



Intramural Flag Football Rules

I. Eligibility

- A. Team managers and players are responsible for checking their eligibility status. A complete list of intramural eligibility regulations and procedures is available in the Recreational Sports Managers' Manual which may be obtained in the Campus Recreation Department, Collins Fitness Center.
- B. The mandatory Flag Football Managers' Meeting is Monday, August 28, 2006 at 3:30 P.M. in the Collins Fitness Center.

II. Equipment

- A. The Campus Recreation Department will provide a game ball for each contest. A regular size football will be used for the Men's League and an intermediate size football for Women's and Co-Rec Leagues.
- B. If teams wish to warm up they must provide their own ball or check one out from the equipment center with a valid TU I.D.
- C. Clothing
 - 1. No street clothes (i.e. jeans, button shirts, hard soled shoes) may be worn.
 - 2. Shorts and/or pants with no pockets.
 - 3. Shoes must be worn by all participants during intramural flag football games. The shoes worn must be canvas-topped or soft leather-topped rubber soled shoes, commonly known as basketball or gym shoes. No metal cleats allowed.
 - 4. Teams must wear matching colored shirts (subject to official's judgment). If all team members do not have similar shirts, they may check out colored pennies from the equipment center.
 - 5. Shirts must be worn and be tucked in (no "shirts and skins").
 - 6. Pads, helmets, splints, casts, or anything which is dangerous to other participants may not be worn. However, protective devices may be worn provided any metal parts are covered and they have been approved by the Recreational Sports Department.
 - 7. **Players must remove all jewelry prior to participating.** Players will be subject to a 15 yard unsportsmanlike conduct penalty for not removing jewelry.
 - 8. Headgear Policy: Headgear is not allowed to be worn by any participant during an Intramural event, except for one piece head/sweat bands that do not have to be tied or do not have any knots. For INDOOR sports, all illegal headgear consists of any hats, bandannas, baseball caps, winter/wool hats, and any other such similar headgear. This also applies to OUTDOOR sports with the following exceptions: winter/wool hats and baseball type caps only during Intramural Softball. The officials and supervisors on duty have the authority to disallow any participant from participating which they feel would endanger the person wearing the headgear or his/her opponents.

III. Players

- A. Seven players - minimum of five players are needed to begin and complete a game. If not, a forfeit will be declared.
- B. The number of varsity athletes allowed on a team roster is three (3).

IV. Forfeits

- A. Forfeit time is 10 minutes from the scheduled starting time of the contest.
- B. A team may start and compete with as few as five (5) players.
 - 1. The game will begin when five (5) players are present.
 - 2. Additional players may be added to the score sheet and enter the game as they arrive.
- C. In order to claim a forfeit, a team must have the correct number of players present and be ready to play.
- D. **Each team may add two players to their roster before the start of the game. They will add their name I.D. number on the score sheet to be added to their blue card the following morning.**
- E. If neither team is able to field the correct number of players a double forfeit will be declared.
- F. If a team forfeits an intramural game, the forfeiting team will automatically receive a "0" (F) sportsmanship rating and the team winning by forfeit will automatically receive a "10" (A) for that scheduled game. These ratings will be averaged the same as if the game were played.
- G. If a contest is discontinued due to unsportsmanlike conduct, the offending team(s) will receive a forfeit and be dropped from further league competition.
- H. Mandatory Managers' Meetings are held each Monday at 3:30 p.m. in the Collins Fitness Center. All teams must be present by 3:35 p.m. or they will be considered absent and will not receive Golden Team points. The first meeting for a team sport will be held on Monday following the entry deadline date. **The first meeting of every sport, and the meeting immediately prior to play-offs are mandatory. Teams not represented at either of these meetings will not be eligible for play-offs.**

V. The Game

- A. Games may begin with a minimum of five players. The supervisor will declare a forfeit if any team is not ready to play 10 minutes after the scheduled game time, or at the conclusion of the preceding game.
 - B. A toss of the coin will determine who has the option in the first half to choose, ball, field position or defer to the second half
 - 1. If a team chooses to defer the remaining team may choose either ball or field position for the first half.
 - 2. In the second half the deferring team may choose ball or field position.
 - C. A game will consist of two (2) 20 minute halves, with five minutes between halves.
 - D. Each team is allowed one (1) time-out per half of 60 seconds duration. (Officials will not recognize a time-out signal when a team has used their allotted time-outs.)
 - E. The clock runs continuously during the first half except for the following: time-outs, injuries and during the **last two minutes of each half.**
 - F. During the last two minutes of the game, the clock will be stopped for the two minute warning, incomplete passes, out-of-bounds plays, time-outs, first downs, penalties, and scores.
- * The clock will be restarted when the referee signals that the ball is ready for play if the clock was stopped for the following:
- 1. to award the offensive team a first down
 - 2. for a referee's time-out (i.e. injured player)
 - 3. to complete a penalty
 - 4. on an inadvertent whistle
 - 5. to answer a question by a team captain
- * The clock will be restarted on the snap of the ball if the clock was stopped for the following:
- 1. for a team's time out

2. to give a two minute warning
3. for a score
4. for a touchback
5. for an incomplete forward pass
6. for a live ball going out of bounds
7. for a change of possession

G. The first half or the game will not end on a penalty unless the penalty is refused.

VI. The Playing Field

- A. The field will be 80 yards in length, divided into five (4) equal zones of 20 yards.
- B. The 20 yard zones shall serve as first down yardage.
- C. Games on Harwell Field will be 80 yards in length, divided into four (4) equal zones of 20 yards.

VII. Starting the Game

- A. There will be no kickoff.
- B. The game will begin with a scrimmage play from the offensive team's own 14 yard line.
- C. After a touchdown and extra point attempt, and safety the same procedure as stated above will govern play.

VIII. Plays from Scrimmage

- A. Putting the ball in play.
 1. The offensive team must have a minimum of four (4) players on the line of scrimmage prior to the snap. (illegal formation, 5 yds.)
 2. There will be one (1) yard neutral zone separating the offensive and defensive lines. The restraining line will be marked by an official or by a ball spotter.
 3. After the ball is put in play by the official, the offense has 25 seconds to initiate the play (snap the ball).
 4. The ball is put in play from scrimmage at the point of the field:
 - a. Where the runner carrying the ball loses his flag, the previous line of scrimmage on an incomplete forward pass, or where the ball hits the ground in the case of a fumble.
 - b. 15 yards from the sideline.
 5. Only one (1) offensive player may be in motion parallel to the line of scrimmage prior to the snap.
 6. A player who lines up as a lineman may go in motion provided four (4) players are left on the line of scrimmage.
 7. No player may line up less than five (5) yards from the sideline.
 8. All players on the field must be part of and leave the huddle before the start of a down (no "sleeper" plays) (5 yard penalty).
 9. No direct snap - the player who receives the snap must be at least two yards behind the offensive line of scrimmage. Direct snaps are illegal. The snap does not have to pass between the snappers legs.
- B. Yardage and Downs
 - I. The ball is declared dead and ends a down when:
 - a. The ball carrier loses his/her flag.
 - b. The ball touches the ground on any forward, lateral or backward pass. (Includes snap from center.)
 - c. The ball goes out of bounds on a pass, or is carried out by the ball carrier.
 - d. Either knee of the ball carrier touches the ground.

2. When the ball becomes dead in the end zone, whether out-of-bounds or in possession of a defensive player, it is ruled either a touchback (which scores no points) or a safety (two points). The determining factor is the impetus that sent the ball into the end zone (the ball will be placed on the 20 yard line after a touchback or safety).
 3. The offensive team has four downs to advance the ball into the next 1/5 field (20 yards) zone and gain a first down.
 4. If yardage is lost and the offensive team is moved backwards over a previously crossed zone line, crossing the same line again will not result in a first down.
 5. After a touch down and point-after attempt, the scored upon team will begin play from their 20 yard line.
 6. Inadvertent whistle during a down, or during a down in which the penalty for a foul is declared, if an inadvertent whistle occurs while:
 - a. a player is in possession, the team may choose to accept at that point or replay the down.
 - b. a legal pass (backward or forward) or snap is in flight, the down will be replayed.
- C. Passing
1. Forward passes may be made from anywhere behind the line of scrimmage.
NOTE: Only one forward pass is permitted per down.
 2. Lateral or backward passes may be made anywhere on the field. There is no limit to the number of lateral/backward passes attempted per down.
 3. Every member of the offensive team is eligible to receive a pass.
 4. The passer becomes eligible to catch a forward pass which has been deflected by a defensive player.
 5. An offensive player is eligible to catch a forward pass which has been deflected by a defensive player.
 6. For a pass to be complete, or intercepted, the receiver or interceptor must establish ball control and have at least one foot in bounds. NOTE: The sidelines and end lines are considered out-of-bounds.
 7. An incomplete forward pass will return to the previous line of scrimmage for the next down.
 8. Incomplete lateral or backward passes will be dead at the point where the ball touches the ground.
 9. An intercepted pass may not be thrown forward by the interceptor, only laterally or backward.
 10. For a legal forward pass, the quarterback must release the ball behind their scrimmage line. (illegal forward pass, 5 yds. from spot of the foul, loss of down)
 11. A pass either received or intercepted by a player with their flags missing will be ruled a reception. However, the ball may not be advanced beyond the point of the catch.

IX. Deflating, Blocking, and Running

- A. Deflating
1. A legal flag pull is made when a defensive player detaches the flag belt from the ball carrier and the belt clip is broken.
 2. Any player caught deliberately removing an opponent's flag in order to nullify a play will be warned. A second act of premature flag removal will result in disqualification from the game.
 3. Any player caught wearing their flag belt in an **unnatural manner** will be disqualified from the game and their team penalized 10 yds. from the previous spot and the play also results in a loss of down. A second act of illegal flag belt adjustment will result in forfeit of the game.

4. **Teams are responsible for making sure that all knots are out of the flag belts.** If a flag belt does not come off and does not have any knots and has not been tied or altered in any other way, the down will be replayed and the participant will be allowed to continue in the game. If a belt does not come off and does have knots, or has been tied or altered in any way, the player will be ejected and subject to all penalties.
 5. When a defensive player pulls a flag he/she should hold it up so the officials and other players can see the play has ended.
 6. If a player unintentionally loses his/her flags while running or receiving the ball, the ball becomes dead at that point.
 7. When rushing the passer, the defensive player may block the pass or take the flag, but shall not initiate physical contact to break up the play (i.e. run into the passer, hit the passer's arm, etc....). (roughing the passer, 10 yds. from previous spot, automatic first down)
- B. Screen Blocking
1. Screen blocking will be the designated legal form of blocking, and is defined as: obstructing an opponent without any physical contact between the offensive and defensive players' bodies.
 2. **Forward movement of a lineman into the defensive player or use of elbows is not permitted.** This penalty is interpreted as unnecessary roughness with possible suspension from the game.
 3. Men's and Women's Screen Blocking - hands must be interlocked behind the back.
 4. Defensive players may not use their hands and must make every attempt to avoid or go around the offensive player's screen block. Any directed aggressive contact will be interpreted as unnecessary roughness.
 5. A player cannot leave his feet when screen blocking.
 6. There will be **NO** check blocking for misdirection of any offensive player by any defensive player at any time.
 7. No down field blocking.
 8. **ONLY THE MOST INCIDENTAL CONTACT WILL BE TOLERATED.**
- C. Ball Carrier
1. Hurdling is an attempt by a player to jump with one or both feet or knees foremost over a player who is down or standing. Hurdling is NOT allowed.
 2. Guarding the flag belt. **Ball carriers will not guard their flags by blocking with arms, shoulders, or hands denying the opportunity for an opponent to pull the flag.** A penalty will be assessed if the defense is unable to pull the flag due to offensive flag guarding.
 3. Obstruction of the ball carrier. **The defensive player will not hold, grasp, or obstruct forward progress of a ball carrier when in the act of removing a flag.**
 4. A defensive player may not push a ball carrier out of bounds to stop his/her progress.
 5. Diving is illegal. Diving is both feet leaving the ground in an attempt to grab the flag or to gain extra yardage. It will be penalized from the point of infraction.
 6. The runner shall be prohibited from contacting an opponent with extended hand or arm. This includes use of a "stiff arm" extended to ward off an opponent attempting to deflag. (10 yard penalty).
 7. Charge. A runner shall not charge into nor contact an opponent in his/her path nor attempt to run between two opponents or between an opponent and a sideline, unless the space is such as to provide a reasonable chance for him/her to go through without contact. If a runner in his/her progress has established a straight line path, he/she may not be crowded out of that path, but if an opponent is able to legally establish a defensive position in that path, the runner must avoid contact by changing direction. (penalty is a personal foul, 10 yards).

X. Punts

- A. All punts must be announced to the officials and the opposing team (no "quick kicks").
- B. A punt may be declared before any play from scrimmage.
- C. Four (4) players from each team must be on the line of scrimmage until the ball is kicked.
- D. No rushing is allowed on punts.
- E. The ball is not in play (there can be no movement by offensive or defensive players) until it is kicked.
- F. In the case of a muffed/fumbled punt the ball is dead where it first touches the ground.
- G. A punt which bounces before being touched becomes dead on the second bounce.

XI. Fumbles

- A. All fumbled balls touching the ground are immediately dead.
- B. The ball is put in play at the spot where the player dropped the ball or where the ball lands, whichever is further from his/her goal.
- C. The team fumbling the ball will retain possession of the ball (the defensive team cannot recover a fumble which touches the ground).
- D. When the ball is fumbled and recovered in mid-air, it is still in play.
- E. When the ball is snapped back from the center and touches the ground it is a dead ball.
- F. A fumbled ball by the offensive team in their end zone constitutes a safety.
- G. Incomplete laterals, backward passes and hand-offs are fumbles.

XII. Tie Breaker

- A. A coin toss will be conducted with the winner having the choice of "offense or defense" or direction.
- B. The loser of the toss will make a choice for the remaining option.
- C. Each team will be given one possession of four downs, starting from the 20 yard line, in which to score.
- D. Both teams will go the same direction.
- E. When a team scores a touchdown, they receive the try for point under the same provisions as during regulation play. Possession is then turned over to the other team (even if the touchdown is scored before using all four downs).
- F. If a pass is intercepted, it ends the offensive team's possession, and cannot be advanced by the defensive team.
- G. During the regular season this procedure will be conducted once, during play-offs, it will be conducted twice and then repeated from the 10 yard line until one team gains an advantage.

XIII. Scoring, Plays, and Safety

- A. Scoring
 - 1. Touchdown—6 points
 - 2. Pass/run after touchdown from 20 yard line—3 points
 - 3. Pass/run after touchdown from 10 yard line—2 points
 - 4. Pass/run after touchdown from three yard line —1 point
 - 5. Safety —2 points
 - 6. Opposing team can return extra point conversion try to the end zone for 1 point on the 1 point attempt and 2 points on the 2 point attempt and 3 points on the 3 point attempt.
- B. Point after touchdown
 - 1. Following a touchdown, a one point conversion may be attempted from the three yard line or a two point conversion from the ten yard line. This is the offense's option.

C. Safety

- I. A safety is declared when the defending team provides the impetus which forces the ball on or behind the attacking team's goal line as in the following situations:
 - a. Deflagging an offensive player on or behind their goal line.
 - b. Fumbles that contact the ground on or behind the attacking team's goal line.
 - c. A snap that contacts the ground on or behind the attacking team's goal line.
 - d. An illegal forward pass leaves the ball on or behind the attacking team's goal line.
 - e. An accepted penalty for an offensive foul on or behind the attacking team's goal line.
2. The team which received the two points for the safety will also put the ball in play at their 20 yard line.

D. Mercy Rule

1. If a team is 19 or more points (Co-Rec-25 points) ahead when the Referee announces the two minute warning for the second half, the game shall be over.
2. If a team scores during the last two minutes of the second half and that score creates a point differential of 19 points or more (Co-Rec-25 points), the game shall end at that point.

XIV. Rescheduling Procedure

- A. Rescheduling of contests for other reasons (player illness, conflicting schedules, etc.) is seldom possible due to the number of entries and limited time/space during the season.
- B. Teams wishing to reschedule a contest must:
 1. Contact the Campus Recreation Department to obtain a list of available rescheduling times.
 2. Contact the opposing manager. If the opposing team is willing to reschedule, a mutually convenient date/time should be agreed upon.
 3. Confirm the chosen rescheduling time with the Campus Recreation Department. **BOTH** team managers must sign the Game Reschedule Request form in the Campus Recreation Department.
 4. Rescheduling forms must be COMPLETED 24 hours prior to the originally scheduled contest and/or chosen reschedule date. **ALL WEEKEND COMPETITIONS MUST BE RESCHEDULED BY 2:00pm ON FRIDAY.**

XV. Play-offs

- A. Teams must adhere to the sportsmanship regulations by maintaining a "C" average in the regular season to qualify for play-offs. This sportsmanship average will carry over into the play-offs. If a team's sportsmanship average drops below the "C" average during play-offs competition they will be dropped from play. Also, if a team receives two "F" sportsmanship ratings during play-off competition they will be dropped from play regardless of their sportsmanship average. The Campus Recreation Department reserves the right to drop any team and/or individual from play-off competition for sportsmanship violations regardless of that team's sportsmanship average.
- B. In order to be eligible for play-offs, teams must adhere to Managers' Meetings policies as stated previously.
- C. Teams/individuals may be barred from participation in play-offs due to unsportsmanlike conduct or eligibility violations during the regular season.
- D. In order to be eligible for play-offs, an individual's name must have been on the team's entry card for one regular season contest.
- E. Teams may not have more than one (1) forfeit for the season.

XVI. Sportsmanship

- A. It is the philosophy of the Campus Recreation Department that sportsmanship and fair play are vital aspects of intramural competition.
- B. The highest standards of sportsmanship are expected by all participants and spectators. Officials, supervisors and administrative members of the recreational sports staff will make decisions as to whether to warn, penalize, or eject players/teams/spectators displaying unsportsmanlike conduct.
- C. A team is responsible for the actions of individual members of the team and for their spectators. The conduct of players, coaches, team managers and spectators before and after the game is as important as conduct during the game. Teams will be held responsible for their group's conduct at these times.
- D. All University of Tulsa Campus Recreation Department sportsmanship policies are in effect.

XVII. Judgment

- A. All protests must be made to the official on the field of play at the time of occurrence and not after the contest is completed. It should be noted, however, that a matter involving a judgment call is not basis for a protest.
- B. A protest regarding the eligibility of players must be made before the contest.

XVIII. Miscellaneous

- A. Anyone (player or non-player) who receives two unsportsmanlike conduct penalties at any point will be ejected.
- B. Any player signed-in on the game score sheet will be considered to have played.
- C. Names on the game score sheet must be **IDENTICAL** to the names on the entry card.
- D. Any team receiving a forfeit due to an illegal player, that is a player whose last name is the same on the blue card and score sheet but the first name is not IDENTICAL, will have 24 hours upon notification to provide proof that the two individuals are the same person. Proof will be a student I.D. or other official documentation
- E. All spectators must remain in the stands. Teams may have two (2) coaches on the field.
- F. Team managers/captains are responsible for the conduct of their team players and spectators. Teams will not be allowed on the field until the preceding game is finished.
- G. Teams may not use the game ball to warm up.
- H. Only the offensive and the defensive captain will be allowed to speak to the officials.
- I. The Campus Recreation Department does not provide insurance coverage and assumes no responsibility for injuries occurring during intramural sports.
- C. Drug/Alcohol Policy: In the event that it is determined or suspected that a player is under the influence of drugs and/or alcohol while participating in an intramural event the participant will be removed from that game. Supervisors or officials have the authority to eject from a game any player(s) and spectator(s) for suspected drug and/or alcohol use. Individual(s) removed for drug and/or alcohol use are indefinitely suspended from all intramural sports until he/she has met with the Intramural Council.
- K. Injuries
 1. All injuries sustained in Intramural Sports play must be reported to the Intramural Sport supervisor on duty.
 2. Any player who appears to be unconscious, incoherent or suffer a head trauma will not be allowed to return to the game, and should seek medical clearance before they resume activities.
- L. Blood Rule: An intramural participant who is bleeding or has blood on his clothing shall be prohibited from participating further in the game until appropriate treatment can be administered. A player may re-enter after receiving the appropriate treatment and/or a change in clothes.

