



UNIVERSITY
RECREATION

FLAG FOOTBALL

University Recreation does not provide accident insurance coverage for injuries received by Recreational Sports participants. Each participant should make sure they have their own coverage prior to participating. Injuries are a possibility. UREC Recreational Sports assumes no responsibility for injuries. However, basic First Aid will be available.

PROGRAM RULES:

ANY player that is disqualified must meet with the GA before they are allowed to play ANY Recreational sport. If a player is disqualified, he/she may NOT be replaced and the team will play short 1 player.

1. All participants must have their current valid UWG ID card with them and a 917 number in order to participate. No player will be allowed to play without his or her own valid UWG ID and 917 number.
2. Jewelry is not allowed.
3. All participants must wear full t-shirt. No cut-offs allowed.
4. Teams are required to wear same colored jerseys/shirts. Teams without their own jerseys will be required to check out jerseys from the Rec Sport checkout table. The captain's I.D. must be given to check out the bag of jerseys. Players must have a jersey before he/she can check in.
5. A player may play for ONE men's or women's team, and ONE coed team.
6. The following equipment may NOT be worn: hard hats, billed hats or visors, cleats, hooded sweatshirts, medical braces with exposed metal, any headgear with knots of any kind, or sunglasses.

TEAM COMPOSITION:

1. Men's or Women's Games: The game shall be played between 2 teams of 7 players each.
 - a. Teams must have at least four players to avoid a forfeit. The game may be continued with fewer than 4 players as long as the team has a chance to win.
2. Co-Rec games shall be played between 2 teams of 8 players, 4 men and 4 women.
 - a. Teams with 7 players shall be 4 men and 3 women or 4 women and 3 men. Teams with 6 players shall be 3 men and 3 women, 4 men and 2 women, or 4 women and 2 men. Teams with 5 players, 3 men and 2 women or 2 men and 3 women, are required to start the game and avoid a forfeit. The game may be continued with fewer than 5 players as long as the team has a chance to win.
3. Each team is required to designate a team-speaking captain.
 - a. The captain's first choice of any penalty is irrevocable.

- b. This captain is responsible for relaying information to his/her players and controlling his/her sideline (including spectators).
 - c. If the team is given a team sportsmanship penalty, the penalty is credited to the captain.
4. Each player is required to join a roster on Imleagues before playing in its first game.
 - a. A player may not participate until he/she is on the Imleagues roster.
 - i. The roster also serves as a waiver/release of liability form as well.
 - b. The maximum players on a roster are 15 for Men's & Women's
 - c. The maximum players on a roster are 15 for Co Rec.
 - d. Individuals can only play on one single sex team and one co-rec team.

EQUIPMENT:

5. Recreational Sports will provide the game ball.
 - a. Men must use a regular sized ball only.
 - b. The regular, intermediate, youth, or junior sized football may be used for Women's and Co-Rec games.
6. Jerseys are also available to rent from Recreational Sports if teams are unable to provide their own. To rent a jersey please present your UWG ID to a staff member at trailer check in.
 - a. Jerseys must be matching in color for all team members
 - b. Jerseys must contain a one or two digit number on the back of the shirt. NO written numbers, taped numbers, or numbers containing three or more digits are acceptable!
 - c. Teams MUST tuck shirts in at all times.
 - d. Teams must wear the jerseys provided if team is not wearing matching jerseys
7. Each player on the field must have a flag belt on at all times.
 - a. Shorts with pockets are strictly prohibited, NO exceptions. Participants who are wearing shorts with pockets will not be able to participate.

TIMING AND SCORING:

1. An orange cone shall mark the offensive scrimmage line.
2. A yellow cone will mark the defensive scrimmage line one yard away.
3. A coin-toss will be conducted before the game to determine which team will possess the ball.
 - a. The visiting team calls the coin toss during regulation play.
4. The team that wins the toss has the following options: offense, defense, goal to defend, or defer to the 2nd half.
 - a. Note: If a team chooses defense or goal, they will very likely be playing defense to start each half.
5. The team losing the coin toss, has the choice of offense, defense, or goal to defend in the second half
6. The game consists of two 18 minute halves with a 5 minute halftime.
7. Timing will be continuous through the first half only stopping in the second half for two minute warnings.
8. In two minute warning, the referee shall stop the clock and inform both teams of the remaining time.

9. Only a team or official's timeout can stop the clock during the running clock period.
10. In the last two minutes of the second half, the clock stops for:
 - a. Incomplete pass—starts on the snap
 - b. Out of bounds—starts on the snap
 - c. Team Time out—starts on the snap
 - d. Touch-back—starts on the snap
 - e. First down—dependent on the previous play (until the ball is set in play by referee's ready to play whistle)
 - f. Penalty—dependent on the previous play (delay of game-starts on the snap)
 - g. Referee time out—starts at his/her discretion
 - h. Inadvertent whistle—starts on the ready
11. A half cannot end on an accepted penalty on the offense or defense.
 - a. A team must decline the penalty for the half to end.
12. If a team is winning by 19 (men and women) or more in the second half when the Two minute warning is announced, the game shall be over due to Mercy Rule.
13. If a team is winning by 25 (co rec) or more in the second half when the two minute warning is announced, the game shall be over due to Mercy Rule.
14. The offense is responsible for retrieving their ball after each down.
15. The offense has 25 seconds to put the ball into play after the ready-for-play whistle.
16. If a game ends in a tie, the following procedure shall be followed:
 - a. The visiting team calls an overtime coin toss.
 - b. This will be the only coin flip during the overtime.
 - c. If additional periods are played, captains will alternate choices.
 - i. The alternating choices options are offense, defense, or direction.
 - ii. The other captain shall choose the remaining option.
 - iii. All overtime periods are played toward the same goal.
 - d. Each team starts first and goal from the Team B 10 yard line.
 - e. The overtime period consists of a series of 4 downs by each team.
 - f. If the score is tied after one period, play will proceed until a winner is determined.
 - i. If the Team A scores, then Team B must match the number of points scored or surpass it within their four downs.
 - ii. If the game reaches a third overtime period any touchdown must be followed for a try of two or three points, the option for one extra point does not exist.
 - g. If the defense intercepts a ball and returns it for a touchdown, the game is over.
 - i. If they do not score, the first team's series is over and the ball is placed at the 10 yard line again.

Scoring

1. ALL TD'S are worth 6 points
2. Safety: 2 points
3. Extra Point: 1 point, 2 points, 3 points
 - a. After a score, the team must decide whether to try for one, two, or three points
 - b. A one point conversion shall be tried from the third yard line

- c. A two point conversion shall be tried from the 10 yard line
- d. A three point conversion shall be tried from the 20 yard line
- e. No turnovers can gain points in an extra point conversion

GAME RULES:

1. A player is down when the flag belt clip is broken by an opponent.
2. The spot of the ball determines the next line of scrimmage.
3. If the flag belt falls off by itself, play continues and the player is down when touched with one hand by an opponent between the shoulders and the knees.
4. The line of scrimmage is the orange ball cone for the offense and the yellow ball cone for the defense.
5. They will ALWAYS be 1 yard apart, even if the defensive line of scrimmage is in their own end-zone.
6. The ball is declared dead when it touches the ground
 - a. on a fumble
 - b. on a lateral pass
 - c. on a forward pass
 - d. on the snap of the ball
 - e. after hitting a player on a punt
7. A player is out- of- bounds when he/she touches the physical sideline with a foot or other body part.
 - a. NOTE: Only one foot must be inbounds for a pass to be completed.
8. A team has four downs to cross the next line-to-gain or score.
 - a. The line itself is the beginning of the next zone-to-gain.
9. On fourth down, the referee will ask the offense whether they will punt or go for a first down.
 - a. Once decided, the team must take a time out to change its mind.
10. The ball must be snapped in one continuous motion from the ground close to the orange ball cone.
11. The only offense player required to be on the line of scrimmage at the time of the snap is the center position.
12. Players that are stopping their motion before the snap, must stop for one complete second before the play begins.

Co- Rec Modifications

1. In Co- Rec, five players must be on the line.
2. Co- Rec Open VS Closed Plays: Each drive will begin with the play being open
3. During the offensive team's possession there may not be two consecutive legal forward pass completions from a male passer to a male receiver.
4. The next legal forward pass completion must involve either a female passer or a female receiver for positive yardage.
5. All plays are OPEN until positive yards are gained on a passing play that involves a male QB and a male receiver.
6. After a male-to-male completion for positive yards, the next play shall be CLOSED, and will remain closed until positive yards are gained on a passing play that involves either a female QB or a female receiver.
7. All closed play violations shall be penalized as illegal forward passes.

8. There are no other restrictions concerning a male passer completing legal forward passes to a female receiver, or female to female, or female to male.
9. Any foul, whether accepted or declined, shall not have an effect on whether the next legal forward pass completing is "open" or "closed."
10. If a female ball carrier rushes the ball for positive yardage on a CLOSED play, there is no penalty but the play shall remain closed.
11. Co-Rec Running plays: Male runners on the offensive team cannot advance the ball through their scrimmage line. Exception: If there is a legal forward pass from a female QB to a male receiver behind the line of scrimmage and that male receiver crosses the line of scrimmage for positive yards. This is legal and the play will become open. The play remains closed if no yards are gained.
 - a. Male runners that advance the ball through their line of scrimmage (with no female QB) shall be penalized with illegal advancement
12. There are no restrictions: during a run by a male runner once the ball is beyond the offensive scrimmage line; during a run by a female runner, and after a change of possession.

Penalties

1. Any penalty may be declined except unsportsmanlike conduct, disqualification, or end of contest (forfeit).
2. 5 yard infractions:
 - a. **Delay of Game: The offense does not snap the ball within 25 seconds; the offense snaps the ball before the ready-to-play whistle**
 - b. Encroachment: Crossing one's own line of scrimmage before the snap
 - c. False start: Simulating the snap of the ball
 - d. Illegal snap: Simulating the snap of the ball; not snapping the ball in one continuous motion; not being 2 yards from the scrimmage line when receiving the snap
 - e. Illegal motion: An offensive player is moving towards scrimmage line at time of snap
 - f. Illegal shift: 2 offensive players are in motion at time of snap or both did not become completely set before snap occurred
 - g. Intentional grounding: Grounding the ball to avoid a sack (loss of down; enforced from spot of throw)
 - i. Illegal forward pass: Throwing the ball from beyond the orange ball cone/line of scrimmage (loss of down; enforced from spot of throw)
 - ii. NOTE: The passer may cross the line of scrimmage, come back behind it and throw a legal forward pass.
3. 10 yards infractions:
 - a. Illegal Participation: Once an offensive player steps out of bounds, he/she may not come back onto the field and participate (10 yards)
 - b. Illegal player equipment
 - c. Quick kick: Punting without informing the referee
 - d. 2+ Encroachments on the defense successively
 - e. Forward Pass interference:
 - i. Offensive—can occur any time after snap
 - ii. Defensive—the ball must be in the air
 - f. Illegally secured flag belt: Flag belt is tied or tucked in (loss of down if on offense, automatic first down if on defense). Player is disqualified.
 - g. Unsportsmanlike conduct: Non-physical fouls (two = disqualification), i.e., cursing, complaining, etc.

- h. Personal fouls: Any physical contact not included in pass interference i.e.: pushing, contact, stripping the ball, running into a player, tackling, and illegal blocking.
 - i. If excessive, the player may be ejected without warning.
 - ii. The offensive blocker may not use any body part to initiate contact.
 - iii. The defense may not physically restrict a player's forward movement while trying to get a flag belt.
 - iv. Flag guarding: Contacting an individual to prevent them from successfully pulling the flag belt

Disqualifications

1. A disqualification occurs after a player has been issued two unsportsmanlike conduct penalties.
 - a. If severe enough, he/she may be disqualified after the first.
2. Once a player has been disqualified, he/she must leave the fields before the game will restart.
3. Any disqualified player must meet with the Intramural Professional Staff before he/she can play again in ANY Intramural sport. NO EXCEPTIONS!

SPORTSMANSHIP POLICY AND RATINGS:

The Sportsmanship Rating System is intended to be an objective scale by which teams' attitude and behavior can be assessed throughout the regular season and the playoffs. Behavior before, during, and after a Recreational Sports contest is included in the rating. The team captain is responsible for educating and informing all players and spectators affiliated with his/her team about the system. Furthermore, the team is responsible for the actions of the individual team members and spectators related to it.

At the conclusion of each contest, the Recreational Sports Staff present will assign each team a Sportsmanship rating based on a grading scale of "1-4".

4 pts Good Conduct and Sportsmanship: Players cooperate fully with the officials and Recreational Sports staff. The captain is the only player to converse about rule interpretations and calls and does so in a polite and respectful manner. The captain also has full control of their teammates. Team is respectful to their opponents, officials, scorekeepers, spectators and Intramural Sports staff. *Teams who default will receive a 4-sportsmanship rating

3 pts Average Conduct and Sportsmanship: Team members complain about decisions made by the Officials and/or show minor dissention. Team members show minor disrespect to someone involved in the contest.

2 pts Below Average Conduct and Sportsmanship: Team shows verbal dissent towards officials And/or the opposing team. Captain exhibits minor self-control and little or no control over their team.
*one unsportsmanlike infraction was given to a team

1 pts Poor Conduct and Sportsmanship: Players constantly comment to the officials and/or opposing Team from the playing area or sidelines. Team captain has no self-control and no control over their team's actions.

*two unsportsmanlike infractions given to a team.

0 pts Very Poor Conduct and Sportsmanship: Team is completely uncooperative. Captain has no Control over teammates and/or themselves. *Teams who no show *3 Unsportsmanlike infractions or game forfeiture.

CANCELLATION OF ACTIVITIES:

Recreational Sports activities are subject to cancellation due to unsafe facility conditions. This may include inclement weather (rain, snow, etc.) and subsequent poor field conditions, or unforeseen circumstances, which may occur in both indoor and outdoor facilities that create unsafe playing conditions (i.e. roof leaking on basketball floor or a major injury). The Recreational Sports Staff will make all decisions regarding playability and safety of facilities. There will be an announcement on the IMLeagues.com website indicating whether any events for that day have been canceled. In addition, an email will be sent to the captains of teams scheduled to play. It is the responsibility of each team/participant to check the IMLeagues.com website.

CANCELLATION TIME:

In the event of inclement weather, the Recreational Sports office will make an official decision regarding the night's games by 4:00PM. After 4:00PM, playability of field/court conditions will be at the discretion of the Intramural Sports Staff on site.

CANCELLATION OF ACTIVITIES IN PROGRESS:

1. In cases when weather forces the halt of a contest in progress. A game is considered a full game if the game is stopped at Half time or after the start of the second half.
2. In the event of lightning or thunder, the following will occur:
 - Games in progress are stopped and canceled (unless they have reached the official game point) if the Intramural Sports Staff sees lightning or hears thunder, or if the lightning prediction system produces an alarm.
 - If the lightning prediction system has not cleared play by the start of the next game, or if the required 30-minute wait time following the last sighting of lightning or from hearing of thunder in order to clear play is not completed prior to the start of the next game, then ALL games will be canceled for the night, unless otherwise noted on the IMLeagues.com.
 - Check the IMLeagues.com website if you are unsure if games have been canceled.

RESCHEDULING OF CANCELLED GAMES:

In the case of cancelled activities, the Recreational Sports Staff will reschedule each contest for the next available date/time. Rescheduled game times will post on IMLeagues.com by 2:00PM the next business day.