

**STUDENT RECREATION & WELLNESS CENTER
WASHBURN UNIVERSITY**

INTRAMURAL FLAG FOOTBALL RULES

1. **ALL PARTICIPANTS MUST BRING THEIR CURRENT WASHBURN PICTURE ID TO PLAY.** ID checks may be made to verify eligibility of players. Players without proper ID will not be allowed to participate. Washburn Intramural guidelines concerning eligibility are in effect.
2. Players may be added to the roster at any time via IMLeagues, before the end of the regular season. Roster addition instructions are available at the SRWC or online at www.washburn.edu/getfit.
3. Players must be computer generated on the score sheet to be eligible to play. Score sheets are representations of the team's current roster as of noon that day. Prior to each match, team captains must check the score sheet for accuracy and write in players jersey numbers.
EXCEPTION: Each individual will be given one opportunity to sign the "ONE TIME ENTRY" sheet when not computer generated on the roster.
4. NIRSA Flag Football rules will govern play except where Washburn Intramural modifications are stipulated.
5. Each team will consist of seven (7) players. Game time is forfeit time. Teams must begin and end the game with a minimum of five (5) players. Teams failing to be represented by at least five (5) eligible players at game time shall forfeit the game. The intramural supervisor shall have the official time piece.
6. Jerseys with numbers on either the front or back must be worn by each player. Jerseys may be checked out from the officials (a T-shirt with sleeves must be worn under these jerseys). Teams may provide their own T-shirts or jerseys; however, they must be of similar color and must have clearly visible numbers on either front or back.
7. Shoes- molded rubber cleats and tennis shoes are the only shoes permitted. Shoes with metal, ceramic, screw-in, or detachable cleats are illegal. The referee will check all players for proper playing equipment.
EXCEPTION: Screw-in cleats are allowed if screw is part of the cleat. No jewelry of any kind is allowed. Shorts and pants may not have any pockets. Shirts must either be tucked in or short enough so there is a minimum of 4 inches between the bottom of the shirt and the waistline. Shirts altered in any manner which produces a knot-like protrusion will be illegal.
8. **Game is two (2) twenty-minute running halves.** Clock stops during the last two minutes of the game. The clock will continue to run during a PAT as well as from the end of a PAT to the start of the next play (except during the last two minutes of the game, when the clock will **not** run during the PAT). Each team is allowed two (2) time-outs per half; unused timeouts do not carry over.
9. There will be no kick-offs. The ball will be placed on the offensive team's 14-yard line. On a safety, the offensive team will begin play from their 14-yard line.
10. On all offensive plays the offensive team must have a minimum of four (4) players on the line of scrimmage. All four players must be set when the ball is snapped. On protected kicks (punts) the offensive team must have four (4) people (minimum) on the line of scrimmage that must remain motionless until the ball is punted.
11. Motion. One offensive player may be in motion, but not in motion toward the opponent's goal line at the snap. Other offensive players must be stationary in their positions without movement of the feet, body, head, or arms.
12. Any encroachment by either team into the neutral zone prior to the snap of the ball is a dead ball foul. A player cannot jump back on side.
13. There are no direct snaps. The person receiving the snap can be anywhere in the backfield, but must be at least two yards behind the line of scrimmage.
14. Screen blocking only. Hands must be placed behind the blocker's back. Defensive players may use hands on rush only for balance. Generally, contact below the level of the waist will be interpreted as offensive holding. Contact above the level of the waist will be interpreted as defensive rough play.

15. Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove the flag belt. To avoid calls, and maximize field position, the runner should put his/her arms and/or ball in the air when being de-flagged.
16. Hurdling is not allowed. Spinning is acceptable, but contact resulting from spinning is the responsibility of the ball carrier.
17. Quarterback sneaks are allowed as long as they don't initiate contact or cause a possible threat of injury to any players. The quarterback must receive the ball at least two (2) yards behind the snapper.
18. Only one (1) forward pass per offensive play.
19. No fumble recoveries unless made in mid-air. A loose ball is dead immediately when it hits the ground.
20. Punts: Punts will be declared dead after crossing the goal line of the receiving team. A muffed catch by the receiving team during a punt may not be advanced and possession belongs to the receiving team.
21. PAT may be run or passed into the end zone from either the 3-yard line (one point), the 10-yard line (two points), or the 20-yard line (three points). Ball becomes dead immediately following a change of possession during a try.
22. Mercy rule: If a team is leading by 19 points or more when the two-minute warning is called in the second half, the game shall end. Also, if a team scores after the two-minute warning to make a 19 point difference, the game shall end at that time.
23. Overtime: Coin is tossed; winner has choice of whether to be on offense first or second. The ball is placed on the 10-yard line; the offensive team is given four (4) downs in which to score. If they score, they may attempt a PAT. After the team has either scored or turned the ball over, the opposing team is given four (4) downs in which to score. If the score is still tied after both teams have gone, the entire procedure (including coin toss) is repeated until a winner is determined. Each team has one timeout per overtime period; unused timeouts do not carry over to subsequent overtimes. All downs will be run at the same end zone. NOTE: An interception during the four (4) downs may be returned for a touchdown, ending the game.
24. Players, coaches, and spectators must remain in the designated sideline areas (between the 20-yard lines, 3 yards from the sideline). A violation of this rule may result in a delay of game penalty. Teams may be penalized for unsportsmanlike acts committed by their players, bench personnel, and/or fans.
25. Teams must protest according to the procedure outlined in the intramural sports policies and procedures document. Teams not represented at the managers' meeting will be unable to lodge protests of any kind during the season and/or playoffs.
26. The Washburn Intramural Sportsmanship Rating System is in effect for all games. Any player receiving a yellow card must sit out at least one play.

COREC MODIFICATIONS

1. Each team will consist of eight (8) players. Teams will need a minimum of six (6) players to begin the game. Teams may field the following male/female combinations: 4 men and 4 women, 4 men and 3 women, 4 women and 3 men, 3 men and 3 women, 4 men and 2 women, 4 women and 2 men. An intermediate, junior, or youth size football will be used.
2. The offensive team must have at least five (5) players on their line of scrimmage at the snap.
3. A male offensive player may not advance the ball through the offensive line of scrimmage. This includes forward passes that are caught behind the line of scrimmage.
4. During a team's offensive possession, there may not be two consecutive legal forward passes from a male passer to a male receiver. If a male passer completes a pass to a male receiver, the next legal forward pass completion must involve either a female passer or female receiver for positive yards. This rule is also applied to the try after touchdown.
5. When a female player scores a touchdown or completes a touchdown pass, the point value is nine (9).
6. Mercy rule: If a team is leading by 25 points or more when the two-minute warning is called in the second half, the game shall end. Also, if a team scores after the two-minute warning to make a 25 point difference, the game shall end at that time.

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