

2007
University of New England
Office of Recreational Sports
Intramurals

Flag Football Rules And Regulations
Men's and Women's Divisions

Captains Duties:

- Team captains act as the team spokesperson during the games. Only the team captain is allowed to speak to the officials. This will be enforced.
- Team captains must sign in their respective teams prior to the start of each game. If a captain is not present at a game, than some other team member must verbally notify the officials that they are taking over the responsibilities of the team captain for that particular game.
- Team captain is responsible for all his/ her players and spectators. Officials and supervisor will ask the team captain to remove players or spectators if necessary.
- Knowing and understanding all duties and rules. Team captain must inform his/her team of all league rules and equipment policies.
- Keep rosters updated (roster changes may be made through the second week of the season).
- Game Time is FORFEIT TIME! Informing team of all correct game times and dates.
- Three forfeits and the team may be dropped from the league at the directors discretion.

Equipment:

*Players are prohibited from wearing:

- 1) track or metal cleats
- 2) soccer cleats
- 3) padded suits
- 4) special protective devices or gear(shoulder pads, helmets etc.)
(Knee pads, elbow pads, and leg braces are allowed.)

*Players on opposing teams must wear contrasting colored flags.

*Shirts cannot hang over the flag belt at anytime.

Players and Regulations:

1. Game is played with a maximum of 7 players to a side.
2. A minimum of 5 players is needed to start a game, without it being considered a forfeit.
3. Rosters may only have 12 participants maximum
4. Games will consist of two 15 minute halves, running time. The clock will stop during timeouts, during the last minute of each half for (incomplete pass, out of bounds, penalty, score, team timeout, first down, fair catch, touchback, or change of possession), or at the officials discretion. The clock will not stop for any reason in the final minute if the losing team is down by more than 20 points.
5. Four 30 second timeouts per team for the entire game. Can be used at any time. Each team will receive one timeout in overtime.
6. Halftime will be 2 minutes.
7. Players may make substitutions on any dead ball situations, subs must notify the officials.
8. One official will keep track of the 20 second play clock between plays, the play clock will start once the ball is spotted and ready to be snapped.
9. An offensive possession will start from a team's own 10 yard line. First downs are always the next 10-yard line, regardless of where the ball is marked.
10. Fumbles are live balls.
11. **On 4th down the offensive team can choose to go for the first down(or the score), or they can concede the down and the opponent will be given a first down from their own 10-yard line.**
12. **There are no kick- offs or punts**
13. Any penalty bringing the offensive team into their own end zone stops at the one-foot line. The ball will be placed at the one- foot line and play continues.
14. **Rushing the QB:**
Only two defensive players may rush the QB on a given down. If more than 2 defensive players cross the line of scrimmage prior to a pass, rush, or fumble, a flag will be thrown. The offense will choose to accept the play or the penalty after the play. 10-yard penalty.
15. Offensive/ Defensive Screen Blocking:
The offensive screen block shall take place without any contact. The screen blocker shall have his/her hands and arms at his/her side, or behind his/her back. Any use of hands, arms, elbows, legs, or body to initiate contact during the screen block is illegal and will be penalized. Obviously contact is going to occur , it is up to the officials to decide if contact could have been avoided or not, this is when penalties will be assessed by the officials. A player must be on his/her feet during a screen block.
16. Use of Hands or Arms by the Defense:
Defensive players must go around the offensive player's screen block. The play is ruled much like a block or a charge in the game of basketball. The arms and hands may not be used as a wedge to contact the opponent.

17. Loss of Flags:

When a runner loses his/her flags or flag belt accidentally, or inadvertently, this player is considered ineligible to have possession of the ball.

18. Obstructing the Runner:

A defensive player shall not hold, grasp or obstruct the forward progress of the runner when attempting to remove his/her flag.

19. Conduct:

Rough play, improper behavior, or fighting will not be tolerated in any form. Team captains are responsible for their players' knowledge of all rules and guidelines pertaining to before, during, and after each game. Any player that participates in a fight before, during, or after an intramural contest will be immediately ejected from the contest, and subject to the directors final decision. The person(s) in a fight must report to the Recreational Sports Coordinator within a timely manner to discuss the situation on the repercussions.

Any persons(s)(including players, captains, and spectators) who criticize, obstruct, ridicule, or attempt to demean an official, other intramural worker, or intramural participant will be asked to leave the gaming area. They will be subject to the Recreational Sports Coordinator's final decision on further involvement with intramurals and the University of New England.

20. Rain Outs/ Cancellations:

If any doubt exists about possible rain outs or cancellations please contact the Rec. Sports Office at 283- 0170 ext. 2555. All captains should check their emails and phone messages periodically, as the Rec. Sports Office will contact each captain when a decision is made to cancel or postpone a game or games.

21. Protests:

Protests must be filed immediately after the end of each game. Eligibility protests must be made by the end of the game, and before the time runs out. A vocal protest is valid during the game, but must be made to the on-site supervisor.

22. Handing the Ball Off:

The passer or QB can hand the ball forward once to another player, if both players are behind the line of scrimmage. If it is ruled a handoff (not a pass) and is dropped the ball is ruled a fumble.

23. Forfeited Score:

The score of a forfeited game will be 6-0. If the offended team is ahead at the time of the forfeit, the score will stand.

24. No Stealing the Ball:

No player shall steal the ball from a player in possession of the ball.

25. Inadvertent Whistle:

Any play becomes dead on any blown whistle, regardless of whether the whistle was intentional or inadvertent. The down will be replayed, the play does not stand.

26. Flags:

Must be worn on the outside of all clothing. One flag on each side and one in the back.

27. Two live ball penalties on opposing teams: Offsetting penalties, replay the down.

28. One live ball penalty and one dead ball penalty: Both penalties will be enforced.

29. Trash Talking: Officials discretion. Player may be ejected from game and suspended from the league.

30. Ties remain ties until the playoffs.

31. Playoff Overtime:

1) Coin toss.

2) Each team has four downs from the 10-yard line.

Team to score the most points in a series wins. As many series as necessary.

32. **NO JEWELRY ALLOWED!** Ear rings must be taped.

33. Players cannot attach towels to their waist or any body part.

34. NO MOTION: All offensive players must be in a set position at the time of the snap.

Rules:

1. The ball carrier is considered down once a knee, elbow, or any part of the body above the knee touches the ground(excluding hands to keep yourself up).
2. **Offensive team has 20 seconds after the official spots the ball at the line of scrimmage to snap the ball. *Delay of Game = 10-yard penalty.***
3. Snapping the Ball: The ball must be snapped in one fluid motion with the ball starting on the ground at the line of scrimmage.
4. **Neutral Zone: There will be two markers to designate the neutral zone. Line of scrimmage and end of the neutral zone. No player is allowed to line up or cross into the neutral zone prior to the snap.**
5. You may hand to hand snap the ball to the QB, however, this type of snap must be done between the center's legs.
6. **Defensive Pass Interference:** Contact beyond the neutral zone by a defensive player whose intent is to impede an eligible receiver offensive player or receiver. The contact must prevent the opponent the opportunity of receiving a pass. **Spot Foul= Automatic First Down.**
7. **Offensive Pass Interference: Same as defensive pass interference. 10-yard penalty from the LOS. Loss of down.**

8. Safety: = 2 points. It is considered a safety when:
 - a) any player in possession of the ball is downed in his or her end zone.
 - b) a fumble goes out of bounds through the end zone.
 - c) a player runs out of bounds in their own end zone.

A defensive player who intercepts a pass and is brought into the end zone by momentum will be allowed to take a knee and his/her team will get a first down on their own 10-yard line.
9. Interlocked Interference: Teammates of a runner or passer may screen block legally, but shall not use interlocked blocking by grasping or encircling one another in any manner. **Interlocked Interference= 10-yard penalty**
10. Guarding the Flag Belt: The runner shall not flag guard by using their hands, arms, or the ball to deny the opportunity for the opponents to remove the flags from the flag belt. **Flag Guarding: 10-yard penalty**
11. False Start: A player cannot simulate a start of a play, before the ball is snapped. All offensive players must be still prior to the snap. **False Start = 5-yard penalty**
12. Encroachment: After the center has made his/her final adjustment on the ball, a defensive player may enter the neutral zone prior to the snap of the ball. **Encroachment = 5-yard penalty**
13. Illegal Contact: A defensive player may not hold, push, or knock the ball carrier down in an attempt to impede progress or remove his/her flag. **Illegal Contact = 10 or 20 yard penalty (officials discretion)**
14. De-Flagging prior to Possession: If an eligible receiver is de-flagged prior to touching the ball on a pass or handoff, the penalty will be the same as pass interference. The play is called dead upon possession of the ball. The offense will have the choice to accept the penalty or the play. **De-Flagging prior to Possession = Possession Spot Foul or 10 yard penalty - Automatic First Down**
15. Intentional Grounding: Passing the ball to an area where no conceivable receiver occupies or potentially could occupy. Mainly to avoid being sacked for a loss of yards. The player must be out the pocket (officials discretion), in order to throw the ball away intentionally. **Intentional Grounding = 10-yard penalty Loss of Down**
16. Roughing the Passer: Any unnecessary contact from a defensive player on the passer at any time during the play. Player is subject to a game ejection. **Roughing the Passer = 40-yard penalty - Automatic First Down**
17. Illegal Forward Pass: A forward pass made in front of the line of scrimmage. The penalty will be marked off from the LOS. **Illegal Forward Pass = 5-yard penalty**
18. Taunting: No taunting allowed. Penalty enforced will be up to the official.
19. Illegal Motion: No motion allowed. **Illegal Motion = 10-yard penalty**

Scoring

Touchdown = 6 points

Point After Conversion = 1 point (5 yard line)
2 points (10 yard line)

Safety = 2 points

*To earn a touchdown only the ball must break the plane of the goal line in bounds.

Official's and Supervisor's Rights:

1. The officials have the right to eject a player or players from any game at anytime. If a player has been ejected they must leave the playing field and premises immediately. The player will have to meet with the Coordinator of Recreational Sports to discuss the matter before being reinstated and eligible to play in the next contest.
2. Supervisors have the authority to end a game at any point if captains cannot control their teams and/or spectators.
3. The officials have the final say on all rulings. Any rule interpretation or dispute must take place between the team captain and the officials.

Any questions or concerns, please contact the Recreational Sports Office at 602-2555 or by email at kkeenan@une.edu