



**University of Wisconsin – La Crosse  
Recreational Sports  
Men's and Co-Rec Flag Football  
Captain's Meeting  
September 16, 2009**



**Team Captains Meeting**

Attendance at team captains meeting is MANDATORY. Any team not represented at this meeting will not be included in the league unless joining after the start of the league.

**Entry Fee**

The entry fee must be paid by cash or check and will be accepted at the team captain's meeting ONLY!!! (unless joining after start of league). Please make checks payable to UW-L Rec Sports.

**Schedules**

Scheduling for league play will be posted at [www.uwlax.edu/recsports/](http://www.uwlax.edu/recsports/)

**Home Facility**

The home facility for flag football is Mitchell Hall. Please contact home facility when forfeiting (785-8696).

**Questions**

Please feel free to contact Recreational Sports with any questions or concerns. Phone numbers: Recreational Sports Office in Mitchell Hall – 785-8696; Jim Baker (Coordinator of Intramurals) – 785-5221 or Jarod Meyer (Graduate Assistant) – 785-5219.

**General Procedures**

1. Each team shall elect a captain and possess a team name.
2. All team members must be listed on the team roster prior to participation.
3. Players may be added to a roster at any time during the regular season.
4. Players are responsible for verifying their ID and Student Number prior to participation. All players must have their current, valid ID card in order to play.
5. Any player that arrives late at the contest should present ID to scorer upon arrival.
6. Teams are expected to notify the home facility if they are going to forfeit a game. Teams that forfeit without notice must pay a \$5.00 re-entry fee by 6:00pm the following day to continue league play. This should be turned into the Rec Sports Office at the Recreational Eagle Center.
7. Any team that forfeits two times due to lack of players during league play will be eliminated for the remainder of the season (including playoffs).
8. Any player that 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 it must be changed before the player resumes play.
9. All official's calls are final!
10. Game officials shall eject from the game any player who commits a flagrant foul or displays any type of poor sports conduct (see sports conduct rule in the Intramural Sports Handbook).
11. Sports Conduct Rankings – Teams will be given a sports conduct ranking between 1 – 5 after each contest by the officials. Teams must average a 3.5 or higher during league play in order to advance into the playoffs.
12. It is encouraged to remove all jewelry for intramural competitions. All necklaces, rings, watches, and bracelets must be removed. Any player wishing to wear piercings may do so at their own risk, however these must be taped if visible.
13. Team captains are responsible for knowing all rules on the rule sheet and in the Intramural Sports Handbook and relaying that information to all players on their team.
14. RULES:

**RULE 1: THE GAME, FIELD, PLAYERS AND EQUIPMENT**

***SECTION 1: The Game***

1. Mens and Womens League: Teams are allowed a maximum of 7 players and must provide a minimum of 5 players to start a contest. A team may continue with less than 5 players as long as the team has a legitimate chance to win. Teams will be charged with a forfeit if they do not have at least 5 players at game time or if they have below 5 players during the game (unless the team has a legitimate chance to win the game.)
2. Each team will designate a captain to the referee.

***SECTION 2: THE FIELD***

1. Team Boxes: Each side of the field will have a team box. The team box will be located 2 yards of the sideline and between the twenty yardlines. Teams are to stay within the 20 yardlines and two yards off the sideline.

### **SECTION 3: EQUIPMENT**

1. Each team must provide their own ball. Mens teams must play with a regulation size football. Women's and Co-Rec teams may play with youth, intermediate youth, or junior size ball.
2. Two ball spotters will be used by the referee to mark the defensive neutral zone and the offensive neutral zone. The ball spotters will be marked one yard apart.

### **SECTION 4: PLAYER EQUIPMENT - Required**

1. Players of opposing teams must wear contrasting color jerseys without pockets, numbered on the front or back. Players of the same team must wear jerseys with different numbers. Visiting team is responsible for avoidance of similarity of color, but if there is any doubt the referee may request either team to change. Jerseys must be either;
  - a. Long enough to be tucked in the pants/shorts during the entire down or
  - b. Short enough so there is a minimum of 4 inches from the bottom of the jersey to the players waistline.
2. Pants/Shorts: each player must wear pants or shorts without any belts, belt loops pockets or exposed drawstrings. Pants/shorts must be a different color than the flags.
3. Flag belt: each player must wear a one piece belt, without any knots, at the waistline with three flags attached, one flag on each side and one in the center of the back. Flags should be contrasting colors for both teams. The referee may approve a player(s) to wear different color flags than the rest of their team.
4. Shoes: players must wear shoes that cover the entire foot. Cleats must be rubber or plastic studs, which do not chip or provide a cutting edge.

### **SECTION 5: PLAYER EQUIPMENT – OPTIONAL**

1. Players are allowed to wear an ACE bandage. It cannot exceed two turns.
2. Gloves: players may wear gloves which consist of soft, pliable, nonabrasive material.
3. Headwear: players may wear a knit or stocking cap. The cap may have no bill. It may have a knit ball on top. Players may wear a headband no wider than 2 inches and made of nonabrasive unadorned single colored cloth. Rubber cloth or elastic bands may be used to control hair.
4. Knee pads: players may wear soft, pliable, basketball or wrestling knee pads on the leg, knee, and/or ankle.
5. Mouth protector: Strongly recommended that a mouthpiece be used by all players.
6. Players may carry a playbook inside their clothing as long as it is not visible. If carried on the field, a player must keep it rather than throw it on the ground.
7. Sunglasses: players may wear pliable and non rigid sunglasses.

### **SECTION 6: PLAYER EQUIPMENT- ILLEGAL**

1. Illegal Equipment: a player wearing illegal equipment shall not be permitted to play. This applies to any equipment, which in the opinion of the referee, is dangerous or confusing. Types of equipment which will be illegal:
  - a. Headwear containing any hard, unyielding, stiff material, including billed hats or items containing exposed knots.
  - b. Jewelry
  - c. Pads worn above the waist
  - d. Shoes with metal, screw in or detachable cleats
  - e. Shirts or jerseys which do not remain tucked in. Jerseys which have an arm opening more than 4 inches below the arm pit
  - f. Pants or shorts with any belts, belt loops, pockets, or exposed drawstrings
  - g. Any slippery or sticky foreign substance on any equipment or exposed part of the body
  - h. Towels attached at the players waist

### **SECTION 7: MISSING OR ILLEGAL**

1. When any required player equipment is missing or when illegal equipment is found on any player, correction must be made before participation.

### **RULE 2: GAME MANAGEMENT**

1. Scorekeepers will flip Rec Sports ID card to determine which team will decide the following:
  - Winner chooses either to start on offense or defense, or chooses goal.
  - Halftime: Teams must change goals. Offense/defense is rotated
2. Games will be 2 halves of 20 minutes. Clock runs continuously in the 1<sup>st</sup> half. 2<sup>nd</sup> half clock will stop during timeouts and after a touchdown (clock is stopped for extra point).  
Clock stops for the following in the last 2 minutes of the game:
  1. timeouts

2. penalties
3. player goes out-of-bounds
4. incomplete pass
5. change of possession
6. first downs
7. touchdown

If the clock is stopped, it starts on the SNAP of the ball EXCEPT after first downs (starts when ball is set ready for play). If time expires during a touchdown, attempt for extra point will be allowed.

3. Each team will receive two timeouts of thirty seconds in length per half. Teams may use the allotted 30 seconds or if both teams are ready begin play for the time is up. Players on the field must directly notify the official, not the scorekeeper.

8. Scoring:

|   |                                    |
|---|------------------------------------|
| Touchdown   | 6 points (male), 9 points (female) |
| Extra Point – 3 yard line                           | 1 point                            |
| Extra Point – 10 yard line                          | 2 points                           |
| Extra Point – 20 yard line                          | 3 points                           |
| Interception that is run back during an extra point | 3 points                           |
| Safety  | 2 points                           |

9. Start of each half and following a score: place ball at 14 yard line (no kickoffs).

10. 1st down: 4 downs to advance the ball to the next "line of gain". Line of gain is established PRIOR to penalty assessment for live ball fouls.

11. Dead balls:

- Ball carrier falls to the ground.
- Ball carrier loses flag - then 1 hand touch between shoulders and knees to down the ball carrier (if carrier is in traffic, down at spot. If in open field, 1 hand touch).
- Incomplete pass.
- Ball carrier goes out of bounds.
- Fumble is a dead ball, opponent cannot recover a fumble.
- Snap hits the ground.
- Snap hitting ground in end zone is a safety.

12. Offense:

- Has 25 seconds to put ball in play.
- The ball may be centered either between the legs of the center or to the side.
- Offensive line must be motionless for 1 second.
- 2 point stance ONLY (3-point and 4-point stance NOT allowed).
- At least 4 players on the line (1 yard behind line of scrimmage constitutes "off" line).
- All players are eligible for a pass.
- 1 forward pass regardless if behind or beyond the line of scrimmage (pass to receiver who is behind the quarterback and then a forward pass by that receiver, who is behind the line of scrimmage, is legal).
- A player may hand the ball off forward of their position providing they are behind the line of scrimmage.
- Ball carrier may NOT: hurdle opponent or flag guard. Hurdling an opponent who is on the ground is legal.
- Ball carrier is allowed to spin.
- Ball is down where flag is removed.
- Use of hands is prohibited at all times by the offensive line. Lineman must keep their hand behind their back or crossed on their chest.
- One foot down inside the field of play constitutes a legal catch.
- Player receiving the snap must be at least 2 yards behind the center.
- Quarterback does NOT have to be rushed in order to run – he/she can run at any time.

13. Diving: PROHIBITED when attempting to advance the ball. Players may dive to receive a pass only. All other dives are marked "down" at the spot of take-off. The ball carrier cannot dive across the goal line or the line of gain (first down lines).

14. Punts: Punts must be announced, there are no FAKES.

- After receiving the ball, punter must put ball in play within 5 seconds.
- Both teams must have at least 4 players on the line of scrimmage.
- No movement on the line until after the ball is punted.
- If the ball is muffed, the ball is dead.
- Out of bounds - ball taken at the spot where the ball goes out of bounds.
- If ball hits ground on snap, ball is dead and the defense takes possession.
- Ball is placed on 14 yard line for touchback.

15. Safety: The team that is awarded 2 points will automatically gain possession at their own 14 yard line (no punt).

16. Blocking: Hands are kept in toward the body.
  - Any use of the arms, elbows or legs to initiate contact is illegal.
17. Defense:
  - Must go around offense and may not use hands or arms to run through opponents. NO BULLRUSHING!!
  - Tackling is done by pulling the ball carrier's flag (must attempt to grab flag only). Attempts at the ball, or holding the shirt or body is illegal.
  - Physical tackling is illegal and ruled as unnecessary roughness. Penalty is 10 yards. If flagrant, the offender shall be disqualified.
18. Tie game/Overtime: Scorekeepers will flip Rec Sports ID card.
  - Winner has the choice of possession of the ball or playing defense. Loser chooses the goal for both teams.
  - The ball is placed on the 10 yard line.
  - Each team will have 4 downs to score a touchdown. Extra points will be attempted in overtime periods.
  - If after both series of downs both teams have the same score, repeat the same procedure for a tie. Alternate teams based on initial overtime ID card flip.
  - If defense intercepts a pass and returns it for a touchdown, they win the game. If defense does not return the interception for a touchdown, the series is over and the original defense receives series of 4 downs.
  - Regular season: If after both teams have had two series each and the score is still tied, the game ends in a tie.
  - Playoffs: Tie game procedure is continued until there is a winner. If after both teams have had four series each and the score is still tied, each team must attempt the extra point from the 10-yard line.
  - Each team will be granted one time out for each overtime period (unused timeouts during regulation play will not carry over to the overtime periods).
19. Inadvertent whistle: Dependent upon running, loose ball, or passing play.
20. Spiking the ball, taunting and excessive celebration is prohibited: penalty-unsportsmanlike conduct (10 yards).
22. Mercy rule: If a team is 17 or more points ahead at the 2:00 warning in the second half, the game shall be over.

#### **CO-REC RULES:**

1. A game is played between two teams of 8 players, 4 men and 4 women. Teams with 7 players shall be 4 men and 3 women or 3 men and 4 women. To avoid a forfeit, six players, 3 men and 3 women or 2 men and 4 women are required.
2. The term "closed" means a male player may NOT throw a forward pass completion to any other male player. The term "open" means any player may complete a forward pass to any other player.
3. Each drive will begin with the play being open. During the offensive team's possession there may not be two (2) consecutive legal forward pass completions from a male passer to a male receiver. This rule applies to the Try. If a male passer completes a legal forward pass to a male receiver, the next legal forward pass MUST involve either a female passer or a female receiver for positive yards. (i.e. All plays are OPEN until a forward pass is completed from a male QB to a male receiver. After a male-to-male completion, the next play shall be CLOSED, and will remain closed until positive yards are gained on a passing play that involves either a female QB or a female receiver). All closed play violations shall be penalized as illegal.
4. There are no other restrictions concerning a male passer completing forward passes to a female receiver, or female to female, or female to male.
5. Any foul, whether accepted or declined, shall have no effect on whether the next forward pass completion is "open" or "closed".
6. The offensive team males cannot advance the ball through their scrimmage line. Penalty: Illegal Procedure, 5 yards from the previous spot. There are no restrictions: during a run by a male runner once the ball is beyond the offensive scrimmage line; during a run by a female runner, and after a change of possession.
7. A female may advance the ball across the line of scrimmage anytime.
8. A touchdown by a female is 9 points; whether it is thrown, ran, or caught.

## **FLAG FOOTBALL PENALTIES**

### 5 YARD PENALTIES:

1. Delay of game (25 seconds from end of last play to start next play)
2. False start
3. Encroachment (10 yards for 2 or more consecutive encroachments by same team)
4. Illegal procedure
5. Illegal motion
6. Illegal shift
7. Illegal snap
8. Less than required number of players on the line of scrimmage (need at least 4 players on the line of scrimmage)
9. Player receiving snap within 2 yards of scrimmage line
10. Illegally handing ball forward (also loss of down)
11. Illegal forward pass (also loss of down)
12. Intentional grounding (also loss of down)
13. Illegal substitution
14. Aiding runner by teammates
15. Illegal equipment

### 10 YARD PENALTIES:

1. Illegal contact (includes clipping, holding and tripping)
2. Unnecessary roughness
3. Eligibility - going out of bounds and participating in play
4. Offensive pass interference from previous spot (also loss of down)
5. Defensive pass interference from previous spot (also automatic first down)
6. Straight arm
7. Personal foul, unsportsmanlike conduct
  - Defense: from previous spot, automatic first down
  - Offense: from previous spot, loss of down
8. Roughing the passer (also automatic first down)
9. Fair catch interference
10. Illegally secured flag belt (also loss of down/automatic first down)
11. Bull rushing
12. Too many players on the field
13. Flag guarding (from the spot of the foul)

**ANY FLAGRANT ACTION IS AN AUTOMATIC EJECTION!!!**