



UMW CAMPUS RECREATION
MEN'S, WOMEN'S AND COREC FLAG FOOTBALL INFORMATION SHEET

A. Key Dates

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| 1. Team Registration Period: | Monday, October 3 rd -Wednesday, October 19 th |
| 2. Regular Season Start: | Sunday, October 23 rd |
| 3. Regular Season End: | Thursday, November 10 th |
| 4. Playoff Brackets Posted: | Friday, November 11 th |
| 5. Playoffs Begin: | Sunday, November 13 th |
| 6. Playoffs Completed By: | Monday, November 24 th |

B. Rules of the Game

1. Intramural Flag Football is played 7-vs-7. A team cannot play with less than 5 players.
 - a. CoRec is played 8-vs-8 with equal numbers of male and female players. The difference in the number of male and female players should not exceed 1.
2. Teams must have at least 5 players to begin the game (forfeit/default information outlined in the Participant Handbook).
3. Teams will have one timeout per half, which does not roll over between halves. Officials may suspend time as necessary (e.g. injury, delay of game).
4. Regular season games ending in a tie will be recorded as such. Playoff games ending in a tie will be followed by an overtime period.
5. The Coin Toss
 - a. The game will begin with a coin toss to determine possession. The visiting team captain will call the coin toss.
 - b. The captain winning the toss will have a choice of options for the first half or shall defer his/her option to the second half:
 - i. To choose whether his/her team will start on offense or defense.
 - ii. To choose the goal his/her team will defend.
 - c. The Captain, not having the first choice of options for a half, shall exercise the remaining option.
6. Timing
 - a. The game will consist of two 20-minute halves with a 3 minute halftime. The clock will run continuously until the 2 minute warning of the second half, except for team and official timeouts.
 - i. Teams will be given 1 timeout per half. An unused timeout will be lost and not rolled over between halves.
 - b. Play Clock- Teams will have no more than 25 seconds to put the ball into play after the official has blown the ready for play whistle.
 - c. After the 2 minute warning of the second half, the clock will stop for the following:
 - i. Incomplete legal or incomplete illegal forward pass
 - ii. Out-of-bounds
 - iii. Safety
 - iv. Team timeout
 - v. First down
 - vi. Touchdown
 - vii. Penalty and Administration
 - viii. Referee's timeout

- ix. Touchback
- x. Turnover on Downs/Turnover
- xi. Following a legal punt
- xii. Team attempting to conserve time illegally

7. Scoring

- a. If the ball crosses the goal line legally, whether receiving or rushing, the team will be awarded 6 points.
 - i. In CoRec, if a girl completes a forward pass, or crosses the goal line with the ball, the team will be awarded 8 points.
- b. After a successful touchdown, the offense will get a choice to go for the Point-After-Attempt. They will have the option of 1, 2, or 3 points. 1 point attempts will be from the 5 yard line, 2 point attempts from the 10 yard line, and 3 point attempts from the 15 yard line. Once the team has made a decision and it has been announced, it cannot be changed.
 - i. No additional points will be awarded if a girl crosses in CoRec.

8. Field of Play

- a. The field dimensions are 60 yards by 50 yards with 10 yard end zones, yard markings every 15 yards.
- b. The ball will be placed at the 10 yard mark at the beginning of the game and after each touchdown.

9. First Downs

- a. A team will have four consecutive downs to advance to the next zone line to gain to earn a first down.
- b. The zone line to gain in any series shall be the zone in advance of the ball, unless distance has been lost due to penalty.
- c. A new series of downs will be awarded when a team moves the ball into the next zone.

10. Flag Belts

- a. All players must be wearing a flag belt at all times in the field of play. Players should have shirts tucked in at all times to avoid covering the flag belt.
- b. The flag belt should be clipped, not tied. A tied flag belt will result in an automatic ejection.
- c. When the flag belt is taken from the runner, the play is over and the ball is declared dead. The spot of the ball is determined where the ball is located at the point the clip of the flag belt becomes detached.
- d. If a flag belt inadvertently falls off, a one hand tag between the shoulders and the knees on the ball carrier will make the ball dead.
- e. A player may leave their feet to remove a flag.
- f. The ball becomes dead when:
 - i. A legal deflagging occurs.
 - ii. The ball carrier touches the ground with any part of their body other than the hands or feet.
 - iii. A fumble hits the ground.
 - iv. A snap from the center touches the ground.

11. Offensive Game Play

- a. Each member of the offensive team is eligible to receive a pass unless the player voluntarily goes out of bounds during the play.
- b. The center, after assuming the position for the snap and adjusting the ball, may not move nor change position of the ball in a manner simulating the beginning of a play. The ball must be snapped in one continuous motion, not necessarily between the center's legs, from the spot of the designated ball marker. The player receiving the snap must be at least 2 yards from the line of scrimmage.
- c. Before the snap, all offensive players must come to a complete stop for at least one full second. Only one offensive player may be in motion at the snap of the ball, and may not be moving towards the opponent's goal line at the time of the snap.
- d. For a legal catch, the receiver must have at least one foot in bounds. Teams are only allowed one forward pass per down, but may have as many backward passes as they would like.
- e. All offensive players must be within 15 yards of the line of scrimmage.

12. Defensive Game Play

- a. Defensive players must line up behind the yellow marker, which is 1 yard away from the offensive ball marker. This is true even when the offense is on the goal line.
- b. The defense may rush the quarterback, but cannot make contact with the offensive players in doing so.
- c. In an attempt to remove the flag belt, the player may contact the body of an opponent using his or her hands. However, a defensive player may not hold, push, or knock the ball carrier down in an attempt to remove the flag.

13. Fumbles

- a. The football is considered an extension of the ball carrier's body. The defense cannot strip the ball from the offense to create a fumble.
- b. All fumbles are dead when the ball touches the ground.
- c. The ball is put into play at the point where the ball first touched the ground.
- d. Any passed or fumbled ball that does not touch the ground may be advanced by any player catching the ball.
- e. A fumbled ball into the offensive team's end zone will result in a safety. If the ball is fumbled into the opponent's end zone, the result is a touchback.

14. Screen Block

- a. Blocking, as allowed in regulation football, is prohibited. A screen block shall take place without contact. The screen blocker shall have his or her hands behind his or her back. Any use of hands, arms, elbows, legs, or body to initiate contact during a screen block is illegal.

15. Punting

- a. A punt must be announced before the ball is ready for play. The kicking team must have 4 players on the line of scrimmage. The ball must be punted immediately after the snap by the center. The offensive players may not leave until the ball is kicked.
- b. The defense may not rush the kicker or enter the neutral zone until the ball is kicked.
- c. The ball may be advanced by the receiving team after it has touched the ground. However, if the ball hits any player and then touches the ground, the ball is dead at that spot.
- d. Quick kicks and fake punts are illegal.

16. Overtime Procedure (Playoffs Only)

- a. If there is no winner at the end of regulation play, there will be an overtime period.
- b. Both team captains will be called together for a coin toss. The winner of the toss will be given the option of offense or defense first. The other captain will choose side.
- c. Each team will be given 4 downs from the 15 yard line to score a touchdown. If the first team scores, the second team will be given a chance to respond.
- d. If the game is tied after one overtime, the options will alternate for all remaining overtime periods. The process will continue until a winner is declared.
- e. Each team is entitled one timeout per overtime period.

17. Mercy Rule

- a. If a team is ahead by 20 points with 2 minutes remaining in the second half, the game is over.
- b. If a team scores during the last 2 minutes of the game and that score creates a 20 or more point difference, the game is over.

Rules not outlined in this sheet will follow the NIRSA Flag Football Rule Book

C. Player Eligibility

1. All current undergraduate and graduate students and Faculty/Staff of the University are eligible to play. Such persons will remain eligible until they withdraw from the University or fail to comply with eligibility standards.

2. A valid, UMW EagleOne card is required to play. Participants must present this card before the start of the game in order to sign-in for the game. ID cards must be readable and in proper condition. Cards with unrecognizable pictures, names or ID numbers will not be considered valid.
3. Participants may play for only one single-sex team and one CoRec team.
4. Team captains are responsible for checking player eligibility for his/her teammates and the players of the opposing team. The Intramural Staff is not responsible for checking player eligibility, but reserves the right to impose disciplinary action for players/teams discovered to be ineligible.
5. As long as the game is ready to begin on time, any participant who arrives after that time may participate provided they properly check in.
6. Refer to the Intramural Sports Handbook for questions regarding Varsity athlete eligibility or eligibility in general.

D. Sportsmanship

Intramural Sports expects all participants and their spectators to conduct themselves in a sportsmanlike manner at all times. Unsportsmanlike conduct or other inappropriate behavior occurring in Recreational Sports indoor and outdoor facilities before, during, and after intramural events will not be tolerated. Teams and their captains will be held accountable for the actions of their players (both participating and non-participating) and their fans. Officials and the Intramural Sports staff have the authority to impose and enforce penalties on teams, players and/or fans that have committed offenses. Penalties for post-game, playoff, and tournament play violations may be carried over into subsequent games and/or sports seasons.

Following each game, officials and/or supervisors will evaluate team behavior and issue sportsmanship rating for all teams. Captains may view their sportsmanship rating online on IMLeagues. Questions regarding particular sportsmanship ratings should be directed to the Intramural Sports Staff by emailing umwimsports@gmail.com. In order to be eligible for the playoffs, teams must have an average sportsmanship rating of 3.0 for all regular season contests. In the playoffs, teams must receive at least a 3.0 to advance to subsequent rounds.

The sportsmanship ratings will follow these guidelines:

“5” Excellent Sportsmanship: Players cooperate fully with opponents and officials. The captain calmly converses with officials and has full control of his/her teammates.

“4” Good Sportsmanship: Team members display minor disagreement and unsporting behavior. Teams receiving an unsportsmanlike penalty/foul are not eligible to receive a rating higher than a “4” for that game. A team that wins by forfeit will receive a “4.”

“3” Average Sportsmanship: Team members display disagreement and unsporting behavior toward officials and/or opponents. Teams receiving more than one unsportsmanlike penalty/foul are not eligible to receive a rating higher than a “3” for that game. Teams that default will receive a “3” rating.

“2” Poor Sportsmanship: Team members display a serious lack of control and continuously show unsporting behavior to officials and/or opponents from the field/sidelines. The captain has little or no control of team. Must have received at least one unsportsmanlike penalty/foul to receive a “2” or below. Forfeiting teams receive a “2” rating. Teams with an unsporting ejection cannot receive higher than a “2” rating.

“1” Unacceptable Sportsmanship: Captain has no control over team, resulting in an ejection. Team is completely uncooperative. Any team causing a game to be forfeited-other than by not showing – may receive a “1” rating.

“0” Team Disqualification: Player(s) ejected for abuse against a staff member or opponents. Team is disqualified for unsportsmanlike acts before, during, or after the game.

E. Ejections

The Intramural Sports staff reserves the right to eject any individual, team or spectator who interrupts the flow of the game in any manner. Players do not have to accumulate a minimum number of infractions to be ejected. Player may be ejected before, during or after any contest and ejections can be made by any official on the contest or any Intramural Supervisor or administrative staff.

The jurisdiction of the Intramural Sports staff begins when the participant or spectator enter the visual confines of the field/court and ends when the involved persons leave the facility in which the contest is being held and the visual confines of the playing area. Any ejected player(s) must **immediately** leave the playing area and the facility in which the event is being held. If the player refuses to leave, the game will be forfeited by the team committing the infraction. Captains must assist Intramural Sports staff with retrieving the ejected participant's identification. It is strongly encouraged that the ejected participant(s) cooperate with the Intramural Sports staff to ensure a smooth reconciliation of the situation and safety for everyone.

Anyone who is ejected will be suspended from all Intramural Sports activity until a meeting with Intramural Sports administrative staff has been conducted.

F. Equipment

1. Teams are required to bring a white and a dark-colored team shirt/jersey to all team contests.
 - a. The dark-colored shirt/jersey must be the same shade of color for all team members.
 - b. Opposing teams are not allowed to wear similar colors during the game.
 - c. If both teams show up with the same color, the captains must determine which team will wear an alternate color. If an agreement cannot be reached, both teams will default the game.
2. **Players are required to wear pants without pockets.** Taping over pockets is not acceptable
3. All jewelry except medical alert bracelets must be removed before play.
4. Taping over jewelry is not an acceptable alternative to removing jewelry.
 - a. If a supervisors suspects a team member has taped over jewelry, the team member will be asked to remove the tape. If a team member does not remove jewelry or tape, he/she is not eligible to play. Players wearing jewelry will be penalized according to sport rules.
 - b. This policy is strictly enforced—jewelry poses a safety risk for the player wearing jewelry and others.
5. Cleats are acceptable as long as they do not have metal spikes.
6. Intramural Sports soccer balls must be used in the games.
7. No casts are allowed. No pads or braces are allowed above the waist.
8. Knee braces made of hard, unyielding material are not allowed unless covered with at least ¼ inch of closed cell slow recovery rubber or other material of the same minimum thickness and having similar physical properties (such as the Lenox Hill Sport sleeve or a Neoprene sleeve).
9. Any mistreatment of the Intramural Sports Equipment may result in an automatic ejection.

G. Game Location and Parking

1. All games are played at the Campus Recreation Field (CRF).
2. All participants are encouraged to park in properly marked University spaces to avoid being ticketed.

H. Questions

1. Email umwimsports@gmail.com
2. Visit the Fitness Center.
3. Consult the Intramural Sports Participant Handbook.

***Note: All Non-Sport Intramural Sports rules can be in the Intramural Sports Participant Handbook. This Rule sheet does not cover all Intramural Sports rules. Check the Handbook to ensure everything is followed correctly. ***