

# Emmanuel College Intramurals



## Flag Football Guidelines and Rule Book

### Expectations of Behavior:

All participants and spectators are subject to the Student Handbook and the Intramural Handbook. All participants and spectators are responsible for their conduct. Good sportsmanship like conduct is required.

### Ejection:

In the event a participant/spectator acts unsportsmanlike, a judgement call will be made by an official depending on the severity of the offense. If the offense is minor, a warning will be given. A second warning will result in an ejection. An ejected participant/spectator must vacate the playing area immediately. Failure to do so will result in further disciplinary action from the Intramural Coordinator.

The following will result in an immediate ejection, referral to the Intramural Coordinator, and possible referral to the Vice President for Student Development.

- Profanity
- Language meant to harm an individual or group.
- Disrespect to an official
- Threatening
- Unnecessary roughness
- Damage to Intramural equipment

### Physical Violence:

Due to the severity of physical violence, local law enforcement will be called out in the event of physical altercation. All matters following the incident will be handled by the Office of Student Development.

### Waiver of Injury Liability:

1. Emmanuel College and the Intramural program are not responsible for any injury that occurs during practice for or during actual game playing time. All intramural participants are wholly liable for the payment of their medical care that is a result of any injury incurred. Participants are encouraged to have private-personal medical insurance.
2. Participation in intramural activities is voluntary and all medical expenses incurred through participation are the sole responsibility of the participant.
3. Participants indicated their understanding of the Emmanuel College 'Expectations of Behavior' and the 'Waiver of Liability' when they initialed their Intramural Draft Application.

## **Football Rules**

### **Playing Field:**

1. Field (Measurements Are Approximate)
  - o 80 yards long and 40 yards wide(men)
  - o 80 yards long and 40 yards wide (women)
  - o 10 yards long end zones
2. Safety zone line is located approximately 4 yards from side line. Fans and players are prohibited from crossing the SZ line unless substitution occurs. Only game officials may cross the line.

### **Officials and Equipment**

The Intramural program will provide the appropriate men's and women's size game balls.

1. The Intramural Leadership Team will provide:
  - Two officials to serve as the official score keeper and time keeper.
    - The Score/Time Keeper will make calls regarding rule violations.
    - The Score Keeper will record current scores, time-out periods, and player warnings.
    - The Time Keeper must clearly announce the time remaining at 5-minute intervals for the first 15 minutes, then every minute after the 5 minutes remaining warning.
    - When there is 1 minute remaining the Time Keeper must announce time remaining at one (1) minute, 45-30 & 15, & 5-4-3-2-1 seconds remaining.
    - The Score and Time Keeper will be responsible for calling touch downs.
  - Two officials to serve as on field referees.
    - Official game referees are responsible for maintaining that all game rules are followed.
    - Official Referees are responsible for ejecting players due to violation of rules and regulations.

### **Captains/Co-Captains**

1. Captains (Co-Captains) are the only team members who may address game officials.
2. Captains (Co-Captains) are responsible for the enforcement of all playing rules at the team level.
3. Captains (Co-Captains) are responsible for supervising the behavior of their team roster members.
4. Captains (Co-Captains) are responsible for making sure that each team member is dressed appropriately including team shirts/primary color.

### **Time**

1. Two 20:00 minute halves
2. Clock will run continuously until 1:00 minute remaining and under of each half.
3. The game clock will stop after the 1:00 mark of each half for:
  - Penalties

- Scoring plays
  - Incomplete plays
  - Out-of-bounds
  - Injured players
  - First downs (until the ball is set at the line of scrimmage signified by the offensive referee's whistle.)
4. Three minute half time.

## **Bleeding**

Any participant that is noted to be bleeding during competition will be removed from the game until bleeding stops. The team captain and game officials will determine when the player may return. In the event that a team has no substitutes, the game will be stopped for no more than 5 minutes. If the bleeding has not stopped after the 5 minute pause, the team will forfeit.

## **Skunk Rule**

1. There is no "Skunk" rule. However, a team captain (co-captain in lieu) may forfeit a game prior to and at any time during the scheduled game.

## **Overtime**

If at the end of regulation game time the score is tied, overtime will be played.

1. A coin toss will take place at the end of regulation time.
  - The winning team of the coin toss will be given choice of offense or defense.
2. The object is to score a touchdown in 4 downs starting from the 20 yard line. After the team with the ball first scores, then the other team is given 4 downs to score.
  - This process repeats until a winner is declared.
3. When a pass is intercepted the defense becomes the offense and begins their series of downs. If the interception is returned for a touchdown, the game is over.
4. Penalties are assessed similar to the regular game. A team shall be given a new series of downs when an automatic first down penalty is assessed. Dead ball penalties after a touchdown are assessed on the extra point attempt.

## **Coin Toss**

1. The winner of a pre-game coin toss shall have the first choice of options:
  - Offense/defense
  - Which goal to defend
  - To defer their choice of i or ii until the second half
  - The loser of a pre-game coin toss will be given second choice of the remaining option(s).

## **End of Play/Dead Ball**

1. A play is considered dead/ended when:
  - A flag belt is removed by an opposing player.
  - A tag is applied to a player in possession of the ball only if their flag belt has fallen off without being removed by an opposing player.

- A player in possession of the ball falls to the ground.
  - Unless this player is holding themselves up with their hand.
- A player in possession of the ball has their forward progress stopped.
  - This includes but is not limited to a tackle/bear hug.
- The ball makes contact with the ground as a result of:
  - A fumble
  - Lateral/backward pass
  - Incomplete pass
  - Touching the ground as a result of a punt

## **Penalties**

1. A 5 yard penalty will be given when the following occurs:
  - Required equipment worn illegally
  - Illegal procedure
  - Off sides
  - Delay of game
  - Encroachment
  - Illegal forward pass (loss of down)
2. A 10 yard penalty will be given when the following occurs:
  - Delaying the start of either half
  - Illegal participation
  - Obstructing the runner
  - Personal foul (stated in rule)
  - Spiking the ball or not returning the ball to the official during the dead ball
  - Holding
  - Bull rushing
  - Illegal blocks
  - Offensive pass interference (loss of down)
  - Defensive pass interference (automatic first down)
  - Roughing the passer (automatic first down)
  - Flag guarding

## **Description of Penalties**

1. Illegal procedure- movement of any kind by the offensive team that is not considered a legal motion (see rule).
2. Off sides- defensive player enters the neutral zone at the snap of the ball.
3. Delay of game- the offensive team does not snap the ball into play before the 25 second play clock expires.
4. Encroachment- a defensive player moves into the neutral zone prior to the snap of the ball.
5. Illegal forward pass- a player that has crossed the line of scrimmage throws the ball in a forward manner, or if a player receives a forward pass behind the line of scrimmage then throws the ball forward.

6. Delaying the start of either half- forcing the half to start after the referees have signaled for the start.
7. Illegal participation- a player from the off of the field of play interferes in the game.
8. Obstructing the runner- a defensive player obstructs the player in possession of the ball from forward motion in any manner other than to remove the flag belt.
9. Spiking the ball or not returning the ball to the official during a dead ball- the ball is to be returned to any referee, this includes but is not limited to leaving the ball at the spot where the player stops motion or the player places the ball anywhere other than in a referee's hands.
10. Holding- a blocker uses their hands, arms, elbows to obstruct a defensive player from getting to the player in possession of the ball.
11. Bull rushing- intentional running over a player with no attempt to go around the blocking player.
12. Illegal blocks- a player block another player from making a motion to defend another player.
13. Offensive pass interference- an offensive player makes contact with a defensive player in a way that hinders the defensive player from having a fair attempt at touching a catchable ball.
14. Defensive pass interference- a defensive player makes contact with an offensive player in a way that hinders the offensive player from having a fair attempt to catch a catchable ball. (automatic first down)
15. Roughing the passer- a defensive player charges (bull rushes) or makes contact with the throwing arm of a passer. (automatic first down)
16. Flag guarding- using any part of the body or ball to deny the opportunity for an opponent to remove the flag belt.

## **Personal fouls**

1. All players are allowed 3 warnings in a game. When a player receives their 3<sup>rd</sup> warning, they are automatically ejected from the game.
2. All of the following fouls will result in an automatic ejection from the game and the Intramural field.
  - Throwing an opponent to the ground
  - Purposely tripping an opponent
  - Tackling an opponent
  - Offensive language
    - Turn to page 1 for details.
  - Physical violence
  - Harming an opponent while on the ground
3. All of the following fouls will result in a warning and an automatic first down.
  - Punch, strike, strip, steal, or attempt to steal the ball from a player in possession of the ball.
  - Contact an opponent either before or after the ball is declared dead.
  - Clip an opponent
  - Position themselves on the shoulder of a teammate or opponent to gain an advantage.

4. All of the following fouls result in a warning and loss of down at the previous spot.
  - Hurdle another player
  - Deliberately drive through or run into a defensive player.
  - Stiff arming
  - Screen blocking with contact
  - Intentional flag belt tampering

### **Direction of play**

1. Direction of play will remain the same throughout halves.
2. Direction of play will change at half time.

### **Timeouts**

1. Three 45 second time outs per half for each team.
2. Only the team with possession of the football may call a time out.
3. Only captains or co-captains may call a time out.
4. An official time out will occur if a player is injured.
5. Time outs do not carry over to the second half.

### **Number of Players**

1. Maximum amount of players is 7 for guys and girls.
2. The minimum amount for guys is 5 and 4 for girls.

### **Clothing**

1. Players must wear appropriate team colors. Uniforms must have at least half of the team color on it.
2. Hats are prohibited.
3. All jewelry is prohibited.
4. Cleats with metal spikes are prohibited.
5. Players must wear closed toe shoes.
6. Flip-flops and sandals are prohibited.
7. Towels shall not be worn.
  - In case of wet weather, a towel may be kept on the sideline.
8. No pads except to protect an injury this includes soft pliable basketball or wrestling knee pads on legs, knees and/or ankles.
9. All shirts must be tucked in at all times.

### **Type of Ball**

1. Men shall use an official “Collegiate” size ball.
2. Women shall use a “Youth – Rec-League” size ball.
3. A team can use a bigger ball, but shall not use a smaller ball.

## **Substitutions**

Substitutions are only permitted during a dead ball.

## **Fumbles**

1. A fumbled ball or missed backward pass is dead immediately upon touching the ground and is not recoverable by either team.
2. The fumble belongs to the team that had possession of the ball prior it hitting the ground.
  - Unless the previous down was the 4th down. A fumble will then result in a turnover on downs.
  - The following down is placed at the place where the ball makes contact with the ground.

## **Scoring**

1. Immediately after a scoring play, the player who completes the scoring play must stop and remain at one location in their end-zone until a game referee reaches the players location.
2. After a game referee reaches the scoring player, the referee will grasp one flag and attempt to pull off the belt just as a defensive player would do. This is to determine if the belt was worn properly.
  - Violation to this rule will result in loss of points, no extra point attempt, and turnover at the 20 yard line, opposite direction. (automatic first down)
3. Touchdowns are 6 points.
4. Point after touchdown
  - 5 yds.- 1 point
  - 10 yds.- 2 points
  - Defensive conversion of PAT- 3 points
  - Safety- 2 points

## **The Flag Belt**

1. Flags must be secured by clipping them around the waist only.
2. Do not tie.
3. Do not secure in any other fashion other than the clip.
4. Failure to comply with properly securing the belt will result in one of the following
  - Redo of play and loss of down if no touchdown is scored.
  - No point's awarded and automatic turnover if touchdown is scored.
5. All shirts must remain tucked in, and are not permitted to hang over the flag belt.
6. Should a player lose their flag belt during a down and gain possession of a live ball, that player will be considered down when a legal tag is applied.
  - Legal tag- one hand touched by the defense between the shoulders and knees, this includes the hand and/or arm.
7. A player is not allowed to remove the belt of an opposing player without that player having possession of the ball.
  - This will result in a warning.

## **Offense**

1. A 25 second count down will be given to the offensive team to run a play.
2. This countdown will be kept by the offense referee.
3. This countdown will start once the ball is set at the line of scrimmage and is signified by the offense referee's blowing of the whistle.
4. The referee will announce to the offense team the 15, 10, 5-1 second marks.
5. All offensive players must be within 15 yards of the huddle momentarily after the 25 second clock begins.
6. During a play, a player that steps out-of-bounds is no longer allowed to make contact with the ball. This will result in an illegal participation penalty to be assessed from the previous spot and a replay of the down.
7. An offensive player cannot physically block a defender by pushing or holding with their hands or arms.

## **Defense**

1. A maximum of 7 players are to be on the field once "Line Set" is declared.
  - More than 7 players results in a delay of game penalty.
2. A defensive player shall not have any part of their body in the neutral zone (signified by the orange cones) at any time once "Line Set" is declared.
  - Doing so results in an encroachment penalty.
3. Any contact with an offensive receiver that obstructs that player from receiving a catchable ball is defensive pass interference.
4. Removal of the flag belt of a receiver prior to receiving a pass, a defensive pass interference penalty will be assessed from the spot of the foul.
5. A defensive player shall not hold, grasp or obstruct the forward progress of the player in possession of the ball while attempting to remove the flag belt. An obstructing the runner penalty will be assessed from the end of the play.
6. A defensive player can dive in an attempt to remove the flag belt.
7. If the defensive player trips the ball carrier in the process of diving, an obstructing the runner penalty will be assessed from the end of the play.
8. A defensive player is allowed to make effort to deflect a pass.
9. A defensive player shall not charge a passer or make contact with the throwing arm. This will result in a roughing the passer penalty. If touch down occurs, the offensive team may decline penalty.
10. A defensive player shall not run straight over another player in order to reach the passer. There should be an obvious attempt to go around the blocking player.
  - If the defensive player does commit this violation, a bull rushing penalty will be assessed at the end.

## **Line of Scrimmage**

1. A team playing with 7 players must have at least 4 players lined up on or within one yard of the line of scrimmage for the ball to be signaled ready to be played.
2. A team playing with 5-6 players must have at least 3 players lined up on or within one yard of the line of scrimmage for the ball to be signaled ready to be played.

## **Snapping**

1. The center, after assuming the position for the snap and adjusting the ball must leave the ball on the ground and may not move or change the position of the ball once “Line Set” has been declared.
2. Women’s Teams may use an upright snap.
3. The center must not make a motion with the ball that simulates a snap. Result in illegal procedure.
4. A snap may occur either between the legs or to the side of the center.

## **Motion/shift**

1. Only one offensive player may be in motion after “Line Set” is declared.
2. The motion may not be in the motion of the line of scrimmage.
3. Motion toward the line of scrimmage will result in an illegal procedure penalty.
4. A player that is considered on the line is not allowed to move into motion after “Line Set” is declared.
5. This action will result in an illegal procedure penalty.

## **Passers**

1. A passer shall not intentionally ground the ball, or throw the ball to place where there is not a receiver within 5 yards of the destination, this will result in an intentional grounding penalty being assessed from the point where the ball was thrown from and a loss of down.

## **Receivers**

1. All players on the offense team are eligible to receive a pass.
2. Any attempt by the offensive receiver to screen a defensive player will be considered offensive pass interference.
3. If a player is in the air attempting to catch a ball, the player must contact the ground with at least one body part in-bounds with the ball in their possession prior to going out-of-bounds, unless contact by an opponent causes the player to first touch out-of-bounds.
4. If possession of the ball is lost simultaneously when they hit the ground, it is not a catch.
5. If a forward pass is caught simultaneously by members of opposing teams, the ball is dead at that spot and the ball belongs to the team that snapped the ball.
6. Bump and run pass offense is offensive pass interference.
7. Contact with a defensive player that obstructs that player from making contact with a catchable ball is offensive pass interference.

## **Runners**

1. Stiff arming is not allowed.
2. A personal foul will be called in the event of a stiff arm, and will be assessed from the spot of the foul.
3. Diving for yardage/touchdown is not allowed
4. The play will be considered dead and marked down at the point the player in possession of the ball leaves their feet.

## **Flag guarding**

1. Players with possession of the ball shall not flag guard by using any part of the body or ball to deny the opportunity for an opponent to remove the flag belt.
2. Flag guarding includes but is not limited to:
3. Swinging the hand or arm over the flag belt to prevent an opponent from removing the flag belt.
4. Placing the ball in possession over the flag belt to prevent an opponent from removing the flag belt.
5. Lowering the shoulder in such a manner that would prevent an opponent from removing the flag belt.

## **Screen blocking**

1. Legally obstructing an opponent without using any part of the body to initiate contact.
2. Screen blocking shall take place without contact.
3. The blocker shall have their hands and arms behind their back.
  - Women may have their arms crossed on their chest.
4. A screen blocker cannot use their hands, arms, elbows, legs or body to initiate contact.
  - If a player does initiate contact a personal foul penalty will be assessed from the spot of the penalty.
5. Screen blockers may 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 an opponent that they cannot avoid contact by stopping or changing direction.

## **Safety**

1. If a player carries the ball across the goal line they are defending and the ball becomes dead while in their possession, it is a safety.
2. If an offensive player commits a foul in the end zone they are defending where the spot of enforcement is designated as the spot of the foul, it is a safety.
3. A backward pass or fumble into the defending end zone will result in a safety.
4. A team recording a safety will receive 2 points, and that team shall retain possession of the ball on that team's 20 yard line.
5. All penalties obtained after the ball is dead to the scoring team will be assessed from the start of their series of plays.

## **Punting**

1. On the 4<sup>th</sup> down, the offensive referee must ask the offensive captain (or co-captain) if they want to punt or go for the 1<sup>st</sup> down. Once the offensive captain has declared their choice, the referee will inform the defense of the choice.
2. The only way the offense can change their choice is:
  - Call a time-out
  - If a foul occurs any time prior to or during the down and the down is replayed.
3. The kicking team must have all of its players except for the punter on the line of scrimmage.

4. Players on the kicking team cannot move until the ball is kicked.