

TWU Fitness and Recreation
Intramural Sports
Flag Football Rules

****www.twufitnessandrec.com****

ACCIDENT INSURANCE

The State of Texas and Texas Woman's University cannot accept liability for injuries. Participants are encouraged to provide their own accident or personal insurance.

BEHAVIOR AND SPORTSMANSHIP

It is every player's responsibility to:

- ✓ Keep roster up-to-date
- ✓ Know the rules and abide by them
- ✓ Respect and cooperate with the officials

It is the responsibility of the team captain to:

- ✓ Insure proper behavior on the part of his/her team and its fans

Friendly competition and good spirited rivalry are expected, however:

- ✓ Officials and sport supervisors are university employees and will not tolerate verbal abuse or physical threats from or amongst players, captains or spectators
- ✓ Inappropriate conduct can result in penalties ranging from game ejection to lifetime suspension to calling DPS.

Sportsmanship Ratings will be assigned by the captains, officials, and sport supervisor following each contest:

- ✓ A team must have a "B" average to be eligible for the play-offs, regardless of their win/loss record. During playoffs, a team receiving a sportsmanship rating lower than a "B," will not be allowed to advance regardless of victory.

GENERAL

You must show a valid TWU or Texas picture ID to participate:

- ✓ ID cards will be collected by officials prior to contest
- ✓ No ID, no play, no exceptions
- ✓ Any problems with a lost or misplaced ID must be taken care of prior to game time in the Recreation Supervisor's Office (Jones 103) between 10a.m. - 5p.m.

Team captains, and only team captains, may address the officials:

- ✓ May only address matters of rule interpretation or essential game information and must do so in a courteous manner
- ✓ Any verbalization directed toward an official other than outlined above, will result in an ejection from the game

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BLOOD RULE

A player with a bloody injury or blood on his/her uniform must leave the game. The player may not return to the game until the wound is no longer bleeding, the wound is sufficiently covered (preferably by a trained individual), or all pieces of the uniform that have blood on them are removed and replaced.

FORFEITS

Game time is forfeit time:

- ✓ One forfeit during the season automatically removes you from playoffs and possibly from the rest of the season (unless the Recreation Supervisor says otherwise).
- ✓ Each team is allowed only one default. Notification of a default to the Recreation Supervisor before noon on the day of play will result in a loss but will not result in removal from playoffs.

PLAYERS

Roster size is limited to 12 players:

- ✓ Players must be TWU students, Fitness and Recreation members, or faculty/staff
- ✓ Teams must have a minimum of 8 players to register as a team
- ✓ Rosters are final at 5p.m. **the SECOND Friday after your first game.**

Players on field:

- ✓ Seven players per side
- ✓ Must have an equal number of men and women on the field
- ✓ Can always have more women than men

Starting the game:

- ✓ Minimum of five players to start

EQUIPMENT

Jerseys:

- ✓ All players must have numbers on same-color shirts (as close as you can get) – marker, iron-on, screenprint is **OK**
- ✓ **NO TAPED NUMBERS** - any team attempting to participate without proper uniforms will forfeit the contest
- ✓ No jewelry

Cleats:

- ✓ No bare feet or metal cleats/spikes
- ✓ Football and soccer cleats, tennis shoes, turf shoes (approved by official) are **OK**

Footballs:

- ✓ Fitness and Recreation will provide game balls – **NO SUBSTITUTIONS**

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GAME SET-UP AND TIME

1. All games will consist of two - twenty (20) minute halves with a continuous clock and a 5-minute halftime
2. Coin flip/rock-paper-scissors decides possession:
 - ✓ Winner chooses possession of ball or defending of side
 - ✓ Second half the possession and direction is reversed
 - ✓ Play begins from own 20 yd line
 - ✓ No kickoff
3. **Game time is forfeit time:**
 - ✓ According to the official's watch
 - ✓ Teams must have five players with appropriate identification, appropriate attire, signed in on the score sheet, and ready to play prior to game time

FIELD PLAY

1. Halftime:
 - ✓ Five minutes (time kept by official)
2. Time Outs
 - ✓ Two 30-second time outs per game, per team
3. Delay Of Game (**5 yd penalty**):
 - ✓ After 25 seconds between plays
 - ✓ Time starts at ball placement
4. Substitutions:
 - ✓ Permitted at half-time or in ball possession situations where the ball is called dead
 - ✓ Either team can substitute during an injury, provided the ball is out of play or there is a lack of threat
5. Ball Out Of Play:
 - ✓ The ball has made a complete rotation across the goal or side line
 - ✓ When play has been stopped by an official
6. Scoring:
 - ✓ Touchdowns = 6 points
 - ✓ Point after:
 - 20 yd line = 3 points
 - 10 yd line = 2 points
 - 3 yd line = 1 point
 - Interception during point after for a touchdown = 3 points
 - ✓ After a successful point after, touchback, or safety: the ball is given to opposing team on their 20 yd line
7. Plays:
 - ✓ Offense has 4 plays to move the football past the first down line (10 yds from line of scrimmage)
 - ✓ Player who receives snap (quarterback) must be 2 yds behind the offensive scrimmage line
 - Direct snaps are **ILLEGAL (Illegal procedure, 5 yds)**

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- ✓ Offense must have at least 4 players on the line of scrimmage at the snap (**Illegal procedure, 5 yds**)
 - Remaining players must be on line of scrimmage or in backfield (in bounds)
 - Only **one player allowed in motion** prior to snap
 - A player in motion **DOES NOT** count as one of the 4 on the scrimmage line
- ✓ On 4th down, offense is given the option to play the ball or punt
 - If offense plays and does not cross the 1st down mark, defense possesses the ball at that spot
 - If offense punts, defense cannot cross the line of scrimmage until ball is kicked (**Offside, 5 yds**)
 - Both teams line up on ball; ball snapped to punter
 - Punter takes one step and kicks football
 - If the football is caught:
 - By the receiving team, they can run it back for a touchdown
 - Safety – defending player catches football and is deflagged in own end zone or snap hits ground in end zone
 - Intercepting momentum – defending player intercepts football on own 5yd line and carries into defending end zone (such as falling backward)
 - Touchback – pass intercepted and downed in own end zone or downs a punt that touches anything on or behind goal line. Receiving team will have possession and start at 20 yd line.
 - The football is dead if it hits the ground, goes out of bounds, or dropped by receiving team and is spotted where it lands

8. Passing And Receiving:

- ✓ One forward pass per play (**Illegal forward pass, 5 yds & loss of down**)
- ✓ Pass must be made behind the line of scrimmage
- ✓ Can do lateral pass after line of scrimmage
- ✓ Rotating receivers:
 - Receivers will rotate male, female, male, female, etc.
 - A pass cannot be thrown to the same gender consecutively
 - Quarterback can stay the same
- ✓ If football is fumbled, the football is dead and a down is used
- ✓ No “bump and run” coverage – including jamming the center (**Personal foul, 15 yds**)
- ✓ No contact is allowed on pass plays (except incidental) (**Personal foul, 15 yds**)
- ✓ Interference will be judged on whether or not it impedes another player’s chance to catch the football and whether the throw was catchable (**Pass interference, 10 yds & loss of down/first down**)

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- ✓ Need one foot inbounds for a legal catch
 - Catching the football and landing out of bounds is **legal** if official deems there was a push (**Personal foul, 15 yds**)
 - ✓ If there is a simultaneous catch between offense and defense, the ball is dead and possession is given to offense
9. Flag Removal Rules:
- ✓ **Legal:**
 - Pulling the flags of the **player who is carrying the football**
 - If a player loses his/her flag belt during game (accidentally, inadvertently, or purposefully) play continues
 - A one-handed tag between the shoulders and the knees = deflagging
 - ✓ **Illegal:**
 - Pulling the flags from a **player without possession of the ball (Personal foul, 15 yds)**
 - Tampering with flag belt to gain advantage when flag is pulled, including tying or using foreign materials to secure belt to player (**Personal foul, 15 yds**)
 - Holding player in anyway to remove flag belt (**Holding on defense, 10 yds & first down**)
 - Flag Guarding - swinging the hand/arm, lowering shoulder, spinning, or diving while in possession of the football to prevent from being deflagged (**Flag guarding, 10 yds; Diving, 5 yds**)
10. Offensive Screen Blocking
- ✓ No contact (**Personal foul, 15 yds OR Holding on offense, 10 yds**)
 - ✓ Screen blocker will have his/her hands and arms at sides or behind the back; can use arms/hands to break fall or retain balance
 - ✓ Screen blocker must be on his/her feet before, during, and after screen blocking
11. Defensive Rushing:
- ✓ Must go around offensive screen block
 - ✓ Cannot use arms/hands for contact with offensive screen to gain advantage (**Holding on defense, 10 yds & first down OR Personal foul, 15 yds**)
12. Offside (**Offside, 5 yds**)
- ✓ Any player crossing line of scrimmage prior to the snap or lining up in neutral zone
 - ✓ False start called when offensive player simulates start of play before the snap
13. Mercy rule:
- ✓ Game will be called if the point margin is 17 points or greater at/after the 2 minute mark of the second half
14. Ties:
- ✓ Unless moved by a penalty, each team will start at 10 yd line with 4 downs
 - ✓ If the team that is awarded the ball scores, the opponent will have a chance to score also; repeat until tie is broken

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<u>INFRACTIONS</u>	<u>PENALTY</u>	<u>ENFORCEMENT POINT</u>
Offside	5 yds	Line of scrimmage (LOS)
Illegal procedure	5 yds	LOS
-4 men on line of scrimmage	5 yds	LOS
Delay of game	5 yds	LOS
Diving	5 yds	Point of infraction (POI)
Illegal forward pass	5 yds & loss of down	POI
Straight arm	10 yds	POI
Flag guarding	10 yds	POI
Down field blocking	10 yds	POI
Holding (offense)	10 yds	LOS
Holding (defense)	10 yds & first down	LOS
Intentional grounding	10 yds & loss of down	LOS
Pass interference	10 yds & loss of down/ first down	LOS
Charging (ball carrier)	15 yds	POI
Personal foul	15 yds	POI
Unsportsmanlike conduct	15 yds	POI
Tackling	15 yds & first down	POI
Unnecessary roughness	15 yds & first down	POI
Roughing the passer	15 yds & first down	LOS

****Any participant dismissed for misconduct must leave the facility immediately****

- ✓ Failure to comply will result in a team forfeiture of the game and a call to DPS will be made.
- ✓ Any player ejected from a game for misconduct will not be allowed to participate in the next played contest, or in any Fitness and Recreation event thereafter, until he/she has met with Recreation Supervisor.