Intramural 4 v 4 Flag Football Rules (Revised 3/15/2021)

GENERAL INFORMATION

1. All participants must register at https://recwellservices.uky.edu/
2. Click on IMLeagues, Login with your UK Link Blue account and Register
3. Electronically sign the online waiver and pass the participant quiz

Participation in ALL Intramural Events Require:

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

BCTC student/faculty/staff must pay the “Recreation Fee” before access to IMLeagues.com or participation

1. Information about “Recreation Fee” http://www.uky.edu/plusaccount/uk-estore-information
2. Pay “Recreation Fee” at https://iweb.uky.edu/ukestore/ and retain your electronical receipt
3. Email the Intramural Director, Natosha Harris at neharris1@uky.edu and provide an email address
4. Provide an email address you’d like to use to log into your IMLeagues.com account

These groups must send an email neharris1@uky.edu to have an account created for participation:

1. Religious Advisors
2. Spouses of current UK student/faculty/staff can only play on Co-Rec teams

10-minute Rule/Defaults/Forfeits/Inclement Weather:

1. 10-minute rule applies to various sports:
   a. At game time, if a team is not prepared to play that team will have 10 minutes to become ready
   b. To win by forfeit, minimum number to play must be present and signed in with Intramural staff
   c. If a double forfeit occurs, both teams will receive a forfeit and no team will advance

2. Defaults vary depending on tournament design
   a. Loss by default will not be counted as a forfeit, nor affect your sportsmanship rating
   b. Two (2) defaults result in a forfeit or are the same as a forfeit
   c. Submit Default for your game via IMLeagues.com by completing the “Default” link by 5pm the day of your scheduled game time: https://uky.az1.qualtrics.com/jfe/form/SV_BiyhCrSwZadOZL
   d. Failure to submit your default before designated time will result in a forfeit and $20 forfeit fee will be assessed to your team captain, Greek Chair or Residential Chair.

3. Forfeits applies to various team sports and tournaments:
   a. Team captain, Greek chair or Residential chair assumes responsibility for that team
   b. Captain or Chair is suspended and responsible for paying the $20 forfeit fee
   c. Captain or Chair MUST pay forfeit fee PRIOR TO next scheduled game
   d. Review our Wildcard Player Participation Policy to assist team to avoid forfeits
   e. Forfeit Fees CAN BE PAID ONLINE at: https://recwellservices.uky.edu/Program/GetProducts?classification=00000000-0000-0000-0000-000000026001

4. Inclement weather decisions will be made no later than 3pm on game day
Intramural Sport Program COVID-19 Guidelines for Individual (s)/Participant (s): Minimize Risks

<table>
<thead>
<tr>
<th>Individual/Participants Do’s Summary</th>
<th>Individual/Participants Don’ts Summary</th>
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</thead>
<tbody>
<tr>
<td>Complete UK’s daily 4.0 self-assessment if symptomatic/sick stay home</td>
<td>If symptomatic/sick stay home</td>
</tr>
<tr>
<td>Wear face coverings/masks always</td>
<td>Not wear a face covering/mask or wear a plastic face shield covering because it increases the risk of injury to participant</td>
</tr>
<tr>
<td>Follow and maintain 6 feet social/physical distancing</td>
<td>Not follow or maintain 6 feet social/physical distancing</td>
</tr>
<tr>
<td>Avoid touching your eyes, nose, mouth with unwashed hands</td>
<td>Touch eyes, nose, and mouth with unwashed hands and give high fives, handshakes, fist bumps or hugs</td>
</tr>
<tr>
<td>Cover your nose &amp; mouth by using a tissue or inside of your elbow; sanitize hands immediately</td>
<td>Touch or remove university property, sports equipment, disinfecting equipment or items necessary for intramural staff to perform work duties</td>
</tr>
<tr>
<td>Follow posted signs and sanitize hands</td>
<td>Not follow signs and not sanitize hands</td>
</tr>
<tr>
<td>Follow guidelines, policies and rules associated with the Intramural Sports Program and UK’s Code of Student Conduct</td>
<td>Not follow guidelines, policies and rules associated with the Intramural Sports Program and UK’s Code of Student Conduct</td>
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Intramural Sport Program COVID-19 Guidelines for Spectator(s)/Participant(s): Minimize Risks

<table>
<thead>
<tr>
<th>Intramural Spectator(s)/Non-Participant Summary</th>
<th>Intramural Staff Summary</th>
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<tbody>
<tr>
<td>Spectator(s)/non-participant(s) is a non-player, captain, coach, manager, spectator or anyone representing a participant(s)</td>
<td>Complete their UK daily 4.0 self-assessment before arriving to work and complete daily symptom checks before working</td>
</tr>
<tr>
<td>All spectator(s)/non-participant(s) will wear masks</td>
<td>Wear face coverings/masks</td>
</tr>
<tr>
<td>Follow and maintain 6 feet of social/physical distancing</td>
<td>Sanitize hands before and after performing work duties</td>
</tr>
<tr>
<td>Cover your nose &amp; mouth by using a tissue or inside of your elbow; sanitize hands immediately</td>
<td>Clean &amp; Disinfectant frequently touched surfaces and equipment in between uses and activities</td>
</tr>
<tr>
<td>Spectators/non-participants will not be in groups of more than ten (10) people. Indoors spaces will not allow spectators if social/physical distancing cannot be accomplished</td>
<td>Ensure guidelines are followed (masks &amp; 6 feet), control the environment based on what is best for program operation and facility capacity</td>
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</table>

All games will be governed by the NIRSA Flag & Touch Football Rules Book with the following University of Kentucky Intramural Sports modifications

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.

NOTE – All players and coaches are required to wear face coverings on the sideline and WHILE PLAYING.

ROSTERS
- A maximum of 8 players are allowed on one team.
- Players may play for ONLY ONE single sex team weather Greek or Independent
- Players may, however, play for ONE Co-Rec team and ONE single sex team.
- 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.
ROSTERS (Continued)

- 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 league’s 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.
- Rosters will lock in playoffs at the conclusion of pool play
  - Anyone on the active roster by the lock date may play in playoffs, regardless of regular season check-ins

PLAYERS

- The maximum number of players on the field at one time is 4.
  - Co-Rec: 2 men and 2 women. Teams with 3 players shall be 2 men and 1 women or 2 women and 1 man
- 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 practice with their own footballs, but the Intramural Department will provide game balls.
- 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.
  - Cut-offs and sleeveless shirts
  - 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 the cleat.
  - Foreign Substance: Any slippery or sticky substance of a foreign nature on equipment, clothing, or an exposed part of the body.

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 two (2) regular season games.
- Teams with 3.0 or better sportsmanship rating and a .500 or above record may be eligible for 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 at least one game 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 (25+ points for Co-Rec) at two-minute mark or under two minutes, the game will end once point differential is met
- **Timeouts:** Each team has 1 timeout 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
  - Deferring the choice until the second half of play
- The first possession of the game shall begin on the 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

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 20-yard line. The objective will be to score a touchdown.
- If 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 20-yard line for the opposing 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 2-point line

OVERTIME TIE BREAKER

- Foul and resulting penalties are administered like the regular game.
- Team A shall be awarded a new series of downs when the penalty for defensive pass interference is accepted.
OVERTIME TIE BREAKER (Continued)

- 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  
  (Co-rec play - women scores or passes for a touchdown = 9 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

SERIES OF DOWNS 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 field is divided into two 20-yard zones. A first down results when the ball is declared dead, any part of which is on or above the next zone line, and a live ball penalty does not bring the ball behind the first down zone.
- 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

- All drives for both teams will begin at the same 5-yard line unless moved due to penalty, aiming to score in the same endzone.
- Quarterbacks will have 5 seconds from the time the ball is snapped to throw the ball.
  - If Quarterback has not released the ball at the end of the 5 second count,
  - PENALTY - A loss of down will result and a 3-yard penalty.
- Blocking is not permitted
- Rushing the QB:
  - A defensive player (Team B) cannot cross the line of scrimmage until the pass is released.
  - PENALTY - Illegal Advancement, 3 yards from the previous spot.
- 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: 3 yards from the previous spot.
- When a player unintentionally loses a flag belt, he/she is considered down when touched with one hand by a defender.
- The ball carrier must try 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 set before one offensive player may be in motion, but not in motion toward the opponent's goal line. If such a 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, 3 yards from the previous spot
OFFENSIVE PLAY (Continued)

- The offensive team must have at least one player on the line of scrimmage before the snap
  - **PENALTY** - Illegal procedure, 3 yards from the previous spot
- There must be a legal forward pass each down.
  - The person receiving the ball must be beyond the offensive line of scrimmage.
  - A player may not catch a forward pass behind the line of scrimmage and advance through the line of scrimmage.
- **Simultaneous Catch**: If a forward pass is caught simultaneously by members of opposing teams, the ball becomes dead and belongs to the team that snapped the ball at the spot of the catch.
- **CO-REC ONLY**: If a male passer completes a forward pass to a male receiver, the next forward pass completion must involve either a female passer or a female receiver for positive yards.
  - This rule applies to the Try.
  - Any foul, whether accepted or declined, shall have no effect on whether the next forward pass completion is “open” or “closed.”
  - **PENALTY** - Illegal forward pass, 3 yards from the spot where the second consecutive male-to-male pass is released and loss of down.
- **CO-REC ONLY**: If a female passer completes a forward pass to a male receiver behind the offensive scrimmage line and any offensive male in possession of the ball runs beyond the scrimmage line, it is an illegal forward pass.
  - **PENALTY** - Illegal forward pass, 3 yards from the spot of the pass and loss of down.

FLAG GUARDING

- 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.
  - **PENALTY** - Flag Guarding, 5-yard penalty

DEFENSIVE PLAY

- Defensive players cannot cross the line of scrimmage (neutral zone) until the ball leaves the quarterback's hands.
- **2-Yard Cushion** will be added between defense and offense before the snap.
- **Interception Policy**: When defense intercepts the ball, the official will immediately blow their whistle to signal that the play is automatically dead. The defense gets possession and starts at the 3-yard line.
- **Pass Interference**: Once a pass is in the air, the ball belongs to anyone who can get it.
  - Any contact which occurs between two or more players making a legal attempt to catch or bat the pass is considered incidental. Screening a player's eyes or waving the hands or arms in his/her face to distract a receiver is considered interference.
  - Contact will not be allowed anywhere. Rough tactics will be penalized as Illegal contact (5 yards from the spot of the foul). In extreme or repeated cases, the player will be ejected.

**PUNTING = 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 5-yard line where opposing team will be beginning their drive
- All possessions throughout the game will begin at the 5-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.
o Anytime the ball or ball carrier goes out of bounds.
 o When a forward pass, backward pass, or fumble strikes the ground or is simultaneously caught by opposing players.
 o When a touchdown, touchback, safety, or successful try is made.
 o When a legal runner is deflagged or one-hand touched when flags are no longer attached.
 o When a pass is intercepted by the opposing team.

FOULS AND PENALTIES

- Penalty Enforcement
  o 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)
  o 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.
  o 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.
  o 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.

- THREE YARD PENALTIES
  o Illegal Equipment
  o Delay of Game (Dead Ball)
  o Substitution Infractions
  o Unfair Tactics
  o Leaving the field to the wrong sideline or endlane.
  o False Start (Dead Ball)
  o Offensive Player not 5 yards away from the sideline (unless guarded by a defensive player)
  o Illegal Formation
  o Illegal Motion
  o Player Out-of-Bounds When Ball is Snapped
  o Player Receiving Snap Within 2 yards of the Scrimmage Line
  o Illegal Shift
  o Intentionally Throwing Backward Pass or Fumbling Out of Bounds (Loss of Down)
  o Illegal Forward Pass (Loss of Down)
  o Intentional Grounding (Loss of Down)

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

Note:
● Certain penalties carry disqualification, depending on the severity.
● If a penalty occurs on goal-to-go from the 3-yard line or closer by the defense, there will be a down gained except for 1st down (1st down and goal defensive penalty will simply repeat 1st down).
  ○ If holding occurs in the endzone by the defense on 3rd and goal from the 3-yard line, the following play will be 2nd and goal from the 3-yard line.
● If a penalty occurs on a play by the offense with the LOS at the 35-yard line, there will be a loss of down and the ball will not advance.
  ○ If a false start occurs at the 35-yard line on 2nd down, there will be a loss of down and it will be 3rd down from the 35-yard line.

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
● Unsportsmanlike Conduct or fighting will not be tolerated!
● A team representative is a participant, player, non-player, captain, coach, manager, spectator or anyone representing a team.
● Unsportsmanlike Conduct includes behavior, language and actions that are a violation of the University of Kentucky Student Code of Conduct.
● Unsportsmanlike Conduct includes behavior, language, action and contact towards a team representative, ref/official, Intramural Staff or Campus Recreation and Wellness staff
● Unsportsmanlike Conduct that is but not limited to:
  ○ Arguing a call
  ○ Behavior, language, action that is abusive, demeaning, insulting, disruptive, threatening
  ○ Contact that is excessive or unnecessary and contact that is persistent, severe, extreme, vulgar, violent or flagrant in nature
● A team representative will be disqualified from the game, ejected from participation, shall leave the facility and may be subjected to expulsion from further Campus Recreation and Wellness events or programs
● Teams must get a 3.0 sportsmanship rating in knockout rounds or maintain a 3.0 sportsmanship rating average to advance to playoffs. In playoffs, if a team receives a 2,1, 0 sportsmanship rating that team cannot advance in playoffs.
● Two (2) unsportsmanlike conduct penalties against a player constitutes an automatic ejection.
● Four (4) conduct unsportsmanlike penalties against a team or four of any kind will forfeit the contest.
● Six (6) conduct unsportsmanlike penalties against a team during the season will forfeit the team’s remaining schedule
● Game(s) may be forfeited at the discretion of the ref/official, Intramural Staff or Campus Recreation and Wellness staff

CONDUCT (All team representatives are expected to display good sportsmanship)
● Any team representative 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 team representative to setup an appointment with the Intramural Ejection Board by emailing the Intramural Director at neharris1@uky.edu
● 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.
**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 protests must be emailed to the Intramural Director, neharris1@uky.edu or turned into the IM Office, room 172-B of the Johnson Center.