

Flag Football Winter 2019

Registration/Payment Period: November 26th – January 23rd

Playing Dates: January 28th – February 21st

Teams will be scheduled 1-2 games a week, Monday through Thursday, games starting on the hour from 6:00 PM – 11:00 PM.

Intramural Sports Handbook

- All participants are required to adhere to the policies of Recreation and Wellness. Our policies are located online at http://www.rec.nova.edu/intramurals/forms/sports_handbook.pdf.
- In the Intramural Sports Handbook, you will find information regarding:

Team Information	Participant Information
<ul style="list-style-type: none"> • Registration 	<ul style="list-style-type: none"> • Eligibility
<ul style="list-style-type: none"> • Forfeit procedures 	<ul style="list-style-type: none"> • Valid ID's
<ul style="list-style-type: none"> • Team jerseys 	<ul style="list-style-type: none"> • Participant conduct
<ul style="list-style-type: none"> • Sportsmanship rating 	<ul style="list-style-type: none"> • Safety
<ul style="list-style-type: none"> • Protest procedures 	<ul style="list-style-type: none"> • Alcohol and drug policy

Fields

- Games will be played at the Bill Gessner Sports Complex located on 39th St., next to the elementary school.
- The field will be 100 yards long by 40 yards wide, divided into four 20 yard zones, and two 10 yard end zones.
- The team box shall be two yards off the sideline between each 20 yard line. All team personnel not on the field, must stay within the team box at all times.

Players and Rosters

- **Open:** Games will be played using a 7v7 format. Teams may finish a game with fewer than 7 if players leave due to injury or other circumstances.
 - A team may start a game with 5 players signed-in and ready for play.
- **Co-Rec:** Games will be played using an 8v8 format. Teams may finish with fewer than 8 if players leave due to injury or other circumstances.
 - A team may start a game with 6 players signed-in and ready for play.
 - One gender may not exceed 4 participants on the field at any time.
- **Eligibility:** All participants must be either NSU students or faculty/staff, with an active RecWell membership.
- All participants must bring their valid NSU ID to play.
- Players must have joined their team's IMLeagues roster by **2:00PM** the day of the game, to be eligible to participate that day. Players may sign up on-site but are still responsible for registration fee.

Equipment

- Teams may use a legal game ball of their choice when in possession. In Open games, only the regular sized ball may be used. Co-Rec games, regular, intermediate, or youth footballs may be

used. Game balls will be provided by the Office of Intramural Sports, however teams may use a game ball of their own.

- Players on a team must wear the same colored jersey with individual numbers. Shirts and jerseys must be tucked-in at all times. Pinnies will be provided for players who do not have their own team jersey.
- **Each player must wear athletic shorts or pants that do not have pockets, belts, belt loops, exposed drawstrings, or tear-away buttons.**
- Each player must wear a flag belt which is legally clipped, not tied, and must be of contrasting color to their pants or shorts. Flag belts will be provided. A player's flag belt may not be covered by any loose shirt or jersey.
- Players may wear sneakers, or soft rubber molded cleats or turf shoes. Removable or metal cleats are not permitted.

Timing

- Games will consist of two 20-minute halves. The clock will run continuously during the 1st half, and the first 18 minutes of the 2nd half. There will be a two-minute warning, and the clock will stop under certain conditions.
- **Ready for play signal:** The ball must be put into play within 25 seconds after the Referee has given the ready for play signal. The play clock will be kept by the officials.
- **Time-outs:** Each team is entitled to two 30 second time-outs per half. Time-outs do not carry over to the second half.
- **Mercy rule:** If a team is winning by 19 points or more at or inside the 2-minute warning of the 2nd half, the game is over.
 - **Co-Rec Modification:** If a team is winning by 25 points or more at or inside the 2-minute warning of the 2nd half, the game is over.

NIRSA Flag Football Rules will prevail, with the following specifics and modifications

Start of Game Procedures

- **Coin toss:** Before the start of the game, the referee will conduct a captain's meeting during which Team A will call the toss of the coin. The captain winning the toss shall have choice of:
 - Choosing offense or defer selection to the second half.
 - Choosing which goal to defend.The captain not having the first choice of options shall exercise the remaining option(s).
- **Change of periods:** The team on offense at the beginning of each half will begin at the 14 yard line with the 20 yard line to gain, unless the ball is moved by penalty.

Substitutions

- Substitutions are allowed to be made in between downs, during a dead ball. Any number of eligible substitutes may replace any players on the field. All replaced players must be off the field before the ball is snapped.

Scoring

- **Touchdown:** All touchdowns are worth 6 points during Open games.
- **Co-Rec Modifications:** During Co-Rec games, if a female scores a touchdown, or if a female throws a legal forward pass and a touchdown is scored by any member of her team, the touchdown is worth 9 points.

- **Try:** Point after touchdown attempts will be marked at the 3, 10, and 20 yard line. They are worth 1, 2, and 3 points respectively.
- **Safety:** When a runner carries the ball from the field of play to or across his/her own goal line and it becomes dead in the end zone in his/her team's possession. A safety is worth 2 points.

Co-Rec Modifications

- There are two types of plays during a Co-Rec game: Open and Closed plays.
 - **Open play:** Any player can complete a forward pass to any other player, no matter what gender.
 - **Closed play:** A male player cannot throw a forward pass completion to any other male players. A female must be the passer or the receiver.
- In order to "open" a play, ALL of the following criteria must be met:
 - A female must be the passer or receiver
 - A legal forward pass
 - A net gain of positive yards
- During an offensive team's possession, there may not be 2 consecutive forward pass completions from a male passer to a male receiver (open plays). If this occurs, the second attempt will be considered an illegal forward pass.
- Running the ball or an incomplete forward pass attempt during a closed play will not make the next play an "open play". Open and closed plays are also enforced for point after touchdown attempts.

Line of Scrimmage

- The line of scrimmage will be determined using two ball spotters. An orange puck will be used to mark the offensive line of scrimmage. A yellow puck will be used to mark the defensive line of scrimmage. Each spotter will be placed at a distance of 1 yard, marking the neutral zone.

Screen Blocking

- Legally obstructing an opponent without contacting him/her with any part of the blocker's body. Players may not use their hands, arms, legs, etc. to prevent an opponent from moving.

Forward Pass

- All players are eligible to touch or catch a pass. Legal passes must be thrown with the passer's feet behind the offensive line of scrimmage when the ball leaves the passer's hand. Only one forward pass can be thrown per down.

Fumbles

- A fumble is a loss of player possession other than by handing, passing, or punting the ball. A catch of an opponent's fumble before it hits the ground is an interception. Once a ball hits the ground, it is dead at that spot. There is no recovering a ball that is fumbled after it has touched the ground.

Punts

- Prior to making the ball ready for play on fourth down, the Referee will ask the offensive team if they want to punt. Once the decision is made, the Referee will announce the decision to both teams. Once a decision is made and the ball is marked ready for play, the offensive team must follow through with their decision.

- The receiving team may run back a punted ball as long as the ball does not come to a complete stop on the ground nor does it touch a player and then hit the ground. If the ball comes to a complete stop on the ground or if a player makes contact with the ball and it touches the ground, the ball will be considered dead and marked at that spot for the next series of downs.

Legally Removing a Flag Belt

- When the flag belt is removed from the ball carrier, the down shall end, and the ball is declared dead at the spot.
- If a flag belt inadvertently falls to the ground, a one hand tag between the shoulders and knees will end the play.

Penalties

Flag Guarding

- Runners shall not guard the flag by using their hands, arms, body, or the ball to deny the opportunity for an opponent to pull or remove the flag belt. **Penalty: Flag Guarding. Ten-yard penalty.**

Pass Interference

- During a down in which a legal forward pass is thrown, contact which interferes with an eligible receiver who is beyond the neutral zone is pass interference. Hindering an opponent's vision without making an attempt to catch, intercept, or bat the ball is also considered pass interference, even if no contact is made. Attempting to deflag/tag an eligible receiver prior to touching the ball on a pass thrown beyond the scrimmage line is also pass interference. **Penalty: Pass Interference. Ten-yard penalty.**

Five-yard Penalties

- False Start, Encroachment, Illegal Snap, Illegal Formation, Illegal Motion, Illegal Shift, Delay of Game, Illegal Substitution, Illegal Pass

Ten-yard Penalties

- Pass Interference, Illegal Use of Hands, Flag Guarding, Blocking, Roughing the Passer (automatic first down), Unsportsmanlike Conduct

Please read the Intramural Handbook. It contains written descriptions of all regulations and policies that govern participation in NSU Intramural Sports, no matter which sport or activity you play. It's imperative to the continuity of the Intramural program that all participants abide by the regulations detailed in the Handbook by the Office of Recreation and Wellness.

Sportsmanship Guidelines

A: Team members participate with excellent sportsmanship within the established rules.

B: Team members occasionally complain to the official(s) or supervisor(s) about rule interpretations. Sportsmanship and understanding of the rules is acceptable, but could be better.

C: Team members consistently complain to the official(s) or supervisor(s). Team displays poor sportsmanship and understanding of the rules. A team or team member receives an unsportsmanlike conduct penalty.

D: A team or team member receives two unsportsmanlike conduct penalties.

F: Team members participate with unacceptable sportsmanship. A team receives three or more unsportsmanlike conduct penalty



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