Intramural Sports Flag Football

Please consult the Intramural Sports Participant Handbook for the complete list of Intramural Sports policies.

NIRSA Flag Football Rules will be in effect; an abridged version including any modifications follow:

Location
- Games will be played at the Medical Science (Med) Fields on the Health Science Campus.
- Please give yourself plenty of time to park and get to your games ahead of schedule. Remember all team members must be signed in and ready to play to avoid a forfeit.

Schedule
- Competitive Leagues – Participants seeking this competitive sport setting will be scheduled in a four-game regular season followed by a single elimination playoff for qualifying teams.
- Recreational Leagues – Participants seeking this recreational experience will be scheduled a four-week regular season and single elimination playoffs
- If your team is unable to make a game be sure to contact the Intramural Office before 12:00pm (noon) emailing intramural.sports@mail.wvu.edu the day of the game to default or before 12:00pm (noon) on Friday for Sunday games.
- Team schedules can be found via FusionIM or WVUGO.

Eligibility

Players
- A legal team consist of 7 players on the field. A team may start a game with a minimum of 4 players.
- A speaking captain must be designated for each team. They alone may appeal to the official.
  1. Officials’ judgment calls may not be protested. If a protest occurs, the game is to be stopped immediately and proper documentation must be filled out before play resumes.
  2. Team captains shall participate in a coin toss to begin the game. The captain winning the toss shall have the following options:
     ▪ Offense
     ▪ Defense
     ▪ Choose goal line his/her team will defend.
     ▪ Defer options until the second half
     o The captain not having the first choice of options for a half shall exercise the remaining options.
Equipment

- Each team is encouraged to bring a football to warm up although some footballs will be available for use. Intramural Sports will supply a game ball for each contest.
- Each player must wear a flag belt. Flag belts should be a different color than the shorts. Teams will be given flag belts by the Intramural Sports staff member overseeing that field.
- All jewelry of any type must be removed.
- Head decorations, headwear, billed hats and bandannas are illegal. Only elastic headbands and hair control devices are permitted. Participants are permitted to wear a knit caps/beanies so long as there is not any hard materials or knots on them.
- Hard and unyielding items (guards, casts, braces, etc.) on the hand, wrist, forearm, elbow, upper arm or shoulder must be padded with a closed-cell, slow-recovery foam padding no less than ½-inch thick.
- You must schedule an appointment with a Competitive Sports Coordinator prior to playing if you have a special equipment need (i.e. medical). All equipment decisions made on site by the Intramural Sports Staff on duty shall be final.

Uniforms

- All team members must wear athletic apparel appropriate for flag football.
- All members of a team must wear uniforms of the same color. Teams are encouraged to coordinate shirt colors for their games. Jerseys will be available for checkout at each field.
  - **Players must wear a shirt or jersey that remains tucked in.** Jerseys or cut-off t-shirts may not have an arm opening more than 4” below the armpit
- Clothing may not have belts, belt loops, **pockets (point of emphasis)**, or exposed drawstrings, including pants, shorts, shirts, sweatshirts, etc. Pockets that are zipped-up, taped-up, stapled, etc. are not allowed.
  - Jackets/sweatshirts with pockets may be worn underneath a t-shirt, so no zippers, pockets, or hoods are exposed. Hoods must be tucked into the shirt.
- **Absolutely no pockets are permitted.** This includes pockets on shorts and shirts (frockets). Taping pockets is also not permitted.
- All players must wear athletic shoes. Hard sole shoes or sandals of any kind will not be permitted.
  - Leather, rubber, nylon or plastic cleats are legal. The cleats must be constructed of a material which does not chip or develop a cutting edge. Shoes with metal, ceramic, screw-in, or detachable cleats are not legal. The official has the right to declare a shoe unsafe.
Game Play

• The Playing Field

- There are no kickoffs in flag football. Unless moved by penalty, the ball will be placed on the team in possession’s 14-yard line to start each half or after a score.
- A team has 4 downs to reach a zone line in order to receive a first down. Teams may pass or run the ball during these downs. They must inform the official if they decide to punt.
- Offensive teams must have at least 1 player on the line of scrimmage at the start of play.

• Scoring
  - Touchdowns are worth 6 points. After a touchdown is scored, the offensive team may elect to try for 1 point (from 3 yards), 2 point (from 10 yards), or 3 point (from 20 yards).
  - Regular Season -- no overtime will be played in the regular season. Games will end in a tie if necessary.
  - In playoffs only, there will be overtime if game ends in tie (explained below).

• Mercy Rule
  - With 2 or less minutes remaining in the 2nd half, a Men or Women’s game will end if a team is trailing by 19 or more points.
  - With 2 or less minutes remaining in the 2nd half, a Co-Rec game will end if a team is trailing by 25 or more points.

• Substitutions
Between downs any number of eligible substitutes may replace players. No substitute may enter during a down.

Must enter the field on their team’s sideline.

- Team boxes are between the 20 & 20 on each team’s side of the field.

- **Special Rules**
  - **Flag Guarding**: Runners shall not flag guard by using 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.
  - **Offensive Screen Blocking**: The offense may only block without creating any contact. The blocker acts as a screen to ward off defenders. 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.

  - **Screen Blocking Fundamentals**: A player who screen blocks shall not:
    - Take a position closer than a normal step when behind a stationary opponent.
    - Make contact when assuming a position at the side or in front of a stationary opponent.
    - Take a position so close to a moving opponent that the opponent cannot avoid contact by stopping or changing direction. The speed of the player will determine this and the position will vary.
    - After assuming the legal screening position move to maintain it, unless moving in the same direction and path as the opponent.

- **Penalties**
  - **5 Yard Penalties**
    - Delay of Game
    - Encroachment
    - False Start
    - Illegal Snap
    - Illegal Formation
    - Failure to Wear Required Equipment
    - Illegal Forward Pass (Loss of Down)
    - Illegal Reception (Loss of Down)
    - Illegal Motion
    - Illegal Procedure
    - Illegal Shift
    - Illegal Substitution
    - Intentional Grounding (Loss of Down)
    - Illegal Advancement
    - Aiding the Runner
    - Illegally Consuming Time
  - **10 Yard Penalties**
    - Illegal Participation
    - Kick Catch Interference
    - Flag Guarding
    - Illegal Flag Belt Removal
    - Illegal Bat, Illegal Kick
    - Illegal Contact, Stiff Arm
    - Illegal Secured Flag Belt (Loss of Down)
- Pass Interference
- Personal Foul
- Roughing the Passer (Automatic 1st Down)
- Unsportsmanlike Conduct

- Co-IM Modifications
  - Co teams consist of 8 players with a minimum of 5 players. Co teams may play with any combination of the following:
    - 4 men & 4 women
    - 4 men & 3 women
    - 3 men & 4 women
    - 3 men & 3 women
    - 2 men & 3 women
    - 3 men & 2 women
  - On offense, a male player may advance the ball past the line of scrimmage by running, after a legal forward pass has been thrown. Females are allowed to advance the ball past the line of scrimmage by running at any time.
  - A team may not have 2 consecutive plays involving male to male pass completions. This rule also applies to the try. If a male passer completes a legal forward pass to a male receiver, the next legal forward pass completion must involve either a female passer or a female receiver for net positive yards. There are no restrictions concerning completions to a female receiver.
    - On an “open play,” there are no restrictions on who can throw and receive a pass.
    - In order to open a closed play, a female must be involved in a play that includes a forward pass for positive yards.
      - If a male throws to a male, it will be an illegal male reception penalty.
  - If a female scores a touchdown or throws a legal forward pass in which the play results in a touchdown, the touchdown point value is 9 points.
    - Try attempts are still only worth 1, 2, or 3 points no matter who scores it

Time Regulations
- Games shall consist of two 20 minute halves with a 5 minute halftime. Clock will run continuously for the first 19 minutes of each half and will then stop at every dead ball for the last minute of each half.
- Offensive teams will have a 25 second play clock to snap the ball.
- Timeouts
  - Two 30-second timeouts per team per game.
- Grace Period:
  - If at game time a team is not ready for play, a grace period of up to 5 minutes will be automatically enacted. The game clock will run through the grace period. (Ready for play means dressed, on the field, & signed in).
  - Penalties:

<table>
<thead>
<tr>
<th>Minutes Late</th>
<th>Penalty</th>
<th>Sportsmanship</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-4:59 minutes</td>
<td>Starting score 6-0</td>
<td>Max 3.0</td>
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<tr>
<td>5 minutes</td>
<td>Forfeit</td>
<td>Max 1.0</td>
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Playoffs – Competitive Teams Only
In order to be eligible for playoffs:

1. Teams must maintain at least a 3.0 team sportsmanship rating throughout the season.
   - Teams cannot forfeit any regular season games.

Playoff brackets will be posted via WVUGo.

Note: only participants listed on the roster during the regular season are eligible to participate during playoffs.

Overtime Rules

- Overtime will begin with a mandatory team meeting to discuss the following procedure
  - A coin toss will determine the options for the first overtime period (identical process to beginning of the game)
    - If additional overtime periods are needed captains will alternate options for offense/defense. Will go towards same goal line all of overtime.
  - Unless moved by a penalty, each team will start 1st and goal from the 10 yard line.
    - The goal line will always be the line to gain even if moved beyond the 20 yd line.
  - An overtime period will consist of a series of downs by each team.
    - If the score is tied after period 1, play will proceed to a 2nd period or as many as are needed to determine a winner.
  - If the 1st team awarded the ball scores, the opponent will still have a chance to score.
    - If an interception is returned for a touchdown that will end the game.
  - Each team is entitled to 1 timeout during the entire overtime.

Intramural Flag Football Sportsmanship Policy

- A player will be removed if he/she receives two unsportsmanlike conduct penalties or at the official’s discretion (e.g., flagrant personal foul).
- Players and spectators are required to stand at least 5 yard behind the sidelines and between the 20 yard lines of the playing field. Players and/or spectators that venture beyond the 20 yard lines will be given a warning to move, and further violation of this rule will warrant disqualification or removal from the game site.
  - Non-players (spectators and/or players on the sideline) can be assessed Unsportsmanlike Conduct. These penalties will affect the sportsmanship rating of the team the non-player is associated with. It is the duty of the team’s captain to keep their own fans in line.

Further questions can be directed to intramural.sports@mail.wvu.edu.