Saint Joseph’s Intramural Flag Football Rules

General Information Eligibility:
1. Each team captain must submit a completed Intramural Sports Roster with the required fee, to the Rec Office before the published date. All players must sign his/her name on the team roster/waiver.
2. Game time is forfeit time. Teams forfeiting will post a loss for that particular game and may be declared ineligible for the playoffs. Any team which forfeits twice will be banned from further competition in the league.
3. All participants must be a current student or faculty and staff member at Saint Joseph's University.
4. Participants can be on the roster of only one single sex team and only one co-rec team.
5. Players must participate in at least 2 games prior to the playoffs.

** All players are required to present a valid Saint Joseph's University ID prior to every intramural contest. Those who fail to show their ID will not be allowed to participate. **

Game Rules:

Section 1. Game, Field Players and Equipment
1. **Game**- Men & Women shall be played between two teams of (7) players each. (5) players are required to avoid a forfeit. Females can play in the women’s and co-rec leagues. Men can play in men’s and co-rec leagues. A female cannot play in the men’s league, and a male cannot play in the women’s league. The Co-Rec game shall be played between two teams of (8) players, (4M + 4W). Teams with (7) players shall have, (4W + 3M or 4M + 3W). (6) players are required to avoid a forfeit, (3W + 3M).
2. **Team Captain**- designated to the referee. The captain’s first choice of any penalty option shall be irrevocable. Decisions involving penalties shall be made before any charged time-out is granted to either team.
3. **Persons Subject to the Rule**- include players, substitutes, replaced players, coaches, trainers, spectators, and other persons affiliated with the team are subject to the rules of the game, and shall be governed by decisions of officials assigned to the game.
4. **Player Equipment**- Shirts of contrasting colors should be worn. Each team is responsible for 2 different colored shirts. Jerseys must be either long enough to remain tucked in during play or short enough so that 4” is between the jersey and the belt.
   a. Pants or Shorts must be worn by each player and without any belt(s), belt loop(s), pocket(s) or exposed drawstrings.
   b. Flag Belts must be worn, free of any knots, at the waistline with three flags permanently attached. Two flags shall hang at each side with the third in the center of the back.
   c. When on “turf” field- sneakers, cross trainers, etc are the only foot-ware permitted (No spikes, cleats or barefeet on turf); No metal cleats/spikes or the like permitted on grass fields.
   d. If needed players may wear knee/elbow pads made of soft, pliable & non-abrasive materials may be worn and mouth and tooth guards which are strongly recommended.
e. The following equipment is illegal: Headgear containing any hard, unyielding, stiff material, including billed hats, or items containing exposed knots. Shirts or Jerseys, which do not remain tucked in. Any hood on a coat, sweatshirt, or shirt, which does not remain tucked in. Pants or Shorts with any belt(s), belt loop(s), pocket(s) or drawstring(s). Towels attached at the players waist. Jewelry.

Section 2. Catch, Interception, Simultaneous Catch, Pass

1. **Catch**- is an act of establishing player possession of a live ball in flight. An airborne player must contact the ground inbounds with the ball in their possession prior to touching out-of-bounds, unless an opponent's contact causes them to first touch out-of-bounds.
   a. If one foot first lands inbounds and the receiver has possession and control of the ball, it is a catch or interception even though a subsequent step or fall takes the receiver out-of-bounds.
   b. A catch by any kneeling or prone inbounds player is a completion or interception.
   c. A loss of ball simultaneously with returning to the ground is not a catch or interception. NOTE: If in doubt, it is a catch.

2. **Simultaneous Catch**- is joint possession of a live ball by opposing players inbounds. Awarded to the team originally in possession.

3. **Pass**- continues to be a pass until caught, intercepted, or the ball becomes dead. The initial direction determines whether a pass is forward or backward. A backward pass or fumble that hits the ground is ruled dead at that spot.

Section 3. Periods, Time Factors, Substitutions

1. **Game Start**- The Winner of the Coin Toss shall have choice of options for the first half or defer to the second half. The options for each half shall be:
   a. To choose whether his/her team will play offense or defense.
   b. To choose to defend a goal. The captain not having the choice of options for a half, shall exercise the remaining option.

2. **Playing Time**- shall be (40) min., divided into two halves of 20 minutes ea. The intermission between halves shall be (5) minutes. The First (38) Min. will run continuously unless it is stopped for a:
   a. Team time-out - starts on the snap.
   b. Referee's time-out - starts on the ready for play.

3. **Game End**- the Final (2) Min. of the game, the clock will stop for a:
   a. Incomplete pass - starts on the snap.
   b. Out-of-bounds - starts on the snap.
   c. Safety - starts on the snap.
   d. Team time-out - starts on the snap.
   e. Touchback - starts on the snap.
   f. Touchdown - starts on the snap (after the try).
   g. Team attempting to consume time illegally - starts on the snap.
   h. Team attempting to conserve time illegally-starts on the ready.
   i. Inadvertent whistle - starts on the ready.
   j. Referee's time-out - starts at his/her discretion.
   k. First Down - dependent on previous play.
1. Change of possession - dependent on previous play.
   m. Penalty and administration - dependent on previous play.
4. **Overtime** - Will only be played during the playoffs. There will be only one coin toss during the overtime. Captains will alternate choices if additional overtime periods are played.
   a. All overtimes are played towards the same goal line. Unless moved by penalty, each team will start 1st and goal from the (10) yd. line and receive four downs to score a touchdown. Try for point(s) will follow. If the score is still tie, extra periods will be played as needed. If the defense intercepts a pass or fumble and returns it for a touchdown, they win the game. Penalties are administered similar to the regular game.
5. **Time-Outs** - Each team is entitled to 3 charged time-outs during the game. Successive charged time-outs may be granted each team during a dead ball period. A time-out will be charged for a coach/referee conference if there is no change in the application or interpretation of a rule.
   a. An Injured Player shall be replaced for at least one down. A player who is bleeding, or has an open wound, or has an excessive amount of blood on their uniform shall be considered an injured player.
6. **Delay of Game** - The ball must be snapped or free kicked within 25 sec.
7. **Substitutions** - No substitute shall enter during a down. An incoming sub. must enter the field directly from his/her team area and play at least (1) down. A replaced player must leave the field at the sideline nearest his/her team area prior to the snap.

**Section 4: Series of Downs & Number of Downs**
1. **Series of Downs** - (4) consecutive downs to advance to the next zone. Any down may be repeated or lost if provided by the Rules.
2. **The Zone Line-to-Gain** - zone in advance of the ball.
3. **New Series of Downs** - awarded when a team moves the ball into the next zone on a play free from penalty; or an accepted penalty moves the ball into the next zone; or involves an automatic first down.

**Section 5: Kicking the Ball**
1. **No Kickoffs** - Play begins on offense's own (14) yd. line, unless changed by penalty.
2. **Protected Scrimmage Kicks (Punts)** - may take place on any down. This must be declared at the line of scrimmage (LOS). Neither team may advance beyond their respective scrimmage line until the ball is kicked. After receiving the snap the kicker must kick the ball immediately and in a continuous motion. The kicking team must have 4 on the line; the receiving team may have all players back to field the kick.

**Section 6: Snapping, Handling, Passing, Position and Action During the Snap**
1. **The Offense** - is responsible for retrieving the ball after a scrimmage down. The snapper will bring it from the huddle to the line of scrimmage.
2. **Encroachment/False Start** - any player to break either scrimmage line plain, after the center has placed his/her hand(s) on the ball. The snapper, after assuming position for the snap and adjusting the ball, may neither move nor change the position of the ball in a
manner simulating the beginning of a play until it is snapped. The snapper shall pass the ball back from its position on the ground with a quick continuous motion of the hand(s).

3. **Legal Positions** - Offensive must momentarily be within 15yds of the ball before the snap. They must have at least (4) players, CoRec requires (5), on their scrimmage line at the snap. One player may be in motion, but not towards the opponent’s Goal Line. In a snap preceded by a shift, all offensive players must come to a complete stop and remain stationary in legal position for at least one full second be of the snap.
   a. No direct snap - The snap must be at least two yards behind the offensive scrimmage line.

4. **Handling the Ball** - Any player may hand the ball backwards at anytime. An offensive player may hand the ball forward behind the line only. A backward pass or fumble may be caught or intercepted in flight inbounds by any player and advanced.

5. **Legal & Illegal Forward Pass** - All players are eligible to touch or catch a pass. A forward pass may be thrown provided the passer’s feet are behind the offensive scrimmage line when the ball leaves the passer’s hand. Only 1 forward pass can be thrown per down.
   a. Co-Rec Rule: there may not be (2) consecutive legal forward pass completions from a male passer to a male receiver. This applies to the try. If a male passer completes a legal forward pass to a male receiver, the next legal forward pass completion must involve either a female passer or female receiver for positive yards. “Open” or “closed” plays will be designated by the referee.

**Section 7: Scoring Plays, Safety & Touchbacks**

1. **Mercy Rule** - If a team is 19 or more points (Co-Rec Rule - 25 points) ahead at the 2 min. warning or anytime thereafter, the second half of the game shall be over.
   a. **Touchdown** - 6 or 9 points
   b. **For Co-Rec** - If a female scores a TD = 9 pts. If a female player throws a legal forward pass that results in a TD by any Team A Player = 9 pts.
   c. **Extra Point** - 1 or 2 or 3 points. 1pt. from the three yd. line, 2pts. from the ten yd. line, 3 pts. from the 20 yd. line. **Note:** If the defense intercepts a pass or fumble during the try and return it for a TD = 3pts.

2. **Safety** - When a runner carries the ball from the field of play to or across his/her own goal line, and it becomes dead there in his/her team’s possession (2 pts).
   a. Exception - When original momentum is the force (inside the 5yd line). The spot is where possession was gained.

3. **Touchback** - when the ball is out of bounds behind a goal line, when the ball becomes dead in possession of a player on, above or behind the team’s own goal line, and the attacking team is responsible. (Play begins on the 14yd. line)

**Section 8: Conduct of Players & Others**

1. **Personal Fouls** - Punch, strike, strip, steal, or attempt to steal the ball. Trip, throw, clip, and tackle an opponent.

2. **Defenders** - Must play the flag. Defender may leap to deflect a pass but may not touch the passer. Hurdle any other player or Dive to advance the ball forward. Make any contact with an opponent which is deemed unnecessary of any nature including using fists, locked hands, elbows or any part of the forearm or hand, except according to Rule.
3. **Screen Blocking** - the offensive screen block shall take place without contact. The screen blocker shall have their arms close to the sides or behind the back. Any use of the hands, arms, elbows, legs, or body to initiate contact is illegal. 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.

4. **Runner, 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. Runner must lift ball to expose flag belt when running through defenders. No “stiff arms”. Defensive players shall not hold, grasp, or obstruct the forward progress of a runner when in the act of removing the flag belt.

5. **Flag Belt Removal** - Players must have possession of the ball to legally be deflagged. When a runner loses his/her belt, the deflagging reverts to one hand tag of the runner between the shoulders and the knees. Tampering with the flag belt in any way to gain an advantage including tying, using foreign materials, or any such acts is illegal.

**Section 9: Enforcement of Penalties**
When a foul occurs the referee shall, at the end of the down, notify both captains. The distance penalty for any foul may be declined. A captain’s choice of options may not be revoked. Special

1. **Special Enforcements**
   a. Safety - Any foul for which the penalty is accepted and measurement is from on or behind its goal line, which is now the basic spot, is a safety.
   b. Loss of Down: A. Illegally Handing the Ball Forward
      i. Illegal backward pass
      ii. Illegal forward pass
      iii. Forward pass interference
      iv. Illegally secured flag belt, w/ disqualification

2. **Automatic 1st Down**
   a. Forward pass interference
   b. Roughing the passer, behind the line of scrimmage.
   c. Illegally secured flag belt, w/ disqualification

3. **Offensive Live-Ball Fouls** - Penalties committed by the offense while the ball is in play. The defensive team has the choice of accepting the result of the play or accepting the penalty and replaying the down.

<table>
<thead>
<tr>
<th>5 Yard Penalties:</th>
<th>10 Yard Penalties:</th>
<th>Loss of Down Penalties:</th>
</tr>
</thead>
<tbody>
<tr>
<td>From previous spot, remains the same down; dead ball</td>
<td>From previous spot, remains the same down</td>
<td>Result in the loss of yardage and the loss of a down; from LOS</td>
</tr>
<tr>
<td>False Start</td>
<td>Holding/Obstruction (from LOS)</td>
<td>Illegal Forward Pass (10 yards)</td>
</tr>
<tr>
<td>Delay of Game</td>
<td>Illegal contact/Blocking (from LOS)</td>
<td>Intentional Grounding (10 yards)</td>
</tr>
<tr>
<td>Diving to advance the spot of the football</td>
<td>Stiff Arm (from LOS)</td>
<td>Forward Pass interference (10 yards)</td>
</tr>
<tr>
<td></td>
<td>Initiating Contact through Diving to advance the ball</td>
<td>Illegally Secured flag belt {w/ disqualification} (10 yards; TD will be nullified if play resulted in such</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Guarding Flag Belt</td>
</tr>
</tbody>
</table>
4. **Defensive Live-Ball Fouls**- Penalties committed by the defense when the ball is in play. The offensive team has the choice of accepting the result of the play or accepting the penalty and replaying the down. Note: a game may not end on a defensive penalty. If a defensive penalty is called during a play when time expires, the offensive team may be awarded one additional down with no time on the clock.

<table>
<thead>
<tr>
<th>5 yard penalties:</th>
<th>10 yard penalties: Ball is moved from previous spot, can result in a first down</th>
<th>Automatic First down Penalties: Ball will be moved from the previous spot and a new set of downs given</th>
</tr>
</thead>
<tbody>
<tr>
<td>OffSides</td>
<td>Holding or Obstructing the Runner or Receiver (from LOS)</td>
<td>Pass Interference (10 yards or if in end zone ball will be placed on three-yard line).</td>
</tr>
<tr>
<td>Delay of game</td>
<td>Illegal Contact/Use of Hands (from LOS)</td>
<td>Roughing the passer (10 yards from LOS or end of run).</td>
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<tr>
<td></td>
<td></td>
<td>Illegal Flag Belt w/ disqualification (10 yards).</td>
</tr>
</tbody>
</table>

5. **Disqualification Associated with Certain 10yd Penalties**
   a. Flagrant unsportsmanlike player conduct (coaches, subs or others)
   b. Intentionally kicking at or swinging an arm, hand or fist at anyone
   c. Flagrant spiking, kicking, throwing or not returning the ball
   d. Intentionally contacting an official
   e. Flagrant personal fouls
   f. Tackling the runner

**Section 10: Summary of Co-rec Rules**

1. **Game**- Two teams of 8 players ea. (4-men/4-women), 7 players (4-M/3-W or 3-M/4-W), 6 players (3-W/3-M).
2. **Male Runner**- Cannot advance the ball through their own scrimmage line. No restrictions once the ball is beyond their scrimmage or following a change of possession.
3. **Male to Male Completion**- During a possession there may not be two consecutive legal forward pass completions from a male passer to a male receiver. This rule applies to the try. The next legal forward pass completion must involve either a female passer or receiver for positive yds.
4. **Touchdown Value**: If a female scores a touchdown, the point value is (9). If a female throws a legal forward pass and a touchdown is scored by any team member, the point value is (9).

**Spectator Rules**:

1. Team bench areas will be designated; this area for official team members only. All others must sit/stand in designated spectator areas.

**City 6 Participation**

SJU Intramural Flag Football League Champions participate in the City 6 Extramural Flag Football Classic. Eligibility rules stipulate that these teams must consist of full-time, undergraduate students. In addition, the following individuals are not eligible to participate:
Junior varsity, club, NCAA partial and non-qualifiers, current, and former collegiate football athletes. Teams with individuals on their roster who are ineligible for City 6 participation may compete for SJU league championships, but are not permitted to advance to the City 6 Tournament. Questions regarding this policy will be answered by the Intramural Coordinator.