Emmanuel College
Intramural (Recreational) Sports Flag Football

OBJECTIVES

- The encouragement of a closer, more intimate one-to-one relationship with God.
- Others before self.
- A social activity within a physical arena that encourages positive competition while advancing a whole-body, whole-community well-being concept.
- Having fun!

PLAYING FIELD

- The playing field court will be approximately: 40 yards x 80 yards with 10 yard end-zones for the men’s program; 40 yards x 60 yards with 10 yard end-zones for the women’s program.
- The Intramurals program will assure that the field is properly stripped and coned.
- The entirety of the painted boundary markers are out-of-bounds. If a player who is airborne, and has full ball possession, makes first body contact with any part of the field ‘in bounds’, then the play or catch is complete.
- Each team must be prepared to provide their own game-ball.

THE GAME / PLAYERS / EQUIPMENT

- NIRSA Rules Book and Official’s Manual will be followed for any circumstance not covered by the EC specific rules published as part of this document.
- Shirts must be long enough to tuck in so that they remain tucked in the pants/shorts during the entire down, or short enough so there is a minimum 4” from the bottom of the shirt to the player’s waistline (flag belt).
- Pants or short with belt loops or pockets are prohibited.
- Towels may not hang from a player so as to interfere with flag removal.
- Towels may be used to cover the ball before the snap.
- One (1) non-playing Captain (Co Captain) will serve as the ‘Game Referee’; responsible for calling all fouls, violations, infractions, and scores. Alternatively, a student-leader or a student serving as a referee as part of a formal referee class internship may serve as ‘Game Referee’.
- One (1) non-playing member of the Intramurals Leadership Team will serve as the ‘Official Score Keeper & Timer’ for all matches. The score keeper will not make any calls regarding on-field rule violations. The score 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 are two (2) minutes remaining the score keeper must announce time remaining at one (1) minute, 45-30 & 15 seconds.
• The score keeper will also administer and track all team time out periods.

• Two (2) non-playing members of the Intramurals Leadership Team will serve as line judges. They will position themselves in opposite end-line corners in such a way that they have a clear unobstructed view of the entire playing surface to include boundary markers.
  
  o Line judges need to move up & down the field so that they have a complete and unobstructed view of the boundary markers.

  o The line judges will only make calls as to an ‘In’ or ‘Out’ of bounds and the verification of scoring plays. The traditional ‘field goal / score’ hand signals will be used to indicate successful scoring attempts.

• Captains (Co Captains) are the only team members who may address game referees or line judges.

• Captains (Co Captains) are responsible for the enforcement of all playing rules at the team level.

• Captains (Co Captains) are responsible for supervising the behavior of their team roster members.

• Captains (Co Captains) are jointly responsible for overall game management.

• Captains (Co Captains) are responsible for making sure that each team member is dressed appropriately including color-matching team shirts.

• Captains (Co Captains) are responsible for annotating the game rosters provided by the score keeper.

• PLAYERS & FANS: Profanity, rude and/or aggressive verbal or physical behaviors will not be tolerated. This includes language that makes fun of any ethnic, cultural, gender, religious, or socio-economic group from an individual or group perspective. There is no ‘fun’ in language that ridicules others. Profanity or rude language or aggressive or rude behavior will result in immediate ejection from the current matches and may result in suspension from Intramurals activities. Repeated occurrences of the language and behavior expectations will be referred to the Vice President for Student Life for disciplinary action. Physical violence of any type will result in: immediate ejection from the current matches; a three (3) game suspension from Intramurals activities; referral to the Vice President for Student Life for disciplinary action.

• Each team side shall consist of seven (7) players at a time. A minimum of five (5) players is required to play a game.

• Failure to field at least five (5) players constitutes a forfeit. In case of a double-forfeit, neither team will garner win points; each team will be given appropriate participation points.
• Game time is player roster time. If a team cannot field at least five (5) players within five (5) minutes of game time; a forfeit is in effect. In order to claim forfeit, a team must have the correct number of players present and ready to play.

• Games will consist of two (2) twenty (20) minute halves, with a two (2) minute half-time.

• If the score is tied at the end of the second half during regular season play, one (1) five (5) minute sudden-death overtime period will be used as a tie-breaker. A coin toss will determine initial play. If neither team scores during the sudden-death period the contest will be determined a tie. In tournament play, the sudden-death periods will continue until the first team to score wins.
  o The clock will run continuously during the first 18 minutes of each half. During the last 2 minutes of each half, the clock will stop for:
    ▪ Official or Team-Charged Time Out
    ▪ Penalties
    ▪ Scoring plays
    ▪ Incomplete passes / out of bounds by ball carrier
    ▪ Injuries
    ▪ First downs
  o The offensive team will have 25 seconds to put the ball in play after the referee signals ‘ready-for-play’. The signal for ready to play will be when the referee calls “Line Set”.
    ▪ Once line set is called both lines of scrimmage must be maintained.
    ▪ A delay of game, 5-yard penalty, will be enforced.

• 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.

• Time-out may be requested at any time during a dead ball, but must be requested by the Captain or Co Captain.

• Each team is permitted two (2) one (1) minute time-outs per half. One additional time-out is permitted in each sudden-death period.

• Player substitutions may be made only during dead-ball times. A substitute entering for a team on offense must join the huddle, and be a part of the huddle at the time when it breaks.

• An ejected player must be replaced. If an ejection causes a team to fall below the minimum 4 players, an automatic forfeit will be enforced.

• Players may wear soft (padded) knee or elbow, or other body braces. A hard-covered brace is not permitted.

• All players ‘MUST’ wear appropriate athletic footwear.
• Metal, screw-in, and or Hard Plastic cleats are ‘NOT’ allowed.
• Players must remove ALL jewelry prior to participating.
• The game will begin with a coin toss, with the winning Captain having the choice of:
  o Starting on offense or defense;
  o Which goal to defend;
  o To defer their choice of A or B until the second half
• The team losing the flip is given the remaining choice.
• The second half begins with an automatic reversal of the first choice of options.
• When regular game time is expired, if overtime periods are needed, the coin toss is repeated for the overtime period.
• The game clock will start with the first contact of the ball by the kick-off team.
• At the end of a time-out period, the game clock will start after the “Line Set” is called by the referee

FLAG REMOVAL
• When the flag (or belt) is clearly removed from the ball carrier by a defensive player the ball shall be declared a dead, and the play is over.
  o A player who removes the flag (or belt) from the ball carrier should immediately hold the flag above his/her head to assist officials in locating the spot where the capture occurred.
  o A defensive player ‘may’ dive to remove a flag so long as no contact is made with the runner or opposing team member.
  o The position of the ball when a player is deflagged determines the spot of the next line of scrimmage.
  o A defensive player may not hold, push, or knock down the ball carrier in an attempt to remove the flag, nor shall an offensive player hold, block, or run through a defensive player trying to remove the flag.
  o When a runner loses his/her flag belt, either accidentally or inadvertently, play continues. The deflagging reverts to a one-hand tag of the runner.
• Guarding the Flag
  o Runners shall not flag guard by using any part of their body or ball to deny the opportunity for an opponent to pull or remove an opponent’s flag. Flag guarding includes but is not limited to:
    ▪ Swinging the arm over the belt to prevent deflagging.
    ▪ Placing the ball in possession over the flag to prevent deflagging
- Lowering the shoulders to block an opponent or to prevent deflagging.

**LINE OF SCRIMMAGE**
- The line of scrimmage for team A is the yard line and its vertical plane which passes through the point of the ball nearest its goal line; and will be marked by the referee with an orange line marker.
- The line of scrimmage for team B is the yard line and its vertical plane which passes through the point of the ball nearest its goal line; and will be marked by the referee with an orange line marker.
- The area between the cones is the neutral zone.
- A player may not cross the neutral zone prior to the ball being snapped by the offense. A 5-yard neutral line (encroachment) penalty will be enforced. When 2 or more consecutive encroachments are committed by the same team, during the same down, the penalty will be 10-yards for the second & successive encroachment fouls.

**BALL IN PLAY, DEAD BALL, OUT-OF-BOUNDS**
- The ball is declared dead when the ball touches the ground:
  - On a fumble
  - On a lateral
  - On a pass
  - After touching any player after a punt
  - When a player in possession knees to the ground, goes out of bounds, or is deflagged
- The entirety of the painted boundary markers are out-of-bounds. If a player who is airborne, and has full ball possession, makes first body contact with any part of the field 'in-bounds', then the catch is complete.
  - Once a player steps out-of-bounds, that player is no longer eligible to first-touch the ball. Penalty: 5-yards and replay the down.
- In a series of downs, the ball must be advanced into the next zone in order for a new series of downs to be awarded. Yardage marker lines are considered part of the forward zone.

**SNAPPING / HANDLING / PASSING THE BALL**
- The ball may be snapped between the legs or to the side of the snapper.
- The player who receives the snap must be at least 2 yards behind the offensive line of scrimmage. Direct snaps are illegal.
- It is defensive pass interference if an eligible receiver is deflagged prior to touching the ball on a forward pass attempt or lateral.
• The offensive team must have a minimum of four (4) players on the offensive line of scrimmage.

• All players are eligible to receive a forward pass. The passer may pass from anywhere BEHIND the line of scrimmage.

• The passer shall not intentionally ground the ball in order to avoid a sack. Penalty: 5-yards and loss of down.

SCREEN BLOCKING

• Legally obstructing an opponent without using any part of the body to initiate contact.
  
  o Screen blocking may take place without body contact.
  
  o The blocker must have their arms and hands at their sides or behind their back
  
  o A screen blocker may not use their hands, arms, elbows, shoulders, legs, or any body part to initiate contact. Penalty: Personal Foul.

• Screen blockers may not:
  
  o Take a position closer than one (1) normal step when behind a stationary opponent.
  
  o Make contact when assuming a position at the side or in front of a stationary opponent.
  
  o Take a position so close to an opponent that they cannot avoid contact by stopping or changing direction.

• OBSTRUCTING THE RUNNER
  
  o A defensive player shall not hold, grasp, or obstruct the forward progress of the runner when attempting to deflag the ball carrier.

STIFF ARMING

• Stiff arming is NOT allowed and is penalized as a personal foul. If warranted and flagrant, an unsportsman-like conduct penalty may be called and the offending player may be ejected from the game.

PUNT / KICKOFF

• On forth down the referee must ask the offensive team if they want a protected scrimmage kick. Once the offensive team has declared their choice, the referee will inform the defensive team of the choice. The only way the offensive team can change their decision is to call a charged time-out, or if a foul occurs anytime prior to or during the down and the down is replayed. In the later case the offensive team will be asked if they want a protected scrimmage kick or not.
  
  o The kicking team must have all of its players, except the kicker, on the line of scrimmage. No kicking team player may move until the ball is kicked.
  
  o The punter must put the ball in play within 5 seconds. Penalty: 5-yard delay of game.
Quick kicks are illegal.

There are no restrictions to the number of players the defensive team must have on the line of scrimmage.

- Defensive players MAY attempt to block the punt by jumping straight up in the air. They may NOT, however, penetrate the line of scrimmage.
- Player pyramids are not permitted. Penalty: 5-yards from current line of scrimmage.

If a punt crosses the line of scrimmage and touches a player from either team and then hits the ground, the ball is dead at that spot and belongs to the receiving team.

- The ball will be kicked off to begin each half. All kick-offs will take place at the 20-yard line.

SCORING

- SAFETY
  - 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.
  - If a team commits a foul in the end zone where the spot of enforcement is designated as the spot of the foul, it will be declared a safety.
  - The team recording the safety will be awarded two (2) points, and, the ball shall be snapped by the scoring team at their own 20-yard line, unless moved by a penalty.

- EXCEPTION / MOMENTUM RULE
  - When a player intercepts a forward pass or catches a scrimmage kick (punt) between their five yard line and their goal line and their momentum carries them into the end zone where the ball becomes dead, the ball will belong to the receiving team at the spot of the catch or reception.

- Scoring is accomplished by catching or carrying the ball, while having full possession, over the opponent’s goal line.

- A goal is achieved when any part of the ball crosses the plane of the goal line. Reaching, diving, leaping, et. al., to cross the goal line is permitted as long as the ball is not declared dead prior to the ball crossing the plane of the goal line.

- The line judge assigned to the nearest end-line will have final authority on score determinations.
The scoring player must raise his/her arms to the nearest line judge or referee so that the official may deflag the ball carrier to verify that the flag and belt were properly secured. If the player is not deflagged with one good pull, and the official determines the flag and belt has been secured illegally:
  - The touchdown is disallowed
  - The player is disqualified (ejected from the game)
  - A 10-yard penalty from previous spot, and loss of down

- Touchdowns are worth 6 points
- POINTS AFTER TOUCH DOWN (PAT) PLAY
  - A team is given the choice of going for 1 or 2 points after scoring a touchdown. Once the Captain makes the choice, it may be changed only if a charged time out is called.
    - From the 3-yard line a score is worth 1 point
    - From the 10-yard line a score is worth 2 points
  - Defensive Conversion = 3 points

GENERAL RULES

- It is illegal to steal or attempt to steal (strip) the ball from a player in possession. The objective of the game is to deflag a ball carrier, not to steal the ball. PENALTY: 10-yards from the end of the run.

- PERSONAL FOULS: All players must make a definite effort to avoid physical contact. Flag football is not intended to be a contact sport, and it is not a north-south running game. It is imperative that every player make an intentional effort to avoid physical contact. Any act listed below or any other act of unnecessary roughness or physical contact may be deemed as a personal foul:
  - Punch, strike, strip, steal, or attempt to steal the ball from a player in possession
  - Punch, strike, or trip an opponent
  - Contact with an opponent who is on the ground
  - Throw the runner, passer, or other player to the ground
  - Hurdle another player
  - Contact an opponent either before or after the ball is declared dead
  - Make any contact with a player that is deemed unnecessary
  - Deliberately drive (run) into another player
  - Clipping, chop-blocking
  - Pyramiding
  - Tackling
GENERAL PENALTIES

- Five (5) Yards
  - Offsides
  - Encroachment
  - Delay of game
  - Illegal forward pass

- Ten (10) Yards
  - Personal Fouls
  - Holding
  - Illegal blocks
  - Offensive pass interference

- Automatic First Down
  - Defensive pass interference