

University of Wyoming
INTRAMURAL SPORTS

FLAG FOOTBALL RULES

(Revised 8/09)

General Rules Adapted for Intramural Play; in other cases, rules of the National Intramural and Recreational Sports Association will be in effect. **Highlighted areas represent rule changes for the 2009 season.**

1. **THE GAME:** The game shall be played between 2 teams of 7 players each. Five players are necessary to start and continue a game. Players must be prepared to show a valid identification card. Each team captain is responsible for ensuring that each player on his/her team is legibly signed in on the score sheet, with the proper W number. If an ineligible player is on a team, the team may be subject to forfeiture of the contests and all contests in which the ineligible player participated.
2. **THE FIELD:** The field will be approximately 80 yards long and 40 yards wide. The field will consist of 4 zones, each 20 yards in length. Sidelines and end lines are out-of-bounds.
3. **EQUIPMENT**
 - a.) Men shall use a regular size football and women shall use a junior size football. Players are allowed to use their own football if agreed upon by both captains.
 - b.) **NO JEWELRY WILL BE PERMITTED** in Intramural Flag Football. Jewelry includes, but is not limited to, earrings, wedding rings or bands, other rings, necklaces, bracelets, rubber bands, and metal barrettes. The only exception to this rule is a medic alert bracelet or necklace. In that case it must be taped down. If you refuse to remove your jewelry you will not be allowed to participate. **TAPING OF JEWELRY TO THE BODY WILL NOT BE PERMITTED. ALL JEWELRY MUST BE REMOVED PRIOR TO THE INTRAMURAL EVENT.**
 - c.) Players may wear a headband or stocking cap for headgear. No billed hats are allowed.
 - d.) It is recommended that players wearing glasses use some form of safety glass or a protective mask over the glasses.
 - e.) The use of any hard or dangerous head, face, or body protective equipment is illegal. Padding for body protection must be of either felt or sponge rubber.
 - f.) All shirts/jerseys must be tucked into pants/shorts at all times.
 - g.) Players must wear pants/shorts without any belts, belt loops, or exposed drawstrings.
 - h.) Each player must wear shoes. Players may wear cleats provided that the rubber cleats are short and molded into the sole of the shoe. **METAL CLEATS ARE NOT PERMITTED.**
 - i.) Each player must wear a one-piece belt, free of knots, at the waistline with 3 flags permanently attached, one flag on each side and one in the center of the back (provided by the IM office). Flags must be hooked on the outside of clothing at all times.
PENALTY: Delay of game – 5 yards from previous spot. A player wearing illegal equipment shall not be permitted to play until the equipment problem is corrected.
4. **START OF EACH GAME:** Games will start at the specified time. A 10-minute forfeit time will be allowed before a game is called due to forfeit. Each captain must list roster players on the scorecard. The game will begin with a coin toss or some other random method. The winner of the toss has first choice of options in the first half, and the loser of the coin toss will have the first choice of options in the second half. The two options are either:
 - a.) To have first possession of the ball or to defer.
 - b.) To choose the goal his/her team will defend.
5. **GAME TIME**
 - a.) Playing time will be 2 halves of 20 minutes each with a 5-minute half time. In case of an overtime period, there will be a 3-minute interval between regulation and overtime.
 - b.) In case of inclement weather, playing time may be shortened by mutual agreement of the captains and the referee.
 - c.) The clock runs continuously **except for the last 2 minutes of each half**. A two-minute warning will be given by the officials. The clock will begin when a team breaks an offensive huddle. The back judge will keep the game time.

d.) The clock stops during the last 2 minutes for a(n):

- | | |
|--------------------------------|---|
| 1.) incomplete pass | 9.) touchback |
| 2.) out-of-bounds | 10.) change of possession |
| 3.) score | 11.) team attempting to conserve time illegally |
| 4.) team time-out | 12.) first touch on a free kick or when the ball strikes the ground |
| 5.) first down | 13.) inadvertent whistle |
| 6.) fair catch | |
| 7.) penalty and administration | |
| 8.) referee's time-out | |

6. TIE BREAKING PROCEDURE (occurs only during tournament play)

In case of a tie, each team will be awarded 4 downs in which to score a touchdown, and if successful, one play to score an extra point. Procedure is as follows:

- A coin toss will determine possession, in the same manner used to start the game
- The team taking possession begins with the ball on the 10 yard line and attempts to score at the nearest goal.
- In the event of an interception, the play is dead and the team that intercepted the ball gets the ball on the 10 yard line. All overtime periods are played towards the same goal line.

7. TIME-OUTS: Each team is entitled to 2 time-outs per half, which do not carry over to the next half. No time-outs are given for the overtime period. Each time-out shall not exceed 60 seconds. A team requesting excessive time-outs will be charged a delay of game penalty (5 yards). The referee will warn both teams 5 seconds before a charged time-out expires. The offensive team has 25 seconds to put the ball in play.

8. INJURED PLAYER: 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 1 down unless the halftime or overtime intermission occurs. A player who is bleeding, has an open wound, or has any amount of blood on his/her uniform or on the player shall be considered an injured player.

9. DELAYS: All players must be on the field at the scheduled game time with their flags in the proper position. A delay of game penalty is given to a team that:

- Consumes more than 25 seconds to put the ball in play.
- Deliberately advances the ball after it has been declared dead
- Deliberately puts the ball in play before it is declared ready for play.

PENALTY: *Delay of game – 5 yards from the line of scrimmage*

10. SUBSTITUTION: Substitution infractions include:

- Entering the game during a live ball.
- Entering/leaving the game away from his/her team area.
- Entering and leaving during the same dead ball - the player must play at least 1 down.
- Entering a game without being ready to play

PENALTY: *Illegal Substitution – 5 yards from the previous spot*

11. STARTING THE GAME: There will be no kickoff. The game begins with a scrimmage play at the 10-yard line of the team that has been awarded the ball.

12. DEAD BALL

a.) A live ball becomes dead when:

- a runner's flag belt is removed legally by a defensive player
- it goes out-of-bounds or when it touches the goal line of the runner's opponent
- any part of the runner other than a hand or foot touches the ground
- a touchdown, touchback, safety, or successful try-for-point is made
- A fumble or pass touches the ground
- A passer is deflagged prior to releasing the ball
- An untouched punt comes to rest on the ground and no player attempts to secure it
- An official blows his/her whistle (even if inadvertently)

b.) A loose ball is out-of-bounds when it touches anything, including a player or game official, which is out-of-bounds.

13. DOWNS & TEAM POSSESSION

- a.) A team has 4 consecutive downs to advance the ball from one zone to the next.
- b.) During the first possessions of each half or after a team has scored, the ball is placed on the team's 10 yard line. In order to gain a first down, the team only has to move the ball 10 yards to the next zone. If this occurs, the next zone line (20 yards) must be reached for a first down.
- c.) A new series of downs is awarded when a team moves the ball into the next zone. If a player carries the ball so that it only temporarily "dents" the line-to-gain before going out-of-bounds, it would be a first down.
- d.) When a scrimmage follows the penalty for a live ball foul committed during a free kick, the down and distance established by the penalty shall be the first down with the next zone line-to-gain.
- e.) After a penalty which leaves the ball in possession of a team beyond its zone line-to-gain, or when a penalty stipulates a first down, the down and distance established by that penalty shall be first down with the next zone line-to-gain.
- f.) If a penalty is declined, the number of the next down will be whatever it would have been if that foul had not occurred.
- g.) After a penalty between downs, the number of the next down shall be the same as established before the foul unless the foul leaves the ball on or beyond the zone line-to-gain.

14. PROTECTED SCRIMMAGE KICK

- a.) The team captain must inform the referee when he wants a protected scrimmage kick. Once requested, the ball must be kicked.
- b.) The offense must have 4 players within one yard of their scrimmage line and they may not cross the line of scrimmage **until the kick is made.**
PENALTY: *Illegal Procedure – 5 yards from the previous spot*
- c.) Kicker must be at least 5 yards behind scrimmage when receiving the snap. The kicking team has the option of either snapping the ball or holding the ball 5 yards behind the line of scrimmage & then kicking the ball.
- d.) If a player of the kicking team catches a protected scrimmage kick beyond the kicker's scrimmage line, provided the kicked ball had been touched by a receiver of the non-kicking team who was clearly beyond the kicker's scrimmage line at the time of touching, the ball is dead and belongs to the kicking team.
- e.) There are no onside kicks or fake punts.
- f.) If a protected scrimmage kick goes out-of-bounds, the ball is dead and belongs to the receiving team at the spot where it left play.
- g.) When any protected scrimmage kick touches anything while the kicked ball is on or behind the receiving team's goal line, it can be downed by the receiving team and is a touchback.
- h.) If the ball is kicked out-of-bounds outside the area of the end zones or touches the ground between the goal lines without being touched by a receiving team player, the ball is dead and a touchback at the 10-yard line will occur.

15. FAIR CATCH

- a.) Once a player gives a fair catch signal, a member of the kicking team shall not touch the ball or the receiver nor obstruct the receiver's path to the ball. The kicking team must give the receiver a 3-yard cushion.
PENALTY: *Fair Catch Interference – 10 yards*
- b.) The ball becomes dead and may not be advanced once a receiver gives a fair catch signal and catches the ball. If the ball hits the ground first, it remains live.

16. THE SCRIMMAGE: Scrimmage must be started by a legal snap from a point on the inbound line, unless the rules provide for a free kick. The offensive team is responsible for retrieving the ball after a scrimmage down. Players may use a two-, three-, or four-point stance.

16. PRIOR TO THE SNAP

- a.) Once the ball is set on the line of scrimmage:
 - 1.) The snapper may neither move nor change the position of the ball.
 - 2.) Defensive players may not jump into the neutral zone nor touch the ball or an offensive player.
 - 3.) No offensive player shall make a false start.
PENALTY: *Dead Ball Foul – 5 yards from the previous spot*

17. POSITION AND ACTION DURING THE SNAP: The offensive team must have at least 4 players on the scrimmage line. One offensive player may be in motion horizontal to the line of scrimmage. The player receiving the snap must be at least two yards behind the offensive scrimmage line. Before the snap, all offensive players must be within 15 yards of the ball. The snapper shall pass the ball back from its position on the ground with a quick and continuous motion of the hands.
PENALTY: *Illegal Procedure – 5 yards*

18. HANDING THE BALL: Any player may hand the ball forward or backward at any time.

19. BACKWARD PASS AND FUMBLE

- a.) A runner may pass the ball backward or lose player possession by a fumble at any time except if intentionally thrown out-of-bounds to conserve time or to avoid being deflagged.
PENALTY: *Illegal Pass – 5 yards from the previous spot and loss of down*
- b.) A backward pass or fumble may be caught in flight in bounds by any player and advanced.

20. LEGAL AND ILLEGAL FORWARD PASS

- a.) Only one forward pass per down. All players are eligible to catch a pass.
- b.) A forward pass is illegal if:
 - 1.) the passer is beyond the line of scrimmage
 - 2.) intentionally thrown to the ground or out-of-bounds to save loss of yardage**PENALTY:** *Illegal pass – 5 yards from the end of the run or previous spot and loss of down*
- c.) If a legal forward pass is caught simultaneously by members of the opposing team, the ball is dead and belongs to the team that snapped the ball.
- d.) A forward pass is complete when and only if the receiver has at least one foot in bounds.
- e.) If a member of the opposing team intercepts a forward pass, it is counted as a completion as long as the person remains inbounds.

21. PASS INTERFERENCE

- a.) During a forward pass there shall be no interference with any player of either team who is eligible to catch the pass except such incidental contacts as may occur when 2 or more eligible receivers make a simultaneous and bona fide effort to catch or bat the ball.
 - 1.) No contact is allowed by both the offense and defense from the time the ball is snapped. The defense is not allowed to jam the receiver at the line of scrimmage.
- b.) If an eligible receiver is deflagged prior to catching a pass, it is considered pass interference.
PENALTY: *Offensive Pass Interference – 10 yards from the previous spot of the snap and a loss of down*
Defensive Pass Interference – 10 yards from the previous spot and an automatic first down
- c.) Intentional or unsportsmanlike pass interference shall be penalized by an additional 10 yards.

22. SCORING

- a.) A touchdown is worth 6 points. After a touchdown is scored, a team has a choice of points possible from the try-for-point. A try-for-point from the 3-yard line is worth 1 point. A try-for-point from the 10 yard line is worth 2 points. A try that is intercepted and returned for a touchdown by the defense is worth 3 points.
- b.) A safety is worth 2 points. A team that scores a safety gets the ball on their own 10-yard line. Exception: A try-for-point that is intercepted by a defender who then leaves and returns to his/her end zone and is deflagged for a safety is worth 1 point.
- c.) On a score, a team may protest that the player's flags are illegally tied or attached. In this case, the player will stand with hands raised and the official will pull off the flag belt in order to enforce or penalize the touchdown call.
- d.) If there is a foul by the defensive team (including unsportsmanlike or nonplayer) during a down which results in a touchdown, the scoring team may accept the results of the play and then choose to have the foul enforced at the succeeding spot (Try) or after the Try at the 10-yard line.
- e.) If after a touchdown and prior to the initial ready for play signal for the Try, either team commits any foul for which the basic spot of penalty enforcement is the succeeding spot (Try), the offended team may have the penalty enforced from the succeeding spot (Try) or after the Try, at the 10-yard line.

23. MERCY RULE: If a team is 17 or more points ahead when the referee announces the 2 minute warning for the second half, 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 17 or more, the game shall end at that point.

24. TOUCHBACK

a.) A touchback occurs when:

- 1.) A kick touches anything while the ball is on or behind the receiving team's goal line, or is caught by a receiver in the end zone and downed rather than run out.
- 2.) A pass is intercepted in the end zone by a defensive player and is downed rather than run out of the end zone

b.) The ball is put in play on the 10 yard line following a touchback

25. UNSPORTSMANLIKE CONDUCT: There shall be no unsportsmanlike conduct by players, substitutes, coaches, or others subject to the rules. This includes but is not limited to:

- a.) abusive or insulting language
- b.) any acts of unfair play
- c.) verbally or physically interfering with another team's signals or movements
- d.) intentionally kicking another player
- e.) leaving the field between downs to gain an advantage
- f.) intentionally swinging an arm
- g.) intentionally kicking, spiking, or throwing the ball into the air or ground
- h.) failure to return the ball to the huddle
- i.) attempting to influence a decision by an official
- j.) disrespectfully addressing official
- k.) indicating objections to an official's decision
- l.) using profanity, insulting, or vulgar language or gestures

PENALTY: *Unsportsmanlike Conduct – 10 yards*

Flagrant Unsportsmanlike Conduct – Ejection and possible suspension from further intramural competition

26. PERSONAL FOULS: A personal foul is:

- a.) stealing, attempting to steal, or batting the ball from a player in possession
- b.) tripping, clipping, or tackling a runner
- c.) contact made to a runner who is on the ground
- d.) hurdling a player
- e.) contacting a player before or after the ball is declared dead
- f.) deliberately driving or running into a defensive player

PENALTY: *Personal Foul – 10 yards*

Flagrant Personal Foul – Ejection and possible suspension from further play

27. ROUGHING THE PASSER: Defensive players must make a definite effort to avoid charging into a passer after it is clear that the ball has been thrown.

PENALTY: *Roughing the passer—10 yards from the previous spot and an automatic first down.*

28. BLOCKING

- a.) Blocking must be done without the use of hands or extended arms and without contact. **All blockers' hands must be kept behind their backs.** Any use of the arms, elbows or legs to initiate contact during an offensive player's screen block is illegal.
- b.) A player must be on his/her feet before, during and after blocking.
- c.) Teammates may not use interlocking interference to block for a runner.
- d.) Defensive players must go around the offensive player's screen. They must refrain from using their hands or arms extended to move the offense.

PENALTY: *Personal Foul—10 yards*

29. RUNNER

- a.) Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for opponents to pull or remove the flag belt.

PENALTY: *Flag Guarding—10 yards from the spot of the foul*

- b.) The runner is prohibited from contacting an opponent with an extended hand or arm.
PENALTY: *Personal Foul – 10 yards from the spot of the foul*
- c.) The runner shall not grasp a teammate or be grasped, pulled, or pushed by a teammate.
PENALTY: *Helping the Runner—5 yards from the spot of foul*
- d.) If a runner dives for extra yardage, the ball is placed where the runner began the dive.
- e.) The ball will be spotted at the point where the ball was located when the runner goes out of bounds.

30. FLAG BELT REMOVAL

- a.) Players must have possession of the ball before they can legally be deflagged.
- b.) Play continues if a player loses his/her flag belt either accidentally or inadvertently. The deflagging then reverts to a one-hand tag of the runner between the shoulders and the knees.
- c.) The ball is declared dead when a runner has a flag belt removed legally by an opponent. A flag belt is removed when the clip is detached from the belt, the belt is torn into more than one piece, or the flag is torn off the belt.
- d.) A defensive player may not hold, push, or knock the runner down in an attempt to remove the flag belt.
- e.) If a flag belt is removed illegally, play continues with the option of the penalty or the play.
PENALTY: *Personal Foul—10 yards from the previous spot*
- f.) Intentionally pulling a flag belt from an offensive player without the ball is illegal. **PENALTY:** *Personal Foul—10 yards from the end of the run*
- g.) Tampering with the flag belt in any way to gain an advantage including tying or double wrapping is illegal.
PENALTY: *Unsportsmanlike conduct—10 yards from previous spot, loss of down, and possible player ejection.*

31. SPORTSMANSHIP: A team is responsible for the action of all individual members and spectators directly related to the team before, during, and after the game. Any individual that is involved in any type of physical altercation or unsportsmanlike conduct may be automatically suspended along with the entire team. The officials will assess sportsmanship ratings after each game.

32. PROTESTS: All contest protests must be made by the protesting team's captain in the presence of the officials, the opposing team's captain, and the supervisor at the time and place of the incident. The supervisor makes the final decision. The protest must be made immediately before the next play. Once play has resumed following a protest, the protest is complete.

33. ADMINISTRATION

- a.) The Intramural Sports Staff reserves the right to stop any game whenever such stoppage is in the best interest of safety and/or program goals.
- b.) The Intramural Sports Staff reserves the right to combine divisions and move teams to another classification for tournament competition.

University of Wyoming
INTRAMURAL SPORTS

CO-RECREATION FLAG FOOTBALL RULES
(Updated 1/08)

The University of Wyoming Intramural Sports Flag Football rules are in effect in addition to the following co-recreational rules.

1. 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. Six players, 3 men and 3 women, are required to start a game in order to avoid a forfeit. The ball can be either an official or junior size football, as long as both captains agree upon it.

2. MINIMUM LINE PLAYERS

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

PENALTY: *Illegal procedure – 5 yards from the previous spot.*

3. MALE RUNNER

An offensive male runner CANNOT advance the ball through his team's scrimmage line under any circumstance. There are no restrictions during a run by a male once the ball is beyond the scrimmage line. There are no restrictions during a run by a female or after a turnover occurs.

PENALTY: *Illegal Advancement – 5 yards from the previous spot.*

4. MALE TO MALE COMPLETION

During the offensive team's possession there may not be 2 consecutive forward pass completions from a male passer to a male receiver. This rule also applies to a try after completion. 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. The spot where the ball becomes dead must be beyond the offensive scrimmage line. There are no other restrictions concerning a male passer completing legal forward passes to a female receiver, or female to female, or female to male. *Clarification: After a change of possession, the first offensive play will be open.*

PENALTY: *Illegal forward pass – 5 yards from the line of scrimmage and a loss of down.*

5. PROTECTED SCRIMMAGE KICK FORMATION

The offense must have and maintain at least 5 players within one yard of their scrimmage line and remain motionless until the kick is made.

PENALTY: *Illegal procedure – 5 yards from the previous spot.*

6. PROTECTED SCRIMMAGE KICK RECEIVER

On a protected scrimmage kick, any receiving team player may advance forward with the ball at any time.

7. TOUCHDOWN VALUE

If a female player scores a touchdown, the point value is 9. If a male player scores a touchdown, the point value is 6.