

Flag Football Rules & Information

Team Registration:

To register, teams must submit a team roster and pay their entry fee at the front desk of the Wellness Center by 6:00pm on Wednesday, September 16, 2009. League sign-ups will be taken on a first-come, first-serve basis. Late entries may not be accepted due to facility and time constraints. Teams who enter late may request to be placed on the "Waiting List."

Entry Fee:

All teams will be required to pay an entry fee as outlined below:

Student Teams: \$50.00

Campus Teams: \$95.00

*Any team whose roster contains three or more non-students will be charged the campus team fee.

Refunds will not be granted after the initial schedule has been posted. Fees may be transferred to a different session or program upon the approval of the Wellness Center.

Activity Format:

1. Teams entered will play 5 regular season games followed by a single elimination tournament between teams within that division.
2. Games will be played from 6:00 pm to 10:00 pm, Tuesday and Thursday.
3. Divisions: Both Men's and Women's leagues will be offered. Divisions are open to all currently enrolled MCG students and their spouses; presently employed MCG faculty, staff, housestaff, post-doctoral fellows, residents; and Wellness Center members.

General Information:

1. Additions to Roster: A player must be entered on the team roster prior to participation. Additions may be made in 1002-A of the Wellness Center during normal business hours or at the activity site with the Program Coordinator. Players may only be added to the roster if there are spots remaining on the team's roster. Please note that there is a limit for all team rosters. The limit is 12 for Flag Football.
2. Reschedules can be made in the Intramural Sports office located in 1002-A of the Wellness Center between the hours of 10:00am and 4:00pm, Monday through Friday. Reschedule requests may not be completed on the day of the competition for seasonal team sports.
3. Schedules for the season will be available by 2:00pm on Friday, September 18. Regular season play will tentatively begin Tuesday September 22.
4. All participants are required to present valid picture identification prior to EACH game or contest. If a participant fails to present the picture ID, he/she will not be eligible to participate.
5. All teams who have won at least one regular season game and have not forfeited a game or defaulted more than one game will be eligible for post season play.
6. Defaults must be made by 4:00pm on the day of the contest. Defaults prevent a team from forfeiting, but result in a loss.
7. If a team forfeits, they must contact the Intramural Sports office the following day to be reinstated. Any team who fails to contact the office within 24 hours for the forfeit will be dropped from the league. If a team forfeits any two games, they shall be dropped from the league.
8. In the event of inclement weather, team captains will be notified via e-mail of any cancellations or they may call the Intramural Sports Hotline at 721-5056.
9. No individual will be allowed to compete who is suspected to be under the influence of drugs or alcohol.

Flag Football Rules

NOTE: Play is governed by current NIRSA Flag & Touch Football Rules with the following modifications.

1. **ELIGIBILITY:** All currently enrolled students, faculty, staff, alumni and affiliates of Oakland University, with memberships to the recreation center are eligible to participate in Intramural Sports. An individual may represent only one team per division. Players are considered to be part of the team of which they first participated. Under no circumstance may a person that is ineligible play intramural sports. Captains are responsible for ensuring that their players are eligible. The Coordinator may declare a participant ineligible for unsportsmanlike conduct and/or other rule violations.
2. **PLAYERS:** Seven players constitute a men's or women's flag football team. A team may not start a game with less than five players. If a team drops below 5 players anytime during the game for reasons other than injuries the game shall be recorded as a forfeit.
3. **EQUIPMENT:**
 - a. Each player must wear appropriate athletic shoes. **Metal or ceramic cleats are not allowed.**
 - b. Each player must wear a one-piece flag belt at the waistline with three flags permanently attached. The belt must be free of any knots.
 - c. The use of headgear, jewelry, shoulder pads, body pads, or any unyielding or dangerous equipment is prohibited. Players may wear a knit or stocking cap and use soft, pliable gloves if they desire. No baseball style caps or bandannas may be worn at anytime. All jewelry (watches, chains, earrings, etc.) must be removed prior to participation.
 - d. Under no circumstances will a player wearing a cast or splint be allowed to play. Braces with exposed metal must be covered.
 - e. Teams are encouraged to have their own jerseys. Jerseys must be tucked in or be a minimum of 4" above the players waistline. A penalty of 5 yards will be assessed for each infraction.
 - f. Belt loops, pockets, exposed drawstrings, or untucked hoods on sweat shirts or jackets are illegal. Players wearing such illegal equipment will not be allowed to participate until illegal equipment is removed.
 - g. The Intramural Supervisor on duty will decide on the legality of any equipment on or being used by a player. His/her decision will be final.
4. **GAMETIME:** Two 20-minute halves with a three-minute halftime. The clock will run continuously stopping only for timeouts and during the last 2 minutes of the second half. The last two (2) minutes of the second half shall be timed according to the National Federation rules (clock stops for first downs, out of bounds, etc)
5. **OVERTIME / TIES:** There will be no overtime periods during regular season play. During the playoffs, the NIRSA Flag & Touch Football overtime procedures will govern all overtime play.
6. **TIME-OUTS:** Each team is entitled to two (2) 25 second time-outs per half. In the event of overtime (playoffs only) each team will receive one time-out per overtime period. Time-outs do not carry-over or accumulate.
7. **FORMATION:** All players are eligible to touch or receive a pass. The offense is allowed one (1) forward pass per down and it must be thrown from behind the line of scrimmage. The player who receives the snap must be at least 2 yards behind the line of scrimmage. At least 4 offensive players must be on the line of scrimmage at the time of the snap. Sleeper players are not allowed in flag football. All players must return to the huddle after each play. A huddle may be constituted by the formation at the line of scrimmage.
8. **STARTING THE GAME:** The game will start in the following manner:
 - a. A coin is tossed and the winner of the coin toss receives the choices of offense, defense, goal, or may defer to the second half.

- b. The ball shall be put in play at the beginning of the game, to start the second half and after scores and safeties by a scrimmage down from the Team A 14-yard line unless moved by penalty.
9. **BALL CARRIER:** When running, it is illegal for the ball carrier to “stiff arm,” charges into, knee, kick, or tries to knock over a player at any time. The penalty will be unsportsmanlike conduct, 10 yards, and possible ejection. The ball carrier must attempt to avoid all contact with defensive players. It is also illegal for the ball carrier to intentionally “flag guard” or slap opposing hands away from his/her flags. Spinning to avoid capture is legal, but illegal use of hands shall result in a 10-yard penalty from the spot of the foul.
10. **PASSING THE BALL:** All players are eligible to a touch or receive a forward pass. The passer may catch his/her own forward pass provided that another player has touched it first. If members of the opposing teams catch a legal forward pass simultaneous, the ball is immediately dead upon returning to the ground and belongs to the offense. It is illegal to attempt to steal the ball while in a player’s possession. Once a player has obtained possession of the ball, his/her opponent must play the flag, not the ball. A forward pass is a live ball thrown towards the opponent’s goal line. Defensive players must not contact the passer at anytime during or after the play. They may only go for the flag. Rushers may try to deflect the ball, but they may not contact the passer even if the ball is deflected. If the defenders contact the passer, it is considered roughing the passer.
11. **SCREEN BLOCKING:** Screen blocking is legally obstructing an opponent without initiating contact with him/her with any part of the body. Blockers may not leave his/her feet to block an opponent. Any use of the hands, arms, elbows, legs, or body to initiate contact during an offensive player’s screen block is illegal.
12. **DEFENSIVE RESTRICTION:** The defense must line up at least 1 yard off the ball to allow for a neutral zone (marked by cones). The defense may rush as soon as the ball is snapped. Defensive players may not use their hands on the blockers. They must avoid contact with the blockers. Incidental contact is allowed.
13. **TACKLING:** It is illegal to tackle, trip, kick, push or hold the ball carrier while trying to pull his or her flags. The runner’s forward progress cannot be impeded in any way. The penalty will be unsportsmanlike conduct, 10 yards and possible ejection.
14. **PUNTS:** The referee shall notify the defensive team of the request if a request is made. Under such conditions, only the offense shall maintain a scrimmage line of at least 4 players. Players on either team may not pass the line of scrimmage until the ball has been kicked. However, the defenders may retreat at the snap of the ball. Violation of this will result in a 5-yard penalty, and a replay of the down. The kicker, after receiving the snap, must kick the ball within three seconds. If the kicker fails to do this it will result in a 5-yard penalty. If the kicker drops the ball it is dead at that spot.
15. **TEAM RESPONSIBILITY:** Teams are responsible for keeping players and fans back at least 5 yards from the sidelines. Failure to do so can result in a 5-yard penalty. Teams are also responsible for the safekeeping of all personal property brought to the game site.
16. **PLAYCLOCK:** A team gets 25 seconds to put the ball into play after the referee has signaled it ready. Violation of this rule is 5 yards.
17. **SCORING:** Scoring shall be as follows:
 - a. Touchdown – 6 points
 - b. Extra Point – 1 point (from 3 yard line), 2 points (from 10 yard line) or 3 points (from 20 yard line)
 - c. Safety – 2 points
18. **INADVERTENT WHISTLE:** In Flag football, it is not uncommon for a ball to mistakenly be blown dead. In these cases, the teams have two options: 1. Take the ball where the play was called dead, or 2. Replay the down from the previous spot.

19. LEAGUE TIES: If two teams are tied in the final standings of league play, seeding will be determined by the following:
- a. Results of head-to-head competition.
 - b. Total point differential.
 - c. Sportsmanship rating
20. MERCY RULE: If a team is 17 or more points ahead when the referee announces the two (2) minute warning for the second half or anytime thereafter, the game shall be over.
21. PROTESTS: A team wishing to protest a rules interpretation will be charged with a timeout. If the protest is ruled invalid the team will lose its timeout. If the protest is valid the timeout will be charged to the officials. If a team has no timeouts remaining and wishes to protest they may do so, however, they will be charged with a 10-yard un-sportsmanlike penalty if the protest is invalid. Protest concerning player eligibility must be made to the Intramural Sports supervisor before, during, or immediately after the contest in question. **Questions about an official's judgment are not valid grounds for a protest.**
22. PENALTIES:
- A. The offended team may have its choice of the penalty or the result of the play.
 - B. When both teams commit an infraction during the same live ball period, regardless of the severity, the down is automatically replayed, provided there is no change of possession.
 - C. When a live ball and dead ball penalty occurs, each is handled on its own merit, regardless whether the penalties are on the same or opposing teams.
 - D. All unsportsmanlike conduct penalties are penalized as a dead ball foul.
 - E. If a fight occurs on the playing field, all team substitutes are to remain in their team box. If a substitute enters the field to observe, separate participants, become involved in the fight, etc., he/she will be disqualified and a 10 yard unsportsmanlike conduct penalty will be enforced from the succeeding spot. Each individual substitute who enters illegally will be disqualified and penalized. Entering substitutes who are on the field for substitution purposes before the fight, will not be penalized for being there if they do not participate in the fight.
 - F. The second unsportsmanlike conduct penalty by the same player or non-player results in disqualification. The third unsportsmanlike conduct penalty by the same team results in their forfeiture of the game.
 - G. Live ball fouls committed by either team after Team B (the team on defense at the start of the down) gains possession during a try or an overtime period shall be enforced at the succeeding spot (where the ball will next be snapped or free kicked).
 - H. Establishing a Zone Line-to-Gain – Penalties for fouls with succeeding spot enforcement which occur prior to the ready for play signal shall be administered before setting the zone line-to-gain for a new series.
 - I. Establishing a Zone Line-to-Gain – Penalties for fouls with succeeding spot enforcement which occur after the ready for play signal shall be administered AFTER setting the zone line-to-gain for a new series.
 - J. Loose Ball Play. Exception: The penalty for roughing the passer on a completed forward pass will be enforced from the end of the last run when the run ends beyond the neutral zone and no change of possession has occurred (tack the yardage on).
 - K. Safety/Goal Line. For a defensive foul, if the enforcement spot which is now the basic spot, is on or behind the offended team's goal line any measurement is from the succeeding spot.
 - L. If there is a foul by the defensive team during a down, which results in a successful touchdown or try, the penalty will be enforced from the succeeding spot.

Five Yard Penalties

- Improper equipment
- Encroachment
- Illegal substitution
- Illegal formation, motion, shift, snap, or procedure
- Helping the runner
- Delay of game
- False start
- Illegal position (offensive player not within 15 yards of the ball)

Ten Yard Penalties

- Kick catch interference
- Illegal participation
- Hurdling
- Protecting the flag
- Illegal removal of flag
- Illegal use of hands, arms, legs or body
- Unsportsmanlike conduct
- Unnecessary roughness
- Tackling the runner (automatic disqualification)
- Fighting (an attempt by a player or non-player to strike or engage an opponent in a combative manner unrelated to football) includes acts such as attempting to strike an opponent(s) with the arm(s), hand(s), leg(s), or foot (feet), whether or not there is contact (automatic disqualification)
- Intentionally contacting a game official physically (automatic disqualification)
- Defensive pass interference, plus automatic first down (if intentional or flagrant, the team may be penalized an additional 10 yards)
- Roughing the passer, plus automatic first down
- Steal or attempt to steal ball from ball carrier
- Consecutive encroachments in the same interval between downs
- Illegally secured flag belt (if by Team A will also result in player disqualification and loss of down, if by Team B will also result in player disqualification and automatic first down)
- UNFAIR ACTS

Loss of down penalties

- Illegally handing ball forward (5 yards)
- Illegal forward pass (5 yards)
- Offensive pass interference (10 yards)
- Illegally secured flag belt on a touchdown by Team A
- Illegal backward pass