



INTRAMURAL SPORTS FLAG FOOTBALL RULES

ELIGIBILITY: All players must be current students, current UCSC faculty/staff or wellness card holders. Teams must sign the signup sheet/waiver prior to their first game. Players can not play on more than one team once playoffs begin and must sign the roster/waiver of the team being played on. Participants may not have names on multiple roster/waivers once playoffs begin. Those rosters become locked at the end of the regular season. To be eligible for the playoffs, a player must attend a minimum of two regular season games, even if they cannot play due to injury or illness.

All participants are expected to behave with courtesy and respect. Fighting or dirty play will be automatic grounds for dismissal. The severity of and repetition of violations of the Intramural Code of Conduct will determine the severity and length of suspensions. Flagrant violations of the rules and/or abuse of IM Officials will not be tolerated. Team Captains will assist game officials with conflicts that occur during the games.

FORFEITS: The IM Program has the authority to remove a team after they record two forfeits during any given season. Teams that are removed from the league due amassing two or more forfeits are not eligible for a refund of their Team Fee in whole or part.

EQUIPMENT AND FIELD: Games will be played on the East Field. The field is 50 yards wide by 100 yards long. There are two 10 yd end zones and 4 20 yd first down zones. No metal cleats are allowed. No casts or anything that is deemed dangerous to other players. Shirts must be tucked in or the flag belt adjusted so it does not interfere with play. Intramurals will supply the game ball and flag belts. If your team wishes to use a different ball that is acceptable however, the opposing team can also use that ball. Mouthpieces are strongly advised.

TEAM SIZE: Team consists of seven to a side. Teams can start with no fewer than five players. There is no limit to the number of subs per team.

GAME TIME: Game time is at the top of the hour. The team must grant their opponents a 10-minute (10 minutes past the hour) grace period if needed (If the required minimum number of players arrives within the 10-minutes, the game will be played and recorded as an official game). **NO EXCEPTIONS ARE PERMITTED TO THE 10-MINUTE GRACE PERIOD.** The length of the first period will be shortened according to the lateness of the new start time.

THE GAME:

A game shall consist of two 20 minute halves. A Ro-Sham-Bo will determine who will kick off. The winner will declare if they will start on Offense or Defense *or* can elect which direction they will go to start the game. The loser will decide the other option. The team that lost the ro-sham-bo can elect direction or ball for the start of the second half. A live clock will be used for the first half. The clock shall stop during the last single minute of play for:

- 1st Downs
- Touchdowns (clock starts again after the kick is fielded)
- Penalties (Intentional penalties result in ejections)
- Injuries
- Out of Bounds

- Incomplete Pass
- Change of Possession

TIME OUTS: Each team has two time outs per half.

TIES: Regular Season games can end in a tie. Playoff games that end in a tie at the end of regulation will go into overtime. During overtime both teams will ro-sham-bo to determine initial possession (winning team chooses to go first or second). Both teams will have 4 downs from the 20 yd line to score. Extra Points will also be attempted after a score. If the game is still tied, then repeat this process.

PLAYS FROM SCRIMMAGE:

1. The offensive team must have 4 players on the line of scrimmage during the snap.
2. All players are eligible to receive a pass.
3. Only one player may be in motion prior to the snap. They must be moving parallel to the line of scrimmage. No Arena Football type cuts.
4. The Quarterback cannot run past the line of scrimmage with the ball. The offensive team can lateral the ball to a halfback and that person can either run or pass the ball. The defense can at that point penetrate the line of scrimmage.
5. The Quarterback has 5 seconds from the snap to pass the ball past the line of scrimmage. If they do not, the play is called dead and the result will be loss of down with no penalty yardage.
6. Defense cannot break the line of scrimmage unless the play is a run. They can not break the line of scrimmage until the ball is handed off.
7. No blitzing the Quarterback
8. No "Sleeper" plays
9. No Flag Guarding (see penalty chart)
10. No dropping shoulders on offense or defense (see penalty chart)
11. No blocking below the waist. No leaving your feet for a block. No excessive force for blocking. No extended arms or elbows for blocking. (see penalty chart)
12. The snap from center must be either between the center's legs or to the side. One practice snap upon request.
13. All players on the field must be part of and leave the huddle before the start of a down. No extra players in the huddle.
14. A runner may not lower their head, use straight arm tactics or run in a bent over fashion which hinders the opponent from pulling their flag. They must employ a natural running form.
15. Spinning is allowed by the ball carrier but only once contact is made by a defender. One spin per contact.
16. The Ball is considered part of the body while in possession of a player. Thus the ball can not be stripped from the ball carriers possession.
17. When a defensive player pulls a ball carriers flag, they should hold it up so the official can see it.
18. If a runner loses their flag without interference from a defender, they are down at the point they gained contact with the ball.

19. The ball carrier is deemed 'down' once three points of contact touch the ground or if their knee or upper body touch the ground.

20. All fumbles that go forward will be marked at the point the ball carrier lost the ball. A fumble can be intercepted however as long as it does not touch the ground. All fumbles that hit the ground are dead.

21. If a kick off lands out of bounds the offense will start at the half field line.

22. If the receiving team of a kick off lines up off-sides the penalty will be five yards assessed on their first down.

FIRST DOWNS: A first down is awarded once the offensive team has broken the plane of the 20 yard line zones. If a team loses yardage from either loss of yards or penalty and that penalty puts them behind one of the 20 yard lines, they now have to break the plane of the second, or farther 20 yard line to get a first down.

PUNTS: All punts must be declared prior to the punt. There must be at least 4 players on the line of scrimmage on offense and defense when the ball is snapped. They are free to go downfield after that. The punter cannot hesitate and must punt the ball in one motion after catching the hiked ball.

SCORING:

1. Touchdown: 6 Points
2. Extra point from 5 yards out: 1 Point
3. Extra point from 10 yards out (not including assessed penalty) 2 Points.
4. Extra Point intercepted and returned by the defense: same values that the offense was attempting.

PENALTIES:

<u>Infraction</u>	<u>Yds</u>	<u>From</u>	<u>Down</u>
Over LOS w/out handoff, pass, or lateral	5	Scrimmage	Loss
Offside	5	Scrimmage	Over
Motion	5	Scrimmage	Over
Delay of Game	5	Scrimmage	Over
Illegal Procedure	5	Scrimmage	Over
Encroachment	5	Scrimmage	Over
Receiver steps OB & comes back in	5	Scrimmage	Loss
Illegal Block	10	SOF	Loss
Holding, Illegal use of Hands, or stiff-arm	10	SOF	LOSS
Offensive Pass Interference	10	Scrimmage	Over
Defensive Pass Interference	SOF	Scrimmage	1 st
Defensive Holding	10	SOF	Over
Unnecessary Roughness	10	Scrimmage	1 st if O, Loss if D
Unsportsmanlike Conduct	10	Scrimmage	1 st if O, Loss if D
Dropping of the Shoulders	10	SOF	1 st if O, Loss if D