Intramural 7v7 Flag Football
Rules (Revised 9/27/2022)

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.
   a. No hard plastic hair clips
   b. Terry-cloth headband without exposed knots is allowed
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 electronic receipt
3. Email the Intramural Director, Natasha 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 students/faculty/staff MUST play on same team as spouse. Spouses cannot stand alone on a team.

10-minute Rule/Defaults/Forfeits/Inclement Weather:
1. The 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_b1TAMPhFlsrBLMO
   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 apply 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
NIRSA Flag Football rules will be in effect for anything not covered in these rules. 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
- 16 player limit for Men’s, Women’s, and Co-Rec teams.
- Players may play for ONLY ONE single sex team whether 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 or she shall be on this team for the remainder of the season.
- 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 the playoffs, a player must play in at least one (1) regular season game.
  - No player additions can be made during the playoffs

MEN’S AND WOMEN’S TEAMS
- The maximum number of players on the field at one time is 7.
- A team must have a minimum of 5 players to start the game.
- Once started, the game may continue with less than five players if the team has a chance to win.
- Players are required to stay within the players boxes which run from the 20-yard line to the opposite 20-yard line. All players must stay behind the field markers.

CO-REC TEAMS
- The maximum number of players on the field is 8 (4 men and 4 women).
- A team must have a minimum of 5 players to start the game.
- Teams with seven (7) players shall be 4 men and 3 women, or 4 women and 3 men.
- Teams with six (6) players shall be 3 men and 3 women, 4 women and 2 men, or 4 men and 2 women.
- Teams with five (5) players shall be 3 men and 2 women or 2 men and 3 women
- Five (5) players are required to avoid a forfeit.
- Once started, the game may continue with less than five (5) players if the team has a chance to win.
- Players are required to stay within the players boxes which run from the 20-yard line to the opposite 20-yard line. All players must stay behind the field markers.

EQUIPMENT
1. The flag belt is a 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.
2. 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.
3. Intramural Department will provide game balls or teams can agree to play with their own football.
   - The only restriction for leagues is that Men will be required to use a regulation size football.
4. The following equipment shall be considered illegal:
   - Pants or shorts with any POCKET(s), BELT(s), Belt Loop(s), Zipper(s) or exposed drawstrings.
   - Jewelry of any kind including earrings, necklaces, watches, fit bits, bracelets, finger rings, wedding rings, etc.
   - Shoes with metal, ceramic, screw-in or detachable cleats.
     - Exception: Screw-in cleats are allowed if the screw is part of the cleat.
   - 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 and knee braces which are not covered.
   - Pads or braces worn above the waist. Casts worn above or below the waist.
   - Headgear containing any hard, unyielding, or stiff material, including billed hats.
   - Towels must be placed in between the cones during play.
     - Towels cannot be on player’s waist
     - Teams are responsible for their own towels.
THE SEASON

- The regular season, also known as league play, is where each team plays a certain number of games which is considered the main period of the league’s competition.
- The regular season DOES NOT include the post season also known as playoffs!
- Each team will be scheduled for four (4) regular season games
- Teams with 3.0 or better sportsmanship rating and a .500 or better record will advance to playoffs
- Rain-out league play games will not be rescheduled, except under extreme circumstances
- Playoffs = Online Bracket selection: Teams will select their position for 1st round playoff spot/game
  - Since teams select 1st round playoff spot, games will not be rescheduled due to unavailability
  - Rainout playoff tournament games will be rescheduled as quickly as possible

GAME TIME AND LENGTH

- Games are four, 10-minute quarters with one 3-minute halftime intermission
  - Between quarters, teams will switch ends of the field.
  - The position change is not considered a time-out.
  - An official time-out will be called, the ball will be moved, and play will resume.
- 10-Minute Rule is in effect for play or forfeit:
  - 6 points/touchdown awarded to the prepared team at the start of the clock in a single gender game and 9 points in a Co-Rec game.
  - After 5 minutes have passed the prepared team will be awarded 6 additional points in a single gender game and 9 in a Co-Rec game totaling 12 and 18 points respectively.
  - After 10 minutes elapse, the game is forfeit.
- During the first three quarters, the clock will run continuously and only stop for timeouts.
- During the 4th quarter, the clock will run continuously until the final 2 minutes
  - Under 2 minutes, the clock will stop for dead ball situations.
- The clock shall run during extra points except within the final two minutes of the 4th quarter.
- The ball must be snapped within 25 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:
  - Men’s and Women’s: Point differential is 19 points at 2-minute mark or under 2 minutes, game will end.
  - Co-Rec: Point differential is 25 points at the 2-minute mark or under 2 minutes, the game will end.

Timeouts:  Each team has 2 timeouts per half (Time outs DO NOT Carry Over)
  - Time-outs will not exceed one minute.
  - Each team has one time-out for the entire overtime period.
  - Coaches and spectators are not permitted on the field during time-outs

BEGINNING A GAME:

- Each game shall begin with a captain’s meeting and rock, paper, scissors (RPS)/coin toss/other method
- If a coin toss exists, the visiting team captain shall call the toss.
- The winner of the RPS/coin toss/other method shall receive the option of:
  - Deferring their choice until the second half of play
  - Starting game on offense or on defense
  - Choosing the end of the field to defend
    - At the 10-minute mark of each half, the teams shall switch ends as if between quarters
- The first possession of the game shall begin on the appropriate 14-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 periods are played, the field captains shall alternate choices. The winner of the toss shall be given options 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.
OVERTIME TIE BREAKER (Continued)

- **TIE BREAKER** - Each team will be given 4 downs from the same 10-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 4 plays to score. **If the defense intercepts the ball, the ball is called dead.** If they do not score a touchdown the ball will be placed on the 10-yard line for the intercepting team, and overtime shall continue. Each team is entitled to one time-out per overtime period (includes all overtime periods). Overtime will continue until a winner is determined.

- Fouls 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 or roughing the passer 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. Dead ball fouls following a successful try will be penalized from the succeeding spot, the 10-yard line, if accepted.

**SCORING: Men’s and Women’s Scoring**
- Touchdown = 6 points
- Safety = 2 Points
- Try for point after:
  - 1 point from the 3-yard line
  - 2 points from the 10-yard line
  - 3 points from the 20-yard line.
- If a try is intercepted by the defense, it is dead, and they cannot return the try.

**SCORING: Co-Rec Scoring**
- When a male player scores a touchdown not involving a female passer, the point value is 6.
- When a female player scores a touchdown or throws a legal forward pass and a touchdown is scored by any Team A player, the point value is 9.
- Try for point after:
  - 1 point from the 3-yard line
  - 2 points from the 10-yard line
  - 3 points from the 20-yard line.

**CO-REC GAME**
- The offensive team must have at least one (1) player on their scrimmage line at the snap.
- A Team A male runner cannot advance the ball through Team A’s scrimmage line.
- There are no restrictions after a legal forward pass
  - A female passer may complete a legal forward to a male receiver behind their team’s scrimmage line and that male may not advance the ball through the line of scrimmage.
  - There are no restrictions: during a run by a male runner once the ball is beyond the Team A or K scrimmage line; during a run by a female runner; and after a change of possession.
- **A female passer may throw to any receiver on any play whether designated OPEN or CLOSED.**
- **During an OPEN play, a male passer may throw to any receiver.**
- **During a CLOSED play, a male passer may complete a legal forward pass only to a female receiver.**
  - If a male receiver catches a pass from a male passer on a closed play, it is a foul for Illegal Male Reception (5 yards from previous spot and loss of down; the next down remains closed.
    - **Whether the penalty is accepted or declined, the next down shall remain closed.**
  - During the offensive team’s possession there may not be two consecutive legal forward pass completions from a male passer to a male receiver. This rule applies to the Try. If a male passer completes a legal forward pass to a male receiver, all offensive plays become CLOSED until OPENED. To OPEN a CLOSED play, the next legal forward pass completion must involve either a female passer or a female receiver for positive yards. The spot where the ball becomes dead by rule must be beyond the Team A scrimmage line (orange ball spotter).
    - There are no other restrictions concerning a male passer completing legal forward passes to a female receiver, or female to female, or female to male.
- **Three things are necessary to OPEN a CLOSED play:**
  - A legal forward pass.
  - A female passer or receiver.
  - Positive yards gained on the play.
  - All three must be present in the play to OPEN the CLOSED play. If one is missing, play remains CLOSED.
- Penalties have no bearing on whether the next forward pass completion is open or closed.
CO-REC GAME

- **MERCY RULE:** If a team is 25 or more points ahead when the 2-Minute Warning for the second half is announced, the game shall be over.
- If a team scores during the last two minutes of the second half and that score creates a point differential of 25 or more points, the game shall end at that point.
- All other NIRSA Flag Football rules apply.

DOWN AND LINE TO GAIN

- In a series of 4 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.
  - Intentional grounding.
  - Illegal Backward pass.
  - Illegally secured flag belt (offense).
- The following fouls result in an automatic first down:
  - Roughing the passer.
  - Illegally secured flag belt (defense).

OFFENSIVE PLAY

- At the beginning of each half and after scoring, the offensive possession will begin on the 14-yard line unless moved due to penalty.
- 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 play with a flag belt. **PENALTY** - 5 yards from the previous spot.
- When a player unintentionally loses a flag belt, he or she is considered down when touched with one hand between the shoulder and knee 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.
- Ball carriers may hand the ball forward at any time without penalty.
- 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 a player starts from their backfield, that player may not be in motion toward the opponent’s 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 their line of scrimmage before the snap. **PENALTY** - Illegal Procedure, 5 yards from the previous spot.
- Offensive players are responsible for retrieving the ball after a scrimmage down. The snapper will bring it from the huddle to the team A Scrimmage line. A towel may be placed under the ball or in between the cones. Failure to retrieve the ball will result in a Delay of Game penalty, 5 yards.
- The offensive line of scrimmage will be marked by an orange ball spotter.

BLOCKING

- The offensive screen block shall take place without contact. The screen blocker shall have 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 or hands 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/ his/her hands, arms, or the ball to cause contact between the runner and an 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 the 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
- Line of scrimmage for the defense will start 1 yard from the ball and will be marked by a yellow ball spotter.
- Contact will not be allowed anywhere. Interpretations are like 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
- The offensive team must declare punts - NO QUICK KICKS.
- After a team has announced they will punt, they must punt, Exceptions:
  a. If either team calls a time-out
  b. A penalty occurs anytime during this down which results in the kicking team having the right to repeat the down.
- No player from either side may cross the line of scrimmage until the kick.
  PENALTY - Illegal Procedure (5 yards from previous spot)
- The kicker must kick the ball immediately.
  PENALTY - Delay of Game (5 yards)
- The punter cannot kick the ball to himself/herself or to any other member of their team.
  PENALTY - Illegal Kicking (10 yards from previous spot)
- A kicking team player may gain possession but not advance a muffed punt that has not touched the ground.
- No player from the kicking team may interfere with a receiving team player attempting to catch the kick.
  PENALTY - 10 yards from the spot of the foul and 1st down for the receiving team
- Once a punt crosses the goal line, it is dead, and the receiving team will get the choice of a touchback or first touch by the kicking team.

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 a 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 the ball strikes the ground after first touching the kicking team.
  - When a punt goes untouched and comes to rest with no players attempting to play it or a player from the kicking team catches the punt beyond the neutral zone.
  - When a legal runner is de-flagged 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 runs end. (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.
    Note: A safety will result from a spot foul occurring in the offensive end zone.
  - 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
  - Infractions of Protected Scrimmage Kick Formation
  - Encroachment (Dead Ball)
  - Leaving the field to the wrong sideline or endline.
  - False Start (Dead Ball)
  - Illegal Snap (Dead Ball)
  - Offensive Player not 5 yards away from the sideline (unless guarded by a defensive player)
  - Illegal Formation
  - 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)
  - Advancement Through the Neutral Zone by a Male Runner (Co-Rec Only)
  - Intentional Grounding (Loss of Down)
  - Illegal Forward Pass-2 Consecutive Male to Male Forward Pass Completions (Loss of Down) (Co-Rec Only)
  - Illegal Forward Pass-Male Catches Pass and Runs Beyond Scrimmage Line (Loss of Down) (Co-Rec Only)
  - Helping the Runner

- **TEN-YARD PENALTIES**
  - Flag Guarding
  - Quick Kick
  - Kick Catch Interference
  - 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 may also carry disqualification, depending on the severity. In Article 3K the offender will be disqualified.

**Note:** When the measurement spot of a 10-yard or 5-yard penalty is inside the offending teams 20-yard or 10-yard lines respectively, 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.
Defaults:
- Any team or individual knowing in advance that they will not be able to play a regularly scheduled contest or not have the minimum number of players is provided the opportunity to default that contest.
- A loss by default will not be counted as a forfeit, nor affect your sportsmanship rating but will count as a loss towards the team’s overall record.
- Teams are permitted only one (1) default during an event or activity. No postponements will be made because of the absence of team members.

**ONLY THE TEAM CAPTAIN OR CHAIR CAN COMPLETE THE DEFAULT FORM**

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 can include, but not limited to:
  o Arguing a call
  o Behavior, language, action that is abusive, demeaning, insulting, disruptive, threatening
  o 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.
  o 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 constitute 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 set up 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 protests 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.
  o To protest, the protesting team must begin the process immediately following the event in question.
  o The supervisor’s decision is final.
  o Protests can be made without team time-outs.
  o A rejected protest in this case will result in an unsportsmanlike conduct penalty on the team captain.
- In non-officiated games, 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.

The Intramural Department reserves the right to modify these rules at any point in the season in order to promote a fair, fun, and safe environment