Holy Cross College

INTRAMURAL SPORTS

FLAG FOOTBALL RULES

INTRAMURAL POLICIES AND PROCEDURES

A. ELIGIBILITY

Holy Cross: Full-time Holy Cross undergraduate students are permitted to participate for the hall in which he/she resides. All Campus/CoRec: Holy Cross undergraduate students, graduate students, faculty, and staff are eligible for participation. To play in all Intramural sports, participants must have a valid Holy Cross ID.

B. LOCATION: All games will be played at Holy Cross football field.

C. FORFEITS/RESCHEDULES: If a team does not have the minimum amount of players at game time, that team will forfeit. No reschedules will be permitted in this sport. If a team cannot make a game, they may call Brian Pearison, Intramural Director 574-361-9590 before 3:00pm the day of the game and request a default. A default results in a loss, but is not considered a forfeit. Defaults and forfeits result in a 9-0 win for your opponent (12-0 for CoRec).

D. SCHEDULE: All schedules are posted online and it is the captain’s responsibility to check for updates/changes.

E. INCLEMENT WEATHER: No weather-related cancellations will occur before one hour prior to the scheduled game time. If a game is cancelled, the captain will be called.

F. ROSTER ADDITIONS: Players may be added to the roster at any point during the regular season. Players may not be added during playoffs. **For Holy Cross play, all additions must have a properly filled out Roster Addition Form that includes a rector’s signature.**

G. INSURANCE WAIVERS: All players must fill out an insurance waiver before playing intramural sports. Waivers will be handed out at captains meetings and will also be available at the game site.

H. CHECK-IN: It is the responsibility of each player to find the supervisor working and check-in with them before playing in any intramural activity. Failure to check in with the supervisor and playing in any intramural activity may result in suspension from future intramural activity.

I. SPORTSMANSHIP: Participants and fans must respect players and intramural staff and follow instructions given to them by the staff. Foul language, taunting, or any other unsportmanlike behavior will not be tolerated. Any participant or fan yelling, gesturing, or any other act in a negative manner toward opposing teams, players, fans, or Rec Sports staff will
receive a penalty. These penalties will be assessed to the fan or participants team. These penalties can include a technical foul, yellow card, unsportsmanlike conduct, or sport specific penalty. If committed by a fan the captain of that team will be assessed the penalty. Any participant who receives a conduct penalty of this nature, must leave the field of play to fill out an Incident Report with Rec Sports staff. Flag Football Penalty-Unsportsmanlike conduct. Player must leave field and cannot reenter game until supervisor has filled out an incident form.

J. ALCOHOL, TOBACCO & DRUGS: Holy Cross Intramural Sports has a zero tolerance policy for alcohol, tobacco, or any other drug at intramural events on or off campus. Furthermore, Rec Sports staff reserves the right to remove participants or fans suspected to be under the influence of drugs or alcohol. The removal process may involve the assistance of authorities such as Holy Cross security or member of The South Bend Police Department.

Updated 8/29/13

SPORT RULES

All Rules and regulations are derived from the 2011-2012 NIRSA Flag and Touch Football Rules Book.

A. SCORING AND TIMING

1. GAME TIME IS FORFEIT TIME!

2. Games will consist of four 10- minute quarters. The clock stops the last 2-minutes of each half, otherwise, the clock will run continuously barring timeouts.

3. Each team is permitted three time-outs per game.

4. A period may be extended by an “un-timed” down when, during the last timed down and dead ball interval there is a double foul, an accepted live or dead ball foul, or an inadvertent whistle and the down is to be replayed. If a “loss of down” penalty is accepted, there will be no untimed down.

5. Touchdown= 6 points (CoRec: Women scores or throws for a Touchdown=9 points)

6. Safety=2 points

7. Try: Ball in play from the 3-yard line=1 point; ball in play from 10-yard line=2 points; ball in try from 20-yard line=3 points. Once a team’s captain declares their choice for a 1, 2, 3, point try, they choice can only be changed by a charged timeout by either team.

8. Regular season games may end in a tie.

9. Playoffs only: Each team is allowed one time-out during the entire tiebreaker. Time-outs do not carry over from regulation to the overtime period.
10. Mercy Rule: If a team is 19 or more points (CoRec: 25) ahead with two minutes to play, the game shall be over. If a team scores during the last 3 minutes of the game and the score creates a 19 or more point difference (CoRec: 25) the game shall end at that point.

B. PLAYERS:

1. A team consists of 7 players on the field at one time (CoRec: 8). A team may begin a game with a minimum of 5 players (6 for CoRec).

2. A team may continue to play with less than 5 (CoRec: 6) players due to injury or ejection if the official feels they still have a chance to win.

3. Players may substitute freely between downs. (CoRec: substitutions are man-for-man or women-for women, only)

4. Each substitute shall be in uniform, ready to play, with flags in position at the time of substitution. Penalty: Substitution infraction, 5 yards.

C. EQUIPMENT

1. Each person must wear pants or shorts, which do not have any belt loops, pockets, exposed drawstrings or exposed knots. Taping pocket, loops or drawstrings in prohibited.

2. Shorts or pants must be a different color than the flag.

3. Teams must wear matching color shirts with different numbers. They may bring their own or use Rec Sports jerseys.

4. Shirts must be tucked in or the bottom of the shirt must be at least 4 inches about the waistline.

5. A small towel may be place under the ball and snapped from it.

6. Teams must supply their own ball. Women’s and CoRec may use a standard, intermediate, youth or junior sized football. All Campus must use a regular size ball.

7. No casts are allowed. No pads or braces are allowed about the waist.

8. Baseball caps are illegal.

9. Each player must wear closed toe shoes and have no exposed metal, ceramic, sharp points or detachable cleats. Exception: screw-in cleats are allowed if the screw is part of the cleat.

D. BALL IN PLAY, DEAD BALL, OUT-OF-BOUNDS

1. Ball in Play: The offense must snap the ball within 25 seconds after the Referee has sounded his/her whistle. Penalty: Delay of Game, 5 yards.
Updated 8/29/13

2. Dead Ball: Ball is declared dead when:

1. A forward pass strikes the ground or is caught simultaneously by opposing players.
2. A backward pass or fumble by a player strikes the ground.
3. A runner has a flag belt removed legally by a defensive player.
4. A runner is legally touched with one hand between the shoulders and knees, including the hand and arm, once the flag belt is no longer attached.
5. A snap hits the ground.
6. A muff of a punt or protected scrimmage kick strikes the ground.
7. A punted ball breaks the plain of the receiving teams goal line.
8. The defense gains possession of the ball on a try or in overtime.
9. The passer is deflagged before releasing the ball.

Fumbles: A fumble or backward pass is dead at the point it hits the ground. A ball goes to the team that last had possession. Just touching the ball is not sufficient for legal possession. Out-of-Bounds A ball in player possession is out-of-bounds when either the ball or any part of the runner touches the ground or anything else, except a player or game official, which is on or outside a boundary line. If the runner inbounds, bumps into or is touched by a player or an official on the sidelines out-of-bounds, the ball is still in play.

E. Series of Dows, Number of Downs

The zone line-to-gain in any series shall be the zone (next field marker) in advance of the ball, unless distance has been lost due to penalty or failure to gain. In such case, the original zone (next field marker) in advance of the ball at the beginning of the series of downs is the zone line-to-gain. The most forward point of the ball, when declared dead between the goal lines shall be the determining factor.

F. Punts

1. The kick must be executed behind the scrimmage line within a reasonable time.
2. Neither team may cross the scrimmage line until the ball is kicked.
3. There are no quick kicks. All punts must be announced to the Referee.
4. It is illegal to attempt a fake punt
5. The ball is dead once it breaks the plane of the receiving teams goal line.

G. Snapping, Handing and Passing the Ball

1. The Scrimmage Line Snapping - the snap does not have to be between the snapper's legs. The snap may be from the ground or a towel and must be no further than 1-yard from the orange ball spotter. The player receiving the snap must be at least 2 yards behind the scrimmage line. a. Penalty: Illegal Snap, 5 yards from the previous spot. During the snap, the men's & women’s offensive team must have at least 4 players (5 in CoRec) on their scrimmage line within one yard of the scrimmage line. a. Penalty: Illegal Formation, 5 yards from the previous spot. No player of the offensive team shall make a false start. A false start is any movement simulating the start of a play. a. Penalty: False Start, 5 yards from the previous spot. Encroachment - After the snapper has touched the ball, it is encroachment for any player to break the plane of his/her scrimmage line, except the snapper's right to be over the ball. a. Penalty: Encroachment, 5 yards from the previous spot. Offensive players are responsible for retrieving the ball after the scrimmage down. The snapper will bring the ball from the huddle to the scrimmage line (first ball spotter-orange). A towel may be used to help keep the ball dry and placed under the ball. vi. All offensive players must be motionless for one second preceding the snap. After all players are set, a player moving parallel to or away from the scrimmage line is legal. a. Penalty: Illegal motion, 5 yards from the previous spot. An offensive player that moves/shifts (other than going legally in motion) must stop for one full second before the snap. a. Penalty: Illegal Shift, 5 yards from the previous spot.

2. Handling the Ball: Any player may hand the ball forward or backward at any time. CoRec: A male runner cannot advance the ball through the scrimmage line. a. Penalty: Illegal Procedure, 5 yards from the previous spot. b. Note: In CoRec, there are no restrictions: During a run by a male runner once the ball is beyond team A’s scrimmage line. During a run by a female runner. After a change in possession. Passing and receiving.

3. Forward Pass: All players are eligible to touch or catch a pass. Only one legal forward pass per down is acceptable. A forward pass is illegal: a. If the passer's foot is beyond Team A’s scrimmage line (first ball spotter orange) when the ball leaves his/her hand; b. If thrown after team possession has changed during the down; c. If intentionally grounded to save loss of yardage; d. If a passer catches his/her untouched forward or backward pass. e. Second forward pass in that down

1. Penalty: Illegal Forward pass, 5 yards, spot of pass, loss of down, if prior to possession change: CoRec Only: If a male passer completes a legal forward pass to a male receive, the next legal forward pass completion must involve either a female passer or a female receiver for positive yards. Any foul, whether accepted or declined, shall have to effect on whether the next legal forward pass completion is “open” or “closed”.

a. Open”=males are eligible to catch a pass thrown by a male
b. Closed"=male to male forward pass completions are illegal. This rule applies to the try.

c. One foot inbounds is needed for a legal reception.

H. CONDUCT OF PLAYERS

1. The team captain is responsible for the conduct of the players on his/her team.

2. There shall be no personal fouls committed by players, substitutes and coaches. Personal Fouls include: Using fist, foot, knee, or leg to contact an opponent; tackling the ball carrier (disqualification); illegal contact; unnecessary roughness, hurdling, roughing the passer (when the defender contacts the passers arm)

3. Offensive players may protect the runner by screening. Illegal contact between the blocker/rusher will be called against the player determined to have initiated the contact. Penalty: Illegal Contact, 10 yards. (Similar to Basketball)

4. The ball carrier shall not guard their flags by blocking with arms, hands, or use of a stiff-arm block thereby denying an opponent the opportunity to pull or remove the flag belt. Penalty: flag guarding, 10 yards.

5. Tampering with the flag belt in any way to gain an advantage including tying, using foreign materials, or other such acts. Penalty: Unsportsmanlike Conduct, 10 yards from the previous spot, loss of down and player disqualification.

6. If an Unsportsmanlike penalty is issued to a participant, they are to sit out for one play and a 10-yard Unsportsmanlike Conduct penalty will be enforced.

7. If a 2nd Unsportsmanlike penalty is issued to a participant, they are automatically ejected from the contest and a 10-yard Unsportsmanlike Conduct penalty will be enforced.

8. Three Unsportsmanlike penalties for a single team result in a Forfeit.

9. Any player ejected from a game will have to meet with the Intramural Department before being eligible to participate in any intramural sport again

I. ENFORCEMENT OF PENALTIES

1. Basic Spot: Pass play or during the protected scrimmage kick (before possession is gained) - basic enforcement spot is the previous spot (where ball was snapped). Punts (before possession is gained) basic enforcement spot is previous spot (where ball was kicked from). On all running plays the basic enforcement spot is from the end of the run. All fouls are marked off from the basic enforcement spot except an offensive foul behind the basic enforcement spot that becomes a spot foul. Live ball fouls committed by either team after B gains possession during a try or in
OT shall be enforced at the succeeding spot. All Dead Ball fouls are administered separately and in the order of occurrence.

J. SUMMARY OF NIRSA FLAG FOOTBALL PENALTIES

Loss of 5 yards:
- Delay of Game (Dead Ball Foul)
- False Start (Dead Ball Foul)
- Encroachment (Dead Ball Foul)
- Illegal Snap (Dead Ball Foul)
- Offensive player leaving the field on the wrong side (Dead Ball Foul)
- Illegal Procedure
- Illegal Formation
- Illegal Motion
- Illegal Shift
- Player Receiving Snap Within 2 Yards of Scrimmage Line
- Illegal Forward Pass (Loss of Down, if by Team A)
- Intentional Grounding (Loss of Down)
- Illegal Substitution
- Aiding Runner by Teammates
- CoRec: Illegal Male Advancement - Male Advancing Ball Through the Neutral Zone (Co-rec)
- CoRec: Illegal Forward Pass - Two Consecutive Male-To-Male Forward Pass Completions (Loss of Down) (Co-rec)
- Required Equipment Worn Illegally
- Offensive player Not Within 15 Yards of the Ball once the ready for play whistle is blown, the player may line-up outside the 15 yard zone

Loss of 10 Yards:
- Illegal contact
- Eligibility Lost by Going Out of Bounds and Participating in the Play
- Offensive Pass Interference (Loss of Down)
- Defensive Pass Interference (Automatic 1st Down)
- Straight Arm
- Flag Guarding
- Illegal Flag Belt Removal
- Personal Foul
- Roughing the Passer (Automatic 1st Down)
- Illegally Secured Flag Belt on Touchdown (Team A - Loss of Down, Team B Automatic 1st Down, and Player DQ)
- Illegal Participation
- Illegal Kicking (treated as a fumble)
- Illegal Stripping
- Unsportsmanlike Conduct (Players, Coaches, Substitutes, or Others)
- Illegal Player Equipment
- Quick Kick
- Spiking, Kicking, or Throwing Ball During Dead Ball
- Batting a Free Ball
- Receipt of an unsportsmanlike penalty

Note: If any of the above infractions are deemed “flagrant,” the player will be disqualified. 2 or more consecutive Dead Ball penalties by the same team will result in a 10 yard penalty K. Tie Break (Playoffs Only)

1. Tie breakers are to only be used in the playoffs. During the regular season, all ties will remain as such.

2. Coin Toss: there will only be one coin toss in overtime. If additional overtime periods are played, the captains will alternate choices. The choices are: offense, defense, or direction. All overtime periods are played toward the same goal line.
3. Timeouts: each team will receive 1 timeout for the entire overtime. Timeouts not used during regulation will not be carried over.

4. Unless moved by penalty, each team will start their possession at the 10 yard line of the opposing teams half of the field.

5. Each team has 4 downs (unless there is an Automatic 1st down) to score.

6. Try: will be the same as in regulation: 1 pt. – 3 yd. line, 2 pts. – 10 yd. line, 3 pts. – 20 yd. line.

7. If the score is still tied after one period, play will proceed to a second period or as many as are needed to determine a winner.

8. If the defense intercepts a pass or fumble, the ball will be declared dead.