

# Flag Football Rules

Revised July 2019

## General Intramural Sports Regulations:

- There is no warm up equipment provided.
- Games that start late will finish on time. Halves will be shortened to accommodate the scheduled end time. There will be no extra time added.
- Team rosters are to be submitted and completed online by the team captain (individual who registered the team) prior to the players meeting. To complete your roster you will need to know each players UCID number and associated email address. All players who do not have a UCID number must contact Client Services at 403-220-7749 to request a UCID number.
  - Input your roster online at <http://www.ucalgary.ca/activeliving/> (Click on your name, drop down to 'My Teams', add email).
- All players must be added to the roster by the Captain's meeting. Players may be added after at the Coordinator's discretion.
- All players must complete an online waiver before they are allowed to play. Instructions on how to sign online waivers can be found at <http://www.ucalgary.ca/activeliving/how-to-register> (Click on shopping cart next to name, waivers).
- If waivers are not signed before league play, those players are taken off of the roster.
- All players must be prepared to check in with the supervisor for every game with a piece of photo identification.
- In Competitive Leagues, to be eligible for playoffs a player must have played in at least one regular season game and be on the team roster with an online waiver signed. Teams must meet the Fair Play requirements (3.5 average).
- **Suspended players may not be present during scheduled games, if so, the entire team shall be suspended indefinitely.**
- Any games that end after 30 minutes of scheduled play time will be considered a completed game and will not be rescheduled.
- Current Intercollegiate are not permitted to play during their season in the same or similar sport.
- Former professional athletes are not permitted to play.
- Intramural Sports has a **Zero-Tolerance policy for fighting and abuse of staff and other intramural participants**. This will be strictly enforced.

For a complete list of policies, see <http://www.ucalgary.ca/activeliving/intramurals/policies-regulations> .

\*\*\*\*\***The Line of Scrimmage is abbreviated as LOS, Yards as yd.**\*\*\*\*\*

### Playing Rules

- i. The game will consist of 1 twenty-five and 1 twenty minute straight time halves. All games are to end on the allotted time. If a game begins late the officials will deduct time from the game to ensure that it ends on time.
- ii. Each team is allowed 1 (60 second) time out per half. Unused timeouts cannot be carried over to the second half of the game.
- iii. There will be a 5 minute warm up period and a 5 minute break in between halves
- iv. When there is 2 minutes left to play in each half the referee will announce there are 5 plays left in the half.
- v. All plays include offensive plays, punts and penalties will count as one play. However, the half cannot end with a penalty to the defense. In this case the offense will be granted another play in that series.
- vi. We reserve the right to invoke the 'Mercy Rule' in the last five (5) minutes of play if there is a difference of thirty (30) or more points between both teams.
- vii. Teams cannot win by a difference of more than 30 points (ie. If the score is 42-0 it will be recorded as 30-0).
- viii. Defaults will be recorded as a 21-0 loss and result in a zero in fair play. Forfeits will be recorded as 21-0.

### Team Composition

#### Outdoor:

- i. All players must be registered on the team roster with the Intramural Sports department.
- ii. A team may have a maximum of 20 players dressed for any one game.
- iii. A team must have at least six players within 10 minutes of the start time to avoid a default.
- iv. The game is played with 7 players on the field, per team.

#### Indoor:

- i. All players must be registered on the team roster with the Intramural Sports department.
- ii. A team may have a maximum of 14 players registered for any one game.
- iii. A team must have at least five players within 10 minutes of the start time to avoid a default.
- iv. The game is played with 6 players on the field, per team

### Points will be awarded for the following:

- i. A touchdown is worth 6 pts.
- ii. A conversion (from the 10 yd. line) is worth 2 pts. There are no returns on conversions.
- iii. A safety touch is worth 2 pts.
- iv. There are no 1 pt. conversions or field goals.

### Equipment

- i. Flags must be worn directly over the hips and must be in full view at all times.
- ii. Jerseys must be tucked into the player's pants. Jerseys are not to be worn over the flags.

#### Outdoor:

- i. No metal cleats are permitted. Rubber soled training shoes are permissible.

### **Downs**

Outdoor:

- i. The offence has four downs to make it to half and another 4 downs to score

Indoor:

- i. The offence has four downs to score

### **Fumbles**

- i. In the case of a fumble the ball will be ruled dead at the spot of the fumble and the offensive team will retain possession.
- ii. The quarterback may recover a fumble off of the initial snap,
  - a. If the defense touches the ball it will be ruled dead where it was touched and the offense will retain possession.
  - b. The Defense cannot recover a fumble on the snap.
- iii. If there is a fumble on the kickoff or a punt the ball is ruled dead (ball must be picked up on the first attempt)

### **Kicking Situations**

Outdoor:

- i. A kickoff may be from a tee or placed by the holder.
- ii. If the kick goes out of bounds before being touched, there is a 10 yd. penalty, and a re-kick. The receiving team does have the option of taking the ball from the spot where it went out of bounds.
- iii. Onside kicks are not allowed. If the ball is touched by the kicking team
- iv. There is no downfield blocking allowed on kicking plays.
- v. If there is a fumble on a kick the ball is ruled dead (ball must be picked up on the first attempt)

Indoor:

- i. There is no kickoff in indoor flag football. Teams start the offensive series on their 10 yard line.

### **Punting Situations.**

Outdoor:

- i. If the ball is kicked out of bounds then the receiving team must take their first down at the point where the ball went out of bounds.
- ii. Teams must declare intention to punt or not on fourth down. There are no fake kicks.
- iii. If the kicking team touches a punt before it touches a player on the receiving team the ball is given to the receiving team at the point where it was touched
- iv. The Defensive team cannot block a punt
- vi. There is no downfield blocking allowed on punting plays.

- vii. If there is a fumble on a punt the ball is ruled dead (ball must be picked up on the first attempt)

Indoor:

- i. A team may choose to punt on their 4<sup>th</sup> down, in which case they forfeit their down and the receiving team will start their first down on the 10 yard line.

### **Offensive Series Regulations**

- i. Line up
  - a. The LoS will be marked by a cone, as well as
  - b. All offensive players must take a position on or behind the LoS.
  - c. All defensive players must take a position at least one yard from the LoS on the opposite side.
  - d. All players on the LoS must remain stationary until the ball is snapped
- ii. Snap
  - a. A player designated as the center will then begin the play by snapping the ball between the legs or to the side.
    - 1. The quarterback must receive the ball at least three yards behind the LoS.
    - 2. No Self Snapping is allowed
- iii. Blocking
  - a. There is no blocking of any kind permitted.
  - b. A pick will be considered a block
- iv. Loss of Down
  - a. The play is terminated when a defender pulls the flag of the ball carrier.
  - b. If the ball carrier has lost his flags for any other reason, then play will continue until the carrier is touched by a defender (only one hand required)
  - c. If the ball carrier is on the ground for any reason, they must be touched in order to be downed (only one hand required).
- v. Rushing
  - a. The defense is allowed one rusher for each player remaining behind the LoS (i.e. one for the quarterback, additional one for each running back present)
  - b. The Rusher may run after a loud 5 steamboat count from anywhere.
  - c. The Rusher may not line up directly in front of the center.
  - d. If the Quarterback has not thrown the ball within 10 steamboats, a full rush is allowed
  - e. If a handoff is made to a running back, a full rush is immediately allowed
- vi. Quarterback Running
  - a. The quarterback may only run the ball once the rusher has crossed the LoS.
  - b. If no rush is initiated, the quarterback cannot cross the LoS
- vii. Receiving
  - a. All players are eligible to receive
  - b. Players must have control of the ball and both feet in-bounds for a good catch
    - 1. The lines are to be considered out of bounds
- viii. Running

- a. Handoffs to running backs are allowed
    - 1. The Quarterback may not hand the ball directly back to the center
  - b. If the ball carrier completes a 360-degree spin, the play will be whistled down at the point of the spin. This applies to the quarterback as well.
- ix. Laterals and Forward Passing
- a. Only one Forward Pass is allowed per play
    - 1. Must be made with both feet behind the LoS
    - 2. A forward pass in front of the LoS will be considered down at the point of the throw
  - b. Laterals are allowed as many times as desired.
  - c. A dropped Lateral is considered a fumble and is blown dead upon touching the ground
  - d. Any player may make a forward pass from behind the LoS, even if they were not the original quarterback
  - e. Intentional Grounding will result in loss of down where ball was thrown from
- x. Huddles
- a. All players on offence must return to the huddle after every down (no sleeper plays)
  - b. Teams Have 20 seconds to snap or a penalty will be called
- xi. Interceptions
- a. First down will be awarded after the intercepting player is downed.
  - b. If an interception occurs in the players own end zone and is deflagged, the first down will be awarded on the players 20 (outdoor) or 10 (indoor) line.
    - 1. No points are awarded in this case

### **Penalties**

- i. **Referee's judgment calls cannot be protested or reversed.**
- ii. Penalties will be taken as the smaller of the prescribed yardage and halfway to the goal line
- iii. The following are penalties applicable to all situations:
  - a. Unsportsmanlike Conduct: 15 yd. penalty.
    - i. The penalized player may be ejected from the game and may be suspended from the league, pending review from the league coordinators.
      - Defense Commits: Down replayed unless offense declines.
      - Offense Commits: Loss of down
  - b. Too many players on the field: 5 yd. penalty from LoS
    - Defense Commits: Down replayed unless offense declines
    - Offense Commits: Down replayed

- c. Guarding the Flag: 15 yd. penalty from the point of infraction.
  - Offense Commits: Loss of down
  
- d. Unnecessary Roughness: 10 yd. penalty from the point of infraction
  - i. The penalized player may be ejected from the game and may be suspended from the league, pending review from the league coordinators.
    - Offense Commits: Loss of down
    - Defense Commits: Down replayed unless offense declines
  - ii. Possible Infractions include, but are not limited to:
    - Offense:
      - a. Straight arming by carrier on a defensive player
      - b. Ball carrier charging defensive player without trying to change direction
      - c. Blocking
      - d. Holding
      - e. Interference
      - f. Remote Pass Interference
    - Defense:
      - a. Defender shoving or pushing ball carrier off balance
      - b. Contacting the quarterback's arm while in a throwing motion
      - c. Attempting to strip the ball from the ball carrier
      - d. Tackling the ball carrier
      - e. Blocking
      - f. Holding
      - g. Interference
      - h. Remote Pass Interference
  
- e. Wearing Flags or Jerseys Improperly: 5 yd. Penalty
  - i. If before play: From the LoS and down replayed.
  - ii. If during play: From point where failed attempt to pull flag occurred, loss of down (only matters for offense)
  
- f. Offside: 5 yd. Penalty from LoS
  - i. Down replayed regardless of team (whistled immediately)
  
- g. Delay of Game: 5 yd. Penalty
  - i. Down Replayed
  - ii. Play resumes immediately, no new huddle allowed
  
- h. Illegal Procedure and Failure to Remain Stationary on Line of Scrimmage: 5 yd. Penalty
  - i. From LoS and Down replayed
  
- i. Pass Interference:

- i. Includes direct contact and blocking of the opponent to cause them to miss or drop a catch.
- ii. If Committed in pass target area (area which pass was intended):
  - Offense Commits: Defense awarded ball at point of infraction
  - Defense Commits: Offense awarded ball at point of infraction or smallest of 10 yards/halfway to the goal line from previous LoS
    - a. If defense commits in end zone, ball will be awarded at the one yard line with down replayed
- iii. Remote Pass interference (away from target area) will be regarded as unnecessary roughness