



# Intramural Flag Football

## Registration:

**October 5<sup>th</sup> (Monday) – October 7<sup>th</sup> (Wednesday)**

All teams must be registered by 9:00 PM on Wednesday, October 7<sup>th</sup>  
Office hours: 8:30 AM – 9:00 PM

### DIVISIONS OF COMPETITION:

Men's Open- 50 teams

Men's A– 50 teams

Men's B- 50 teams

Women's-20 teams

### MANDATORY CAPTAINS' MEETING:

**October 9<sup>th</sup> (Friday) @ 2:00 PM**  
**Student Union Theatre**

A mandatory captains' meeting will be held to discuss rules and program operations. If a team captain or representative does not attend this meeting, the team will be replaced by a team on the waiting list (whose representative is present at the meeting). If there are no waiting list teams, the team may re-join the league/tournament by paying a \$25 re-entry fee (non-refundable) to the Department of Recreational Services.

**FORMAT:** This is a 7 player league. Teams will be placed in round robin pool play with the top teams advancing to a single elimination playoff tournament. The league will take place from October 11<sup>th</sup> through December 10<sup>th</sup>. Games are scheduled between 6-11:30 PM, Monday through Thursday and Noon-11:30 PM on Sundays. All games will be played on the Sherman Family Sports Complex (turf field), Memorial Stadium (both located behind the Student Recreation Facility), as well as the Shenkman Football Facility (located across from the varsity softball field and next to Morrone Stadium). The registration will be limited to the first 50 teams for the Men's Open, A, and B divisions, and the first 20 teams for the Women's division. Once the divisions are full, teams will be put on the waiting list.

**ELIGIBILITY:** An individual may not, under any circumstances, play or register on more than one intramural team in this league regardless of level of play. Participants are subject to the Intramural Sports eligibility rules as stated in the Intramural Handbook (page 6). **Teams will be allowed to add new players to their roster throughout the season, including playoffs.** All roster additions will be handled at the game site.

**VALID UCONN ID CARDS:** Before anyone can participate, **each player must scan their UConn picture ID when they check in at all events.** If, for whatever reason(s), the ID is denied, the individual will not be allowed to participate in any Intramurals or Special Events at that time, **NO EXCEPTIONS.** If a student or SRF member forgets his/her ID card, he/she may gain access to the SRF/competition by purchasing a \$5 refundable pass at the front desk of the SRF. The \$5 will be returned upon presentation of the refundable pass receipt and a valid UConn ID within seven days. If a player is using a refundable pass to check into a game, they must already be on the team's roster in order to participate. **A participant must have their UConn ID if they are participating in that sport for the first time.**

**TEAM JERSEYS:** Each team must wear color-matching jerseys. Visible numbers (0-99) must be displayed on the back of the jersey. No taped-on or pinned-on numbers are permitted. Pinnies will be provided for teams that need them.

**RAIN OUTS:** If weather or field conditions are questionable, call the Department hotline (486-2837 - then push #3) on the day of your competition. **No teams will be called.**

**FORFEIT PROCEDURE:** If a team fails to have the required number of participants at the scheduled game time, the opposing team who is present will have the following options:

1. Take the win by forfeit at that time. No contest will be played.
2. Choose to wait until the opponent arrives to compete. However, the official game clock will start running as scheduled. The game will commence once the opponents arrive with whatever game time remaining on the clock and the score at 9-0, in favor of the waiting team. If the opposing team is not ready to play 10 minutes after the scheduled game time, the Intramural Staff will declare a forfeit win for the waiting team.

**If a team forfeits a game, they will be required to pay a re-entry fee of \$25 (non-refundable) at our front office in the Student Recreation Facility by 4:30 PM the next business day in order to remain in the league.**

**SAFETY:**

1. Proper attire must be worn. No jeans or dress pants allowed.
2. It is forbidden to wear any object that may cause an injury or give an artificial advantage to the player, including but not limited to: head gear, jewelry (including tied rope necklaces, earrings, nose rings, etc.), casts, or braces. **Taping of exposed jewelry will not be permitted.** This is for your safety as well as others.
3. Religious medallions or medical identifications must be removed from chains and taped or sewn under the uniform.
4. Individuals are required to obtain prior approval from the Assistant Director of Intramurals and Special Events for the use of orthopedic devices essential to protect an injury.
5. Players bleeding or having blood on clothing will be prohibited from participation until appropriate measures have been administered.
6. Any player who refuses to follow these rules cannot play and may be removed from the playing area.

**NIRSA Flag Football Rules will prevail with the following modifications:**

**TEAM:** 1) Each team must have 7 players to start the game and can finish with less due to an injury or other reasons.  
2) Each team will designate a captain. The captain's first choice of any penalty option shall be irrevocable.

**OFFICIALS:** The officials have absolute control of the game. Their decisions will be final and are not to be disputed by any members of either team. **The officials and Intramural Supervisors will rule on all situations not specifically covered in this rule packet.**

**A. PLAYERS AND SUBSTITUTION:**

- 1) Unlimited substitutions are permitted as long as they are done during a dead ball, in between plays, and there is no delay of game.
- 2) No substitute shall enter during a down.
- 3) All players must be checked in prior to playing on the field.

**B. EQUIPMENT:**

- 1) Sneakers and soft turf shoes may be worn (**only sneakers will be allowed on Memorial Stadium and Shenkman Football Facility**). Players are prohibited from wearing the following: pads or special protective devices. No cleats (of any kind) will be permitted. **The legality of footwear is at the discretion of the Intramural Supervisor on duty.**
- 2) All players will wear the official flag belt with the flags attached in the proper locations. Shirts or jerseys must be tucked under the flag belts as well as into the shorts/pants and in no way cover or protect the flags.
- 3) Flags must be of contrasting colors with vests/jerseys and shorts/pants.
- 4) Ball spotters: Two soft and pliable spotters (orange and gold disks/cones) will be used to mark the offensive and defensive scrimmage line. The ball spotters will always be one yard apart.
- 5) **Each player must wear pants or shorts without any belt(s), belt loop(s), pocket(s), exposed drawstrings, or holes. Tear-away pants are illegal.**

**C. TIME:**

- 1) Games will be two 15-minute halves. Half time will be three minutes.
- 2) Games may be shortened if weather or other conditions interfere.
- 3) **The clock will continuously run throughout the game except for the last two minutes of the second half and time-outs.**
- 4) A team is allotted two time-outs per half (30 seconds each). **Time-outs do not carry over.**
- 5) If a team is 19 or more points ahead when the official announces the 2 minute warning for the second half or any point thereafter, the game shall be over.

**D. SCORING:** (TOUCHDOWN = 6 points; SAFETY = 2 points; TRY = 1, 2 or 3 points)

- 1) When attempting a try for extra points, the offensive team must decide if they want to try for 1 point from the 3 yard line, 2 points from the 10 yard line, or 3 points from the 20 yard line. Any try intercepted and returned by the defense shall be worth **3** points.
- 2) The player scoring the touchdown must raise his/her arms so the nearest official can deflag the player. If the player is not deflagged with one pull and the official determines the flag belt has been secured illegally, the touchdown is disallowed. The player is disqualified. Penalty: Personal Foul, 10 yards from the previous spot and loss of down.
- 3) After a try, the ball shall be snapped by the opponent of the scoring team at their 14 yard line, unless moved by a penalty.
- 4) After a safety, the ball shall be snapped by the scoring team at their 14 yard line, unless moved by penalty.

\* **TIE GAME: During regular season pool play there will be no overtime.** In the case of a game ending in a tie score during the playoffs, the two field captains shall be brought together and a coin will be flipped to determine the option. The winner of the toss shall be given the option of offense, defense, or direction. Both teams will go in the same direction. Each team will be given four (4) downs from the same 10 yard line. The object will be to score a touchdown. If the first team scores a touchdown, the second team will still have four (4) downs to try to score. Extra points will also be attempted as normal. **Each team is entitled to one time-out only, during the entire overtime period.**

If the defensive team intercepts the ball and returns it back for a touchdown, they win the game. If they do not score, the ball will be theirs and placed on the 10 yard line, where they may attempt to win. If the game remains tied after this procedure, it will be repeated until the tie is broken.

#### **E. START OF THE GAME:**

- 1) Start of each half will begin by placing the ball on the 14 yard line.
- 2) The captain winning the coin toss shall have a choice of options for the first half or shall defer their option to the second half. The options for each half shall be: a) offense or defense b) which goal to defend  
The captain, not having the first choice of options for a half, shall exercise the remaining options.

#### **F. SCRIMMAGE:**

- 1) On offense, you must have at least 4 players on the line of scrimmage at the snap. The remaining players must be either on their scrimmage line or behind their backfield line. All players must be inbounds. All players are eligible to receive passes. Penalty: Illegal Formation 5 yards.
- 2) To gain a first down, the ball must be advanced to or beyond the next zone line to gain, regardless of where the series originated, within 4 downs. Exception: In case a penalty moves the ball back into another 20 yard zone, the line to gain for a first down is from the original spot marked.
- 3) The center (snapper) may not run with the ball, but is eligible for a pass. The player who receives the snap must be at least two yards behind the offensive scrimmage line. Direct snaps are illegal. Penalty: Illegal Formation, 5 yards
- 4) A receiver may receive a ball or a defensive player may intercept a pass even if his or her flag has accidentally dropped off, and either may advance the ball. (See Rule K - Removing the flag belt)
- 5) Motion: One offensive player may be in motion, but not in motion toward the opponent's goal line at the snap. Other offensive players must be stationary in their positions without movement of the feet, hand, head, or arms. Penalty: Illegal Motion, 5 yards
- 6) The ball carrier must run to avoid defenders, not over them. The ball carrier may not stiff-arm an opponent. The runner may, however, attempt to maneuver between or around defenders when trapped along the sidelines.
- 7) It is legal for a defensive player to dive when removing a flag belt. The games will be played on the turf field, therefore, it is strongly recommended that players wear long pants (with no pockets) and long sleeved shirts.
- 8) Both lines may assume a two, three, or four point stance. The offensive linemen must be set for one full second before the snap.
- 9) If the ball carrier or passer falls to the ground (any part of their body besides the hands/feet touching), he or she is down at that spot, and may not resume play.
- 10) After the official marks the ball ready for play, the offense has 25 seconds to snap the ball.
- 11) Any time on or after the ball is marked ready for play, each offensive player must momentarily be within 15 yards of the ball before the snap. Penalty: Illegal Formation, 5 yards

#### **G. BLOCKING:**

- 1) The offensive screen block shall take place without contact. The screen blocker shall have their hands and arms at their side or behind their back. Any use of the hands, arms, elbows, legs, or body to initiate contact during an offensive player's screen block is illegal. A blocker may use their hand or arm to break a fall or to retain their balance. A player must be on their feet before, during, and after screen blocking.
- 2) Teammates of a runner or passer may interfere for them by screen blocking, but shall not use interlocked interference by grasping or encircling one another in any manner.
- 3) Defensive players must go around the offensive player's screen block. The arms and hands may not be used as a wedge to contact the opponent. The application of this rule depends entirely on the judgment of the official.
- 4) Penalty on illegal blocking plays: Personal Foul, 10 yards

#### **H. FORWARD PASS:**

- 1) The ball may be passed forward only once per down and must originate from behind the scrimmage line.
- 2) It may be passed backward or laterally as many times as desired on any one play until the ball becomes dead.
- 3) Forward passes are not permitted on punts or interceptions of forward passes.
- 4) **ROUGHING THE PASSER:** Defensive players must make a definite effort to avoid charging into a passer after it is clear the ball has been thrown forward legally. No defensive player shall contact the passer who is standing still or fading back as he is considered out of play after the pass. Roughing the passer restrictions do not apply if the forward pass is thrown from beyond the scrimmage line (first ball spotter-orange). **Penalty: Roughing the Passer, 10 yards from previous spot, or from the end of the run (if the pass is completed), automatic first down.**
- 5) One foot must be in-bounds when a catch is made and before the other foot touches out-of-bounds for a legal catch.
- 6) A receiver who voluntarily steps out of bounds before or during his or her pass route loses eligibility for that play. If a receiver is pushed out of bounds, s/he must come back in before making a play. In addition, a penalty

may be assessed or the pass completed, or both.

**I. FUMBLES:**

- 1) If a player fumbles the ball, it is dead at the point it touches the ground.
- 2) Touching the ball, whether controlled or not, with the ball hitting the ground, is considered a fumble. Example: A dropped hike or a lateral.
- 3) A ball fumbled into the air is called an air 'fumble' and may be intercepted and advanced by any player.

**J. PUNT:**

- 1) Prior to making the ball ready for play on fourth down, the official must ask the offensive team captain if they want to punt. The official must communicate this decision to the defensive captain and the other officials. The offensive captain may request a punt on any down. After such announcement, the ball must be kicked. Once the offense has declared to punt the captain must call a time-out to change their option.
- 2) Neither the kicking nor receiving team may advance beyond their respective scrimmage line until the ball is kicked. Penalty: Illegal Procedure, 5 yards from the previous spot
- 3) After receiving the snap, the kicker must kick the ball immediately and in a continuous motion. Penalty: Illegal Procedure, 5 yards

**K. REMOVING THE FLAG BELT:**

- 1) When the flag belt is clearly taken from the runner in possession of the ball, the ball is declared dead and the down shall end. A player who removes the flag belt from the runner should immediately hold the flag belt above their head. **If a flag belt inadvertently falls to the ground, a one-hand tag between the shoulders and knees constitutes capture.**
- 2) In an attempt to remove the flag belt from a runner, defensive players may contact the body and shoulders, but not the face, neck or any part of the head of an opponent with their hands. A defensive player may not hold, push, or knock the runner down in an attempt to remove the flag belt.

**L. FLAG GUARDING:**

Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove the flag belt. Flag guarding includes:

- A: Swinging the hand or arm over the flag belt to prevent an opponent from deflagging.
- B: Placing the ball in possession over the flag belt to prevent an opponent from deflagging.
- C: Lowering the shoulders in such a manner that places the arm over the flag belt to prevent an opponent from deflagging. Penalty: Flag Guarding, 10 yards

The runner shall be prohibited from contacting an opponent with an extended hand or arm. This includes the use of a "stiff arm" extended to ward off an opponent attempting to deflag/tag. Penalty: Personal Foul 10 yards

**PENALTIES:**

**1. Pass Interference:**

- A. By offense - 10 yards from the original line of scrimmage and loss of down.
- B. By defense - 10 yards from the original line of scrimmage, and automatic first down. Defensive interference also includes pushing or shoving the receiver out of bounds while in route or intentionally removing the flag belt before the catch while the ball is in flight.

**2. Five Yard Penalties:**

Offsides, Delay of Game, Illegal Formation, Intentional Grounding, Illegal Forward Pass, Intentional Forward Fumble, Failure to Wear Proper Uniform. All of these penalties will be marked from the original line of scrimmage except:

- a. Intentional Grounding- Point of infraction and loss of down.
- b. Illegal Forward Pass- Point of infraction and loss of down.
- c. Intentional Forward Fumble - Point of infraction and loss of down.
- d. Intentional backward fumble/pass out of bounds- Point of infraction and loss of down.

**3. Ten Yard Penalties:**

Illegal use of hands, forearms, or elbows, offensive or defensive holding, flag guarding, leaving the feet (foot) on a block, roughing the passer, stiff-arming, wedge blocking and/or clipping. All of these penalties are marked from the basic spot of enforcement, according to the all-but-one principle.

**4. Gross unsportsmanlike conduct, intentional or flagrant foul: The person(s) charged with gross unsportsmanlike conduct, intentional or flagrant foul may be removed from the game and Intramural suspensions will be enacted. Any player receiving two unsportsmanlike conduct penalties will be ejected immediately, and will be subject to Intramural disciplinary procedures.**

**ALL-STAR:** At the conclusion of the season there will be an All-Star team selected. The team will consist of players from all divisions and will be chosen with the input from captains, officials, intramural staff, and opponents. Skills, impact, attitude, and sportsmanlike conduct will be taken into consideration when selecting the team. If anyone would like to nominate an individual for the team please contact the Intramural Office at 486-2357.

**MEDICAL PROCEDURES:** The Department of Recreational Services assumes no responsibility for injuries received during

intramurals, special events, and other recreational activities. Participants are reminded that their participation is completely voluntary. Each year a small number of injuries occur which require professional treatment. The nature of sport activities and the large number of participants in our program make the occurrences of some injuries inevitable. It is strongly recommended that all participants have a physical examination prior to participating. Any injuries or accidents occurring during recreational activities should be reported immediately to on-duty personnel. Participants with a health issue and individuals who are on medication are urged to confidentially inform the Assistant Director of Intramurals and Special Events of their specific situation.

**ALCOHOL AND DRUG POLICY:** Individuals, teams, and spectators who arrive intoxicated, suspected of consumption, or possessing alcohol or other illegal substances will not be permitted to play and will be asked to leave the playing area. The game may be called a forfeit and the offending individuals immediately suspended. The Department of Recreational Services will not tolerate such behavior and will act in a manner that is prudent, with the safety of all participants the priority. Such individuals will be dealt with harshly, given a minimum of a 365-day suspension and will be subject to University disciplinary procedures.

**Please read the Intramural Handbook. It is a written description of the regulations that govern the Intramural Sports Program. No matter what sport you play, these regulations govern your participation in our programs. It is imperative to the continuity of the program that all participants are aware of and abide by the regulations set forth by the Department of Recreational Services.**

**SPORTSMANSHIP RATING:** Good sportsmanship is required of all participants. Players, coaches, and spectators are to conduct themselves properly at all times. The Department of Recreational Services reserves the right to suspend or disqualify groups or individuals for unsportsmanlike conduct at any time. Unsportsmanlike conduct before, during, and/or after a game (event) will not be tolerated. **The team captain assumes full responsibility for the conduct of the team and spectators.**

Unsportsmanlike conduct includes actions that are unbecoming to an ethical, fair, honorable individual. It consists of acts of deceit, disrespect, or vulgarity and includes taunting. The Department of Recreational Services disapproves of any form of taunting which is intended or designed to embarrass, ridicule, or demean others under any circumstances.

**Teams qualifying for the playoff tournament (using W/L record) must average at least a "B" (3.0) rating to be included. In addition, teams must maintain a "B" (3.0) rating throughout the playoff tournament. Teams dropping below a 3.0 average during the playoffs will be eliminated from the tournament. Teams will not receive a grade for a game forfeited or won by forfeit. All ratings will be cumulative based only on the number of games played.**

#### RATING CRITERIA

- A= Team members participate with excellent sportsmanship within the established rules throughout the contest.**
- B= Team or individual team members occasionally complain to officials. Sportsmanship and understanding of the rules is acceptable, but could be better.**
- C= A player or team is given a penalty for unsportsmanlike conduct.**
- D= Any member of the team is ejected from the game for unsportsmanlike conduct.**
- F = Multiple members of the team are ejected from the game for unsportsmanlike conduct.**

**The Intramural Supervisors reserve the right to reevaluate and amend any grade based on team/player's sportsmanship.**

If you have any questions regarding the intramural flag football rules, please contact Bhavin Parekh (Assistant Director of Intramural Sports and Special Events) at 486-2206 or e-mail: [bhavin.parekh@uconn.edu](mailto:bhavin.parekh@uconn.edu)

Schedules and results will be available on the intramural boards and the department webpage at [web.uconn.edu/recreation](http://web.uconn.edu/recreation)