

# Fall 2008 Men's, Women's & Co-Rec Flag Football Rules

## BGSU Intramurals

### 1. Players, Roster, Substitutes and IDs

- A. There will be four weeks of regular season play and one week of playoffs. The week of fall break, 10/6 – 10/ will be used for make-ups if teams mutually agree to do so by signing up for time slots in the IM Office by 5pm 9/27.
- B. A men's or women's team must have a minimum of 5 players to start the game. Team maximum is 7 players on the field of play. A total roster limit is 16. If at any time one team has less than 5 players, including result of injury, that team shall forfeit the game.
- C. Roster Changes: Beginning Monday, September 22<sup>nd</sup>, captains will be allowed to make roster changes limited to 4 player changes. Roster changes can be made either at the IM office or at the contest site at anytime during the regular season of play. New players must sign an "Agreement to Participate" form prior to playing. If a player is found to be on two rosters the later of the two teams they played for will be assessed a loss and will jeopardize their consideration for playoffs.
- D. Substitutions may be made any time the ball is not in play (clock will not stop). Repeated attempts to delay the game will result in an unsportsmanlike conduct penalty.
- E. To recreate in the SRC or PFH without additional cost, faculty or staff members must purchase a Rec Sports membership, undergraduate and graduate students must have at least 10 credit hours. Otherwise, a BGSU affiliate must pay the daily guest fee of \$5.
- F. To participate in **intramurals**, there is no credit hour requirement, but an appropriate ID must be presented to an Intramural employee as follows: students must show a BGSU picture ID with a current semester validation sticker, while faculty/staff show a BGSU ID (with picture and P00#).
- G. Members of the 2008-09 varsity football team are ineligible to participate. Current year coaches and coaches and players from the previous academic year are eligible to play, but a maximum of two total are allowed per roster. A maximum of two 2008-09 club rugby players are allowed per roster.

### 2. Playing Area and Conditions

- A. All outdoor games will be played on the Maury Sandy Intramural fields.
- B. The field is 40 yards wide, marked off in four 20-yard zones, with 10-yard end zones.
- C. The team captain will see that all players and team spectators will remain within the designated team area (2 yards behind sideline and between the 20-yard lines). Violation = delay of game.
- D. During Intramurals, chewing or smoking tobacco products is prohibited at all indoor and outdoor sites on campus. Coaches or rostered players found chewing or smoking tobacco may be warned, penalized by sport-specific rules, and/or removed from play. Uncooperative spectators may also penalize a team.
- E. If severe weather threatens during play, an air horn will sound three long, successive blasts, and each field will be notified via two-way radio or personal contact. Please seek shelter in the nearest facility.
- F. Approximately five minutes before all the lights are turned off after the last game, two short blasts from an airhorn will alert people to gather their belongings. Without lights, the area is quite dark, so act quickly.
- G. Any personal items (ID's, keys, equipment, etc.) left at any intramural site and found by an intramural employee will be taken to that facility's "lost and found", or to the front desk of Perry Field House, to be placed in their "lost and found".

### 3. Equipment and Uniform

- A. Rubber-soled or plastic screw-in cleats are allowed, but no cleats containing **any** metal may be worn. Penalty when discovered during play will be ejection from the game.
- B. Only BGSU Intramural flag belts may be worn by each team. \*Each player's flag belt must be worn with a flag on each side and one in the center of the back. Flag belts should contrast with color of pants/shorts.
- C. Soft, pliable, non-abrasive gloves may be worn.
- D. Headwear: stocking caps may be worn (including those with knit ball) if they have no bill (no baseball hats). Headbands, rubber bands, and cloth bands are okay, as long as no hard knot exists.
- E. A team's players must have the same color t-shirts or jerseys, and they must remain tucked in at all times or shirts can be cut off. The flag belt must be visible. Otherwise, colored pinnies may be available at the shed (need ID).
- F. Each offensive unit will choose which ball they wish to use, including their own, their opponent's or the IM ball (balls must be regulation size).

### 4. Safety and Prevention

- A. A player who has any visible amount of blood on their uniform shall be considered an injured player and must leave the game immediately for appropriate treatment and/or changing of clothes.
- B. Each player must wear pants/shorts without any belt(s), belt loops, or exposed drawstrings. In addition, we strongly recommend pants/shorts without pockets. No hooded sweatshirts.
- C. No dangerous or inappropriate equipment may be worn. No hard casts allowed. All metal on joint braces must be safely covered to officials' satisfaction.
- D. Mouth guards are strongly recommended, and players wearing glasses should have shatter proof lenses and straps.

- E. Absolutely no jewelry (including wrist watches) shall be worn (**see section 9, Penalties!**)  
\*\* Exception - medical ID tags which must be taped to the body. Check with IM Office prior to your team's game day.

**5. Participant Conduct and Fair Play**

- A. All players, captains, and spectators will be held to a reasonable standard of conduct and fair play. Violators of this standard will be subject to sport-specific penalties, and/or possible removal from the facility and future intramural sports.

**6. Time Regulations and Length of Game**

A. Game-time

1. Two 22-minute halves; 5 minutes between halves. Two time-outs of 1 minute duration per half per team. In the first half, the clock will only be stopped for time-outs and serious injuries.
2. The clock stops during the final two minutes of the second half only for the 2-minute warning and for:
  - a. Incomplete pass - clock starts on snap. (On a backward pass that is dropped, clock continues to run)
  - b. Out-of-bounds - clock starts on snap
  - c. First down - dependent on the play. Ex. If a player gets first down and his/her flag is pulled off in bounds, the clock is stopped until the ready for play whistle - then the clock starts again. If player ran out of bounds, clock starts at snap.
  - d. Penalty and administration - the clock stops on the penalty and is re-started dependent on the previous play, like part "c" above.
  - e. Touchdowns - No time runs during extra point attempts. Clock starts on snap when opponents take possession.
  - f. Change of possession - clock starts on the snap
  - g. Team time-out - clock starts on snap
  - h. Injury - clock starts on snap
  - i. Referee's time-out - clock starts on his/her discretion
  - j. Inadvertent whistle - starts on ready for play whistle
3. If under 2 minutes in game, QB may receive snap and throw ball into ground immediately in order to stop clock.
4. Mercy Rule: If a team is 19 or more points ahead at the 2 minute warning of the second half or any time within the final 2 minutes, the game shall be over.
5. A team has 25 seconds to snap the ball after the referee marks it ready for play.
6. If the game must be called for weather, lights, etc., the completion of the first half will make the game official. Games called prior to the completion of the first half will stand as no game. Regular season games will not be rescheduled.

**7. Forfeits and Starting Games**

- A. Game time is forfeit time. All players should be checked in and ready to play at the scheduled time. There is no grace period. Once team minimum is met, late arrivals can still play once they check in.
- B. Participants failing to check in with the scorekeeper before play will be penalized, and may penalize the whole team. Once a person is found to have played prior to checking in, they will be asked to present a valid ID. If the player can present a valid ID, he/she will be removed from the game. If that player is unable to present a valid ID, the game will be declared a forfeit.
- C. If a team forfeits once for any reason, they lose their forfeit fee, but are still eligible for playoffs. Forfeiting a second time drops that team from all further play for the rest of the season.
- D. A toss of a coin will determine possession or direction (no deferring) at start of the game or in the tie game situations. Possession and direction are switched for the second half.

**8. Playing Rules and Scoring** - This is a non-contact game!

\* Official NIRSA rules will prevail in all cases not otherwise covered, as long as they fall within the spirit of Intramurals!

A. Plays from scrimmage

1. The ball is put into play on your own 15-yard line at the start of the game, after a safety, after point scored, and at the start of the second half.
2. After gaining possession of the ball, a team has four downs in which to reach the next zone line to gain a first down.
3. The offensive team must be behind the line of scrimmage prior to the snap.
4. The defensive team must line up behind the one yard restraining line, which will be designated with a cone by the official before each play.
5. The offensive team must have at least four players on the line of scrimmage, regardless of number of players on the field. *A player in motion cannot be considered a player on the line.*
6. All receivers on offense must be at least 5 yards from either sideline prior to the snap.
7. An offensive player must receive the snap at least 2 yards behind the center. No direct snaps.
8. At the snap, one offensive player may be in motion, but not toward the opponent's goal. Other offensive players must be stationary in their positions without moving the feet, body, or arms.
9. Rushing - There is no limit on the number of defenders who can rush once the ball is snapped, and they do not have to line up at the line of scrimmage.

10. Offensive team's blockers can only screen block. Players may not interlock legs during an offensive set. Arms must be behind their backs while they obstruct an opponent, **without initiating contact**.
  11. Defensive rushers must go around the offensive player's screen block **without using their hands as a wedge or initiating contact**.
  12. Screen blocking is also allowed for a ball carrier beyond the line of scrimmage.
  13. After each play, the team on offense is responsible for returning the ball to the line of scrimmage. The referee will mark the ball set for play after a reasonable period of time for retrieval of the ball. Intentional delays will result in delay of game penalties.
- B. Legal catches, possession, de-flagging a ball carrier
1. All players are eligible for a pass.
  2. If a player has possession and control of the ball, and if one foot first lands in bounds, it is a catch or interception, even though a subsequent step or fall takes the receiver out-of-bounds. Just like high school rule.
  3. Any time the knee touches the ground and the ball is in the player's possession, the play is dead. However, a catch by a kneeling or prone in-bounds player is a completion or interception.
  4. No player may go out-of-bounds and return during the current down unless blocked out-of-bounds by an opponent.
  5. De-flagging: A player is downed and his/her forward progress ceases when he/she is de-flagged (belt clip has come undone) as a result of the defense, while the ball is in his/her possession. The official will determine where the de-flagging occurred, not where the belt actually fell off.
  6. To legally down a player, it is necessary to pull flag belt from the ball carrier.
  7. If belt falls off inadvertently, the ball carrier will be downed by one hand touch between the shoulder and knee (includes ball carrier's arms and hands).
  8. Flag Guarding: Ball carrier cannot guard/cover their flag by using their hands, arms, the ball, or their jersey in such a manner as to prevent an attempted de-flagging from being successful.
  9. A fumbled ball becomes dead when it touches the ground. If the ball is fumbled forward, the ball is placed at the spot where the fumble occurred (when possession was lost). If the ball is fumbled backward, it is placed where it hit the ground. If the offense fumbles the ball in their own end zone, a safety is awarded to the defense. If the offense fumbles the ball into the opponent's end zone, the ball is awarded to the defense and placed on the 15-yard line. (touchback)
- C. Officials decisions
1. An official will blow the whistle to signify the end of a play. When an inadvertent whistle is blown by mistake, the play is dead at that point, and the following steps are taken:
    - a. Offensive player did not possess ball beyond line of scrimmage = replay from previous line of scrimmage.
    - b. Offensive player with possession beyond line of scrimmage = offense chooses whether to replay from previous line of scrimmage or they can put the ball in play where it was declared dead.
    - c. Note: any accepted penalty nullifies inadvertent whistle option.
  2. No protests will be reviewed which are concerned with the judgment calls by the officials. Only rule interpretations may be questioned by the team captain. Every effort will be made to secure and train the best available officials.
- D. Punts
1. A team may punt on any down but must announce the punt to the referee before the ball is snapped. Referee will tell other team. No fake punts or quick kicks.
  2. Any backfield player may punt after receiving the ball from the center. A snap is necessary. Kick must occur immediately and in a continuous motion. *There are no fake punts.*
  3. Defense does not have to have anyone on the line of scrimmage for a kick.
  4. Neither team may cross the line of scrimmage until the ball has been kicked. No defensive rush on punts.
  5. A punted ball is live until it goes out of bounds; hits a member of the kicking or receiving team and hits the ground; fumbled by the receiving team after gaining possession and hits the ground; or a receiver is de-flagged or goes out of bounds with the ball.
  6. If a punted ball goes out-of-bounds, the receiving team must play the ball where it goes out-of-bounds.
  7. If the receiving team catches the ball and returns it, downfield screen blocking will be allowed.
- E. Scoring
1. A touchdown counts 6 points.
  2. After a player scores a touchdown, they must raise their arms and remain in the end zone until an official checks their belt.
  3. If belt doesn't come off, the touchdown or point after will be called back, the player may be disqualified, and a ten yard penalty will be assessed, with loss of down.
  4. The scoring team can opt to go for a 1 point attempt from the 3-yard line, 2 point attempt from the 10-yard line, or 3 point try from the 20 yard line. This option must be chosen at the request of an official. To change the try decision, a time-out must be taken.

5. If scoring team spikes the ball or taunts the defensive team after a touchdown, defensive team has the option of enforcing the penalty on the extra point (at 13-yard line for 1 pt. conversion, or 20-yard line for 2 pt. Conversion or 30-yard line for 3 pt. conversion).
6. If penalty occurs on the offense on an extra point try and the team scores, the extra point will be replayed after assessing the penalty.
7. If there is a defensive penalty on the extra point, the penalty will be 1/2 the distance to the goal line, down replayed.
8. During extra point attempts, if the defense intercepts, the ball remains live, and if returned for a score, they will be awarded 3 points. If they commit a penalty after intercepting, enforcement will be from their 15-yard line upon beginning their new possession.
9. A team is permitted the extra point if a touchdown is scored as time expires, if it will affect the game's outcome.
10. Safety results in 2 points.
11. *Foul on a score: If there is a foul by the defensive team during a down, which results in a successful touchdown or try, the score will count and the penalty will be enforced from the succeeding spot (the next play).*

## 9. Fouls, Violations and Penalties

### A. Penalty enforcement philosophies

1. Penalties **behind** the line of scrimmage:
  - a. by Offense = enforce from spot of foul or end of run (dependent on play)
  - b. by Defense = enforce from line of scrimmage or end of run (dependent on play)
2. Penalties **beyond** the line of scrimmage:
  - a. After a player already has possession of the ball:
    - by Offense = enforce from spot of the foul
    - by Defense = enforce from end of the run
  - b. Before a player has possession
    - by Offense = enforce from line of scrimmage
    - by Defense = enforce from line of scrimmage
3. *A period cannot end on any accepted penalty, whether it was committed by the defense or offense.*

### B. Penalties

1. The ball carrier must run to evade tacklers. Under no circumstances may the ball carrier deliberately run through tacklers with the purpose of running over defensive players. Deliberate charging of an opponent is a 10-yard penalty from spot of foul. However, they can dive to a spot to gain yardage.
2. Any attempt by the ball carrier to stiff arm, or shield the belt (flag guarding) will result in 10-yard penalty from point of foul.
3. Illegal forward pass: 5-yard penalty from spot of the foul and loss of down (i.e. throwing ball after crossing line of scrimmage. Note: player cannot cross line of scrimmage with the ball, pitch it backward behind line of scrimmage, then throw a forward pass). Only one forward pass is allowed per play, whether caught behind or ahead of the line of scrimmage.
4. Illegal offensive contact (i.e. blocking) **behind** the line of scrimmage will be penalized 10 yards from the spot of the foul.
5. Illegal defensive contact when rushing results in 10-yard penalty.
6. Defensive pass interference - 10 yards from line of scrimmage and automatic first down.
7. If defender makes contact with passer's arm, a 10-yard penalty will result and an automatic first down. If the defender contacts the passer's arm, whether or not he/she touches the pass (ball) it is roughing the passer. Go for the flag only. If the pass was completed, the 10 yards will be added to the end of the play.
8. A defensive player shall not hold, push, grasp, obstruct forward progress, or deliberately step in front of ball carrier with no intention to grab the belt. 10-yard penalty from end of the run.

### C. Loss or gain of 5 yards and repeat the down from line of scrimmage (note exceptions)

1. Delay of game (dead ball foul) -- 25 seconds from ball being placed
  - includes "team area" violations
2. Illegal equipment/substance or illegally worn equipment. **Note: wearing metal cleats is grounds for ejection.**
3. Not enough players on line of scrimmage (M&W need 4 players min., Co-rec needs 5)
4. Offensive player closer than five yards to the sideline at snap
5. Illegal substitution
6. False start (dead ball foul)
7. Illegal motion, procedure, shift
  - Co-rec: male ball carrier scrimmage violation
8. Illegal snap (i.e. ball is picked up/moved while set, prior to actual snap--dead ball foul)
9. Player receiving snap within 2 yards of scrimmage line

10. Illegal forward pass (loss of down, penalize from spot of foul)
  - Co-rec: "closed" play violation
11. Intentional grounding (loss of down) Note: There is no "out-of-pocket" rule like in NFL.
12. Encroachment (dead ball foul)
13. Helping the runner (offensive players physically pushing/pulling runner)

D. Loss or gain of 10 yards and repeat the down (note exceptions)

1. **Unsportsmanlike or unnecessary conduct:** jewelry violations (always enforced as dead ball foul); taunting/profanity; excessive force; excessive delay of game;
  - a second penalty by the same player will result in disqualification
  - a third unsportsmanlike conduct penalty on the same team will result in a forfeit
2. **Illegal offensive contact:** ball carrier running into defender; stiff arms; initiating contact when blocking; interlocking arms/legs; clipping; tripping; offensive pass interference (loss of down)
3. Quick kicks, fake punts
4. Flag guarding (*Note: this is **NOT** a loss-of-down penalty*)
5. Illegally secured flag belt (loss of down and possible player disqualification)
6. Illegal participation: player who went out-of-bounds (without being blocked out by opponent), returns to the field and participates in a play. *Also, too many players on the field after the ball is snapped.*
7. **Illegal defensive contact:** obstructing/tackling ball carrier; pass interference (automatic first down); roughing the passer (automatic first down); defensive use of hands; tripping; strike, or attempt to steal ball from ball carrier
8. Illegal flag belt removal (removing belt from offensive player too soon)
9. Two or more consecutive encroachments (defensive offsides) *during the same down*
10. The offended team has the option of either taking the penalty or declining the penalty and taking the completed play (except for dead ball fouls). For non-dead ball fouls, the official should throw a flag and delay the whistle until the play is completed. *Note: all distance penalties may be declined.*

- E. Captains are expected to ensure proper behavior by their players and spectators should an altercation develop. Details, including penalties, are spelled out in the IM Handbook and Captain's Responsibilities handout.

## 10. Special Definitions

A. Co-Rec rules (penalty definition is in parentheses)

1. The game shall be played with 8 players - 4 men, 4 women. When playing with six or seven players, line-up must be 4 men, 3 women; 4 women, 3 men; 3 men, 3 women; or 2 men, 4 women (otherwise, team forfeits).
2. Mercy Rule: If a team is 25 or more points ahead at the 2-minute warning of the second half, or any time within the final 2 minutes, the game shall be over.
3. A male ball carrier cannot advance the ball past the line of scrimmage by a run (illegal procedure - 5 yards). This includes passes completed behind the line of scrimmage.
4. During the offensive team's possession there may not be 2 consecutive legal forward pass completions from a male passer to a male receiver. Also applies to the extra point try. If a male passer completes a legal forward pass to a male receiver, the next legal forward pass completion (play is "closed") must involve either a female passer or a female receiver for positive yards. *Penalties do not affect a play's open/closed status.* 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 (illegal forward pass - 5 yards from spot of foul and loss of down).
5. A touchdown scored by a female who throws the forward pass, or crosses the goal line is worth **9** pts. All other touchdowns are worth 6 pts. Extra point attempts remain unchanged.
6. The junior size or standard size football may be used by each offense.
7. Offense must have at least 5 people on the line of scrimmage (illegal procedure - 5 yards).

## 11. Tie Games and Overtimes

A. Tie game

1. If a tie occurs at the end of regulation play during the regular season, the game will remain a tie. If a tie occurs during the playoffs, overtime will be played.
2. Options at the start of the overtime is determined by "behind the back, odd/even guess by captains" or coin toss.
3. Each team will be given 4 downs from the same 20 yard line out from the goal line, with no first downs awarded unless a penalty awards a first down automatically (i.e. roughing the passer, or defensive pass interference).
4. If the first team which is awarded the ball scores, the second team will still have 4 downs to attempt to score from 20 yards out.
5. After a touchdown, try for the extra point will be attempted as usual and scored the same as during the game.
6. If the first defense intercepts the ball and returns it for a touchdown, they will win the game. If they do not return it for a touchdown, they begin their series of 4 downs from the same 20 yard line out.

7. If still tied, each team will have 4 downs from 40 yards out from the end zone (penalties could affect final number of downs...). The team gaining the most yardage (or points) in 4 downs is the winner. If still tied, repeat step #7.
8. The goal line will always be the line-to-gain during overtime periods.

**12. Playoffs**

- A. The number of teams who qualify, plus the number, length, and playing rules for playoff games may be altered as time, weather, facility, and equipment conditions require. A variety of options will be considered before altering the preferred playoff format.
- B. Teams must be able to play any day M-R, after 6 p.m. during playoffs. Make sure you have enough players on your roster so you do not have to forfeit during playoffs.
- C. A captain should call the IM Office to check on their team's status as to playoffs. The IM Office does not personally notify teams regarding playoff schedules. Please see the IM Handbook for specifics as to the procedures for determining how teams advance to playoffs.
- D. The captain is responsible for notifying his/her team of the playoff schedule. Playoff schedules will be available from the web site or the captain may pick up a copy in the IM Office beginning the Friday before playoffs begin at 4 p.m.
- E. Teams who don't want to be included in playoff consideration must contact the IM Office in person prior to their last regular season game.
- F. Teams need to familiarize themselves with the Team Sportsmanship Rating System located in the IM Handbook as this will affect their eligibility for playoffs at the end of league play.

**13. Officials and Manager Duties**

- A. The Intramural line judge at each field will be responsible for scoring the game and checking IDs and rosters. Teams should verify the score at the end of each score, at the half, and after the game. Captains must sign the score sheet to verify the game winner.
  1. Manager/officials have the power to enforce all IM rules as they apply to players, coaches and spectators.

**14. Miscellaneous**

- A. All participation in the Intramural program is voluntary. The University is not responsible for injuries while participating in Intramural sports. Each participant is advised to carry personal health and accident insurance. For reporting purposes, participants injured during play must have an appropriate report form completed and turned in to the Intramural Office within 48 hours of the injury.
- B. T-shirts will be awarded to those participants on each championship team in each division who played in at least one game and did not commit multiple violations. The t-shirts should be picked up individually in the office beginning two days after final playoffs and within 15 academic weeks.

