Intramural Flag Football Rules

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 electronical 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 at least three (3) hours prior to your scheduled game time. 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.

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 with receive a forfeit and no team will advance to the next round.

NOTE: These rules are being updated to reflect the new rules for 2017 & 2018
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
- 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 that is the team, he or she shall be on for the remainder of the season.
- To be eligible for the playoffs, a player must play in at least one regular season game.
- In the playoffs, rosters shall be frozen to include only those players who played in at least one regular season game. No additions shall be made during the playoffs.
- 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.

PLAYERS
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 as long as the team has a chance to win.

CO-REC TEAMS (Updated Co-Rec Rules)
- 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 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.
- Teams may play with their own footballs, but the Intramural Department can provide game balls. The only restriction for leagues is that Men will be required to use a regulation size football.
- The following equipment shall be considered illegal:
  - Pants or shorts with any BELT (s), Belt Loop (s), POCKET(s) or exposed drawstrings.
  - Headgear containing any hard, unyielding, or stiff material, including billed hats.
  - Jewelry of any kind including earrings, finger rings, wedding rings, necklaces, watches, etc.
  - Pads or braces worn above the waist.
  - 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.
  - Towels must be placed in between the cones during play.
    - Towels cannot be on player’s waist. Teams are responsible for their towels.
THE SEASON
- For league play, 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 the playoffs.
- Team availability will be accommodated as much as possible for the regular season. During the playoffs, teams will be able to select their position in the playoff bracket. Since teams are able to select bracket position, games will not be rescheduled due to unavailability.
- Decisions on rainouts will not be made until at least 3pm on game day.
- Rain-out league play games will not be rescheduled except under extreme circumstances.
- Rainout tournament games will be rescheduled as quickly as possible.

GAME TIME AND LENGTH
- The game are 4, 10-minute quarters with a 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.
- **Forfeit Rule:** 10-Minute Rule is in effect:
  - 7 points being awarded to the prepared team at the start of the clock in a single gender game and 10 points in a Co-Rec game.
  - After 5 minutes have passed the prepared team will be awarded 7 additional points in a single gender game and 10 in a Co-Rec game totaling 14 and 20 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.
- **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.
- 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.
- **Timeouts:** *Each team has 2 timeouts per half (No 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 a 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
    - At the 10 minute mark of each half, the teams shall switch ends as if between quarters
  - Deferring the choice until the second half of play
- 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.

- **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 and are administered similar to 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**
- If a male scores a touchdown not involving a female passer, the point value is 6.
- If 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 (Updated Co-Rec Rule Below)**
- 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 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, the play remains CLOSED.
- Penalties have no bearing on whether the next forward pass completion is open or closed.
- 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 scores, 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 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 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.
- 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 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:**  
(Updated Rule Below)

- 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 opponent from deflagging.
  - Lowering the shoulders in such a manner, which places the arm over the flag belt to prevent an opponent from deflagging.

  **Fla Guarding = 10 yard penalty**

**DEFENSIVE PLAY**

- The 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 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**

- The offensive team must declare punts – **NO QUICK KICKS**.
- After a team has announced they will punt, they must punt.
  
  Exception:
  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 touching 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.
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 the ball strikes the ground after first touching by the kicking team.

o 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.

o When a legal runner is deflagged or touched between the shoulders and knees when flags are no longer attached.

FOULS AND PENALTIES

- Penalty Enforcement
  o 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).
  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.
    Note: A safety will result from a spot foul occurring in the offensive end zone.
  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.

- FIVE YARD PENALTIES:
  o Illegal Equipment
  o Delay of Game (Dead Ball)
  o Substitution Infractions
  o Unfair Tactics
  o Infractions of Protected Scrimmage Kick Formation
  o Encroachment (Dead Ball)
  o Leaving the field to the wrong sideline or endline.
  o False Start (Dead Ball)
  o Illegal Snap (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 Advancement Through the Neutral Zone by a Male Runner (Co-Rec Only)
  o Intentional Grounding (Loss of Down)
  o Illegal Forward Pass-2 Consecutive Male to Male Forward Pass Completions (Loss of Down) (Co-Rec Only)
  o Illegal Forward Pass-Male Catches Pass and Runs Beyond Scrimmage Line (Loss of Down) (Co-Rec Only)
  o Helping the Runner

- TEN-YARD PENALTIES
  o Flag Guarding
  o Quick Kick
  o Kick Catch Interference
  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)
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 measurement spot of a 10 yard or 5 yard penalty is inside the offending teams 20 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.

**UNSPORTSMANLIKE CONDUCT**
- A player, coach, or spectator using abusive or insulting language, disrupting, or arguing a call is display of unsportsmanlike conduct. Unsportsmanlike 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.
- Two unsportsmanlike conduct penalties against one player in a game constitute an automatic ejection.
- **3 conduct unsportsmanlike penalties against a team or four of any kind will forfeit the contest.**
- 6 conduct unsportsmanlike penalties against a team during the season will forfeit the team’s remaining schedule
- A 3.0 grade point average must be obtained throughout the regular season for a team to advance to the playoffs.
- Players are also required to stay within the players boxes which run from the 20 yard line to the opposite 20 yard line and is one yard off the field.

**CONDUCT (Retain information in document, updated & current information, erase this line when updating rules)**
- 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. 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.