



INTRAMURAL FLAG FOOTBALL & CHILI BOWL RULES SUMMARY

Regent rules take precedence over national rules

Rules not specifically covered in the document below will default to the national flag football rules

NUMBER OF PLAYERS: Each team should start the game with 7 players; a minimum of 5 is needed to avoid a forfeit. Any Regent student, employee, alumni, faculty, staff, CBN, or spouse of the previous is eligible to play. Team rosters may be composed of a maximum of 15 players per team. Free agents signing up individually will be assigned a team at the discretion of the league administrator. The league administrators and administration of the university reserve the right to require team names to be changed if deemed inappropriate or questionable for any reason. Any team may challenge/appeal the eligibility of an opposing teams' players during or after any game. If the league coordinators rule in favor of the challenging team and find that the opposing team deliberately disregarded team/player eligibility rules, the opposing team will forfeit the game in question and a win will be awarded to the challenging team. ***ALL FINAL DECISIONS TO ELIGIBILITY RULES WILL BE AT THE DISCRETION OF THE REGENT UNIVERSITY FLAG FOOTBALL LEAGUE COORDINATORS.***

ROSTER SUBSTITUTION: One roster substitution or addition per team will be permitted during the regular season. Roster substitution includes any substitution made due to severe injury that prohibits a player from participating in the remainder of the season. A \$10 player fee will be collected for any additions to the roster. Substitutions due to injury, in cases where the original player will not participate in the rest of the season, will not require collection of an additional fee, provided that the substituted player does not need to acquire a new team jersey. Additional team jerseys after the final roster submission will cost \$8 each, pending availability. The league coordinators reserve the right to make exceptions to the roster substitution rule in exigent circumstances that would result in forfeiture of one or more games.

TEAM FEES: All team fees must be paid in full prior to the start of the first scheduled game. Any team with fees outstanding will forfeit each scheduled game until the team fee is paid in full. Team fees are equal to \$10 per player on the final team roster.

GAME ATTENDANCE: Players will be required to check in with league coordinators prior to the start of each scheduled game time. Players who actively participate in plays on the field prior to checking in with league coordinators will be asked to leave the field and will not be permitted to play the remainder of the game.

PLAYOFF QUALIFICATION: The top 8 teams from the regular season will proceed to the playoffs. Playoffs are single elimination games. Team standings will be determined by the sum of weighted rankings as follows: 75% weight given to win percentage rank, 15% weight given to point differential rank, and 10% weight given to strength of schedule rank determination. Strength of schedule rating will be calculated using the sum of the opponents' win percentages and the opponents' opponents' win percentages. In the rare case of an exact tie, the leader will be determined by the following steps, in order as needed: 1) Head-to-head winner, 2) Record versus the best common opponent, 3) Strength of Schedule, 4) Fewest points allowed, 5) Most points scored, 6) Tie breaking game officiated by league coordinators, 7) Coin toss.

PLAYOFF ELIGIBILITY: Players must participate in at least one regular season game, as recorded by the league coordinators, in order to be eligible to play in any playoff games. Roster substitutions or additions will not be permitted after the start of the playoffs, except in the case of extraordinary circumstances as ruled on a case-by-case basis by the league coordinators.

THE BALL: The official ball shall be leather and shall meet the regulation football recommendations for size and shape.

THE FIELD AND MARKINGS: The field shall be rectangular and divided into four equal zones of 17.5 yards each with 8 yard end zones. The overall length of the field shall be 86 yards and the width shall be 40 yards. There shall be 3 lines at each end of the field, located 3, 10 and 20 yards into the playing field and parallel to the goal line. These lines are for the purpose of the "try-for-point" after a touchdown.

TEAM BOX: Each team shall have a team box on the sidelines, located between the 20 and 40 yard lines. All team personnel must remain in this area while not involved in playing action on the field. If agreement cannot be made between the teams on which team box they will use the referee will conduct a coin toss. Team members may not move past the 20 yard line on either end of the field when not actively involved in the play.

LENGTH OF GAME: Playing time shall be 44 minutes, divided into two 22-minute halves. Half-time shall be 3 minutes, except during the Championship Game. There shall be a running clock for the entire first half and the first 20 minutes of the second half. Clock will stop the last two minutes of the game if the ball goes out of bounds, on an incomplete pass, or a timeout. A period must be extended by an untimed down if during the last down of the period, one of the following occurred:

- a) If there was a foul, except for unsportsmanlike or non player fouls which specify loss of down, by either team and the penalty is accepted. In the latter case, any score by the team which fouled is cancelled.
- b) If there was a double foul.
- c) If there was an inadvertent whistle and the down is to be replayed.
- d) If a touchdown was scored, the try for point is attempted as a part of the same quarter. (except when in the second half and the outcome of the game is decided.) If (a), (b), or (c) occurs during the extra down, the procedure is repeated,.

COIN TOSS: A coin toss shall determine who receives the choice of possession and side at the beginning of the game. If only one team is ready to play at game time, they shall automatically be given the choice. A team will automatically forfeit if not present and ready to play within 5 minutes of the official game start time. There will be a 3-minute intermission prior to any overtime. Should darkness threaten the completion of a game, periods may be shortened by mutual consent of captains, the referee, and the game supervisor.

MERCY RULE: The game shall end if a team is at least 19 points ahead at the two-minute warning during the second half. The game shall also end if a team scores during the last two minutes of the second half, creating a point differential of at least 19 points.

OVERTIME (TIE GAME): When a game ends in a tied score, after one 3-minute intermission, the referee shall toss a coin in the presence of the opposing Field Captains. The home team shall call the fall of the coin. The ball shall be placed on the 20 yard line nearest the designated goal. The offensive team will have a series of four downs to attempt a score, as in regulation play. If intercepted by the defensive team, the series ends for the offensive team. If a touchdown is scored, the PAT will be attempted, series ending after the attempt. A field goal may also be attempted, series ending after the attempt, unless the ball does not cross the scrimmage line and it is not yet 4th down. After the offensive team completes its series, the teams will reverse positions and the opposite team will have a series of four downs to score. If the score remains tied, the procedure is repeated until a winner is determined.

TIME-OUTS: Each team shall be allowed two (2) time-out periods, limited to one (1) minute each, during each half.

KICKOFFS: There will be a “kickoff” to start each half, consisting of a throw from the 20 yard line. No actual kicks will be permitted. Players must not pass the line of scrimmage before the kicker throws ball. If the ball is thrown out of bounds, the ball will be placed at midfield. The ball is live after it hits the ground, unless the ball is dropped by the receiving team.

FREE KICK: There will be no free kicks or punting. Due to the size of the field, players may elect to throw the ball to the opposing team. A throw out of bounds will automatically be placed at the 20 yard line.

PUNTING (THROWING): Quick punts are illegal. On the fourth down the Referee must ask the Offensive team whether they want to throw the ball to the opposing team or proceed with the final down. If the offense wishes to change their decision, they must call a time-out. They may also reverse their decision if a foul occurs anytime prior to or during the down where the down is to be replayed. The punting (throwing) team must have all its players, with the exception of the punter (thrower), on the line of scrimmage. No team players may move until the ball is thrown. There are no restrictions to the number of players the defensive team must have on the line. Defensive players MAY NOT penetrate the line of scrimmage. If a punt (throw) crosses the scrimmage line, touches a player from either team, and then hits the ground, the ball is considered dead at that spot and belongs to the receiving team.

LINE OF SCRIMMAGE: The offensive team must have a minimum of 4 players set on the line of scrimmage at the snap. The center is an eligible receiver. Penalty: Illegal Procedure, 5 yards from the previous spot. Players in motion do not count as players on the line of scrimmage. Failure to snap the ball within 25 seconds after the ball is declared ready for play results in a 5 yard penalty. Once the center has placed his hands on the ball no offensive player may enter the neutral zone. The center may not move. Following the ready for play whistle, up until a legal snap, no defensive player may encroach, touch the ball, stand in or in any other way interfere with the offensive team. Penalty-Dead Ball foul, encroachment, 5 yards from succeeding spot.

BACKWARD PASSES AND FUMBLES: Any ball that is fumbled during a down will be dead by rule once it has touched the ground. A backward pass or fumble may be caught or intercepted by any player inbounds and advanced past the line of scrimmage. A player may not intentionally throw a backward pass out of bounds to conserve time or to avoid being downed. This will be penalized as an illegal pass: loss of 5 yards, loss of down and the clock

will start on the ready for play. Once a ball has touched the ground, the ball is considered dead.

FORWARD PASSES AND INTERCEPTIONS: If a player is in the air, attempting to catch a ball, the player must contact the ground with at least one foot inbounds with the ball in their possession prior to going out of bounds unless contact by an opponent causes the player to first touch out of bounds. It is not considered a catch if possession of the ball is lost simultaneously when the player hits the ground. If a forward pass is caught simultaneously by members of opposing teams, the ball is dead at that spot and belongs to the team that snapped the ball.

PASS INTERFERENCE: Any contact that, in the view of the official, interferes with the attempt to catch a pass (offensive or defensive players) is pass interference unless, in the view of the official, it occurs when two or more eligible receivers make a simultaneous and bona fide attempt to reach, catch, or bat a pass. It is also interference if an eligible receiver is de-flagged or touched prior to touching the ball on a pass thrown beyond the offensive's line of scrimmage. If the pass interference by the defense is intentional and/or unsportsmanlike, the defense may be penalized an additional 10 yards.

SAFETY: If a player carries the ball across the goal line they are defending and the ball becomes dead while in their team's possession, it is a safety. If a team commits a foul in the end zone where the spot of enforcement is designated as the spot of the foul, it will be declared a safety. A team recording a safety will receive two points, and the opposing team (the team who was scored upon) will punt (throw) the ball from their own 20 yard line.

Exception-Momentum Rule-When a player intercepts a forward pass or catches a scrimmage throw between their five yard line and their goal line and their momentum carries them into the end zone where the ball becomes dead, the ball will belong to the receiving team at the spot of the catch or reception.

SCORING:

Touchdown= 6 points

Extra points=1 point if successful from the 3 yard line

Extra points=2 points if successful from the 10 yard line

Extra points=3 points if successful from the 20 yard line

Safety=2 points

Defensive Conversion on Extra Point Attempt=3 points

Female Player Score Touchdown= 9 Points

Female Player throw legal forward touchdown pass= 9 points

EXTRA POINT CONDITIONS: A team can only change their extra point decision by taking a time-out. If any loss of down penalty occurs during a try-for-point, or if there is any other foul by A only and the try is not successful, no point is scored and there is no replay. If there is any other foul by A and the try is successful or if there is any foul by B and try is not successful or if there is a double foul, the try is replayed after measurement. For such replay, the snap will be from the yard line in the middle of the field through the spot where the measurement places the ball. If during a successful try, there was a foul by B, team A is given the choice of accepting the penalty and replaying the down following measurement or of accepting the result of the play. A try shall end when Team B gains possession of the football. Team B may not try to advance the football for a score during a try. If a touchdown is scored on the last play of the second half, the try is not attempted, unless it will affect the outcome of the game.

PENALTIES:

PERSONAL FOUL: Any act listed below or any other act of unnecessary roughness is a personal foul. Player shall not:

- Punch, strike, steal, or attempt to steal the ball from a player in possession.
- Trip an opponent.
- Contact an opponent who is on the ground.
- Throw the runner to the ground.
- Hurdle another player.
- Contact an opponent either before or after the ball is declared dead.
- Make any contact with an opponent that is deemed unnecessary.
- Deliberately drive or turn into a defensive player.
- Clip an opponent.
- Position themselves on the shoulders of a teammate or opponent to gain an advantage.
- Tackle the runner. (warrants ejection).

BLOCKING: The only type of blocking permitted is screen blocking.

STIFF ARMING: Stiff arming IS NOT allowed; a personal foul will be called, and if warranted an unsportsmanlike conduct or ejection will result.

OBSTRUCTING THE RUNNER: A defensive player shall not hold, grasp, or obstruct the forward progress of the runner when attempting to remove the flag belt.

ILLEGAL CONTACT: Flag football is a game of minimal contact. There is no intentional contact between the offensive line and defensive line. "Jamming" a receiver is not allowed. The penalty for illegal contact will be 10 yards from the spot of the foul.

BLOCKING IN THE OPEN (Screening): On a running play and after the first pass has been completed, only screening is allowed. In "screening," only one offensive player shall approach without charging into him /her or using his/her hands. Only one player may lead by screening for a running play. **Personal Foul, 10 yards from basic spot.**

PLAYER CONDUCT – OFFENSE:

There shall be no hurdling. Hurdling shall be interpreted as an attempt by the runner to jump over a player with both feet or knees to avoid being de-flagged. There will be no diving permitted, regardless of whether anyone is within the vicinity of the ball carrier or not. **Personal Foul, 10 yard penalty from basic spot.**

Players shall not deliberately drive or run into a defensive player. **Personal Foul, 10 yard penalty from basic spot**
If flagrant the player will be disqualified.

The offensive team shall be prohibited from obstructing an opponent with extended hand or arm. This includes the use of a stiff arm extended to ward off an opponent. **Personal Foul, 10 yard penalty from basic spot - if flagrant the player will be disqualified.**

The ball carrier shall not protect his/her flags by blocking, with his/her arms or hands, the opportunity of an opponent to pull or remove the ball carrier's flags. **Flag Guarding, 10 yards from basic spot.** Examples of flag guarding include, but are not limited to:

- a) Placing or swinging the hand or arm over the flag belt
- b) Placing the ball in possession over the flag belt
- c) Lowering the shoulders in such a manner which places the arm over the flag belt

Offensive players shall not push, pull or lift the runner. **Helping the Runner , 5 yards.**

Offensive players may not grasp or encircle any teammate to form interlocked interference. **Personal Foul, 10 yard penalty from basic spot.**

Once a runner has passed the line of scrimmage, offensive players (except the runner) shall not use their hands, arms or legs to hook, lock, clamp, grasp, encircle or hold in an effort to restrain an opponent. **Personal Foul, 10 yard penalty from basic spot.**

PLAYER CONDUCT- DEFENSE:

Minimal Contact Standard. **Personal Foul 10 yards from basic spot.**

The pulling or removing of a flag from an offensive player by a defensive player prior to ball possession is illegal. **Personal Foul 10 yards from basic spot. Repeat offenders will be disqualified.**

The defensive player is restricted in the use of his/her hands to the shoulders of the body of his/her opponent (not the head) to the waist area. **Personal Foul 10 yards from basic spot.**

The defensive player may not strip, punch at or take the ball out of an opponent's hands when the ball carrier has secure control of the ball. **Personal Foul, 10 yards from basic spot.**

Anyone can rush, but no one has to. Person who rushes must be within 5 yards of line of scrimmage before snap.

Illegal Rusher, 5 yards from basic spot.

DE-FLAGGING:

A de-flag occurs when the ball carrier's flag belt is clearly no longer attached to the waist. The ball shall be declared dead at the spot of the flag removal. Players must have possession of the ball before they can be de-flagged legally by an opponent. In circumstances where a flag belt is removed illegally, play should continue with the option of the penalty or the play. An opponent intentionally pulling the flag belt from an offensive player without the ball is illegal.

Personal Foul, 10 yards from basic spot.

A defensive player shall not hold, grasp, or obstruct forward progress of the ball carrier while in the act of removing a flag belt or making a legal tag. **Holding to de-flag, 10 yards from basic spot.**

If a defensive player physically tackles a ball carrier who, in the judgment of the official, had an open field for a touchdown, it is an infraction. **Personal Foul, 10 yard penalty from basic spot and disqualification of offending player. Touchdown awarded and penalized from succeeding spot.**

SUBSTITUTIONS:

There shall be no limit to the number of substitutions a team may make, providing such substitutes remain in the game for at least one play and providing the substitutions cause no

delay in the game. No substitute shall enter during a down. **Substitution Infraction, 5 yards.**

During a down a replaced player or substitute who attempts unsuccessfully to leave the field and who does not participate in nor affect the play, constitutes an illegal substitution. **Substitution Infraction, 5 yards.**

During the same dead ball interval, no substitute shall become a player and then withdraw, and no player shall withdraw and then re-enter as a substitute unless a penalty is accepted, a dead ball occurs, there is a charged timeout, or the period ends. **Substitution Infraction, 5 yards from previous spot. If it is a dead ball or non-player foul, 5 yards from the succeeding spot.**

A replaced player must leave the field at the sideline nearest his/her team area prior to the ball being snapped.

Substitution Infraction, 5 yards from previous spot. If it is a dead ball or non-player foul, 5 yards from the succeeding spot.

THE FLAG BELT: All shirts must be tucked in and are not permitted to hang over the flag belt. Should a player lose their flag belt legally or illegally during a down and should that player gain possession of a live ball, the player will be considered down when a legal tag (one hand touched by the defense between the shoulders and knees, including the hand and arm) is made. Players must have possession of the ball before they can legally be de-flagged. It is illegal for a defensive player to intentionally pull a flag from an offensive player who is not in possession of the ball. In cases where a flag belt is removed illegally, play should continue with the option of the penalty of the play (Penalty: Personal foul, 10yards).

PLAYER ATTIRE: All pants/shorts must be pocket-less. Players who arrive on the field in shorts with pockets shall be given the option of either not participating in the game or changing into shorts provided by the league administrators. Only metal cleats are prohibited; all other cleats are optional. No jewelry, including wedding rings, is to be worn on the field. League administrators will provide a jewelry pouch to hold any jewelry for the duration of the game. The university and the league coordinators are not responsible for any lost or stolen jewelry on or off the field. Player attire rules are non-negotiable.

FEMALE PLAYER RULE: Female players are allowed, but not required.

OFFICIAL'S AUTHORITY: An official assumes authority 15 minutes prior to the scheduled game time until they leave the field. The officials have the authority to rule on any situation not specifically covered in the rules.

His/her decision is final, unless ruled otherwise by one or more of the Regent University Intramural Flag Football league coordinators. Fans, team captains, and spectators are a part of the team and any fouls they commit will go against their team.

CALL APPEALS: Official's calls may be appealed in a respectful, sportsmanlike manner by the team captain. Players are not permitted to argue with the officials or appeal any decisions made by the referees. Players are required, instead, to bring their concerns to their team captain, who will then approach the official to discuss the call. Players who disregard the appeals procedure will risk penalties for unsportsmanlike conduct and/or cost their team penalties as determined by the officials and the league coordinators. Any discrepancies between the officials and the team captains may be brought to the league coordinator for a final ruling. Final rulings may not be appealed any further. Concerns about the written rules may be brought to the league coordinators by the team captain, and then, if necessary be addressed with the university administration.

UNSPORTSMANLIKE CONDUCT: Unsportsmanlike conduct includes, but is not limited to, excessive and aggressive arguing with an official, abusive insulting, or inappropriate(audible swearing) language, and generally disruptive behavior. Any team whose players, coaches, or spectators exhibit unsportsmanlike conduct will be given one team/player Warning for the conduct by the officials. After a team/player receives one Warning, any player, coach, or spectator on that team who receives an unsportsmanlike conduct penalty for conduct towards an official will be ejected, in addition to the penalties currently in place. Any player or coach who receives two penalties resulting in ejection during the entire season or playoffs will be disqualified for the remainder of the regular season and tournament. ***Officials include not only the referees on the field, but also any league administrator or league official.*

WEATHER CANCELLATIONS: Decisions to cancel games or practices are made by the league coordinators, referees, and/or the university facility manager. League administrators will inform team captains of all cancellations via phone and email. The team captains shall be responsible for notifying their players of cancellations. Games and practices will end immediately if there is any lightning.

OTHER CANCELLATIONS: Team captains are responsible for verifying their players' schedules with their randomly assigned game times prior to the Team Captains' Meeting. Captains will be given the opportunity to reschedule all conflicting games at the meeting. Any game changes (including cancellations and rescheduling) made after the Team Captains' Meeting will result in a \$10 game change fee (unless arrangements/exceptions have been

made with the league coordinators due to extraordinary circumstances) and will require full agreement and cooperation from the opposing team. If, after making a reasonable effort, the opposing team is unable to reschedule, the game will be forfeited. Any game changes (cancellations/rescheduling) made less than 24 hours before the scheduled game time will result in a \$50 penalty.

SUMMARY OF PENALTIES

Five Yard Penalties

- a) Delay of game. (Dead Ball)
- b) Required equipment worn illegally.
- c) Illegal substitution.
- d) Encroachment. (Dead Ball)
- e) False start. (Dead Ball)
- f) Illegal Snap. (Dead Ball)
- g) Helping runner.
- h) Illegal motion or shift.
- i) Punt formation
- j) Offensive player not within 15 yards of the ball
- k) Player out-of-bounds when ball is snapped
- l) Player receiving the snap within 2 yards of the scrimmage line

Five Yards and Loss of Down

- a) Intentional grounding.
- b) Illegal forward pass.
- c) Illegally handing ball forward.
- d) Failure to declare a punt (undeclared kick).
- e) Illegal co-rec passing
- f) Intentionally throwing backward pass or fumble out-of-bounds (Loss of down if Team A)

Ten Yard Penalties

- a) Illegal use of hands.
- b) Obstructing or holding the runner
- c) Interlocked interference.
- d) Illegal screen block.
- e) Hurdling any player
- f) Deliberately running over or into defender
- g) Straight arm or stiff arm by runner.
- h) Protecting flags by runner.
- I) Removing flags when player doesn't have the ball (intent to restrict movements or receivers).
- j) Unnecessary roughness, contacting opponent on the ground
- k) Illegal participation.
- l) Unsportsmanlike conduct by players, coaches, substitutes or others
- m) Tripping.

- n) Clipping.
- o) Illegally kicking or batting the ball.
- p) Illegal screen.
- q) Spiking, Kicking or throwing the ball during a dead ball
- r) Strip or attempting to strip the ball
- s) Tackling the runner or throwing runner to the ground
- t) Kick Catch Interference
- u) Two or more consecutive encroachments during the same interval between scrimmage downs
- v) Quick Kick
- w) Illegal Player Equipment
- x) Batting a loose ball
- y) Illegal flag belt removal
- z) Illegal Participation
- aa) Illegal Substitute/Replaced Player
- bb) Pretended, Unfair substitution
- cc) Position upon shoulders or body of teammate

Ten Yard Penalties & Loss of Down

- a) Offensive pass interference.
- b) Illegally secured flag belts (Offense)

Ten Yards & Automatic 1st Down

- a) Roughing the passer.
- b) Illegally secured flag belt (Defense)

Disqualification Associated with 10 yard Penalties

- a) Flagrant Unsportsmanlike Conduct
- b) Abusive language to officials or opponents.
- c) Intentional Tampering with Flag Belt-Offense. (Loss of down)
- d) Intentional Tampering with Flag Belt-Defense. (Automatic First Down)
- e) Tackle the runner
- f) Flagrant spiking, kicking or throwing the ball
- g) Intentionally contacting an official
- h) Flagrant Personal Fouls
- i) Flagrant Unsportsmanlike Conduct by Players, Coaches, Substitutes subject to the rules

Defensive Pass Interference

Penalty will be assessed from the spot of the foul