions occur on a dead ball.

4. EQUIPMENT

- a. Players are prohibited from wearing the following: jewelry, shoes with metal or plastic cleats, padded suits, special protective devices, hats with bills, bandannas and sunglasses.
- b. Devices for injury may be worn but ALL metal must be covered with tape, wrapping or some similar substance AT ALL TIMES.
- c. Shirts and shoes must be worn at all times. Shirts must be tucked in at all times or short enough so there is a minimum of 4" from the bottom of the jersey to the player's waistline.
- d. All players must wear a flag belt with three flags, one on each hip at all times and one on the back. No padding, wrapping, or taping of the hands, arms, forearms, elbows, or any other body part is allowed.
- e. Players may wear knit, or stocking caps.
- f. Players may wear soft, pliable, non-sticky, and non-abrasive gloves.
- g. Penalty for illegal equipment: Unsportsmanlike Conduct, 10 yards.

5. TIME

- a. The game clock is two (2), twenty (20) minute continuous halves.
- b. Half time will consist of 5 minutes.
- c. Each team is allowed two 1-minute time outs per half.
- d. The clock will stop during the last 2 minutes of each half for incomplete passes, out of bounds, and penalties.
- e. A twenty-five (25) second count will be in effect once the ball is declared ready for play.
- f. Officials may stop the clock for injuries or at their discretion.

6. OVERTIME

- a. In the event of a tie game a coin will be flipped by the referee to determine the options as in the start of the game. The home team captain shall call the toss. There will only be one coin flip during the overtime. If additional overtime periods are played, captains will alternate choices. The winner of the toss shall be given options of offense, defense or direction. The loser of the toss shall make a choice of

the remaining options. ALL OVERTIME PERIODS ARE PLAYED TOWARD THE SAME GOAL LINE.

- b. Unless moved by penalty, each team will start 1st and goal from the 10 yard line.
- c. An overtime period consists of a series of 4 downs by each team.
- d. If the score is still tied after one period, play will proceed to a second period or as many as are needed to determine a winner.

7. KICKING THE BALL

- a. When a punt is to be made, the kicking team must announce to the referee its intention.
- b. Neither team can cross the scrimmage line until the ball has been kicked. The kicking team must still have 4 players on the scrimmage line. The receivers can block the kick but cannot cross the line until the ball has been kicked. The kicker must be at least 2 yards behind the line of scrimmage when receiving the snap. After receiving the snap, the kicker must kick the ball immediately and in one continuous motion.

8. START OF THE GAME

- a. **Game time is forfeit time.** If a team cannot field the required number of players at the scheduled game time a forfeit will be called.
- b. The game will start with a coin toss at midfield. The winner of the coin toss may choose offence, defense or choice of goal lines to defend. The team losing the toss will have the choice for the second half.
- c. All change of possessions will start on the fourteen-yard line.
- d. Possession and direction is reversed after the half.

9. SNAPPING THE BALL

- a. The player who receives the snap from the center must be at least 2 yards behind the line of scrimmage.
- b. The snapper does not have to pass the ball between his/her legs.
- c. The offensive team must have a **minimum of 4 players** on the **line of scrimmage** to snap the ball.
- d. If on the snap, scrimmage kick, or any other circumstance where the ball is fumbled, it is immediately dead upon hitting the ground.

10. PASSING THE BALL

- a. All players are eligible to touch a forward pass after it has been thrown. The passer may catch his/her own forward pass provided another player has touched it first.
- b. If a legal forward pass is caught simultaneously by members of opposing teams, the ball is immediately dead upon returning to the ground and belongs to the offense.
- c. A forward pass is a live ball when thrown towards an opponent's goal line. A backward pass is a live ball thrown parallel or backward. The initial direction determines whether a pass is forward or backward.
- d. It is illegal to attempt to steal the ball while in a player's possession. Once a player has obtained possession of the ball, his/her opponent must play the flag not the ball.

11. SCREENING, RUSHING, AND CONTACT

- a. There shall be no contact between players at any time.
- b. All blocking shall be a non-contact screen blocking.
- c. When, in judgment of the official, the following acts are deliberate or flagrant, the players involved shall be disqualified from the game:
 - i. using fists, kicking, or kneeling
 - ii. tackling the ball carrier as in regular football
 - iii. any other deliberate or flagrant act
- d. The offensive teams shall be prohibited from obstructing an opponent with an extended hand or arm.
- e. Teammates of a runner or passer may screen block for the runner, but they shall not use interlocked interference by grasping or encircling in any manner.

- f. Ball carriers shall not guard their flagbelts by blocking with arms or hands keeping opponents from removing the flagbelt.
- g. The defensive player shall not hold, grasp, or obstruct forward progress of a ball carrier when in the act of removing the flagbelt.
- h. The offensive screen block shall take place without contact. The screen blocker shall have their hands at their side or behind their back. Any use of arms, elbows, hips or legs to initiate contact during and offensive player's screen block is illegal. A player must be on his/her feet before, during, and after screen blocking.
- i. A player who screens shall not:
 - i. Take a position closer than a normal step when behind a stationary opponent.
 - ii. Make contact when he/she assumes a position at the side or in front of a stationary opponent.
 - iii. Take a position so close to a moving opponent that the opponent cannot avoid contact by stopping or changing direction.
- j. Defensive players must go around the offensive player's screen block.

12. SCORING

- a. A player scoring a touchdown or point after touchdown (P.A.T.) must raise his/her arms so the nearest official can deflag the player with one firm pull. If the flagbelt is secured illegally, the touchdown is disallowed, the player is immediately ejected, there is a 10-yard penalty assessed from the previous spot, and the down is lost.
- b. On the P.A.T. a team is given one choice to attempt a
 - i. 1-point conversion from the three-yard line
 - ii. 2-point conversion from the ten-yard line
 - iii. 3-point conversion from the twenty yard line.

Once a team has chosen the number of points they would like to attempt, they may only change that decision by calling and being charged a team timeout. A team may not alter their decision once the play has been ran, regardless if a penalty has been called that will allow the team to re-try their P.A.T.
- c. An interception of a pass during a P.A.T. may be returned to the opposite endzone for a score of 2 points regardless of how many points the offensive team is attempting. During an interception of a P.A.T. the play becomes dead when the opponent in possession of the ball is deflagged. At this point the play is dead and the try is no-good.
- d. **Mercy Rule:** If a team is 19 or more points ahead when the referee announces the 2 minute warning for the second half or 50 or more points at anytime, the game will be over. The same rule applies if a team scores inside 2 minutes with this differential.

13. PROTESTS

- a. All protest should be addressed on the field at the time of the incident before the next live ball situation.
- b. The team captain is the only person allowed to talk to the officials or supervisor. The Intramural Supervisor has the final say on protest during a game. The captains will meet with the officials and the supervisor to discuss the protest. If the team captain does not agree with the decision made by the official and the supervisor, a protest will be filed.
- c. Protests will only be allowed for player eligibility or a rule interpretation. **An official's judgment CANNOT be protested.** Rule interpretation protest on the last play of the game must be made before the officials leave the field. Player eligibility protest can be made before, during or after the game. The team filing the protest must contact an Intramural Supervisor and fill out the appropriate paper work.

14. UNSPORTSMANLIKE CONDUCT

- a. If a player receives two unsportsmanlike conduct penalties during a game that player is automatically ejected. This does not mean that a player must receive two unsportsmanlike conduct penalties in order to be ejected. The officials reserve the right to eject any participant if their behavior warrants such action.

15. BLOOD and INJURIES

- a. If a player incurs an injury that causes bleeding, the official will stop play and the player must leave the game immediately. (A first aid kit will be available at the score table for minor injuries). The player may not enter the game until the bleeding is contained and/or clothing replaced. If the team does not have a substitute, the team will play short until the bleeding is stopped.
- b. The player may not re-enter until a dead ball situation.
- c. Police or EMS may be summoned for serious injury and emergencies by Intramural Staff.
- d. Participants are responsible for their own transportation/emergency medical care.
- e. Intramural Staff will only assist with minor first aid and CPR if necessary.

16. CO-REC RULE MODIFICATIONS

a. Co-Rec Roster

- i. Consists of eight (8) players (4 men and 4 women). Six players are required to start the game and avoid a forfeit.
 1. Teams with 7 players shall be 4 men and 3 women or 3 men and 4 women.
 2. Teams with 6 players shall be 3 men and 3 women, 4 men and 2 women, or 2 men and 4 women.

b. Minimum Line Players:

- i. The offensive team must have at least 5 players on their line of scrimmage when at the time of the snap.

c. Male Runner:

- i. A team's male runner is not allowed to advance the ball through his teams scrimmage line. There are no restrictions on the male runner once the ball is beyond the scrimmage line or after a change of possession.

d. Male to Male Competition:

- i. During the offensive teams possession there may not be 2 consecutive legal forward pass completions from a male passer to a male receiver.
- ii. The rule also applies to P.A.T.'s. 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 and/or a female receiver for positive yards.
- iii. The spot where the ball becomes dead by rule must be beyond the offensive teams scrimmage line. There are no other restrictions regarding a male passer completing a legal forward pass to a female receiver, female to female, or female to male plays.
- iv. Penalty: Illegal forward pass, 5 yards from the spot where the second male to male completed pass is released, and loss of down.
- v. Any foul, whether accepted or declined, shall have no effect on whether the next legal forward pass completion is "open" or "closed".
 1. Open – Pass can be thrown to anyone.
 2. Closed – Pass must include a female.

e. Touchdown Value:

- i. If a female player is involved in a touchdown; whether she is the passer, receiver, or runner, that touchdown will count for 9 points.

f. Mercy Rule:

- i. If a team is ahead by 25 or more points when the referee announces the two-minute warning for the second half, or 50 or more points at anytime the game shall be over. The same rule applies if a team scores inside 2 minutes with this differential.

These rules are not meant to be all-inclusive. It is the team captain's responsibility to consult the Intramural Sports Office for clarification on any of these rules.