



University of Southern Indiana Men and Women Intramural Flag Football

Team Captains Meeting

Attendance at team captains meeting is MANDATORY.

Schedules

Schedules will be posted on the bulletin boards in the PAC, RFC and on www.usi.edu/rfw.

Questions

Please feel free to contact Intramural Recreational Sports with any questions or concerns. Phone numbers: Front Desk in RFC – 461-5268; or Scott (Program Coordinator) – 465-1216.

All Campus Points

Flag Football is a Level 1 Event. All teams in attendance will receive 5 All Campus Points.

1 st place = 150 points	5 th -8 th place = 75 points
2 nd place = 125 points	Qualified for Tournament = 50
3 rd - 4 th place = 100 points	Participation = 25 points

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. The team captain is responsible for giving team names, numbers and ID's of their team to the supervisor or scorekeeper prior to the start of each game.
4. All players must have their current, valid ID card at the appropriate playing area in order to play.
5. Teams are expected to notify the Intramural Recreational Sports if they are going to forfeit a game. Teams that forfeit will lose any opportunities to win their league, advance to playoffs and will lose 25 points.
6. 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 or jersey, it must be changed before the player resumes play.
7. All official's calls are final!
8. Game officials shall eject from the game any player who commits a flagrant foul or displays any type of poor sports conduct.
9. Sports Conduct Rankings – Teams will be given a sports conduct ranking between 1 – 4 after each contest by the officials and supervisors.
10. All participants must wear a shirt.
11. No watches, rubber bands, etc on wrists.
12. Team captains are responsible for knowing all rules on the rule sheet and relaying that information to all players on their team.
13. Players may not wear hats or sunglasses during the contest.
14. Headbands are allowed; tuck the tip to eliminate free movement.

RULES

1. Seven players play at one time, but a team can start with as few as 5. However once there is less than 5 players, the game is called a forfeit. **GAME TIME IS FORFEIT TIME.**
2. No metal or hard plastic cleats.
3. Shirts/sweatshirts/jackets must be tucked in. Any cutoffs must be 4" above waistline (fist). No hooded sweatshirts. **Players are not allowed to wear pants/shorts with pockets** (taping pockets is NOT acceptable).
4. **Game consists of 2 halves of 12 minutes each. Halftime is 3 minutes.**
5. Clock: First & second half - clock runs continuously EXCEPT 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. scores

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

7. Each team will receive **two timeouts** of thirty seconds in length per game. Players on the field must directly notify official, not scorekeeper.

8. Scoring:

Touchdown	6 points
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 extra pt	2 points
Safety	2 points

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

10. Paper/Rock/Scissors:

Winner chooses either to start on offense or defense, or chooses goal. Loser gets the other.

Halftime: Teams must change goals. Offense/defense is rotated.

11. 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.

12. 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 that hits the ground.
- Snap hits the ground.
 - Snap hitting ground in end zone is a safety.

13. 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. It must be a fluid snap from the ground and not from the cone.
- 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.
- 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 guard flag (ball is down where infraction occurs). Jumping to throw or catch a pass is allowed.**
- 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.
- One foot down inside the field of play constitutes a legal pass 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.

14. **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).**

15. 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.
- Once ball hits the ground, dead ball.
- Once ball is touched (muffed) 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 over possession.
- Ball is placed on 14 yard line for touchback.

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

17. **Blocking: Hands are kept in toward the body.**

- **Any use of the arms, elbows or legs to initiate contact is illegal.**
 - **NO HOOKING – must give players room to move out of the way on down field block.**
18. Defense:
- Must go around offense and may not use hands or arms to run through opponents. **Absolutely No Bull Rushing.**
 - 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.
19. Tie game/Overtime: Begins with Rock/Paper/Scissors.
- 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 20 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 procedure alternating team possession from initial overtime rock/paper/scissor.**
 - 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 two series each and the score is still tied, each team must attempt the extra point from either the 10 or 20 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).
20. Inadvertent whistle: Dependent upon running, loose ball, or passing play.
21. **Spiking the ball, taunting and excessive celebration is prohibited: penalty-unsportsmanlike conduct (10 yards).**
22. **Mercy rule:**
- **If a team is 24 or more points ahead at halftime or after, the game shall be over.**
 - **If a team is 17 or more points ahead at the 2:00 warning in the second half, the game shall be over.**

Tournament

1. The top two teams in each league will advance to a single elimination tournament.

League Tie Breaker Criteria:

1. When two or more teams have the same record within their league, the following criteria determine final standings.
 1. Head to head record
 2. Match record vs. teams tied with (total games won minus total games lost).
 3. Point differential vs. teams tied with (total points scored minus total points allowed).
 4. Total point differential.
 5. Sportsmanship rating.

FLAG FOOTBALL PENALTIES

5 YARD PENALTIES:

1. Delay of game
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.
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)
If flagrant, additional 10 yards.
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

ANY FLAGRANT ACTION IS AN AUTOMATIC EJECTION!!!

10/8/09