



# Flag Football Rules

Revised 2010





# IUPUI Flag Football Rules

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## IUPUI Flag Football Rules

**An intramural sport is about competition, and fun social interaction.**

### TEAM ROSTER & ROSTER ADDITIONS:

Team Rosters are set after the **second week of play**. Team members may be added to the team roster before a game. These "new" members must provide proper identification (JagTag), have **pre-paid** their rec. fee **and must provide proof BEFORE the game begins** (signed receipt from Nat.)

All players participating in a game must be listed on the team roster and have paid the recreational fee. ***The manager / captain is responsible for ensuring the roster is complete and accurate*** (i.e.: all team members who participate in that game are listed on the roster). Names of individuals can be added to the roster, prior to the new member playing. No one may be added to the team roster after the second week of play.

A player must participate in at least one regular season game to be eligible to participate in the playoffs.

Players may participate on one co-ed team and one same gender team (*either recreational or intramural*).

At the end of the game, it is the **captain's responsibility to return IDs** to team players.

Team captain / manager is encouraged to clear any questionable player eligibility with the Intramural & Recreational Sports Department staff

### ELIGIBILITY

Every player **MUST** bring their IUPUI / JagTag ID to every game.

Faculty and staff are eligible to participate.

All team members **must** have **paid** the **IUPUI Recreational Fee** in order to participate in any game.

Team members may be added to the team roster before a game. These "new" members must have pre-paid their rec. fee and must provide proof before the game begins (receipt from Nat). There will be no additions to the roster after the second week of play.

Players are permitted to receive one (1) "I Forgot My JagTag" waiver per season. The requirements in receiving the waiver are to provide a picture ID and then sign the roster in the space provided. ***It is the manager / captain is responsible for ensuring the team roster is complete and accurate***

### EQUIPMENT:

**Shorts may not have belt loops, pockets or exposed drawstring** [Rule: 1 Article 2]. No steel cleats, knit or stocking caps are allowed, but NO cap may have a BILL, no jewelry, & no towels around waist. Jersey must be either: long enough to tuck in pants OR short enough to be **4 inch above flag belt**. [Rule: 1 Article 4]

**Every game**, each player **must** bring a **picture I.D.** which the officials will collect and hold onto throughout the game. Captains, please collect all of your team's I.D. before checking in with the officials.

### THE GAME:

Teams need to show up 10 minutes before their game is scheduled to begin. There is no grace period.

Each team shall designate a captain to act as team spokesperson and make decisions. **Only the captain may talk to officials.** Team representatives including players, spectators, team managers, coaches, and group members are subject to the rules.

Any standing water or heavy rains that will cause a flooded intramural field will result in cancellation of the day's games.

Any player who is bleeding must leave the game immediately. The bleeding must be stopped and the wound securely covered with a bandage before the player can continue. If there is blood on any clothing or jersey, it must be changed before the player resumes play.



## IUPUI Flag Football Rules

Two teams of **seven (7) players** each for men's games. **Five (5) players** are required and present to start the game. Coed teams will play with two teams of **8 players** each and must have 6 players (i.e.: 3 men & 3 women) to start the game to avoid a default.

There are 4 downs to advance the ball to the next zone. Zone lines are the 20, 40, & 20-yard lines

### START OF THE GAME:

The winner of the coin toss at the beginning of the game will have choice of options for the first half or shall defer their option to the second half. The options for each half shall be:

- Choose whether to receive or kick
- Choose which goal to defend

The captain, not having the first choice of options for a half, shall exercise the remaining option. [Rule: 3 Article 1] [p 27](#)

### THE CLOCK:

There are two, **18 minute** periods with a continuous running clock. The clock will stop only for:

- Score: starts when the kickoff is touched by offense player.
- Team time-out
- Referee's time-out

Last 2 minutes *of the second half* the clock will stop for the following: (excluding Mercy Rule)

- Incomplete pass - starts on snap
- Out-of-bounds - starts on snap
- Score - starts when the kickoff is touched by offense player
- Team time-out - starts on snap
- First down - when whistle blows
- Penalty - when whistle blows
- Change of possession - when whistle blows

### SCORING:

Touchdown = 6 pts, If a female throws or scores a touchdown the point value is 9 (Co-Ed). Safety = 2 pts  
Extra-points: 3-yard line = 1 pt, 10-yard line = 2 pts, 20-yard line = 3 pts.

There shall be an opportunity to score an extra-point after a touchdown (1 point from the 3 yard line, 2 points from the 10 yard line or from 20-yard line = 3 pts) by running or passing. If the defense should intercept a pass, they may return it for a score. A score will equal two points, regardless of whether or not the attempt is for one, two, or three points.

### TIE BREAKER:

Start 1st and goal from opponent's 10 yard line and teams will have 4 plays each. One possession by each team. This continues until one team finally scores a touchdown. Defense Intercepts pass and returns for TD results in defense winning the game. [Rule: 3 Sec 3 Article 3] [p 30](#)

The object is to score a touchdown and subsequent extra point (1 or 2 points). After team A scores, team B then has 4 plays within which to score. If no team has scored after their respective plays the process is repeated.

When a pass is intercepted the defense becomes the offense and begins their series of 4 plays. If the interception is returned for a touchdown, the game is over.

**Penalties** are assessed similar to the regular game. A team shall be given a new series of 4 plays when an automatic first down penalty is accepted. Dead ball penalties after a touchdown are penalized on the extra point attempt. Live ball penalties committed by either team after team B gains possession during an attempt or an overtime shall be enforced at the succeeding spot. Dead ball penalties following a successful attempt will be penalized from the succeeding spot, the team 10-yard line, if accepted.



## IUPUI Flag Football Rules

### MERCY RULE:

If a team is 17 points or more ahead (Coed is 23 points) at the 2 minute warning of the second half, the game will be ruled “over.” [Rule: 8 Sec 2 Article 1 & 2] **P 49**

### DEFAULTING A GAME:

If one team does not have the minimum number of players or is not prepared to play, the captain of the team that is prepared will have two (2) options:

1. Take the win by default
2. Give the opposing team an additional ten (10) minutes to show up.

If the team shows up during the additional time period, game time will be reduced by the number of minutes late for the game. If the captain of the prepared team chooses to take the win by default, the decision may not be changed. If the captain of the prepared team decides to play the game, the captain of the prepared team must accept the results of the game. After the additional ten (10) minutes have expired and the team still is not prepared to play, the game will be defaulted. See DEFAULT POLICY below for details on a defaulted game.

### DEFAULT POLICY:

Any team **defaulting Two (2) games** or forfeiting two games will not be eligible for the play-offs.

- Default is when a team does not show or have enough players to start a game.
- Forfeit occurs after a game has started and must abruptly end before the normal conclusion of the game.

Any team defaulting one game, for any reason, must pay a non-refundable default fee to re-enter the schedule again in order to continue play in the league.

### FREE KICK:

Kicking team alignment is on the 20 yard line. **Receiving team must have two players on the 40 yd line** – any formation for remaining players of receiving team.

The kick must be from a 2 inch tee or toe of shoe on the ground. **There are no on-side kicks.**

Ball can only be advanced by receiving team and if an advanced muffed ball hits the ground – ball is dead.

Out-of-bounds free kick penalty (*choose one of three options*):

1. Take ball at 5 yards behind the receiving team’s 40 yard line.
2. Take ball where it went out of bounds
3. Penalize 5 yards from previous spot and re-kick.

### PUNTING:

On 4<sup>th</sup> down, punting team **must announce their intentions**. No quick kicks. There must be 2 players of the receiving team on the line of scrimmage. No movement by either team until after the ball is punted.

### NEUTRAL ZONE:

Zone is 1 yard, between the orange (offense) disk & the gold (defense) disk.

**Offense needs 4 players on scrimmage line.** Legal shift = offense comes to a complete stop for 1 second prior to snap. Legal motion on scrimmage line cannot be 1 of 4 players on scrimmage line.

Only one offensive player may be in motion at the time of the snap. This motion must not be toward the opponent’s goal line. (*If two or more players go in motion before the snap, then this is considered a shift and all players must come set for one full second prior to the snap*).

All offensive players must be momentarily within 15 yards of the ball. It must be clear who the seven offensive players are on each play. The intent of this rule is to eliminate all sleeper or hideout plays. Penalty: 10 yard penalty for illegal participation.



## IUPUI Flag Football Rules

### SNAPPING:

Snapper will pass the ball either between his/her legs or to the outside of his/her leg.

Any player receiving a snap must be at least 2 yards from the scrimmage line. Direct snaps are illegal.

### PASSING:

All players are eligible. **Legal reception is 1 foot in-bounds.** One forward pass per down.

Backward pass is thrown with its initial direction parallel with or toward the passers end line. A backward pass or fumble that hits the ground is ruled dead at that spot. [Rule: 6] p 45

### **BACKWARD PASS & FUMBLES**

A runner may pass the ball backwards or lose player possession by a fumble anytime.

Fumbles are dead when the ball touches the ground.

The ball is put into play by the offensive team at the point where the ball first touched the ground.

A backward pass or fumble may be caught or intercepted in flight by any player and advanced

A backwards pass or fumble into the offensive team's own end-zone will result in a safety. If the ball is fumbled into the end-zone after a kick/punt, the result is a touchback (ball on their 15 yard line).

### LEGAL CATCH

Must come down with at least one foot in bounds.

A catch by any kneeling or prone inbounds player is a completion or interception.

A loss of ball simultaneous with returning to the ground **is not** a catch or interception.

### ROUGHING PASSER:

Defensive players must make a definite effort to avoid charging into a passer after it is clear that the ball has thrown and may not make contact with the throwing arm. Penalty: 10 yards and automatic first down, tack on the end of the play (*if positive yards have been gained*), if not, 10 yards from the original spot and automatic first down.

**ANY** contact with the quarterback is considered roughing the passer. Penalty: 10 yards and automatic first down.

### BLOCKING:

Flag football is a **no contact** / collision sport. The National Intramural and Recreational Sports Association [NIRSA] rules are the official rules. This means no contact blocking (*similar to block/charge in basketball*).

The blocker must have hands and arms at his/her side or behind back. Any use of the arms, elbows, or legs during a block is illegal. Defensive players must go around the offensive player's screen block. Arms may not be used as a wedge to contact the opponent. This is a judgment call by the refs. Illegal block penalty: 5 yard penalty and repeat down.)

Advantage vs. Disadvantage: Contact does not indicate a foul. A **foul** occurs when the amount of contact affects the play and whether a player gains an advantage. Again, this is a judgment call by the refs.



## IUPUI Flag Football Rules

### **BALL CARRIER:**

Runners are allowed to do a 360 spin to avoid tackle iff it doesn't result in a collision/charging, jump (but not hurdle), and diving to make a pass-catch. p 55 - 57

Defense can dive to deflag a player. Defensive player may not hold the ball carrier to gain an advantage. Stripping the ball is illegal and defense cannot contact or force ball carrier out of bounds.

No player may help or aid the runner moving him/her in a direction to avoid the runner. Penalty: 5 yards loss of down.

**Charge:** a runner shall not charge into nor contact an opponent in his/her path nor attempt to run between two opponents unless the space is such to provide reasonable chance for him/her to go through without contact. Penalty: Personal Foul, 10 yards and loss of down.

If a flag should fall off of an offensive player before a tackle of made, then a **TOUCH** with **one hand** below the shoulder line and above the knees will count as a tackle. [Rule: 4 Sec 1 Article 2]

### **BELT REMOVAL:**

When the flag belt is taken from the runner, the down shall end and the ball is declared dead. A player who removes the flag belt from the runner should immediately hold the flag belt above his/her head to assist the official in locating the spot where the capture occurred. A ball carrier is considered de-flagged when the clip of the flag belt becomes detached, not where the belt falls to the ground.

If a flag belt inadvertently falls off, a one hand tag between the shoulders and the knees constitutes a capture.

A player may leave his/her feet to remove a flag.

In an attempt to remove the flag belt from the ball carrier, defensive players may contact the body of an opponent with his/her hands. A defensive player may not hold, push or knock the ball carrier down in an attempt to remove the flag. Penalty: 10 yards from the spot of the foul.

A defensive player may not remove an offensive player's flag when the offensive player does not have the ball. Similarly, the defensive player may not remove the quarterback's flag after the ball has been thrown. Penalty: Illegal flag belt removal, 10 yards.

A defensive player may not remove an offensive receiver's belt prior to the receiver touching the ball.

Penalty: Defensive pass interference, 10 yard and automatic first down.

### **NIRSA**

If there is a situation or rule that cannot be explained by these rules, consult the NIRSA handbook.

REC SPORTS WEBSITE: <http://www.iupui.edu/~iupuirec/>



# IUPUI Flag Football Rules

## CO-ED RULES

1. Coed teams will play with **8 players** and must have minimum 6 players (i.e.: 3 men & 3 women) to start the game to avoid a default. The following are the only combinations allowed on the field of play:

<u>Players</u>	<u>Men</u>	<u>Women</u>
8	4	4
7	4	3
7	3	4
6	3	3

Coed game ball will be Intermediate / youth size.

On offense, there must be 5 players on the scrimmage line at the snap of the ball.

Coed touchdown: if a female scores a touchdown, the point value is 9; all other touchdowns are 6 points. [Rule: 8 Sec 3 Article 1] & : [Rule: 7 Sec 5 Article 1]

### OPEN & CLOSED PLAYS

**OPEN PLAY:** Male to Male pass completion. There may not be two consecutive passes from a male passer to a player male receiver.

**CLOSED PLAY:** Male to Male pass completion is illegal.

### **Male Runner**

A male runner cannot advance the ball via their own scrimmage line. There are no restrictions:

1. During a run by a male runner once the ball is beyond their scrimmage line
2. During a run by a female runner
3. After a change of possession.

[Rule: 7 Sec 5 Article 1] *see example A on next page*

PENALTY: **Male Runner** = 5 yards from previous spot.

### **Illegal Forward Pass**

During the offensive team's possession there may not be 2 **consecutive** legal forward pass completions from a male passer to a male receiver. **This rule applies to the try.**

[Rule: 7 Sec 7 Article 3 B.]

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 female receiver **for positive yards**. There are no restrictions concerning a male passer completing a pass to a female receiver, or female to female, or female to male.

[Rule: 7 Sec 7 Article 3 C & D.]

PENALTY: **Illegal Forward Pass** = 5 yards and loss of down.

**Example A:** Male throws a forward pass to a female beyond the neutral zone who then throws a backward pass to a male who is behind their scrimmage line. The male runs via their scrimmage line for a 10 yd gain. **Legal Play!**



## IUPUI Flag Football Rules

### PROHIBITED ACTS:

Good sportsmanship is a requirement of all participants. Players and coaches are to conduct themselves properly at all times. The Intramural Office reserves the right to suspend or disqualify individuals or groups for unsportsmanlike conduct. The team captain assumes full responsibility for the conduct of the team and spectators.

**FIGHTING WILL NOT BE TOLERATED.** Players involved will be suspended from further play during the intramural season. **CAPTAIN IS RESPONSIBLE FOR THE CONDUCT OF THE TEAM MEMBERS.**

Any player ejected from a game due to unsportsmanlike conduct will be ineligible to participate in any remaining games. (see discipline sheet) Team leaving the field = unsportsmanlike conduct.

Taunting, spiking the ball or a celebration = unsportsmanlike conduct.

Unsportsmanlike conduct includes actions which are unbecoming to an ethical, fair, honorable individual; it consists of acts of deceit, disrespect or vulgarity and includes taunting.

The IM officials/supervisors will have absolute control of the game. **Teams are responsible for keeping their players and spectators under control.** Misconduct of players, coaches, or spectators, can result in assessment of a penalty, ejection or forfeiture of the game. Spectators must also remain in the area designated by the IM staff. The supervisors will have the power to make decisions on any matter or questions not specifically covered in the rules.

### TEAM MANAGEMENT ISSUE (UNSPORTSMANSHIP).

If the referees deem it necessary to calm a potentially volatile situation (*example: trash talking escalating into verbal threats*),

1. referees will stop action
2. referees will call both captains to meet (*separate from the teams*)
3. Referees will give the captains 30 seconds to calm their respective team down (*the game clock will continue to run*).

If a team refused to cooperate, that team must pay a non-refundable default fee to re-enter the schedule again in order to continue play in the league and a captain's meeting with the intramural director within three (3) days of the situation.

Any volatile situation will always require both team captains to meet with the intramural director within three (3) days of the situation.



# IUPUI Flag Football Rules

## DISCIPLINARY POLICY

### PERSONAL MISCONDUCT

Unsportsmanlike like behavior -

1. Lewd, indecent or obscene conduct
2. Disorderly conduct that interferes with intramural or recreational (university) activity
3. Failure to comply with the directions of a representative of the intramural and recreational sports program and failure to identify oneself when requested by a representative of the intramural and recreational sports program.
4. Unauthorized entry and refusal to vacate the facility when directed to do so by a representative of the intramural and recreational sports program.
5. Verbal abuse of another person, including racial harassment (*defined in section I.A.3 of Indiana University Code of Student Ethics*), and fighting words spoken face-to-face as a personal insult to the listener or listeners and in personally abusive language.
6. Damage to or destruction of university property

### EJECTED PLAYER

After ejection, the offenders will be banned from all informal recreational use and intramural participation for one week **and required to meet with the intramural director within three (3) days of the offense.** A 2<sup>nd</sup> ejection from a game will result in the offender being banned from all intramural activities **AND** from all informal recreation for one month and will be reported to the Dean of Students. A 3<sup>rd</sup> ejection from a game will result in no informal recreation or intramural participation for the remainder of the semester and may carry over to the next semester and will be reported to the Dean of Students.

### FIGHTING

Offenders who fight will be suspended from all informal recreation *and* barred from participation in intramural sports until conference between the offender and the director is arranged **within three (3) days of the offense** (*may be reported to both Campus police and the Dean of Students*). A 2<sup>nd</sup> offense will result in being barred from open recreation and intramural participation for the remainder of the semester (*and may carry over to the next semester*), **offenders will be reported to both the university police and to the Dean of Student.**

### FLAG FOOTBALL FIELD

