



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

- 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.
- Team schedules can be found via IMLeagues

Eligibility

- Please reference the Intramural Sports Participant Handbook for player eligibility guidelines.

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
- 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.

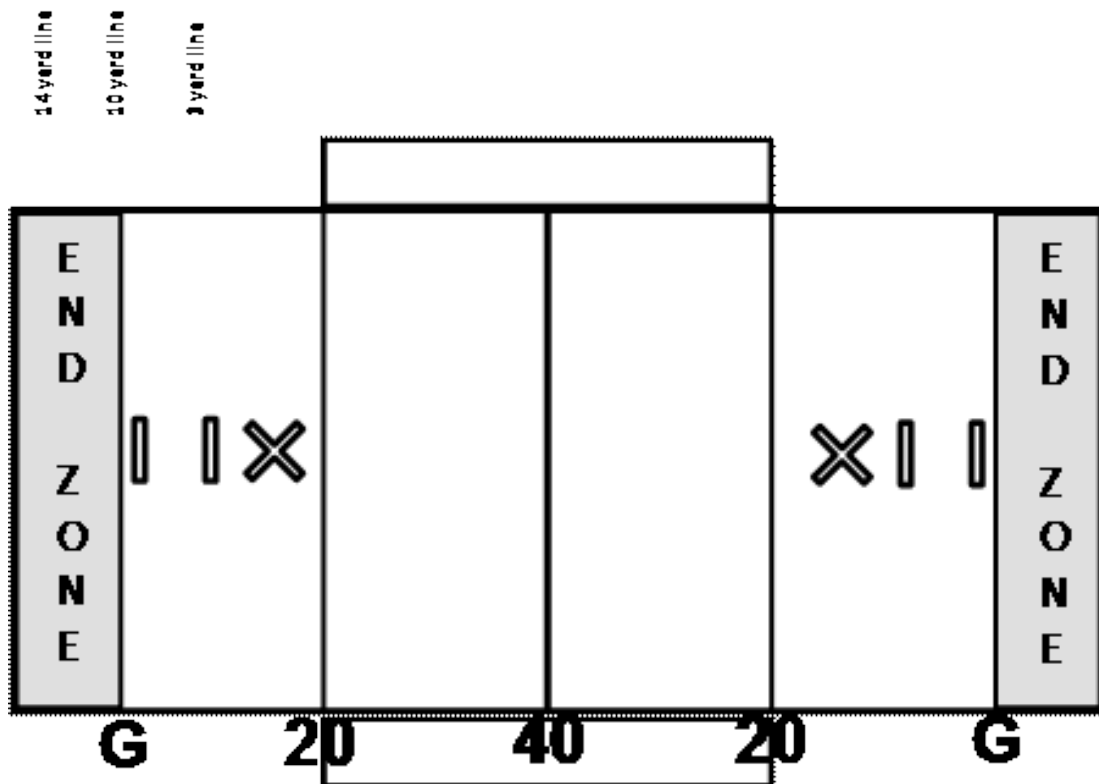
- Each player must wear a flag belt. Flag belts should be a different color than the shorts. Teams will be given flag belts by the Intramural Sports staff member overseeing that field.
- All jewelry of any type must be removed.
- Head decorations, headwear, billed hats and bandannas are illegal. Only 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

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:

Minutes Late	Penalty	Sportsmanship
0-4:59 minutes	Starting score 6-0	Max 3.0
5 minutes	Forfeit	Max 1.0

Playoffs

- 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.

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.