

STUDENT RECREATION & WELLNESS CENTER

WASHBURN UNIVERSITY

INTRAMURAL FLAG FOOTBALL RULES

Location

- Games will be played on the soccer/football practice fields, west of the Art Building or inside the Indoor Athletic Facility across the street from the SRWC.

Schedule

- Regular season will be played for 3 consecutive weeks at your scheduled day and time. Playoffs for qualifying teams will follow the regular season.
- If your team is unable to make your game contact the Intramural Office at 785-670-1314 by 2:00pm the day of your game to default.

Eligibility

- 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.

Players

- Each team will consist of seven (7) players of your gender. Teams must begin the game with a minimum of four (4) players.
- If a team fails to arrive before the scheduled forfeit time, it is the supervisor's job to enact the Grace Period before declaring a forfeit. The game clock will start and run for ten minutes during the Grace Period, unless the team arrives before ten minutes and is ready to play.
- Teams must have a minimum of seven (7) players registered on IMleagues to be entered into the league.
- Players may be added to the roster via IMLeagues, before the end of the regular season. Roster addition instructions are available at the SRWC or online at www.washburn.edu/getfit.

Equipment

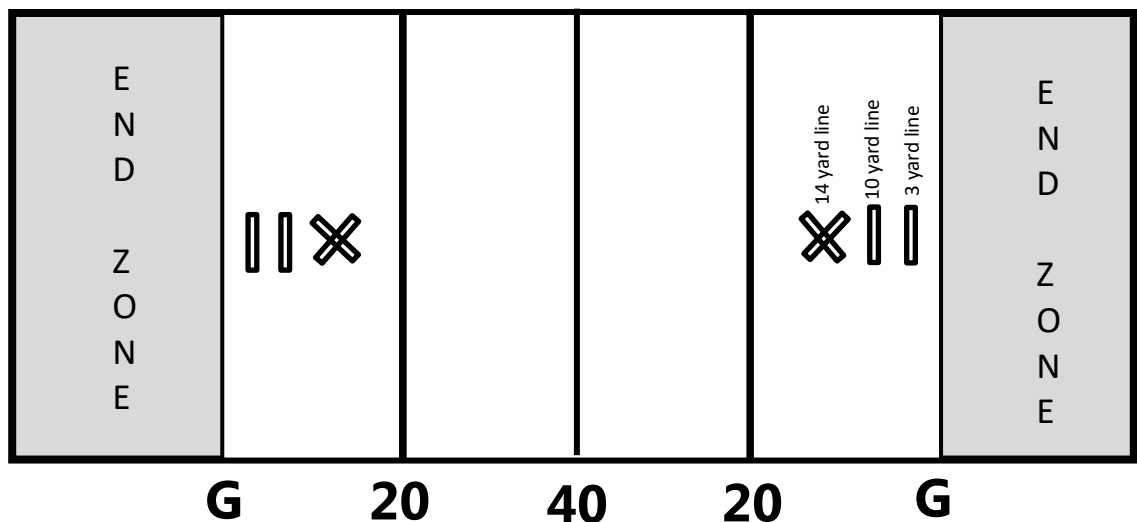
- Shorts and pants must have **NO POCKETS!**
- No jewelry is permitted.
- Head decorations, headwear, hats and bandannas are illegal. Only elastic headbands and hair control devices are permitted.
- All players must wear molded rubber cleats or tennis shoes, they are the only shoes permitted. No screw-in cleats are allowed. The referee will check all players for proper playing equipment.
- All teams must wear the same color shirts or jerseys. Jerseys will be provided if needed, and T-shirts must be worn under these jerseys.
 - Shirts/Jerseys are not required to have numbers on the back.
- Shorts and pants must 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.
- We will use a standard regulation ball.

Gameplay

- **Basic Rules Alterations**

- NIRSA Flag Football rules will govern play except where Washburn Intramural modifications are stipulated.
- Only one (1) forward pass per offensive play. All players are eligible receivers.
- 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. Snaps may be between the legs or “side-hike”.
- 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.
- Flags
 - 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.
 - When a runner loses their flag belt accidentally or inadvertently, play continues. The de-flagging reverts to a one hand tag of the runner between the shoulders and knees by an opponent.
- Hurdling is not allowed. Spinning is acceptable, but contact resulting from spinning is the responsibility of the ball carrier.
- No fumble recoveries unless made in mid-air. A loose ball is dead immediately when it hits the ground.

- **The Playing Field**



- The field will be 30 yards wide, and 80 yards long from goal line to goal line. There will be one hash mark dividing the fields into two sides.
 - The field is divided into two “zones.” A zone is defined as one goal line to the midfield line.
- The boundaries will be defined as the white lines. Pylons will be placed in each corner, the end of the goal line as markers.

- To start each half, or after the other team scoring, the ball will be placed at the 14-yard line, unless moved by a penalty. There are no kick offs or field goals in flag football.
- Teams will have **4 downs** to advance the ball past the next zone line to gain. It will not always be first down and ten yards to gain.

- **Game Timing**

- Each game will consist of two halves of 20 minutes each.
- The clock will run each half, until the last 2 minutes. With 2-minutes remaining in either half, an official will stop the clock and give a “2-Minute Warning.”
- 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, when the clock will not run during the PAT).
- Within the last two minutes of each half, a start, stop clock will be used.
- The clock will stop for the following:
 - Incomplete forward pass (restarts on the snap)
 - Out of Bounds (restarts on the snap)
 - Safety (restarts on the snap)
 - Team Time-Out (restarts on the snap)
 - First Down (restarts depending on the previous play)
 - Touchdown (restarts on the snap following the try)
 - Penalty Administration (restarts depending on the previous play, unless the foul is for delay of game)*
 - Official’s Time-Out (restarts at the discretion of the official) o Touchback (restarts on the snap)
 - A new series is awarded (restarts depending on previous play and which team is awarded a new series)
 - Illegal Consuming/Conserving Time (restarts depending on the infraction)
 - Inadvertent Whistle (restarts on the ready for play)
 - *In the final minute of the game the offended team may choose to have the clock start on the snap when it would have started on the ready for play if penalty is accepted
- Time-Outs
 - Each team will have 2, 60-second timeouts per game.
- After the ball is spotted, the offense will have 25 seconds to snap the ball.

- **Grace Period**

- If at game time a team is not ready for play, a grace period of up to 10 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
0-9:59 minutes	Starting Score 10-0	Max 3
10 minutes	Forfeit	Max 0

- **Scoring**

- Touchdowns are worth 6 points each
- PAT can be taken from either the 3-yard line (one point), the 10-yard line (two points), or the 20-yard line (three points).
 - All PAT interceptions are dead upon possession.
- **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. Finally if a team is ever up by 45 points in the second half the game will end.

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- **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.
- **Downfield 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.
- **Pass Rush:** Defensive players can cross the scrimmage line after the snap but must avoid contact with any blockers. Once players are set and break the neutral zone it is a penalty, players cannot jump and get back on side.
- **Snapping:** There are no direct under center snaps allowed. The person receiving the snap can be anywhere in the backfield, but must be at least two yards behind the line of scrimmage when they receive the snap.
- **Punts:** The offense cannot cross the line of scrimmage until after the ball is kicked. 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. There is no fair catch signal.

- **Penalties**

- 5 Yard Penalties
 - Delay of Game
 - Encroachment
 - False Start
 - Illegal Advancement
 - Illegal Forward Pass (Loss of Down)
 - Illegal Snap
 - Illegal Formation
 - Failure to Wear Required Equipment
 - Illegal Motion
 - Illegal Shift
 - Illegal Substitution
 - Intentional Grounding (Loss of Down)
- 10 Yard Penalties
 - Flag Guarding
 - Illegal Contact
 - Illegal Participation
 - Illegal Flag Belt Removal
 - Illegal Bat, Illegal Kick
 - Illegally Secured Flag Belt (Loss of Down)
 - Pass Interference
 - Personal Fouls
 - Roughing the Passer (Automatic 1st Down)
 - Unsportsmanlike Conduct

- **Substitutes**

- 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.

- **Co Rec Modifications**

- 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.
- All teams must have a minimum of eight (8) players registered to their team on IMleagues to take part in the league. Any team failing to have the minimum amount of registered players by the registration deadline will not be approved to join the league.

- **Playoffs**

- All teams will qualify for playoffs, as long as the team meets these stipulations
 - 3.0 Average Team Sportsmanship Rating or higher
 - No forfeits

- Teams must maintain at least a 3.0 Sportsmanship Score. If a team gets a score below that during playoffs, they will need to come in and meet with the Assistant Director to determine eligibility towards next game.
- Rankings are determined in this order
 - Winning Percentage
 - Head to Head
 - Differential (based on final score)
 - Points Against (based on final score)

- **Overtime**

- Overtime will be used during playoffs only.
- Overtime will begin with a mandatory team meeting to discuss the following procedure o 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. All drives will be towards the same end zone.
- 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.
- 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.

Sportsmanship

- Washburn University takes Sportsmanship very seriously. Teams will be ranked after each game and need a 3 or greater average to advance to playoffs. Any team receiving a 0 or 1 for non-forfeit related games will need to meet with the Assistant Director before their next game. Any person being ejected from a game will need to leave the SRWC immediately and also will need to meet with the AD before being eligible again. More information about Sportsmanship Rankings can be found online in Intramural Policies and Procedures.