



Intramural Sports

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Flag Football Rules Revised May 2010

General Regulations:

- There are no warm up balls provided.
- Team rosters are to be completed online by the team captain (person who registered the team) prior to the players meeting. To complete your roster you will need to know the players U of C Id #'s (Campus Recreation ID) or input the player's names, phone number, date of birth, and email. Instructions can be found at http://www.ucalgaryrecreation.ca/waiver_instructions. After league play has begun, additional players may be added to the roster, but they must be added by the Intramural Sports Office and have completed the waiver before they are allowed to play.
- Waivers must be submitted online prior to first game.
- All players are required to check in with the supervisor for every game with a piece of photo identification.
- To be eligible for playoffs a player must have played in at least one (1) regular season game and be on the team roster. Teams are also to have a fair play rating of **3.75** (coordinator discretion).
- Suspended players may not be present on field or surrounding areas during scheduled games, otherwise the entire team shall be suspended indefinitely.
- Intramural Sports has a **Zero-Tolerance policy for fighting and abuse to staff**. This will be strictly enforced.

For a complete list of policies, see www.ucalgaryrecreation.ca/intramurals/policies_regulations.

Playing Rules

- Each team shall be allowed to dress sixteen (16) players, all players must be listed on the team roster. There is no limit to the number of players a team may list on their roster. Players can only be listed on one team roster.
- There are to be seven (7) players on the field.
- A team must have six (6) players on the floor within ten (10) minutes of the start of the game time in order to avoid a default. Game time will be reduced. **Defaults will be recorded as a 21-0 loss.**
- Any defaults will result in the default policy being enforced. See www.ucalgaryrecreation.ca/intramurals/policies_regulations
- The game will consist of two (2) twenty (20) minute straight time halves. All games are to end on the allotted time. If a game begins late the officials will deduct time from the game to ensure that it ends on time.
- There will be a five (5) minute warm up period and a five (5) minute break, referee's discretion, between halves.
- When there is two (2) minutes left to play in each half the referee will announce there are five (5) plays left in the half. All plays include offensive plays, punts and penalties will count as one play. However, the half cannot end with a penalty to the defense. In this case the offense will be granted another play in that series.



Discipline

- Players verbally, or physically abusing any Intramural Sports staff members (including supervisors, referees, and any facilities staff) or other players will be immediately removed from the league and all other Intramural Sports activities.
- Captains will be held responsible for the actions of their team. If a participant is suspended for his/her actions, the team captain may also be suspended.
- Fighting as defined in the Intramural brochure, will result in suspension from all intramural activities. The referee will determine whether a player will be assessed a major penalty for “fighting” within the context of the Intramural Sports definition, and the **referee’s decision will be final**.
- Any player receiving official warning will come under disciplinary review by the Intramural Sports Council.

Points will be awarded for the following:

- A touchdown is worth six (6) pts.
- A conversion (from the ten (10) yd line) is worth one (1) pts.
- A safety touch is worth two (2) pts.
- There are no two (2) pt conversions or field goals.

Equipment

- No metal cleats are permitted. Rubber soled training shoes are permissible.
- Flags must be worn directly over the hips and must be in full view at all times.
- Jerseys must be tucked into the player’s pants. Jerseys are not to be worn over the flags.

Fumbles

- In the case of a fumble the ball will be ruled dead at the spot of the fumble and the offensive team will retain possession.

Kicking

- A kickoff may be from a tee or placed by the holder
- If the kick goes out of bounds before being touched; there is a ten (10) yd penalty, and a re-kick. The receiving team does have the option of taking the ball from the spot where it went out of bounds.
- If the ball does not travel ten yards there will be a ten (10) yd penalty and a re-kick. Onside kicks are allowed, as long as the ball travels ten (10) yards. The receiving team does have the option of taking the ball at the spot of the short kick
- On a kick off the ball is live and may be recovered by either team.
- There is no downfield blocking allowed on kicking play.



Punting

- If the ball is kicked out of bounds then the receiving team must take their first down at the point where the ball went out of bounds.
- The no yards rule is in effect for punting situations. The kicking team must allow the receiver five (5) yards to catch the ball.
- Teams must declare intention to kick or not on third (3rd) down. If the team elects to kick they may not advance the ball (run or pass) past the line of scrimmage. There are **no fake kicks**.
- A full rush is allowed in kicking situations.
- If the kicking team recovers a punt before it touches a player on the receiving team the ball still goes to the receiving team.
- There is no blocking downfield on punts.
- The same rules regarding fumbles apply with punts as with kicks.

Offensive Series Regulations

- The quarterback has three (3) seconds in which they may throw the ball. As soon as seconds have been called the defensive team may rush the quarterback. (see defensive regulations section.)
- Should the offense leave extra players back behind the line of scrimmage, the defense may rush an equal amount of players.
- All players are eligible to receive.
- There is no required amount of players to be on the line of scrimmage, but all players on the line of scrimmage must adopt a two (2) or three (3) point stance and remain stationary until the ball is snapped.
- Two (2) pts are awarded to the defense if they de-flag an offensive player inside their end zone (safety). The offensive team must then kick off from their thirty-five (35) yard line.
- The play will be whistled down in the following situations:
 - a. When the ball carrier loses the flag, for any reason.
 - b. When the ball is fumbled. Except on the snap from centre, in which case the play is still live.
 - c. An incomplete pass.
 - d. 360 degree spins by the ball carrier.
 - e. Guarding the flag.
 - f. A forward pass taking place beyond the line of scrimmage.
 - g. Unless otherwise stated, the ball will be put back into play at the point where the play is whistled down.
- The offense has twenty (20) seconds to snap the ball after time is blown in. Failure to do so will result in a five (5) yd penalty. (no loss of down) The offending team will not be given a new huddle, play will start immediately.

All fumbles are dead balls



- The exceptions are a dropped ball on a snap from centre. In this case, the ball is live and may be recovered by any player.

Blocking

- There is no downfield blocking; blocking is only allowed behind the line of scrimmage.
- All blockers must stay on their feet. Neither attackers nor defenders may make contact with an opponent other than between the shoulders and the waist. All blocking must be from the front.
- The use of elbows is not permitted. Unnecessary hard, rough blocking, clipping or blocking below the waist will also be penalized. In addition to a penalty being called a warning will be given and the second time rough blocking occurs that player will be expelled from the game.
- Holding an opponent while blocking will result in a ten yard penalty. If the ball carrier slips and goes down then the defense needs only to touch the player. However, if the player gets up untouched and continues downfield then they must be de-flagged.

If the quarterback throws a forward pass from beyond the line of scrimmage, then the play will be treated as a forward lateral and the ball will be dead at the pt where the pass was thrown. Loss of down.

The quarterback cannot hand off directly back to the centre.

Any pass in any direction from in front of the line of scrimmage is illegal, i.e., no laterals.

For a reception, receivers must have control of the ball and at least one foot in bounds.

No sleeper plays, every player on offense must return to the huddle after every down.

If a player loses their flag at any time they are now an ineligible receiver. If they gain possession of the ball the play will be stopped and the ball returned to the original line of scrimmage. Loss of down.

Defensive Rush

- No full rushes or blitzes are allowed. However, rushing the quarterback is allowed. Teams may only rush one player.
- The defense may designate a rusher, who may rush the quarterback after three (3) steamboats have been counted off by the designated rusher. Exceedingly quick steamboats will be penalized at the discretion of the referee. The designated rusher does not need to stay stationary.
- If the offensive team keeps players back to pass block for the quarterback, the defensive team may still only send one pass rusher.
- If a player touches the passer or kicker after release of the ball they will be assessed a fifteen (15) yd penalty.

Interceptions



- If the intercepting player is de-flagged on the playing field, the ball is turned over and the intercepting team begins with first down from that point.
- If the intercepting player is de-flagged in his/her own end zone, the intercepting team will get the ball on their own twenty yard line. No points are scored for this touchback.

Penalties

- Penalties that would move the line of scrimmage in to the end zone will instead be taken half way to the goal line.
- **Referee's judgment calls cannot be protested or reversed.**
- The following are penalties applicable to all situations:
 - a. unsportsmanlike Conduct: fifteen (15) yd penalty. The penalized player will be ejected from the game and may be suspended from the league, pending review from the league coordinators. If the defense commits the foul the down will be played over unless a first down is made. If the offense commits the foul a loss of down occurs in addition to the fifteen (15) yd penalty.
 - b. too many players on the field. 5 yd penalty from the line of scrimmage. Down over unless a first down is made.
 - c. Guarding the Flag. Fifteen (15) yd penalty from the pt of infraction. Down over if the offense commits the foul. First down if committed during a kick return, 15 yds back from position where ball carrier was de-flagged.
 - d. unnecessary Roughness fifteen (15) yd penalty from the point of infraction and possible ejection from the game, and the referees' discretion. Unnecessary Roughness may include:
 - straight arming by carrier on an offensive play - loss of down.
 - straight arm by ball carrier on kick return - loss of down.
 - ball carrier charging defensive player without trying to change direction. - loss of down.
 - Defender shoving or pushing ball carrier off balance - down over unless first down is made.
 - e. wearing Flags or Jerseys Improperly five (5) yd penalty from the line of scrimmage and down over.
- The following penalties are applicable only on offense and on kickoff returns:
 - a. Offside five (5) yd penalty from the line of scrimmage and down over.
 - b. Illegal Procedure and Failure to Remain Stationary on Line of Scrimmage five (5) yd penalty from the line of scrimmage and down over.
 - c. Delay of Game five (5) yd penalty and down over.
 - d. Holding ten (10) yd penalty from the line of scrimmage. Down is played over. On a kick return it is ten yards from the point of infraction and first down.