



UTSA INTRAMURAL SPORTS

FLAG FOOTBALL RULES

PLAYERS:

- Players may play for only **one** team men's or women's team and one co-rec team.
- Switching from one team to another is not allowed (see DISCIPLINE section).
- Men's and women's teams consist of 7 players. A minimum of 5 players is needed to start the game.
- Co-Rec teams consist of 8 players, 4 men and 4 women. A minimum of six is required to start the game. **Acceptable combinations of males and females included: 4M & 3W, 3M & 4W, 3M & 3W, 4M & 2W, or 2M & 4W**
- Team rosters are frozen on the last day of the regular season.
- Maximum number of players per roster is **14 for Men and Women and 16 for Co-Rec.**

EQUIPMENT:

- Intramural Sports will furnish game balls. However, both teams may agree to use their own ball, as long as it meets regulations.
- Flag belts are provided by Intramural Sports. The proper way to wear the flag belt is with one flag on each side and one in the center of the back. **NO TYING KNOTS – automatic ejection.**
- All participants must wear the proper athletic attire to participate. This includes:
 - Closed-toed athletic shoes. Metal spikes and screw in cleats are not allowed.
 - Shorts or warm-ups without: an exposed drawstring, pockets or belt loops.
 - A shirt/jersey that is long enough to remain tucked in or is 4" above the flag belt. Shirts may not have pockets, exposed drawstrings, holes, and untucked hoods.
 - All shirts **must** have sleeves. No cut offs.
 - Players may not wear compression shorts or boxers.
- Participants **may not wear jewelry.** Participants **may not** cover up jewelry with tape, band-aids or other such items.
- Participants **may not wear** hats, caps or bandanas.
- Cast or splints (hard or soft) **are not permitted.**
- Team members must wear like colored shirts/jerseys with numbers. Participants must wear T-shirts while participating. Intramural Sports has pennies for teams without like colored shirts/jerseys. Participants must wear a shirt with sleeves underneath the intramural sports pennies.

FORFEITS:

- Player's must check-in at the scorer's table before game time.
- **Forfeit Procedure:** Any team not ready to play at game time shall be penalized in the following manner. For every minute the team is late to start, the opposing team receives 2 points.
5 minutes after game time – the game is forfeited, 10-0, to the team ready to play.

THE GAME:

- The game will consist of two 20 minute halves with a 3 minute half-time.
- The clock will not stop until the 2-minute warning of the second half except for team time-outs, official's time-outs and injuries.

- The clock will stop during the last 2 minutes of the second half for an incomplete pass, timeout, penalty, out-of-bounds, change of possession, after any score, on first downs and touchbacks. Depending on the situation the clock will either restart on the ready to play whistle or on the snap.
- Each team will be allowed 2 time-outs per half, lasting a maximum of 1-minute. 1 time-out is allowed per team during the entire overtime.
- Games that end in a tie will remain a tie during regular season.
- In playoffs, if the game remains a tie, the game will proceed to overtime procedures. A coin toss will determine offense, defense or direction. All overtime periods will be played toward the same goal line. Each team will receive a series of downs to score and try for 1, 2 or 3 points. Each team receives one 1 timeout per the entire overtime. The game will continue with this process until a winner is determined.
- **Mercy Rule:** If a team is ahead by 19 (25 for Co-Rec) or more points at the 2 minute warning or extends the lead by 19 (25 for Co-Rec) or more points at any time within the last two minutes of the second half, the game is over.

METHOD OF SCORING:

- Touchdown = 6 points
- Safety = 2 points
- Extra points
 - = 1 point (from the 3 yard line)
 - = 2 points (from the 10 yard line)
 - = 3 points (from the 20 yard line)
- Co-Rec Modification
 - Touchdown = 9 points (female runs in or throws a legal forward pass that results in a touchdown)

BASIC RULES OF THE GAME:

- A coin toss shall begin the game. The options are to receive, defend or defer.
- The ball shall be snapped on the 14-yard line following the extra point try or half. Unless moved by penalty.
- A first down can be gained when the offensive team passes the next zone line to gain.
- A team has 25 seconds to snap the ball after the referee has signaled ready for play. *Penalty: Delay of Game – 5 yards*
- There are **NO** fumbles. If the ball hits the ground it is considered dead at the spot where it contacts the ground. If the ball is fumbled forward, it will become dead at the spot where the runner lost control. **Exception:** Ball is fumbled into opponent's end zone will result in a touchback.
- No stripping the ball from opponent's arms. *Penalty: Illegal Contact – 10 yards*
- No hurdling over an opponent. *Penalty: Personal Foul– 10 yards*
- A player may not attempt to guard their flag from an opponent by the use of stiff arms, dipping their shoulder, placing the ball over the flag or swinging or placing their hand over the flag or swatting someone's hand away. *Penalty: Flag Guarding (Stiff Arm = Personal Foul) – 10 yards*
- A defender must touch an opponent with one hand between the shoulders and knees, if the ball carrier's flag belt has come off inadvertently.

CO-REC MODIFICATIONS:

- The ball used can be a regular sized, intermediate or youth.
- Minimum numbers of players on the line for offense is 5.
- A male runner **cannot** advance the ball beyond the line of scrimmage.
 - NOTE: A male may advance the ball beyond the line of scrimmage if, for example:
 - any receiver in advance of the line of scrimmage pitches the ball back to a male who is behind the line of scrimmage OR
 - if a female runs beyond the line of scrimmage, she may pitch back to a male behind the line of scrimmage.

- For these purposes, once the ball is received or is run by a female beyond the line of scrimmage, the line of scrimmage is deemed to not exist.
- There are “OPEN” and “CLOSED” plays in Co-Rec.
 - The term “OPEN” means that any player can complete a legal forward pass to any other player.
 - The term “CLOSED” means that a female player must be involved in the play for positive yardage. NOTE: it cannot be a male QB who throws to a male receiver and he throws or hands-off to a female. The female must be the QB or the receiver AND gain positive yards.
- If a male passer completes a legal forward pass to a male receiver, the next legal pass completion must involve a female passer or female receiver for **positive** yards in order for the next play to be “OPEN”.
- A touchdown involving a legal forward pass from a female or if female rushes for a touchdown it counts as 9 points.

SNAPPING THE BALL:

- The player who receives the snap from the center must be at least 2 yards behind his/her scrimmage line. *Penalty: Illegal Formation - 5 yards*
- The offensive team must have at least 4 players on the line of scrimmage at the time of the snap. A player in motion is not counted on the line. *Penalty: Illegal Formation - 5 yards*
- If on a snap, the ball is fumbled, it is immediately blown dead at the spot upon hitting the ground.
- Every offensive player must at least momentarily be within 15 yards of the ball on or after it is marked ready for play. The rule is meant to prevent a substitute deceiving the defense. *Penalty: Illegal Formation - 5 yards*
- The offensive team is responsible for retrieving the ball after a down has ended.
- The center can snap the ball between his/her legs or stand to the side of the ball. This has to be done in one continuous motion, with the ball starting on the ground. *Penalty: Illegal Snap - 5 yards*

PASSING THE BALL:

- A legal forward pass is a live ball thrown towards the opponent's goal line, from behind the line of scrimmage. The initial direction of the ball determines whether or not the ball is backwards or forwards.
- There may only be one legal forward pass per down.
- All players, with the exception of the passer, are eligible to touch a forward pass after it is thrown.
- The passer may catch his/her own forward pass provided another player has touched it first.
- Players only need one foot inbounds and the ball under control to establish possession.
- When members of the opposing teams catch a legal forward pass simultaneously, the ball is immediately blown dead and possession belongs to the offense.
- Defensive players shall not contact the passer before or after the ball is released behind the line of scrimmage. Defensive players must try to avoid contact with the passer at all times. The only contact allowed is that caused by going for the flags. The ball cannot be contacted while in the passer's hand. If the defender deflects a pass, he/she cannot follow through and contact the passer. *Penalty: Roughing the Passer - 10 yards and automatic first down.*

SCREENING AND RUSHING:

- Screen blocking is legally obstructing an opponent without using any part of the body to initiate contact with him/her.
- The offensive screen block shall take place without contact; screener shall have his/her hands and arms at their side or behind their back.
- Defensive players must go around the offensive blocker without making contact. His/her arms or hands may not be used to gain advantage or contact the blocker.

- These actions are judged similarly to the block/charge call in basketball. *Penalty: Illegal Contact – 10 yards*
 - **Illegal Player Consequences**
 - Team in violation will receive a loss, and opposing team will receive an automatic win.
 - Team in violation will also receive an automatic C sportsmanship rating.
 - Second offense will result in the team being eliminated from the league.
 - Both teams will be notified of illegal player violation.
 - Illegal player is not permitted to play any Intramural sports or activities.
 - An Illegal player consists of a person who is not currently enrolled at UTSA with a minimum of one (1) credit hour.
- **Faculty/Staff:**
 - Must have a Campus Recreation membership in order to participate in Intramural Sports.
 - Faculty/Staff must also present their UTSA ID at each game.
 - Teams found in violation will be deducted one (1) sportsmanship letter grade for each violation.

TEAM SPORTSMANSHIP RATING

UTSA Campus Recreation's sportsmanship rating policy has been developed to protect the safety and equity of all participants and those affiliated with supervising our events.

1. The Team Sportsmanship Rating is an objective means for assessing the behavior of teams through an Intramural Sport season.
2. The Intramural staff on duty will grade all teams on their display of sportsmanship before, during and after each game. Failure by the Intramural Staff to give a grade will result in an "A".
3. Participating in Intramural Sports is **NOT** a right, it is a privilege. Therefore, the Intramural Sports program reserves the right to take away that privilege from any team or individual that does not abide by the governing rules and regulations, as well as does not exhibit good sportsmanship and fair play.
4. Two unsportsmanlike penalties on the same player will result in disqualification from the game. The third unsportsmanlike foul by the same team results in forfeiture of the game. (example 2 technical fouls on one player in basketball results in a player ejection, 3 technical fouls on a team results in a forfeit)
5. Any player that is ejected for any reason must come in to speak to the Assistant Director of Campus Recreation-Intramural Sports before their next game. That player or team is **not** eligible to play until doing so. Team will forfeit their ensuing game if the ejected player does not meet with the Assistant Director. ***All ejections will warrant a minimum 1 game suspension!***
6. The Intramural staff reserves the right to end any intramural contest at any point.

SPORTSMANSHIP RATING CRITERIA

"A" - Good Conduct and Sportsmanship

Team/fans cooperate fully with the supervisors and officials and show respect for opposing team members. The Team Captain has full control of his/her teammates/fans. If the captain converses with the officials about rule interpretations and calls he/she does so respectfully and calmly. A team winning a game due to a forfeit will receive an "A" sportsmanship rating.

"B" - Average Conduct and Sportsmanship

Team/fans complain about some decisions and or display minor dissent. These complaints may have been voiced verbally or non-verbally toward officials, opposing players or opposing fans. The Team Captain exhibits major control over teammates and him/herself.

“C” - Below Average Conduct and Sportsmanship

Team/fans (on or off the playing area) show continuous or sustained verbal dissent towards officials, supervisors, and/or the opposing team. The Team Captain exhibits minor control over teammates and him/herself. Teams that receive one unsportsmanlike penalty or technical foul during the game will receive no higher than a “C” rating. Each additional unsportsmanlike penalty will result in the grade being lowered by one letter grade.

“D” - Poor Conduct and Sportsmanship

Team/fans complain excessively to officials and/or the opposing team. The Team Captain exhibits little control over teammates and him/herself. Teams that have a player ejected will receive no higher than a “D” rating.

“F” - Unacceptable Conduct and Sportsmanship

Team/fans are completely uncooperative. Team Captain has no control over team, fans and/or him/herself. Teams that have multiple players ejected, receives three unsportsmanlike penalties or cause a game to be forfeited shall receive an “F”. Any team that does not have the required number of players present at the scheduled game time will receive an “F”.

Positive Contributions to Sportsmanship Rating:

The following actions and behaviors by team members, spectators, and/or team followers can have a positive effect on a team’s sportsmanship rating:

1. Team members cooperate with and demonstrate good sportsmanship toward members of both teams, spectators, officials, and all other IM staff.
2. The team captain exhibits control over his/her team and spectators, converses reasonably and rationally with officials about rule interpretations/calls, and cooperates by providing any information requested by an IM official/staff.
3. Team members participate in the spirit and intent of the intramural sport game rules and/or program policies. Team members accept judgment decisions made by the officials during the contest.
4. Respect is shown for UTSA Campus Recreation facilities and equipment.

Negative Contributions to Sportsmanship Rating:

The following actions and behaviors by team members, spectators, and/or team followers can have a positive effect on a team’s sportsmanship rating:

1. Participants / spectators who continually complain about officials' decisions and display dissention which may include derogatory or abusive remarks. Complaints include both verbal and nonverbal behavior. Excessive arguing between opposing teams / spectators might also lead to a lower rating.
2. Team captain (spokesperson) exhibits little control over his/her team and spectators, converses in a dissenting manner with officials about rule interpretations/calls (discussion is allowed as long as it is done in a mature manner by the team captain), or does not cooperate with game officials or IM staff. Does not provide information requested by any intramural sports official/staff while performing duties.
3. Having any technical fouls or penalties for unsportsmanlike conduct or having a player ejected for unsportsmanlike conduct.
4. Taunting an opponent or opposing team spectator (trash talk)
5. Public indecency, vulgarity, or obscenity including foul or profane language and obscene gestures, incidental or intentional, non-directed or directed at an opponent, official, teammate, supervisor, spectator, or Intramural Sports staff member.
6. Physical abuse by participants / spectators in the form of fighting with an opponent, teammate, official, or staff member which occurred before, during, or after an Intramural Sports contest.
7. Any threatening behavior (verbal and/or nonverbal) to any UTSA Intramural Sports or Campus Recreation employee, participant, or spectator which occurred before, during, or after an Intramural Sports contest.

8. Individuals / teams played after the consumption of alcohol / drugs. If the contest has begun when this is discovered, the player(s) will be immediately removed from the facility, and the contest will be forfeited to the opponent.
9. Damage to or destruction of any UTSA or UTSA Campus Recreation facilities including failure to remove trash from the field or court following a game or match.