

# Ithaca College

## Office of Recreational Sports

### Intramural Flag Football Rules



**Intramural Office: Hill 102  
(607) 274-3320**

**intramurals@ithaca.edu  
www.ithaca.edu/sacl/recsports**

#### **General Information**

##### **Eligibility**

1. All teams must have two forfeit bonds on file to play in an intramural league.
2. All participants must be a current student or faculty and staff member at Ithaca College.
3. Participants can be on the roster of only one single sex team and only one co-rec team.
4. Teams may add new players to their roster up to conclusion of the regular season.
5. Players must participate in at least one regular season game to be eligible for the playoffs.
6. Intercollegiate football players are not eligible for intramural flag football participation. A team will receive a forfeit for any games where intercollegiate football members are used. Any player listed on the current varsity/junior varsity roster is considered to have varsity/JV status, even if the player has quit or left the team for any reason during the season. The Office of Intramurals reserves the right to check varsity and junior varsity rosters for status.

**\*\* All players are required to present a valid Ithaca College ID Prior to every intramural contest. Those who fail to show their ID will not be allowed to participate. \*\***

##### **Forfeits & Forfeit Bonds**

A team who does not field enough players within five minutes after a scheduled game time will receive a forfeit. If a team forfeits, it will lose its forfeit bond. After the 1<sup>st</sup> forfeit a team will be e-mailed that their first bond has been deposited, and the next forfeit will result in removal from the league. A 2<sup>nd</sup> forfeit will result in the second bond deposited and the team being dropped from the league. If a team knows ahead of time they will not be able to field a team for a scheduled game, they may notify the Intramural Office 24 hours before the game if it's on a weekday, and by 5:00pm on Friday for a weekend & Monday game. By notifying the office, the game will be cancelled and the team will receive a default loss instead of a forfeit.

Defaulted games will NOT be rescheduled.

- **Penalty after 5-minute grace period:** Opposing team begins with a seven (7) point lead (Mens/Womens), and ten (10) point lead in Co-Rec.

##### **Scheduling and Results**

- Due to facility and time constraints, the rescheduling of games will only be done under extreme circumstances as deemed by Recreational Sports.
- All teams that do not forfeit twice during the regular season or drop from the league will qualify for the playoffs.
- Teams should plan to arrive 10-15 minutes before their scheduled start time, as games will begin on time.
- Game results will be posted on the bulletin board outside the intramural office (Hill Center 102) and online at <http://www.ithaca.edu/sacl/recsports/intramurals/offerings.php>
- In an event of a cancellation, team managers will be contacted. You can also call Hill Center 102 or Hill Center 70 (4-1063) to ask about the status of the game. For outdoor activities, rainouts may occur, however assume your game will be played unless contacted by the office.

##### **Player Conduct**

All players are expected to remain under control during an intramural event and are expected to treat all other players, officials, and intramural staff with respect. At any time an official or activity supervisor may eject a player for any reason they deem reasonable. If a player is ejected he/she must leave the premises immediately and will be ineligible to play the following game. The player must meet with the Recreational Sports Program Coordinator before they are eligible to play again. Two ejections will result in a player being disqualified from the league.

**\*\* No Smoking or Alcohol Consumption is allowed at an intramural event. \*\***

### **Game Location**

All games will take place in the Higgins Field/Glazer Arena at the A&E Center.

### **Rules and Regulations**

**All further rules not mentioned here will be as governed by the National Intramural-Recreational Sports Association 2009-2010 Flag Football Rules Book**

#### **The Game**

- A team will consist of 7 players on the field.
  - A team must have at least 5 players to begin a game. If at any time a team has less than 5 available players, the game will be stopped and the opposing team declared the winner.
- Teams are allowed unlimited substitutions.
- Substitutions can be made during time-outs, in-between halves, between plays, and during a stoppage in play.
  - Note: Once a substitute enters the game he/she must remain in the game for at least one play.
- Games will consist of (4) 10-minute quarters. Half time will be 5 minutes.
- The game will be played with a running clock. The clock will only stop when the following occurs:
  - If the officials must stop the game for an extended period of time (i.e. injury).
  - During time-outs
  - With approximately 2 minutes left in each half.
  - During the last 2 minutes of each half the clock will stop on all whistles - incomplete pass, out of bounds, touchdowns, penalties, and first downs. The clock will not start until the referee signals the scorer to do so.
    - NOTE: After a touchdown during the last 2 minutes the clock will not run during conversion attempts. It will restart on the first snap of the opponent's offensive series.
- Each team will be allowed 2 one-minute time-outs per half.
  - NOTE: This length of time can be shortened if both teams are ready.
- Time-outs not used during the first half do NOT carry over to the second half.
- The game will begin with a coin toss. The winner of the toss may choose to:
  - Play offense
  - Play defense
  - Choose which goal to defend, or
  - Defer options to the second half.

#### **Co-Rec Modifications**

- A co-rec game will be played between teams of 8 players, 4 males and 4 females. Six (6) players must be present to start – 3 males and 3 females.
- Offense must have five (5) players on the line of scrimmage prior to the snap.
  - There may not be 2 consecutive legal forward pass completions from a male passer to a male receiver. (illegal forward pass: 5 yard penalty, loss of downs)
  - 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 positive yards
- Mercy Rule: If a team is 25 or more points ahead when the referee announces the 2 minutes warning for the 2<sup>nd</sup> half, the game is over.
  - If a team scores during the last 2 minutes of the 2<sup>nd</sup> half and that score creates a point differential of 25 or more points, the game will end at that point.
- If a female player scores a touchdown, the point value is 9. If a female player throws a legal forward pass and the result of the play is a touchdown scored by any Team A player, the point value is 9.
- A male runner cannot advance the ball across their own scrimmage line.
- A male cannot catch a lateral pass behind his own line of scrimmage and then advance it for positive yards.

#### **Field of Play**

- The field will be approximately 100 yards long by 40 yards wide.

- The field will be divided into 4 20-yard zones
- Each end zone will be 10 yards in length
- Conversion Attempts: After a touchdown the offensive team has a chance for a conversion. A team will have a single attempt to throw or run the ball into the end zone for a successful conversion.
  - 1 point conversions - taken from center of field, 3 yards out
  - 2 point conversions - taken from center of field, 10 yards out
  - 3 point conversions – taken from center of field, 20 yards out

### **Players, Equipment, and Flag Belts**

- Players cannot wear jewelry, hats, bandanas, or anything considered dangerous by an official.
- Casts or braces made of a hard substance cannot be worn unless completely covered by padding and checked by officials.
- No football pads or helmets may be worn at any time.
- Teams are encouraged to wear shirts of uniform color. If not, pinnies will be provided to teams to help distinguish colors.
- No cleats may be worn in the arena, but cleats are permitted on Higgins Field.
  - No metal cleats, cleats with metal tips, or screw-in cleats are permitted.
- All players must wear athletic shoes.
- All shirts must be completely tucked in at ALL times.
- Flag Belts: Players must have flags belts properly secured at all times.
  - The belt can not be tied or knotted in any way
  - The belt must be secured at the front, with a flag at either side and one at the center of the back.
- Mercy Rule: If a team is 19 or more points (Co-rec is 25 points) ahead when the referee announces the 2 minutes warning for the 2<sup>nd</sup> half, the game is over.
  - If a team scores during the last 2 minutes of the 2<sup>nd</sup> half and that score creates a point differential of 19 or more points (co-rec is 25 points), the game will end at that point.

### **Offense**

- Unless moved by penalty, each half will begin with the ball being snapped at the offensive team's 14 yard line.
  - An offensive team will have four downs to advance past each 20-yard zone line and/or end zone.
  - If a team fails to score or advance past the first down marker in 4 downs they will lose possession of the ball. The opponents will receive possession at the spot where the 4<sup>th</sup> down play ended
- On 4<sup>th</sup> down ONLY a team may choose to 'punt.'
  - Once a team has elected to punt, they must punt. No punt fakes.
  - If a team wishes to change their mind, they must take a time-out in order to do so.
- **Formation and snaps:**
  - An offensive team must have at least 4 players (5 for co-rec) on the line of scrimmage when the ball is snapped.
  - One offensive player may be in motion, but not in motion towards the opponent's goal line at the snap. All other offensive players must remain stationary.
  - The ball must be snapped between the legs of the snapper or to the side of the snapper.
  - The player receiving the snap must be two yards behind the snapper.
- **Quarterback play:**
  - The player receiving the snap is deemed the quarterback and must obey the following rules while in possession of a snapped ball.
    - Quarterbacks may hand the ball forward or backwards
    - A quarterback may throw the ball forward or backwards
    - A quarterback may throw the ball forward as long as they are behind the line of scrimmage
    - A quarterback may rush at any time.
- If the ball is fumbled and touches the ground at ANY time the play is dead and the ball will be spotted where it hit the ground (on backward fumble) or from where the ball began it flight for the fumble (forward fumble).
- A pass will be ruled completed or intercepted as long as the FIRST part of the person to make contact with the ground (usually foot) is in bounds.
- An offensive player is down and the ball will be spotted at that spot when the following occurs:

- Any part of a player's body other than the feet and hands touch the ground.
- The offensive player's flag belt is ripped off or falls off due to player contact.
  - **NOTE:** If a player's flag belt incidentally falls off after the ball is snapped and the player catches a pass, the player may advance the ball, and will be ruled down when player is tapped one-hand between the shoulders and knees.
- **Touchdowns:**
  - All touchdowns will be worth 6 points (unless co-rec, see above)
  - After all touchdowns, a single play conversion attempt will be awarded (see above).
  - It is a touchdown when an offensive player advances the ball past the vertical plane of the end zone. The player must be considered inbounds when the ball crosses the plane.
    - **NOTE:** After any touchdown is scored a referee **MUST** check the scoring player's flag belt. If the belt is illegally attached the touchdown will be disallowed. Also, if upon request a player fails to show the official his/her flag belt, the touchdown will be disallowed. (PENALTY: Illegally secured flag-belt; 10 yards from previous spot, loss of downs, player ejection)
- **Play clock:**
  - A team will have 25 seconds in-between plays before the snap must occur. The referee will silently count off 25 seconds. Upon reaching 10 seconds the referee will warn aloud so the nearest offensive player may hear the count. Failure to snap the ball before the referee reaches 25 will result in a 5 yard penalty.

## **Defense**

- **Rushing the passer:**
  - For each play, any member(s) of the defensive team can rush beyond the line of scrimmage:
    - The rusher(s) may do so as soon as the ball is legally snapped,
    - The rusher(s) may not make contact with a blocker that has obtained legal position (PENALTY: Illegal Contact; 10 yards)
- All defenders must have a flag belt on at all times. Failure to do so will result in a penalty.
  - **EXCEPTION:** If defender begins play with a legal flag belt and the flag belt inadvertently falls off during play there will be no penalty. If that player gains possession of the ball he/she can advance the ball but will be down on a one-hand tap between the shoulders and knees.

## **Penalties and Infractions:**

- **Dead-Ball Penalties:**
  - Fouls that occur after the ball has been spotted but before or simultaneously with the snap. The play shall be whistled dead immediately and a 5 yard penalty will occur against the offending team for the following:
    - False Start (Offense)
    - Illegal Snap (simulating the start of a play)
    - Encroachment (Defense)
    - Leaving on Any Side of the Field Other Than Your Team's Sideline.
    - Delay of Game
- **Fouls Simultaneous With The Snap:**
  - Penalties committed by a team that are correctable prior to the snap, but are not corrected when the snap occurs. The following penalties will be flagged at the snap, but play will continue. Each penalty is 5 yards.
    - Illegal Motion
    - Illegal Shift
    - Having Less Than the Minimum Number of Players on the Line Of Scrimmage
    - Illegal Substitution (subs must stay in once they enter field for one play)
    - Illegal Snap (Ball snapped less than 2 yards to receiver of snap)
    - Illegal Participation (more than 7 players, 8 in co-rec on field at start of snap)

- **Offensive Live-Ball Fouls:**

- Penalties committed by the offense while the ball is in play. The defensive team has the choice of accepting the result of the play or accepting the penalty and replaying the down.

<b>5 Yard Penalties:</b>	<b>10 Yard Penalties:</b>	<b>Loss of Down Penalties:</b> Result in the loss of yardage and the loss of a down
	Holding/Obstruction Illegal contact/Blocking Guarding Flag Belt Stiff Arm/Stripping the Ball (on interception)	Illegal Forward Pass (5 yards) Intentional Grounding (10 yards) Pass interference (10 yards) Illegal flag belt on touchdown (Score is disallowed & 10 yards, player ejection)

- **Defensive Live-Ball Fouls:**

- Penalties committed by the defense when the ball is in play. The offensive team has the choice of accepting the result of the play or accepting the penalty and replaying the down.
  - **NOTE:** a game may not end on a defensive penalty. If a defensive penalty is called during a play when time expires, the offensive team may be awarded one additional down with no time on the clock.

<b>5 yard penalties:</b>	<b>10 yard penalties:</b>	<b>Automatic First down Penalties:</b> If accepted, a new set of downs given and yardage
	Holding or Obstructing the Runner or Receiver Illegal Contact/Use of Hands/Stripping the Ball	Pass Interference (10 yards) Roughing the passer (10 yards) Illegal Flag Belt (10 yards)

- **Unsportsmanlike Conduct:**

- The following penalties will result in a **10 yard penalty**.
- Two personal foul penalties in one game will result in an automatic ejection and the player must leave the premises immediately.
- Any player receiving three personal foul penalties during the course of the season will be removed from the league.
- The following are subject to penalization and may be grounds for immediate dismissal:
  - Violent conduct and fighting
  - Using offensive, vulgar or abusive language towards another player or official
  - Arguing or coming in contact with an official.
  - Elbowing, kneeling or pushing
  - Tripping
  - Harsh and malicious contact.
  - Taunting
  - Language
  - Unnecessary Roughness
  - Tackling of an opposing player
- **NOTE:** If at any time a penalty will cause the offensive team to enter either end zone, the penalty will be marked off as half the distance to the goal.
- **NOTE:** Any penalty occurring during a play after a change of possession has occurred; the yardage will be measured from where the change of possession occurred.

**Miscellaneous Rules:**

- **Double Fouls:**

- If both teams commit a foul/multiple fouls during a play (excluding personal fouls) the penalties will offset and the down will be replayed. All personal fouls will be administered after all other penalties.

- **EXCEPTION:** If fouls are committed by both teams in the following manner:
    - \* First, the offensive team commits a foul or multiple fouls. Second, the defensive team gains possession of the ball and then commits a foul. The change of possession will stand; the defensive team must decline all offensive penalties while the second penalty may be penalized from the end result of the play.
- If members of opposing teams simultaneously catch a pass, the ball will be given to the offensive team at the spot of the catch.
- When a player is ruled down (by contact, by loss of flag belt, or by going out of bounds), the ball will be spotted at the point of greatest forward progress.
- **Screen Blocking:**
  - Blocking is allowed only by setting a screen. All blockers must follow the following rules:
    - Blockers must allow at least one step when blocking a stationary opponent
    - When the opponent is moving, the blocker must allow enough space for the player to avoid contact.
    - Blockers must be completely stationary
    - Blockers cannot use their hands, arms, or shoulders to hinder progress in any way.
- **Backward Passes:**
  - An offensive player may throw a backward pass to a teammate at any time.
  - If a quarterback throws a legal backward pass to a teammate, that player may then throw a forward pass. However once the ball is past the line of scrimmage a forward pass can no longer be thrown.
  - If a backward pass falls incomplete, the ball will be spotted where the ball hit the ground.
- **Safeties:**
  - If the ball, in possession of the offensive player, is downed within his/her own end zone the defensive team will receive two points and gain possession of the ball at their own 14-yard line.
    - **NOTE:** a backward pass that is thrown out of bounds in the end zone will be a safety on the offensive team.
- **Pass interference:**
  - A penalty will be called for any illegal contact or illegal use of a player's hand during a pass attempt.
    - The ball must be in flight for pass interference to be called (if not yet thrown holding or illegal use of hands will be called).
    - The ball **may not be** deemed catchable in order for a penalty to be called.
    - Faceguarding is considered pass interference as well.
- A quarterback attempting a throw must release the ball before an opposing player downs him/her. If the flag belt is ripped off before the ball is released (even if arm is in forward motion) the quarterback will be ruled down.
- A player must make a reasonable attempt to throw a pass to a teammate. If an incomplete pass is thrown and no teammate is within 10 yards of the incompletion, intentional grounding will be called.
  - Note: **ANY** pass thrown by a player still behind the line of scrimmage may be called for intentional grounding if not towards another teammate.
- If a change of possession occurs during a conversion attempt, the play will continue until the ball is downed. If a defensive team returns a conversion attempt they will be awarded three points.

## **Overtime**

- If a regular season game is tied at the end of regulation, it will remain a tie.
- If a playoff game is tied the following will occur:
  - There will be a coin flip to determine if a team wants:
    - Offense
    - Defense
    - Goal to Defend
    - Defer to other team
  - Each team will receive **ONE** possession with four downs to score.
  - The same end zone will be used for both teams.
  - Possessions will start 20 yards from the end zone touchdown will result in a conversion attempt.
    - After scoring, each team can choose which conversation to go for:
    - Once that conversion has been attempted, it may not be attempted again until all point conversation have been tried.
  - The team with the highest overtime score will be declared the winner.

- If the game is still tied then both teams will receive another possession.