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# INTRAMURAL SPORTS

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2009

## Flag Football Rules

### ELIGIBILITY

The following eligibility regulations have been established to protect the intramural athletes and to insure them ample opportunity to participate. It is important that all participants observe the rules equally so that no team or individual may gain an advantage over those abiding by the rules. Each participant is responsible for the verification of his/her own eligibility. Each team captain is responsible for the eligibility of his/her team members.

- In order to be eligible to participate in Intramural Sports, an individual must fall into one (1) of the following categories:
  - All Oklahoma State University (Stillwater Campus) and Northern Oklahoma College Gateway Undergraduate and Graduate students who are enrolled during the current semester. The key to being eligible is that a student who has paid the Student Activity Fee (correspondence courses or audited course work do not make participants eligible).
  - Faculty/Staff members or valid individuals who have purchased a Colvin Recreation Center Activity Card.
- Before participation in an Intramural Sport, individuals must be registered on an entry form filed in the Intramural Sports Office. This entry form becomes the official team roster.
  - For each Intramural Sport(s) there is a maximum and minimum number of players allowed. These numbers vary per intramural sport/activity and they are known as roster limitations. At no time will the Intramural Sports Office accept an entry form that does not fit within the roster limitations.
  - Roster additions and deletions may be made throughout the sport season in the Intramural Office, or they may be completed at the game site.
    - During scheduled contest(s), new players' full names may be added at the game site up to the roster limitations.
    - If there is no space remaining on the team roster, names must be deleted and the new name of the team member(s) inserted into that roster spot.
    - The full names, CWID MUST be clearly written on the appropriate score sheet for the new team member to be added to the permanent roster. Players are not eligible until this occurs.
    - If this procedure is completed properly the Intramural Sports Office will add and delete the player(s) to the permanent team roster. Note: Roster deletions are permanent. The deleted player will not be eligible to compete unless she/he is added back to the roster.
    - For all intramural activities the final opportunity to add/delete a player(s) is during the first contest played in playoffs.
  - No roster additions/deletions will be taken over the phone.
  - Substitutions in individual/dual sports must be made before a player's first scheduled game/match. The original player cannot re-enter the tournament after the substitution is completed.
- An individual may not participate for more than one team within a division in a given sport. For example: a male may not play in Men's A league and Men's B league, but is allowed to play on a Men's team and a Co-Rec. team.
  - If a player wishes to change from one team to another, he/she must do so in the Intramural Sports Office before their current team's first contest played.
  - A player listed on two rosters will be considered a member of the team he/she first plays for. \*Any player signed in on a game score sheet will be considered to "have played."
- Any person playing under an assumed name or ID number shall be barred from intramural competition during that season and the team penalized with losses for all the games in which the violator participated.

- Any person who is a member of a varsity or junior varsity squad shall not be eligible to participate in that sport or corresponding sports.
- Any person who has competed as a professional in a sport shall not be eligible to participate in that sport or corresponding sport(s) until the lapse of seven (7) years from their last season on a professional roster.
- In order to participate for a fraternity or sorority an individual must be associated with that organization as a pledge, member or alumni.
- In order to compete on a residence hall team, a player must be a current or past resident of the hall. The maximum number of past residents on a team's roster is two (2).
- Independent teams may be composed of persons who may or may not belong to a previously mentioned group.
- Consequences for using an ineligible player(s):
  - The team shall forfeit all contests in which the ineligible individual(s) played.
  - Players participating illegally are referred to the Intramural Sports Coordinator for further disciplinary action.

**For any additional information on eligibility please see the Intramural Sports 2009-2010 Policies and Procedures Handbook which can be viewed online at <http://campusrec.okstate.edu/> or visit the Intramural Sports Office in Rm 104 Colvin Recreation Center**

## **EQUIPMENT**

- The Intramural Sports Office will provide flag belts, colored pennies, and game ball for each contest.
- If teams wish to warm up they must provide their own ball. Teams may use their own ball for play, as long as it is of legal size. The team who has control and possession of the ball has the choice of size and type. **Co-Rec:** only one ball may be used during an offensive possession, no switching.
- Clothing
  - 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 under 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. (**NOTE:** detachable cleats are permitted provided the screw is part of the cleat and not the shoe. Also, the must be made of material that does not chip or develop a cutting edge.)
  - 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.
  - No pads, splints, casts, or protective devices may be worn. Mouthpieces are acceptable.
  - 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.

## FORFEITS

- **\*\*GAME TIME IS FORFEIT TIME, THERE WILL BE NO GRACE PERIOD\*\***
- If a team is scheduled to play at 7pm, they must be signed in at the shed, jerseys on and ready to BEGIN playing at 7pm or a forfeit will be declared. It is recommended that teams arrive at least fifteen (15)-minutes prior to the start time to ensure they are ready to play on time.
- In team sports, a Forfeit Fee of \$25.00 will be charged for any forfeited contest.
  - Team Forfeit Fees may be paid in the Intramural Office within 24 hours of the forfeit. Otherwise, they will be charged to the Captain's Bursar Account.
  - All forfeits, regardless of cause, will result in the Forfeit Fee being assessed (i.e. sportsmanship or illegal player).
- In order to claim a forfeit, the opposing team must have the minimum players present and ready to play at game time.
- Conceding: A team captain may concede a game/contest (No Forfeit Fee will be charged) by notifying the Intramural Office prior to 12-noon the day of the contest that they will not play. (5pm Friday for weekend games).
- If a team forfeits or concedes two (2) contests during a sport season they will be dropped from further competition in that sport.
  - All teams scheduled to play that team will automatically receive a victory and a four (4) sportsmanship rating unless another team is inserted in its place.
  - Members of a team, which have forfeited out are not eligible to participate for another team. Exception: a team, which did not show up for any contests prior to forfeiting out, only by the permission of the coordinator of that sport.
- All teams, which forfeit out of a sport, will not receive All-University Points.

## PROTESTS

- The team captain must file all protests with the IM sports Supervisor/official at the time a question occurs, before the next live ball.
- Only protests that concern rule interpretations, policy and procedure, or player eligibility will be considered.
- When a team request a protest a time out will be charged. If the ruling is changed the timeout will be an official's timeout. If the ruling is not changed, the protesting team will be a charged timeout. If the team is out of timeouts a delay of game penalty will be assessed.
- Rule interpretation protests:
  - **PROTESTS THAT CHALLENGE THE ACCURACY OF A JUDGEMENT CALL BY AN OFFICIAL/SUPERVISOR WILL NOT BE ACCEPTED.**
  - Rule protests must be filed at the time a question occurs and will be settled at that time by the Supervisor (before the next play).
  - NO contests or portions thereof will be replayed due to improper rules enforcement. If you have a question captains, please ASK it.
  - All protests that challenge rule interpretation will be recorded by the IM Supervisor.
  - For further questions about protests, please see the Intramural Sports Policies and Procedures.
- Player eligibility protests
  - Eligibility protests will be decided at the time the question is raised whenever possible.
  - Players found to be ineligible after the contest will result in that contest being forfeited and/or that player being suspended.

## PLAYERS

- A player may play on one men's/women's team and one Co-Rec team.
- A team consists of seven (7) players, however, a team may start (and play) a game with a minimum of five (5) players. (Co-Rec rules require a minimum of six (6) and play full strength with eight (8); see section Co-Rec for more Co-Rec modifications).

## THE GAME

- An official game will consist of two (2) 20-minute halves with a running clock. The clock runs continuously except for the last two (2) minutes of each 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 separating the first and second halves (when possible). The ball is ready for play when; it has been placed for a down; the official gives the ready for play signal. The play clock will start and the offensive team has 25 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!
- 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. Once a touchdown is scored the team captain must decide whether they want a three (3) point conversion (from the 20-yardline), a two (2) point conversion (from the 10-yardline), or a single one (1) point conversion (from the 3-yardline). If the defense intercepts a pass or fumble 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 1<sup>st</sup> zone line for Team B and the Team B will begin their series of four (4) downs. All penalties will be addressed the same during the overtime period.
- 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.
- The referee may declare an official's time-out after a touchdown, safety, when an excess of time-out is allowed for an injured player, or when the game clock is stopped to complete a lengthy penalty.
- Player substitution is allowed whenever the ball is not in play (between downs), and before the snap. Substitutes must be within 15 yds of the ball at any point after the ready for play whistle, and before the ball is snapped to be legally involved in a play.

## SCORING

- Touchdown - Six (6) points: Scored for the team to which the ball legally belongs to when a down is completed and any part of the ball is on, over, or beyond the opponent's goal line.
- Extra Points – After a touchdown the team captain must decide whether they want a three (3) point conversion (from the 20-yardline), a two (2) point conversion (from the 10-yardline), or a single (1) point conversion (from the 3-yardline). While time is out there shall be one scrimmage play, unless changed by penalty. If the defense intercepts a pass or fumble and returns it for a touchdown, they will receive three (3) points for the return. If the offensive team gets a safety on the defensive team after an interception or fumble they will receive a one (1) point safety.
- Safety - Two (2) points: A safety is awarded to the defending team when the ball is declared dead in the end zone in possession of the offensive team or it rolls or lands out-of-bounds beyond their goal line. A safety is also awarded if the offensive team throws an illegal forward pass or commits any other foul

behind its goal line for which the penalty is accepted. Intentionally grounding the ball by the passer in the end zone is also a safety. After a safety is scored, the ball will belong to the team who scored the safety on their own 14-yard line and play will resume. (No Free Kick will occur). The momentum rule is in effect during a safety. See 2009-2010 NIRSA Flag & Touch Football Rules Book for further information on the momentum rule.

- **Touchback** - No points: When the ball is caused to cross the goal line by the attacking team and which is declared dead in possession of the offensive team. After a touchback is declared, the ball will belong to the offensive team at their own 14-yard line.
- Each team has four (4) downs to advance the ball to the next zone in order to receive a new series of downs. The zone line-to-gain in any series shall be the zone in advance of the ball, unless distance has been lost due to penalty or failure to gain. In such a case, the original zone in advance of the ball at the beginning of the series of downs is the zone line-to-gain. The most forward point of the ball, when declared dead between the goal lines, shall be the determining factor.

### **MERCY RULE**

- With two (2) minutes remaining in the game, if a female's or male's team is up by 19 or more points then the game will be called. In Co-Rec, the points will be 25.
- If at any point during the second half, any team goes ahead by 45 points or more the game will be called.

### **SCRIMMAGE/THE SNAP**

- The scrimmage line for Team A is the yard line and its vertical plane which passes through the forward point of the ball. The scrimmage line for team B is the yard line and its vertical plane which passes one yard from the point of the ball nearest its own goal line. The offense scrimmage line is marked with an orange disc, and the defense scrimmage line is marked with a yellow disc. These discs are to remain stationary until the head referee removes them from their stationary position.
- The snapper, when over the ball the snapper shall have his/her feet behind his/her scrimmage line (first ball spotter-orange). The snapper shall pass the ball back from its position on the ground with a quick and continuous motion of the hand(s). The ball shall leave the hand(s) in this motion. PENALTY-illegal snap- 5 yds from the previous spot
- The person who receives the snap must be at least two (2) yards behind the offensive scrimmage line (no direct snaps).
- On the snap, all players on the offensive team must have a minimum of four (4) players on the line of scrimmage prior the snap. The line official will raise their arm, and their arm will stay risen, until four (4) players are on the line (once four players are on the line the official's arm will lower with them announcing "line set"). The official is only there to aid the offensive team; the responsibility of the four legal players still remains that of the players. The remaining players must either be on the line of scrimmage or in the backfield. {Co-Rec rules require five (5) players on the line}.
- All players must be inbounds, and within fifteen yards of the ball markers after the ready for play whistle. Once the official blows the ball ready for play, a player may go as close to the sideline as they wish without going out-of-bounds. A team may not break the huddle with more than (7) players or a dead ball foul will be called.
- One (1) offensive player may be in lateral motion, but not in motion towards his/her opponent's goal line. All other offensive players must be stationary. All offensive players must come to a complete stop and remain stationary in legal position without movement of feet, body, head, or arms for at least **one full second** before the snap. PENALTY-illegal shift-5 yds from the previous spot (live ball foul)
- After the ball is ready for play and before it is snapped, no defensive player may enter the neutral zone and no offensive player can make a false start.
- The snap from center cannot hit the ground during scrimmage play and will become a dead ball if it does hit the ground. **ALL BALLS THAT HIT THE GROUND ARE DEAD.** (exception: A punt can hit the

- ground and then be advanced if it has not previously touched any player.)
- Offensive players are responsible for retrieving the ball after a down.

### **PUNT/FAIR CATCH**

- Whenever a protected scrimmage kick is desired to be made (can be requested on any down), the offensive team captain must communicate this decision to the Referee. After such an announcement the ball must be kicked (exception: if team A or team B called a time-out).
- All line of scrimmage rules apply to a punt; at least four (4) players for the offensive team must be on the line of scrimmage and they cannot cross the line of scrimmage until the ball is kicked.
- Once the ball is punted, any R player may block the kick while remaining behind their scrimmage marker (second ball spotter-yellow). If the blocked punt hits the ground, it is dead at the spot. If the punt is blocked by any R player and then caught by any K player behind the Team A scrimmage line (first ball spotter-orange), they may advance. R may advance the kick anywhere in the field of play or end zone. A K player cannot kick the ball to himself/herself or any other K player.
- The snap from center may not hit the ground at all on a punt or the ball becomes dead immediately and belongs to the receiving team at that spot. The punter must receive the ball from the snapper on a punt through the air, it cannot be a direct snap (two (2) yards at least).
- After receiving the snap, the kicker must punt the ball immediately in one a continuous motion.
- The kicking team cannot interfere with the receiving team's players' attempt to field the punt. The receiving team may field the punt on a fly **or off of the ground**. Punts are dead when the ball has touched a player and then hits the ground, when the defensive team has downed the ball, or when the ball goes out-of-bounds. In each case, the ball is put in play where it first touched the ground after touching a player, where it comes to rest, or where it goes out-of-bounds. Note, for flag football R may run the kick out of the end zone. Also note, the momentum rule is in affect with receiving punts.

### **PASSING/RECEIVING/INTERCEPTIONS/INTERFERENCE**

- Once the ball has been legally snapped, the passer may move the ball in any manner, which s/he chooses. However, teams are only allowed one (1) forward pass, from behind the line of scrimmage, during one down. An individual player cannot make a forward pass from beyond the line of scrimmage.
- There is no limit to the number of laterals or handoffs that are made behind the line of scrimmage. Nor the number of backward laterals once past the line of scrimmage. Description of lateral: A backwards lateral/pass is judged by the **initial direction of a pass** that determines whether the pass is forward or backward.
- All offensive players are eligible to receive a forward pass or lateral after/before crossing the line of scrimmage. During a scrimmage down and before team possession has changed a forward pass may be thrown provided the passer's feet are behind Team A's scrimmage line (first ball spotter-orange) when the ball leaves the passer's hand. Note: If in doubt, the passer is behind the Team A scrimmage line.
- No player who goes out-of-bounds during a down may participate in the play unless they were blocked out of bounds and return into play immediately.
- A receiver only has to have one foot in bounds and that foot has to land before the out of bounds step when catching a pass.
- A simultaneous catch by opponents is awarded to the offensive player, unless s/he is out-of-bounds, and the ball becomes dead immediately (no advancement after catching the ball).
- If the defensive team intercepts the ball in the end zone, they may advance it out. If a player is de-flagged in the end zone following an interception, it is a touchback and the team that made the interception receives the ball on the 14-yard line.
- Any contact made by an opponent which interferes with a player attempting to catch a pass, face guarding, or blocking a potential pass receiver while running a pattern is all considered defensive pass interference (there will be no "bump and run" contact at the line of scrimmage). The only exception to the pass

interference rule is when two or more players are making a simultaneous attempt to catch the ball and contact occurs. The officials' will then look for advantage vs. disadvantage during this simultaneous contact situation.

- Contact which occurs obviously away from the play and which would be considered a foul, is not pass interference. PENALTY: Illegal Contact--10 yds from the previous spot

## **BLOCKING**

- 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.**

## **RUSHING**

- The defensive rush begins immediately! If the snap hits the ground prior to reaching the passer, goes over the passer's head without being touched, or is touched but not controlled by the passer, the ball is considered dead at that spot.
- Defensive players cannot use their hands as a wedge to contact their opponent and they cannot hold or push the offensive player. Defensive players can only use their hands as incidental contact in an attempt to get around the screen block.

## **BALL CARRIER**

- 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:
  - Placing of the hand or arm over the flag belt.
  - Placing the ball in possession over the flag belt.
  - Lowering the shoulders in such a manner, which places the arm over the flag belt.
  - 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. If at anytime diving is used as an unsportsmanlike act it will be penalized accordingly.
- 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.

## **FLAG BELT REMOVAL**

- There are some basic rules, which are established for flag football because of illegal removal of the flag belts. The flag belt contains three (3) flags attached permanently to the belt. The object is to deflag the ball carrier by pulling at one of the flags, causing the entire belt to come off. At this point, the ball carrier is deflagged, under the following circumstances:
- An "opponent" who removes the flag belt from the runner should immediately hold the flag belt high.

- Deflagging is only allowed under special circumstances, similar to tackling in football. Offensive players must have possession of the ball before they can legally be deflagged (including receiver attempting to catch a pass). In circumstances where a flag belt is removed illegally, play continues and deflagging reverts to one-hand touch between the shoulders and knees, arms and hands included. The official will not blow his whistle until the player has been downed by a one-hand touch. The team, which has been offended, will then have the option of taking the penalty or the play as it stands.
- It is legal for the defensive player to dive to attempt to deflag a ball carrier.
- A flag belt that becomes detached inadvertently (not removed by pulling it off) means the team doing the deflagging must revert to a one-hand touch between the shoulders and knees, arms and hands included. The official will not blow his whistle until the player has been downed by a one-hand touch.
- The passer can be legally deflagged if the defensive team deflags him/her before s/he releases the ball.
- Tampering with the flag belt in anyway to gain an advantage, including tying, using foreign materials, or other such acts will result in that player being ejected from the game and that team being penalized.
- After a touchdown or extra point has been scored, the official will immediately deflag the player that scored. If the flag belt comes off with one pull, then the points are scored. If not, the points are not scored, and the team is penalized. The player is ejected if the flag belt has been tampered with. All players are encouraged to hold the flag belt in the air upon deflagging an opponent to assist the officials in spotting the ball. (NOTE: the position of the ball when a player is deflagged determines the spot of the next line of scrimmage.)

## **FUMBLES**

- Any ball that is fumbled by a player is dead as soon as it touches the ground and belongs to the team who last had possession of the ball before it touched the ground. The ball is put in play at the point where it first touched the ground. A dropped or bobbled ball from a pass, lateral, or handoff is also dead as soon as it hits the ground and belongs to the team who last had possession.
- Forward batting and forward or backward kicking is illegal. For more information on these illegal actions view the 2009-2010 NIRSA Flag & Touch Football rules manual.

## **ENCROACHMENT**

- Encroachment is a term used to indicate a player is illegally in the neutral zone. An entering substitute is not considered to be a player for encroachment restrictions until he/she is on his/her team's side of the neutral zone. PENALTY-(Dead Ball) Encroachment-5 yds from the previous spot, replay the down

## **ENDING EACH HALF**

- Between the first and second periods, the teams shall change goals.
- If the time for any period expires during a down, play will continue until the down ends. No time signal will be sounded while the ball is live. A period/half may end if the offensive team does not snap the ball while it is ready for play and time expires. A period/half may be extended if there was an accepted penalty. If a touchdown was scored, the extra points are attempted as part of the same period/half.

## **INADVERTENT WHISTLE**

- When an official sounds his/her whistle inadvertently during a down in which the penalty for a foul is declined, when:
  1. The ball is in player possession- the team in possession may elect to put the ball in play where declare dead or replay the down.
  2. The ball is loose from a fumble, backwards pass, illegal kick, or illegal forward pass- the team in possession may elect to put the ball in play where possession was lost or replay the down.
  3. During a legal forward pass or a punt- the ball is returned to the previous spot and the down replayed.
    - When the foul is accepted, disregard the inadvertent whistle. (NOTE: There is no time added to the

game clock during a down with an inadvertent whistle.)

### **BALL IS LIVE/BALL IS DEAD**

- A dead ball, after having been declared ready for play, becomes a live ball when it is snapped, kicked, or punted.
- A live ball becomes dead and the official sounds a whistle when:
  - It goes out-of-bounds or it touches the opponent's goal line.
  - Any part of the ball carrier's body, other than his hands or feet, touches the ground.
  - A touchdown, safety, or touchback is made. (Note: The clock remains stopped on all extra point attempts during the last minute of the first half and the last two minutes of the second half).
  - A fumble by a player touches the ground.
  - A ball carrier is legally deflagged by a defensive player.
  - A legal forward pass is legally completed or a free ball is caught or recovered by a player on, over or behind his opponent's goal line.
  - A legal forward pass strikes the ground or is simultaneously caught by opposing players.
  - A player from the kicking team catches or recovers a punt, which is beyond the neutral zone that has come to rest, and no player of the receiving team has attempted to receive it.
  - A snap from center on a punt strikes the ground before being caught by the punter.
  - The punter/passer receives the ball directly from the snapper as a handoff.
  - An inadvertent whistle occurs.

### **EJECTIONABLE FOULS**

- Any of the following fouls may be judged by an official to be a disqualifying foul causing ejection of the player removable from the game. These fouls are also considered unsportsmanlike and unnecessary roughness:
  - There will be no roughing the passer. At no time may the passer be contacted. This includes contacting the ball while still in the passers hand. “The ball is part of the body, while in possession”.
  - There will be no throwing the runner to the ground or contacting of an opponent on the ground.
  - There will be no striking, tripping, kicking, kneeing, clipping, or use of the forearms.
  - There will be no tackling. If a player tackles a ball carrier, who in the judgment of the official had an open field for a touchdown, a touchdown will be awarded to the offended team. If the ball carrier did not have an open field, the offended team will be awarded an automatic first down. Player ejected if the official judged it to be an unsportsmanlike action.

### **ADMINISTRATION OF PENALTIES**

- Live/Dead Ball - When a foul occurs during a live ball, the official will throw their flag and play continues until the ball is dead. At the end of the down, the official will notify the offended team's captain of her/his options. Once the captain's choice is made, the options cannot be reversed. When a live ball foul is followed by a dead ball foul, the penalties are administered separately in order of occurrence.
- Double Foul - When both teams commit live ball fouls and there is no change of team possession, the penalties cancel each other out and the down is replayed. Exception: If there is a change of team possession, the last team gaining possession retains possession provided they have not fouled prior to gaining possession (if they fouled prior to gaining possession, the fouls cancel each other out, down is replayed.) Penalties for dead ball fouls are administered separately and in order of occurrence.
- Unsportsmanlike Conduct - Is always administered separately, and if flagrant, could mean ejection of that player from the game.
- Half the Distance - A measurement cannot take the ball more than half the distance from the enforcement spot to the offended team's goal line. If the penalty is greater than this, the ball is placed halfway from the enforcement spot to the goal line.

- If the penalty is accepted, the down remains the same, unless it is a penalty that involves loss of down.

## UNSPORTSMANLIKE CONDUCT

- Any unsportsmanlike conduct (verbal abuse to officials or players, unnecessary roughness, etc.) will result in a penalty being assessed and possible ejection from the contest and/or forfeiture.
- Any individual ejected from a contest, will be ineligible for further participation in any IM activity until the incident is resolved with the Flag Football Sports Coordinator (**Jonathan Johnston**, Intramural Flag Football Coordinator, or the Intramural Sports Coordinator). (Minimum penalty is a one week suspension.) Any player who is ejected must leave the playing area, **out of sight, out of sound**.

## PLAYOFFS

- Any team that has won at least one (1) regular season game will be eligible for playoffs.
- Teams/individuals may be barred from participation in playoffs due to unsportsmanlike conduct or eligibility violations during the regular season (see Sportsmanship Policy).
- If a player or team is suspended during playoffs they will be suspended for at least the remainder of the playoff tournament. (These individuals must still meet with the Sports Coordinator to determine future eligibility).
- Teams must be represented at the playoff captain's meeting. Those Captains who are not represented will be assessed a \$15 Forfeit Fee.
- There will be a mandatory playoff captain's meeting on Monday, October, 13<sup>th</sup> in 317 Engineering South @ 7pm.

## CO-REC MODIFICATIONS

- Number of players
  - The Co-Rec. game shall be played between two teams of eight (8) players; no more than a one player per sex advantage can ever exist. (When teams are shorthanded and only have seven (7) players, one must maintain a 3:4 ratio of male/female or female/male).
  - A team may start with as few as six (6) players, but the proper gender ratio must be maintained at all times.
- Plays from scrimmage
  - Forward passes
    - If the passer is female, she can complete a pass to either a male or a female player.
    - A male passer may complete passes to a male player only if the play is open. **PENALTY**: Illegal Forward Pass- 5 yards from the spot of the throw and loss of down, if completed while play is closed. A play becomes closed when a male to male pass is completed. In order to open the play a team must complete for positive yardage: a female to female pass, a female to male pass or a male to female pass. Think of it as a rotating door. During the 1<sup>st</sup> down of the possession it is open. If a male passes to a male, then the next play, will be considered closed until it is reopened. Even on extra point attempts the rotation remains.
    - Laterals (backward passes) may be executed to/from players of either sex.
    - A male cannot advance the ball past the line of scrimmage at anytime.
    - A legal forward pass simultaneously caught by male and female teammates shall be credited as a female reception.
    - A male must be past the line of scrimmage in order to catch a forward pass.
      - Punts: All regular punt rules apply.
      - Scoring
        - Touchdown by a male player: 6pts.
        - Touchdown by a female player: 9pts. (If a female player scores a touchdown, or if a female

player throws a legal forward pass and a touchdown is scored by any Team A player)

- 1 pt safety during a PAT

Extra Points

(3 yard try) Male/Female- 1 pt;

(10 yard try) Male/Female- 2pts;

(20 yard try) Male/Female- 3pts;

- All other NIRSA & OSU Intramural Sports Flag Football Rules apply.

## SUMMARY OF PENALTIES

### Summary of Penalties

SOF-spot of foul

#### Loss of 5 yards

1. Delay of game (Dead ball)
2. Encroachment (Dead ball, 10 yds if two or more consecutive encroachments occur by the defense)
3. Illegal Motion or shift
4. Illegal snap (Dead ball)
5. Illegal formation (not enough on the line)
6. Illegal forward pass (loss of down, SOF)
7. False start on offense \* (Dead Ball)
8. Kick catch interference (enforce from the SOF)
9. Unfair Tactics
10. Intentional grounding (SOF or within 5yds, it will be at least a 5yds)
11. Advancement by a male runner (Co-Rec rule)
12. Illegal Substitution
13. 2 consecutive male-to-male pass completions (Co-Rec)
14. Illegal Procedure (receiving the snap within 2 yards)

### Sportsmanship Ratings:

- 4 - No cards given/ team wins due to forfeit** - Players cooperate fully with the officials and other team members. The captain calmly converses with officials about rule interpretations and calls. The captain also has full control of his/her teammates.
- 3 - 1 yellow card given** - No problem with captain, but team members verbally complain about some decisions made by the officials and/or show minor dissension.
- 2 - More than 1 yellow card to different team members** - Occasional minor problems. Team shows verbal dissent towards officials and/or opposing team or teammates.
- 1 - 1 red card / second yellow on the same player** - Team (s) are constantly using abusive language and are constantly protesting calls to the officials and/or opposing team or teammates.
- 0 - More than one red card / also have to call the game** - Team is completely uncooperative. Captain has no control over teammates and/or himself/herself.

### Summary of Penalties

#### Loss of 10 yards

LOD=Loss of Down

AFD=Automatic First Down

1. Offensive pass interference (enforced from line & LOD)
2. Defensive pass interference (enforced from line & AFD)
3. Unsportsmanlike conduct
4. Flag guarding (enforce from the spot)
5. Roughing the passer (from the line & AFD)
6. Illegal contact on offense(All-but one principle)
7. Illegal contact on defense(All-but one principle)
8. Illegally secured flag belt (LOD for team A, AFD for team B)
9. Illegal participation
10. Spiking the ball (Unsportsmanlike conduct)
11. Tackling/tripping [illegal contact, enforce from the spot, AFD)
12. Stripping the ball [illegal contact]
13. Hurdle any player
14. Illegal Batting
15. Illegal flag belt removal
16. Obstruction or holding runner
17. Illegal player equipment (Live or Dead ball)
18. Illegal kicking

### **Clock Stoppage and starting procedures: Last two (2) minutes of each half.**

1. Incomplete legal or illegal forward pass - start clock on the snap.
2. Out of bounds - start clock on snap
3. Safety - start clock on snap
4. Team timeout/officials' timeout - start clock on snap
5. First down - when official blows whistle to start play (once everyone is set, ball markers etc.)
6. Touchdown - clock starts when Team B starts their possession on snap (extra point(s) attempt is an un-timed down)
7. Penalty and administration - when referee blows whistle to start play (exception: depends on previous play's outcome - starts on snap)
8. Touchback - starts on snap
9. Referee's timeout - starts at his/her discretion
10. Inadvertent whistle - starts at his/her discretion

### **Captain's options after they win the toss:**

- |            |              |
|------------|--------------|
| 1. Offense | 3. Direction |
| 2. Defense | 4. Defer     |

## MISCELLANEOUS

- Decisions concerning weather relating to postponements will be made by the Intramural Office no later than 3pm each day. Captains/players should call the Rec. Check line at 744-7533 in order to get daily rain out information. **CALLS WILL NOT BE MADE TO TEAMS.**
- Once the second half has begun, if for any reason the game is cancelled, it will result in a complete game.
- Each team shall designate a captain to act as team spokesperson and make decisions. This captain will be solely responsible for making the following decisions: pre-game/post halftime/overtime choices, penalty enforcement, extra point tries, and fourth down (punting) choices. Only the captain may talk to officials. Team representatives including players, spectators, team managers, coaches, and group members are subject to all Intramural rules. This includes the trash left by those mentioned. If a captain fails to maintain a litter free sideline, the team will be penalized sportsmanship points, or removed from the league if necessary.
- No alcohol will be allowed on the playing fields, or any OSU property.
- Players/fans are not allowed to use any tobacco (i.e. chewing tobacco & cigarettes) products during their contest.
- No glass containers will be allowed on the playing fields.
- No bikes will be allowed on the playing fields. (There is a bike rack available by the shed).
- The above rules concerning, but not limited to unsportsmanlike conduct, is to be considered the teams' verbal warning for the remainder of the season including playoffs. This will be the only verbal warning!

**\*ALL RULES STATED ABOVE FOLLOW NATIONAL INTRAMURAL-RECREATIONAL SPORTS ASSOCIATION (NIRSA) RULES, EXCEPT FOR THOSE SPECIAL INTRAMURAL RULES THAT ARE USED. ANYTHING NOT COVERED IN THESE RULES IS GOVERNED BY THE OFFICIAL NIRSA FLAG FOOTBALL RULES.**

INTRAMURAL SPORTS OFFICE - (744-7407)

**THE FIELD/DOWNS**

