

Intramural 4 v 4 Flag Football Rules



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@UK Campus Recreation and Wellness

GENERAL INFORMATION

All participants must register at <https://recwellservices.uky.edu/> to participate
To access Fusion IM, Log In with your UK Link Blue account, select Fusion IM & Register
Electronically sign the online waiver and pass a participant quiz based on Participant Handbook

Participation in ALL Intramural Events Require:

Valid UK or BCTC student, faculty or staff ID required for all contests to participate
Jewelry is NOT permitted
No hats, skull caps, bandanas, or other headgear. Terry-cloth headband without exposed knots
Review specific sport rules for additional attire restrictions

BCTC student/faculty/staff must pay the “Recreation Fee” before access to Fusion IM or participation

Information about “Recreation Fee” <http://www.uky.edu/plusaccount/uk-estore-information>
Pay “Recreation Fee” at <https://iweb.uky.edu/ukestore/> and retain your electronic receipt
Then email the Intramural Director, Natosha Harris at neharris1@uky.edu before participation; please provide your email address you’d like to use to log into your Fusion IM account. She will create you an account within the Fusion system enabling you to register for a team and then participate

These groups must send an email neharris1@uky.edu to have an account made:

Religious Advisors
Spouses of current UK student/faculty/staff can only play on CoRec teams

Inclement Weather/Defaults/Forfeits:

Decisions on inclement weather will not be made until at least 3pm on game day and a message will be sent through Fusion IM and or social media.

Defaults vary depending on tournament design

A person undertaking the role of team captain, Greek chair or Residential chair is assuming responsibility for that team and agrees that if the team forfeits a contest, the team captain, Greek chair or Residential chair will be assessed a \$20 forfeit fee and must pay the fee before the next scheduled contest

Loss by default will not be counted as a forfeit, nor affect your sportsmanship rating while two defaults result in a forfeit or are the same as a forfeit.

Submit Default for your game via Fusion IM by clicking the “Default” Button with your corresponding game no later than 5:00PM on your scheduled game day. Failure to submit your default before designated time will result in a forfeit and the \$20 forfeit fee will be assessed to your team captain, Greek Chair or Residential Chair.

NEW: Please review our Wildcard Player Participation Policy to assist teams to avoid forfeits or play competitively.

Forfeits applies to various team sports and 10 minute rule applies to various sports:

If a team is not prepared to play with the required or minimum number of players signed-in when the appointed time arrives, that team will have 10 minutes to become ready to play. To obtain a contest victory by forfeit, the required or minimum number of participants must be present, signed-in on the score sheet and ready to play. If a double forfeit occurs, both teams will receive a forfeit; in tournament play both teams will receive a forfeit and no team will advance to the next round.

NIRSA Flag Football rules will be in effect for anything not covered in these rules.

The Intramural Sports Program reserves the right to rule on any instances not specifically covered in these rules.

FLAG FOOTBALL IS A GAME OF MINIMAL CONTACT. CONTACT MUST BE AVOIDED AS MUCH AS POSSIBLE BUT REMEMBER THAT CONTACT WILL OCCUR AND NOT ALL OF IT WILL BE ILLEGAL.

ROSTERS

- A maximum of 7 players are allowed on one team.
- Players may only play on one open team in this tournament.
- Players are not officially on a team until they have checked in and signed a waiver.
 - Once a player has played for a team, he/she shall be on this team for the remainder of the season.
- **The regular season, also known as pool play, is where each team plays a certain number of games. This is considered the main period of the leagues competition.**
- **The regular season DOES NOT include post-season games, also known as playoff games.**
- Teams may add players through the final game of the regular season or until their team limit has been reached, whichever comes first. Once the roster limit is reached, the roster is frozen.
- To be eligible for playoffs, a player must have played in at least one (1) regular season game.
 - In playoffs, rosters are frozen.
 - Only players who played in at least one (1) regular season game can play in playoffs.
- **No player additions shall be made during the playoffs = YOU CANNOT ADD PLAYERS DURING PLAYOFFS**

PLAYERS

- The maximum number of players on the field at one time is 4.
- A team must have a minimum of 3 players to start the game.
- Once started, the game may continue with less than three players as long as the team has a chance to win.

EQUIPMENT

- The flag belt is of one-piece construction, and will fall completely off when pulled. The belt must be clipped with the clip in front and a flag down each hip and in the back. Intramurals will provide each team with 10 flag belts.
- **It is illegal to tie or tamper with the belt. If the flag belt is deemed tied or tampered with, the player will be ejected from the game.**
- Teams may play with their own footballs, but the Intramural Department can provide game balls. The only restriction is that a regulation size football is required.
- **The following equipment shall be considered illegal**
 - **Pants or shorts with any POCKET(s), BELT(s), BELT LOOP(s), or EXPOSED DRAWSTRINGS.**
 - **Jewelry of any kind including but not limited to earrings, necklaces, watches, fit-bits, bracelets, finger rings, and wedding rings.**
 - Shirts or jerseys which do not remain tucked in.
 - Any hood on a coat, sweatshirt, or shirt, which does not remain tucked in.
 - Hard leg or knee braces that are not covered.
 - Pads or braces worn above the waist.
 - Headgear containing any hard, unyielding, or stiff material, including billed hats.
 - Towels must be placed in between cones during play. They are not permitted to be worn around a player's waist and teams are responsible for their towels.
 - Shoes with metal, ceramic, or screw-in, or detachable cleats: Screw-in cleats are allowed if the screw is part of cleat.

THE TOURNAMENT

- **The regular season, also known as pool play, is where each team plays a certain number of games. This is considered the main period of the tournament's competition.**
- **Pool play DOES NOT include post-season games, also known as playoff games.**
- For pool play, each team will be scheduled for four (4) regular season games.
- Teams with a 3.0 or better sportsmanship rating and that finish in the Top 6 of their division will make playoffs.
- Decisions on rainouts will not be made until at least 3pm on game day.
- Rainout games will only be rescheduled under extreme circumstances.

GAME TIME AND LENGTH

- Games will consist of two, 10 minute halves, with a 3 minute half time.
- Each team will play two games in one night.
- **Forfeit Rule:** 10-Minute Rule is in effect:
 - 7 points will be awarded to the prepared team at the start of the 10 minute clock.
 - After 5 minutes, an additional 7 points will be awarded to the prepared team totaling 14 points.
 - After 10 minutes elapse, the game is forfeit
- The clock shall run continuously until the final minute of the second half. In the final minute of the second half, the clock will stop for all dead ball situations.
- The clock shall run during extra points except within the final minute of the second half.
- The ball must be snapped within 15 seconds of the ball being marked ready for play.
- No half shall end until the ball is dead and all penalties are resolved.
- **Mercy Rule:**
 - Point differential is 19+ points at the two minute mark or under two minutes, the game will end.
- **Timeouts: Each team has 2 timeouts per half (No Carry Over)**
 - Timeouts will not exceed one minute.
 - Each team has one timeout for the entire overtime period.
 - Coaches and spectators are not permitted on the field during timeouts.

BEGINNING A GAME: Each game shall begin with a captain's meeting and coin toss/other means of selection.

- The visiting team captain shall call the toss.
- The winner of the coin toss shall receive the option of:
 - Becoming the offense
 - Becoming the defense
 - Choosing the end of the field to defend
 - Deferring the choice until the second half of play
- The first possession of the game shall begin on the appropriate 3 yard line. There are no kick-offs.

HALF-TIME: The team deferring their choice to the second half shall select from the following:

- Becoming the offense
- Becoming the defense
- Choosing an end of the field to defend

OVERTIME TIE BREAKER

- **COIN TOSS** – A coin will be flipped by the referee to determine the options. The visiting team captain shall call the toss. There will only be one coin flip during overtime. If additional overtime period(s) are played, the field captains shall alternate choices. The winner of the toss shall be given the option of offense, defense, or direction. The loser of the toss shall make a choice from the remaining options. All overtime periods are played toward the same goal line once it is chosen.

TIE BREAKER – Each team will be given 3 downs from the same 12 yard line. The objective will be to score a touchdown. If the first team scores, they will choose a point after option and the second team will be given 3 plays to score. If the defense intercepts the ball, the ball is dead. If they do not score a touchdown, the ball will be placed on the 12 yard line for the intercepting team, and overtime shall continue. Each team is entitled to one timeout per overtime period.

Overtime will continue until a winner is determined. Extra point tries are required from the 2 point line in overtime.

OVERTIME TIE BREAKER

- Fouls and resulting penalties are administered similar to the regular game. Team A shall be awarded a new series of downs when the penalty for defensive pass interference is accepted. Dead ball fouls following a touchdown are penalized on the try. Live ball fouls committed by either team after the defense gains possession during a try or overtime shall be enforced at the succeeding spot, the 15-yard line, if accepted.

SCORING:

- Touchdown = 6 points
- Safety = 2 points
- Try for point after:
 - 1 point from the 3 yard line
 - 2 points from the 12 yard line
 - 3 points from the 20 yard line

DOWN AND LINE TO GAIN

- In a series of 3 downs, the ball must be advanced across the next zone line to gain. The line to gain is always the boundary of a zone and crossing this line constitutes a first down.
- The following fouls carry a loss of down
 - Illegal forward pass
 - Illegal backward pass
 - Intentional grounding
 - Illegally secured flag belt (offense)
- The following fouls result in an automatic first down
 - Illegally secured flag belt (defense)

OFFENSIVE PLAY

- At the beginning of each half and after scores, the offensive possession will begin on the 3 yard line unless moved due to penalty.
- Due to no blockers being on the field, Quarterbacks will have 5 seconds from the time the ball is snapped to throw the ball. If the Quarterback has not released the ball at the end of the 5 second count, a sack will be recorded with a loss of down and the ball returned to the original line of scrimmage.
- All players are eligible to receive a forward pass.
- Only the center must be on the line of scrimmage at the time of the snap for the offensive team.
- All players must begin with a flag belt. **PENALTY:** 5 yards from the previous spot.
- When a player unintentionally loses a flag belt, he/she is considered down when touched with one hand between the shoulder and knee by a defender.
- The ball carrier must make an attempt to avoid the defensive player.
- Runners shall not flag guard by using their hands, arms or the ball to deny the opportunity for an opponent to pull or remove the flag belt.
- All players must be set before one offensive player may be in motion, but not in motion toward the opponent's goal line. If such player starts from their backfield, that player may not be in motion toward the opponents goal line when the ball is snapped. Other offensive players must be stationary in their positions without movement of the feet, body, head, or arms. **PENALTY** – Illegal motion, 5 yards from the previous spot
- The offensive team must have at least one player on the line of scrimmage before the snap
PENALTY – Illegal procedure, 5 yards from the previous spot

BLOCKING

- The offensive screen block shall take place without contact. The screen blocker shall his/her hands and arms at his/her side or behind his/her back. Any use of the hands, arms, elbows, legs, or body to initiate contact during an offensive player's screen block is illegal. A blocker may use his/her hands or arms to break a fall or to retain his/her balance. A player must be on his/her feet before, during, and after screen blocking.
 - **PENALTY** – Illegal contact, 10 yards from the spot of the foul
- Use of hands by the defense. Defensive players must go around the offensive player's screen block. The arms and hands may not be used as a wedge to contact the opponent. The application of this rule depends entirely on the judgment of the official. A blocker may use his/her arms to break a fall or maintain his/her balance.]
 - **PENALTY** – Illegal contact, 10 yards from the spot of the foul

FLAG GUARDING INCLUDES:

- A runner shall not flag guard by using hands, arms, or the ball to cause contact between the runner and the opponent that denies the opponent the opportunity to pull or remove the flag belt.
 - Swinging the hand or arm over the flag belt to prevent an opponent from deflagging.
 - Placing the ball in possession over the flag belt to prevent an opponent from deflagging.
 - Lowering the shoulders in such a manner, which places the arm over the flag belt to prevent an opponent from deflagging.
- Flag Guarding = 10 yard penalty

DEFENSIVE PLAY

- **Defensive players ARE NOT allowed to cross the line of scrimmage into the offensive player's side at any point during a play.**
 - Exception: On the return of an interception
- Contact will not be allowed anywhere. Interpretations are similar to the block and charge in basketball. Rough tactics will be penalized as Illegal contact (10 yards from the spot of the foul). In extreme or repeated cases, the player will be ejected.

PUNTING = There is NO PUNTING in this game.

- If the offensive team is unsuccessful at scoring or reaching the line to gain in 3 plays, the ball will be moved to the defensive team's 3 yard line where they will begin their drive
- All possessions throughout the game will begin at their 3 yard line unless moved due to penalty enforcement.

DEAD BALL

- The ball becomes dead:
 - Anytime the ball carrier touches the ground with any part of the body except the hands or feet. Note, the ball is considered part of the carrier's hand.
 - Anytime the ball or ball carrier goes out of bounds.
 - When a forward pass, backward pass, or fumble strikes the ground or is simultaneously caught by opposing players
 - When a touchdown, touchback, safety, or successful try is made.
 - When a legal runner is deflagged or touched between the shoulders and knees when flags are no longer attached.

FOULS AND PENALTIES

- Penalty Enforcement
 - If a foul occurs during a running play, the penalty is marked off where the run ends. (Exception: offensive penalty behind the end of the run, then it is from the spot of the foul)
 - If a foul occurs during a loose ball play, the penalty is marked off from the previous spot. Loose ball plays are when the ball is in flight or loose during a legal forward pass.
 - All fouls are administered by rules 1 and 2 except when the offense commits the foul behind the line of scrimmage, and then it is marked off from the spot of the foul.
 - When the official stops the clock for a penalty, he/she shall restart the clock when the ready for play signal is given, or when the ball is snapped, depending on the result of the previous play.
- **FIVE YARD PENALTIES**
 - Illegal Equipment
 - Delay of Game (Dead Ball)
 - Substitution Infractions
 - Unfair Tactics
 - Leaving the field to the wrong sideline or endline.
 - False Start (Dead Ball)
 - Offensive Player not 5 yards away from the sideline (unless guarded by a defensive player)
 - Illegal Formation

FOULS AND PENALTIES

- **FIVE YARD PENALTIES (Continued)**

- Illegal Motion
- Player Out-of-Bounds When Ball is Snapped
- Player Receiving Snap Within 2 yards of the Scrimmage Line
- Illegal Shift
- Intentionally Throwing Backward Pass or Fumbling Out of Bounds (Loss of Down)
- Illegal Forward Pass (Loss of Down)
- Intentional Grounding (Loss of Down)

- **TEN YARD PENALTIES**

- Flag Guarding
- Offensive Pass Interference
- Defensive Pass Interference
- Illegally Secured Flag Belt (Loss of Down if by Offense) (Automatic First Down if by Defense)
- Unsportsmanlike Conduct
- Stripping or Striking the Ball in an Attempt to Steal the Ball.
- Tripping
- Holding
- Hurdling
- Illegal Contact
- Tackling (Disqualification)
- Roughing the Passer (Automatic First Down)
- Defensive Use of Hands
- Illegal Screen Block
- Illegal Participation

Note:

- **Certain penalties also may carry disqualification, depending on the severity. In Article 3, the offender will be disqualified.**
- **When measurement spot of a 10 yard or 5 yard penalty is inside the offending teams 20 or 10 yard lines, the measurement will be half the distance to the goal.**

DOUBLE AND MULTIPLE FOULS

- On multiple live ball fouls against one team, only one penalty may be enforced at the offended team's choice.
- A double foul is when both teams have committed a foul during the same live ball period, and team possession has not changed, the down is replayed.

UNSPORTSMANLIKE CONDUCT

- A player, coach, or spectator using abusive or insulting language, disrupting, or arguing a call is a display of unsportsmanlike conduct. Unsportsmanlike conduct violations by a spectator will be charged to the team captain. If the unsportsmanlike conduct is flagrant in nature, then the offender will be disqualified.
- **A 3.0 sportsmanship rating average must be obtained throughout pool play for a team to advance to playoffs. In playoffs, if a team receives a 2, 1, or 0 sportsmanship rating that team cannot advance in playoffs.**
- **Two (2) Unsportsmanlike conduct penalties against one player in a game constitute an automatic ejection.**
- **Four (4) Unsportsmanlike conduct penalties against a team or four of any kind will forfeit the contest.**
- **Six (6) Unsportsmanlike conduct penalties against a team in pool play will result in the forfeiting of a team's remaining schedule.**

CONDUCT

- It is the desire of the Campus Recreation and Wellness Unit that all participants display good sportsmanship.
- Any player ejected from a game for any reason shall be suspended from **ALL** Intramural play until they contact the Intramural Director. It is the responsibility of the player to setup an appointment with the Intramural Director via email, neharris1@uky.edu.

CONDUCT

(Continued)

- If players are found to be participating before being reinstated they will be suspended from all Intramural activity for the remainder of the semester. A team for which an ineligible player participated will forfeit all games.
- Fighting will not be tolerated in any form. Teams will be responsible for their players and spectators. Teams and/or individuals may be subjected to expulsion from any further Intramural Sports.
- Any team criticizing or otherwise ridiculing, or attempting to demean an official or any Intramural staff member shall be liable to expulsion and disciplinary action. In addition, the game may be forfeited at the discretion of the referee, supervisor, or tournament director.

PROTESTS

- There will be no protest involving official's judgment in games that are officiated by the Intramural Staff.
- Protests of rule interpretation must be made before the start of the next dead ball situation.
 - To protest, the protesting team must begin the process immediately following the event in question. The supervisor's decision is final.
 - Protests can be made without team time-outs. A rejected protest in this case will result in an unsportsmanlike conduct penalty on the team captain.
- In non-officiated games, any and all disagreements between teams must be settled by the players. Disagreements not resolved within reason or in a timely manner, Intramural Staff will intervene and decide to resolve the disagreement and their decision is final.
- Eligibility protests are permitted. They must be filed in writing by noon the following business day.
- All eligibility protest must be emailed to the Intramural Director, neharris1@uky.edu or turned into the IM Office, room 172-B of the Johnson Center.