University of Minnesota Intramurals

The following set of rules addresses gameplay for intramural flag football. Any additional situations that arise will be ruled on according to the NIRSA Flag and Touch Football Rules Book. Additionally, the intramural handbook addresses intramural policies that apply to all sports and should be read prior to registering an intramural team. The Intramural Handbook can be found online.

I.D. Check-in-Policy and Procedure

1. All students, staff and faculty MUST present a valid U of M identification card to participate in any Intramural activity.
2. There will be no exceptions to this policy. If participants do not present a valid U of M identification card they will NOT be allowed to participate in the Intramural activity.
3. Penalty for attempting or using a false identification card will be suspension from the league. Suspended individuals MUST meet with the Intramural Director for possible reinstatement into the Program.

Adding Players to Your Roster

All players must be on your roster (this includes accepting their invitation) by 2 PM the day of the scheduled match for the player(s) to be eligible. For matches scheduled on Sundays, players must have been accepted to the roster by 2 PM on the Friday.

Visit http://www.recwell.umn.edu/intramurals/

Adding Players as a Captain

- Click on "My Teams" in the upper right hand corner of your IMLeagues screen.
- Click "Invite Members to Your Team".
- Enter the invitees' email addresses separated by a comma.
- Once the invitee receives an invite and accepts your invitation, they will be added to your team.
- IMPORTANT: If you do not see a player on your roster, they have not accepted your invitation and are ineligible to participate.

Adding Yourself to a Friend's Team

- First, create your IMLeagues account.
- Click "Player Signup" on the upper right hand side of your screen.
- Find the team that you would like to join.
- Click "Join Team".
- Fill out the waiver.
- Once the captain has accepted your request, you will be added to the team.
- IMPORTANT: You will not be added to the roster until the captain accepts your request.
SRS Flag Football Rules

Postings: Schedules, league updates, game results, and playoff brackets will be posted on IMLeagues as that information becomes available. Team captains should check the site regularly to check for changes.

Pre-Game: All players must check in at the table with their U-cards. There are no exceptions to this rule. Using another student’s U-card is grounds for suspension from intramural sports.

Player Eligibility: A Participant may only play on one co-rec and one non co-rec team in each sport. Players playing for more than one team will lose their eligibility and cause forfeiture for their team’s games.

A player is eligible if s/he plays on:
- 1 co-rec, 1 open team, and 1 greek league team
- 1 co-rec and 1 women’s team

A player is not eligible if s/he plays on:
- 1 open A and 1 open B team
- 1 open and 1 women’s team

Players must play in one regular season game to be eligible for playoffs.

Uniforms: All uniforms must follow the Recreation and Wellness Center Dress code.

The following items are required while playing intramural flag football
- Athletic-style shoes with non-marking soles, closed toes, and closed heels.
- Athletic-style pants or shorts. Shorts must be of sufficient length to cover the gluteal fold.
- Shirts that reach the top of the pants or shorts and fully cover the torso (chest, stomach, back, and sides.)
- All clothing must be free of profanity, offensive language, and offensive graphics.
- Additionally, all shorts/pants and sweatshirts/jackets may not have pockets.

The following items are prohibited while playing intramural flag football:
- Tear away pants
- Metal barrettes or bobby pins
- Hats or bandanas
- Jewelry

Shirts must be long enough to be tucked into the shorts, so that they do not hang over the flag belt. Additionally, towels may not be worn on the waist as they may block the flag belt. A towel may be placed next to the offensive cone for the sole purpose of drying the wet ball.
**Forfeits:**

**Game time is forfeit time.** If a team has no players check in with legal equipment at game time, the game will be declared a forfeit, and the team will be disqualified from playoffs. Additionally, if a game must be ended due to major sportsmanship issues, the result will be a forfeit.

**1st Forfeit:** Team is no longer eligible for playoffs.

A team that has 2 forfeits, 2 defaults, or 1 of each will be removed from the league without a refund.

**Defaults:**

Teams must have **at least 5 players** checked in with legal uniforms at game time in order to avoid a default. A default will result in a 2.5 sportsmanship rating.

If at game time, a team has at least one player checked in but is short the minimum number of players, that team will have five minutes to get all checked in and ready to play.

If the game begins late because of one team’s lack of players, that team can get no higher than a 2.5 sportsmanship rating for that game. After five minutes, the game will be called as a default.

Team captains may call the intramural office by 4pm on the day of the game or 4pm on Friday for weekend games to default the game ahead of time. In this case, the team will receive the loss, but will not need anyone to show up at game time.

**1st Default:** Recorded as a loss for the team and a 2.5 sportsmanship rating, however the team is still eligible for the playoffs.

If a team has one player arrive at the game or calls the Intramural Office to inform them of the inability to play by the default time, the game is a DEFAULT. If no one shows up for a team and there is no contact with the Office prior to the game the game is a FORFEIT.

**Timing:**

Each game consists of two halves of 20 minutes each. The clock will run continuously for the majority of the game and will only stop for timeouts during that time. Stoppage time will be used for the last 1-minute of the first half and the last 2-minutes of the second half.

During stoppage time, the clock will run similar to high school rules. It will stop on all incomplete passes, out of bounds, changes of possession, scores, penalties, first downs, and timeouts.

The clock starts on the snap on incomplete passes, out of bounds, changes of possession, scores, and timeouts. It begins on the ready for play whistle on first downs and penalties. If two instances conflict, then the clock will start on the snap. (e.g. If a player gains a first down and goes out of bounds, the clock will start on the snap for the out of bounds).
The play clock is 25 seconds from when the officials mark the ball ready for play (indicated by a whistle).

**Overtime:**
There is no overtime in the regular season. If at the end of a playoff game, the score is tied, the NFHS overtime is used. After a coin toss, each team will get one possession from the 10 yard line going in to the endzone. Trys will be attempt after touchdowns as well.

At the end of both team’s possession, if the score is still tied, teams will switch who played first for the second overtime period.

Each team is awarded one timeout for all of overtime, and each overtime period is played toward the same goal.

**Mercy Rule:**
The mercy rule is 30 points at the 10-minute mark in the second half or three possessions at the 2-minute warning. In an open or women’s game that would be 19 points. In a co-rec game, that score is 25 points.

**General Rules:**
The game is played by teams of 7 players (8 for co-rec leagues).

For open games, an NFL, NCAA, or NFHS official sized football must be used. For women’s or co-rec games, a youth or junior sized football may be used. Teams should provide their own ball.

Teams have 4 downs to cross the next line to gain. Each line to gain is placed 20 yards apart from each other. That is on a 60 yard field, the lines to gain are both 20 yard lines and both goal lines. On an 80 yard field, there will also be a line to gain on the 40 yard line.

**Scoring:**
Touchdowns are worth 6 points for all open and women’s games. After a touchdown, the scoring team must elect which try they would like to attempt:
- 1 point = 3 yard line
- 2 points = 10 yard line
- 3 points = 20 yard line
An intercepted try is dead; it cannot be returned for points.

After scores or touchbacks, the ball is placed at the 10 yard line.

A safety is scored when the team in possession of the ball is deflagged in their endzone, and their impetus caused the ball to retreat behind their goal line. The defense is awarded 2 points and possession of the ball at their own 10 yard line.

**Contact:**
Flag football is a non-contact sport. Any player who initiates contact with an opponent will be flagged, regardless of intent. Intentional contact may result in an ejection.

Blockers should have their hands behind their backs and should not initiate contact with the rusher with their hands, arms, shoulders, legs, or feet. Blocking
in flag football is comparable to playing defense in basketball, thus a blocking foul is illegal contact.

Pass rushers may not use their hands to gain an advantage. They should use their feet to move around the blockers, not through them. Blockers can take a charge and the penalty will be called on the rusher.

Holding is typically called against a defender who grabs the runner’s shorts or shirt in an attempt to deflag the runner. If the runner’s momentum is affected, the penalty will be called regardless of intent.

Flag Guarding is using any part of the body or ball to shield the runner’s flags from the defensive players. Again, intent is not necessary.

Attempting to strip the ball is also illegal and will be flagged.

Roughing the passer shall be called when a defensive player contacts the passer during or immediately after a pass is thrown. Any contact with the head, neck, hand, or arm will cause a penalty no matter what. Additionally, any especially rough play on the part of the defender will also result in a penalty.

**Line of Scrimmage:**

- There are two lines of scrimmage about one yard apart and marked with a cone. No players are allowed in the neutral zone prior to the snap. The neutral zone is defined as the space between the two cones.
- The offense must have at least 4 players on the line of scrimmage (5 for co-rec). There is not requirement for the defense.
- All offensive players must be set simultaneously for one second prior to the snap (Illegal Shift). After being set for one second, one offensive player may go in motion at one time so long as the motion is not towards their opponents’ goal line when the ball is snapped (Illegal Motion).
- The snap must be snapped off the ground in one continuous motion. It must be received by a player who is two yards behind the line of scrimmage (Illegal Snap).

**Ending the Play:**

- The play shall be whistled dead when the defender causes the runner to be deflagged. If the runner’s belt falls off without the defender causing it to, the player must be touched with one hand to be deflagged.
- If the runner touches the ground with any part of his/her body except the hand or the foot, the runner is down and the play is over. For the purposes of this rule the ball is part of the hand.
- Additionally, the play is over anytime the ball contacts the ground while not in player possession.
To establish a catch, only the first foot must contact the ground in bounds. Any body part is considered one foot, so if the body lands in the field of play first, it will be ruled inbounds.

**Co-Rec Rules:**

Co-rec teams are made up of 8 players on each side. Teams must have at least 3 of each gender on the field at all times.

Teams may use an official, youth, or junior sized ball.

Each series begins with an open play, which means any player may throw the ball to any player legally.

A male participant may never cross the line of scrimmage with the ball until the ball has crossed the line of scrimmage or there has been a change of possession. *(Illegal procedure: 5 yard penalty, replay the down)*

After a male to male forward pass completion for positive yards, the next play is closed. On a closed play a female may legally run the ball, but the next play will remain closed.

To open up a closed play, one of the following must occur:

- Male passer throws a forward pass to a female receiver for positive yards.
- Female passer throws a forward pass to female receiver for positive yards.
- Female passer throws a forward pass to a male receive for positive yards.

Anytime a female scores the touchdown or throws the pass that results in a touchdown, the touchdown is worth 9 points.

All Trys are open plays.