Outdoor Flag Football Rules FALL 2015

All additions/changes to the rules from 2014-15 are selected in GRAY. Please read carefully.

Click on the following links to visit specific areas of the rule book:

- Section 1: General Overview
- Section 2: General Procedures/Reminders
- Section 3: Activity-Specific Rules
- Section 4: REC*IT – Intramural Sports’ Mobile App

General Overview

Team Registration and Entry Fee
All team registrations are done online via IMLeagues. Registration periods are listed on the Intramural Sports website under the “List of Sports” section.

Instructions on how to register a team in IMLeagues can be found on our “Forms and Videos” page. Don’t forget about the pre-registration option!

The team entry fee for Outdoor Flag Football is $45 and is to be paid online via PayPal at the time of registration. Captains will be able to pay with a credit/debit card or online check. In-person payment options are available if online payment is not feasible.

UW-L Rec Sports WILL NOT hold spots for teams or individuals during registration (including teams in the pre-registration waiting list).

Team Captain’s Quiz
All team captains are required to take an online rules and handbook quiz and score 100% in order to complete the registration process for a team. The quiz will contain general policy and sport-specific rules questions in multiple choice format.

Player Registration
Individual player registrations (i.e. roster additions) are also done via IMLeagues. Instructions can be found here.

All players are required to take a brief participant quiz and score 100% in order to be added to a team. Individuals will be prompted to take the quiz online in IMLeagues as part of the roster addition process.

No roster addition sheets are available on-site. Please make sure all roster additions are completed prior to the scheduled contest start time.

Team Schedules
All team schedules for regular season and playoff contests will be published in IMLeagues. Captains and participants will be contacted via IMLeagues when schedules are completed and ready to view.

Please do not ignore email or text messages from IMLeagues, as they will be sent from UW-L Intramural Staff

Forfeits and Defaults
If a team cannot participate in a contest, please notify the REC Information Counter (608-785-5225) at least three (3) hours prior to the scheduled contest to avoid a forfeit fee. Forfeit notifications will not be accepted via email.

Contact Information

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Phone Number</th>
<th>Email Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rec Sports Service Staff</td>
<td>REC Information Counter</td>
<td>608-785-5225</td>
<td><a href="mailto:intramurals@uwlax.edu">intramurals@uwlax.edu</a></td>
</tr>
<tr>
<td>Matt Schneider</td>
<td>Intramural Sports Coordinator</td>
<td>608-785-5221</td>
<td><a href="mailto:mschneider@uwlax.edu">mschneider@uwlax.edu</a></td>
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<td>Brooke Hemstead</td>
<td>Graduate Assistant</td>
<td>608-785-5219</td>
<td><a href="mailto:hemstead.broo@uwlax.edu">hemstead.broo@uwlax.edu</a></td>
</tr>
</tbody>
</table>
1. **No ID, No Play**
   Each participant must present a valid (current) UW-L student I.D. to the Intramural Supervisor or Scorekeeper at every contest. No exceptions will be made and no other form of identification will be accepted.

   If a participant forgets their UW-L-issued I.D., a forgotten I.D. pass may be obtained at the REC Info Counter or the Rec Sports Office in Mitchell Hall (when applicable). Supervisors, Scorekeepers, and Officials do not distribute these passes. A forgotten I.D. pass may only be used once per semester across all program areas within Rec Sports.

2. **Team Roster**
   All participants must be on the team roster in IMLeagues. Any member not on the roster may complete a roster addition online via IMLeagues. **No roster add sheets will be made available at the site of the contest.**

   No participant may play on two teams in the same league or a forfeit will be charged to the second team he/she participated on. **Roster additions are allowed up until postseason brackets are published.**

3. **Apparel**
   Each participant must wear appropriate apparel and non-marking athletic footwear.

4. **Injuries/First Aid**
   First aid treatment is typically, but not always, available during Intramural contests. Any bleeding must be stopped and cleaned up before participant can re-enter the contest.

5. **Jewelry**
   For your safety, all visible jewelry, watches, and bracelets must be removed or covered legally prior to participation. Medical bracelets may stay on.

6. **Sportsmanship/Participant Conduct**
   Sportsmanship is important before, during, and after Intramural contests. Teams will be scored on a scale of 1 (unsatisfactory) to 5 (excellent) based on their behavior and conduct after every game. Teams must average a 3.5 rating in order to qualify for playoffs. Teams or individuals failing to abide by these sportsmanship guidelines must meet with the Intramural Sports Coordinator and Graduate Assistant for reinstatement.

7. **Refunds**
   Team registration fee refunds are permissible based on certain circumstances. Please email intramurals@uwlax.edu to request a refund. Due to online processing fees, you may not receive a full refund of your team’s registration.

8. **Team Names**
   Team names must be appropriate. Captains of teams that reference anything deemed inappropriate or offensive in their name will be contacted by Intramural Sports to change the team name. Intramural Sports reserves the right to change names at any time and without notice (based on circumstance).

9. **Playoffs**
   Playoffs will commence following the regular season. Teams playing more than four (4) contests are required to win two (2) contests and meet all outlined sportsmanship requirements. Teams that play four (4) or fewer contests will automatically make playoffs as long as sportsmanship requirements are met.

   Intramural Sports administration will send messages out to all participants regarding playoff procedures as regular season action winds down.

10. **Communication Efforts**
    Throughout the season and playoffs, Intramural Sports may attempt to contact teams and/or individuals on multiple occasions. Please do not ignore messages from Intramural Sports or IMLeagues, and be sure to check your voicemail.
Activity-Specific Rules

Outdoor Flag Football is a non-contact activity. However, contact and injuries are a possibility. The Intramural Sports program assumes no responsibility for injuries and all participants must sign the online waiver in IMLeagues prior to competing.

Starting the Game

1. **Game Time**
   
   GAME TIME IS FORFEIT TIME. It is recommended that teams arrive at the game site fifteen (15) minutes prior to the scheduled start.

2. **Game Setup**
   
   a. **Field**
      
      All contests are played at the Sports Complex on the Rec Field. The field will be set up by the Rec Sports Staff.
   
   b. **Officiating**
      
      All contests will be officiated by three (3) trained Intramural Flag Football officials. All calls made by officials are final. To become an official, click [here](#). A scorekeeper will keep track of the score, stats, and check participants in.
   
   c. **Pre-Game Captain’s Meeting**
      
      Captains will meet with game officials at midfield for a brief overview of game rules and to ensure all participants are eligible/properly equipped.

3. **Game Equipment**
   
   a. Team jerseys will be made available for rent at the fields prior to the contest.
   
   b. Players must wear shorts or pants **WITHOUT POCKETS** that differ in color from the flags.
      
      - Shorts and pants cannot contain any belts, belt loops, or exposed drawstrings.
      - It is not legal to tape pockets, belt loops, or belts in an attempt to make clothing legal.
   
   c. Flag belts will be provided. Players are not allowed to knot, twist, or tie their flag belts.
   
   d. A game ball will be available, though teams may provide the game ball for their offensive possessions. Any game ball must be approved by an official before the start of your game.
   
   e. Football gloves and mouth guards are legal pieces of equipment.
   
   f. Tennis shoes or molded plastic cleats are legal. Metal cleats are not allowed.
   
   g. Participants may wear skull caps without a knot or knit/stocking caps without brims or bills.
   
   h. Participants may not wear a bandana, baseball hat, or any headwear with a visor or knot in it.
   
   i. Participants may not have towels tucked into their pants, jerseys, or attached to their person.

4. **Participation**
   
   a. **Men’s/Women’s**
      
      - Teams will consist of seven players on the field at one time.
      - Teams may start with as few as five players.
      - If a team is reduced to less than five players at any time during the contest, a default will result.
   
   b. **Co-Rec**
      
      - Teams will consist of eight players on the field at one time, four male and four female.
      - Teams may start with as few as six players as long as there are 3:3 or 2:4 male to female ratio.
      - Teams with seven players may play in a 3:4 or 4:3 ratio of males to females.
5. Eligibility
   a. Athletic Athlete (NCAA, NAIA, NJCAA, etc.) Eligibility
      • The 2015-16 UW-L Men’s Football players may not participate in football related intramurals during the 2015-16 academic year.
      • Only one 2014-15 collegiate football player may play on a team.
      • There are no limitations to the number of previous football players from other seasons per team.

6. General Game Play
   a. The official will flip a coin to determine possession.
      • The winner of the flip will have a choice to start on offense, defense, or choose goal.
   b. Games will consist of two-20 minute halves with running clock and a 3-minute halftime. The clock will stop in the last 2 minutes of the second half during dead ball situations.
   c. The clock does not run on extra point attempts in the last two of the second half.
   d. If time expires during a touchdown scoring play, attempt for extra points will be allowed.
   e. Each team will have 2 timeouts of 30 seconds per half and must be called by a player on the field.
   f. In the event of overtime, each team will have 1 timeout of 30 seconds.
   g. A timeout may only be called between plays and must be directed to an official.
   h. At the start of each half the ball will be placed at the 14 yard line nearest to your end zone.
   i. The player with the ball will be marked down where the flag is removed.
   j. DIVING IS PROHIBITED AT ALL TIMES, with exception of DIVING FOR A PASS.
   k. Spiking the ball, taunting or excessive celebration will be considered unsportsmanlike conduct.

7. The Field
   a. All games will take place on the Rec Fields at the Sports Complex.
   b. Each team will have a designated “team box” for their personal equipment, bags, and subs to stand.

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**Diagram:**

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<thead>
<tr>
<th>Field 1</th>
<th>Field 2</th>
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<tbody>
<tr>
<td>END ZONE</td>
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<td>Team Box</td>
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<tr>
<td>3 Point Conversion (20 Yard Line)</td>
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<td>Starting Spot (14 Yard Line)</td>
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<td>2 Point Conversion (10 Yard Line)</td>
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<td>1 Point Conversion (3 Yard Line)</td>
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<td>Tennis Courts</td>
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8. First Downs
   a. You will have 4 downs to reach the “line to gain”. The line to gain will either be the 20 yard line, 40 yard line, or 20 yard line (whichever is closest and has not been crossed yet during the possession).
   b. Line of gain is not established prior to penalty assessment for live balls.

9. Offense
   a. The offense has 25 seconds to snap the ball between plays.
   b. The ball may be snapped between the legs or off to the side of the player.
   c. At least 4 players on the line (1 yard behind line of scrimmage constitutes "off" line).
   d. Offensive line must be motionless for 1 second.
   e. 2 point stance ONLY (3-point and 4-point stance NOT allowed).
   f. All players are eligible for a pass.
   g. A player may hand the ball off forward of their position providing they are behind the line of scrimmage.
   h. The ball carrier may not hurdle an opponent or leave his/her feet at any point during the play.
   i. Flag guarding is prohibited. It is defined as the act of defending your flags by blocking your opponent’s hands form grabbing your flags.
   j. 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.
   k. One foot inbounds is considered a legal catch.
   l. There is no blocking. Any use of arms or legs to initiate contact is illegal.
   m. Quarterback does NOT have to be rushed in order to run – he/she can run at any time.

10. Scoring
    a. Touchdown (Male, Female, and Co-Rec) 6 points
    b. Extra Point – 3 Yard Line 1 point
    c. Extra Point – 10 Yard Line 2 points
    d. Extra Point – 20 Yard Line 3 points
    e. Interception run back during an extra point 3 points
    f. Safety 2 points (Scoring team starts from their 14 yd. line)

11. Flag Belt Removal
    The ball becomes dead when a ball carrier’s flag belt is removed. The ball will be spotted at the location of the most forward point of the ball when the flag belt clip was removed. All players must be wearing a flag belt at the time of the snap. It is illegal to intentionally remove a player’s flag belt if he/she is not in possession of the ball. If a flag belt falls off of a ball carrier, he/she is considered down when a member of the opposing team tags him/her with one (1) hand between the shoulders and knees.

12. Punts
    a. Punts must be announced, there are no FAKES.
    b. After receiving the ball, punter must put ball in play within 5 seconds.
    c. Both teams must have at least 4 players on the line of scrimmage.
    d. No movement on the line until after the ball is punted.
    e. If the ball is muffed, the ball is dead.
    f. Out of bounds - ball taken at the spot where the ball goes out of bounds.
    g. If ball hits ground on snap, ball is dead and the defense takes possession.
    h. Ball is placed on 14 yard line for touchback.
13. Dead Balls
   a. Ball carrier falls to the ground.
   b. Ball carrier losses flags and then is 1 hand touched by an opponent.
   c. Incomplete pass.
   d. Ball carrier goes out of bounds.
   e. Fumbled balls are considered dead balls and cannot be advanced. (The ball will be spotted at point of contact with the ground)
   f. A snapped ball hits the ground.
      • A snapped ball hitting the ground in the end zone is a safety.

14. Defense
   a. The defensive players must run around offensive players without using their hands or arms.
   b. Attempts at the ball, clothing, or body are illegal. The physical act of tackling is illegal and will be assessed as unnecessary roughness.
   c. Physical tackling is illegal and ruled as unnecessary roughness. Penalty is 10 yards. If flagrant, the offender shall be disqualified.

15. Co-Rec Rules
   a. The term “open” means any player may complete a forward pass to any other player.
   b. The term “closed” means a male player may NOT throw a forward pass to another male player.
   c. Each possession will begin with the play being “open”.
   d. For an “open” play to turn to a “closed” play, a male passer must complete a pass to a male receiver.
   e. For a “closed” play to become “open”, a female must to be involved in a forward pass.
      • A female passer completing a forward pass to a male receiver behind the line of scrimmage on a “closed” play with the male running past the line of scrimmage is an illegal forward pass.
      1. An illegal forward pass results in 5 yards from the spot of the pass and loss of down.
   f. This rule applies to the extra point attempt. 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.
   g. All “closed” play violations shall be penalized as an illegal forward pass resulting in 5 yards from the spot of the pass and loss of down.
   h. There are no restrictions during a run by a male runner, during a run by a female runner, and after a change of possession.
   i. There are no other restrictions concerning a male passer completing forward passes to a female receiver, or female to female, or female to male. The following play will always be “open”.
   j. Any penalties, whether accepted or declined, shall have no effect on whether the next forward pass completion is “open” or “closed”.

16. Penalties
   a. 5 Yard Penalties
      • Delay of game (25 seconds from the end of the last play)
      • False start
      • Encroachment (10 yards for 2 or more consecutive encroachments by the same team)
      • Illegal procedure, illegal motion, illegal shift, and illegal snap
      • Less than required number of players on the line of scrimmage (need at least 4 players on the line)
      • Player receiving snap within 2 yards of scrimmage line
      • Illegally handing ball forward (also loss of down)
      • Illegal forward pass (also loss of down)
      • Intentional grounding (also loss of down)
      • Illegal substitution
      • Aiding runner by teammates
      • Illegal equipment
      • Hurdling (anytime a player with possession of the ball leaves their feet)
10 Yard Penalties
- Illegal contact (includes clipping, holding and tripping)
- Unnecessary roughness
- Eligibility - going out of bounds and participating in play
- Offensive pass interference from previous spot (also loss of down)
- Defensive pass interference from previous spot (also automatic first down)
- Straight arm/Stiff arm
- Unsportsmanlike conduct
  1. Defense: from previous spot, automatic first down
  2. Offense: from previous spot, loss of down
- Roughing the passer (also automatic first down)
- Fair catch interference
- Illegally secured flag belt (also loss of down/automatic first down)
- Bull rushing
- Too many players on the field
- Flag guarding (from the spot of the foul)

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

17. Mercy Rule
   a. If a team is ahead by 19 or more points at the 2 minute warning of the second half, the game will be ruled a victory for the team in the lead.

18. Overtime (Regular Season)
   a. The official will flip a coin to determine possession.
      - The winner of the flip will have a choice to have possession first or play defense. The loser will chose the goal for both teams.
   b. Each team will have one-4 down possession from the 20 yard line to score a touchdown and extra point of their choosing.
   c. If the score is tied after both teams have a possession the teams will flip order and each will have one more possession to decide a winner. If it is still tied after each team has two possessions the game will end in a tie.
   d. If the defense returns a pass for a touchdown they win the game.
      - If the defense makes a stop or intercepts the ball without scoring on the first possession, they will start from the 20 yard line with 4 downs to score.
   e. Each team will be granted one timeout per overtime period.

19. Overtime (Playoffs)
   a. All above overtime rules stand in the playoffs, except games will not end in a tie.
   b. If after each team has two possessions and the score remains a tie, the process will continue until a winner is determined. Each team must attempt their extra point attempts from the 2 or 3 point spot.

20. Protests
    Teams are permitted to protest. If you wish to protest in game, notify the game official and find an Intramural Supervisor right away. To file a post-game protest, email the program at intramurals@uwla.edu or visit the online protest form here. Teams cannot protest a judgment call made by an official, only scores or rule enforcements.
21. Weather
   a. Weather cancellations will be determined by the Rec Sports Staff no more than 2 hours before the first schedule game of that day.
   b. Please check the intramural sports website, Facebook page, and watch for an email from Rec Sports.
   c. During regular season, a contest with 10 or less minutes left in the second half will constitute a full game. If less is completed, the game will be rescheduled. Incomplete games will start over from the first pull of the game.
   d. Games will be made up if time allows. Please check IMLeagues for game makeup dates/times.

Drink Policy
Participants and fans are not permitted to bring/consume alcoholic beverages at any Rec Sports facility and event. Violators of this policy will be removed from the facility and a forfeiture of the Intramural contest/suspension from Intramural activity is possible.

Any participant and/or spectator suspected of possessing an alcoholic beverage must cooperate with Rec Sports Staff.

Drug and Alcohol Policy
All team members (including “coaches” and “fans”) coming to any Intramural activity under the influence of alcohol and/or drugs will be asked to leave to site of competition immediately if, in the opinion of the Rec Sports Staff, they pose a threat to the safety, welfare, fairness, and overall enjoyment of all players, officials, and spectators. Teams/players will also face likely disciplinary measures determined by Rec Sports administration.
REC*IT – Intramural Sports’ Mobile App
All participants are invited to download the official smartphone app of UW-L Intramural Sports and IMLeagues, REC*IT! REC*IT allows users to track their personal Intramural schedules and statistics, see content updates from the Rec Sports program, interact with other participants, and much more!

New to 2015-16, users can now create and pay for teams and add themselves to rosters! Anything you can do on IMLeagues you can now do straight on your smartphone via REC*IT!

Download REC*IT for FREE from the Android or iPhone stores. To learn more about REC*IT, visit recitcollege.com.

Watch the REC*IT promo video here!

THANK YOU FOR YOUR PARTICIPATION!

BEST OF LUCK THIS SEASON!

Like us on Facebook
UW-L Intramural Sports (official)

Follow us on Twitter
@UWLRcSports

We’d love to hear from you!
Intramural Sports Rule Suggestion Form
Intramural Sports Activity Suggestion Form
Rec Sports Feedback Form
intramurals@uw lax.edu

Click the logo to return to the Intramural Sports website