

CU IM-REC SPORTS
FLAG FOOTBALL
Email: imsports@colorado.edu
Office Line 303-492-2893 • Weather Hotline: 303-492-7244
Website: www.colorado.edu/rec-center/intramurals

ROSTER SIZE IS LIMITED TO 16 PLAYERS

Teams winning a championship will receive a maximum of 10 shirts

Games will be governed by the 2006 National High School Federation, with the following modifications:

GENERAL

- Participants should have adequate health & insurance accident insurance to cover any injury which may occur.
- Game time is forfeit time!
- No Buff OneCard = No Play!
- If you forfeit your first game you will be dropped from the league, if you forfeit your 2nd, 3rd, or 4th game you will not advance to the tournament. If you accumulate 2 Honest Effort Forfeits you will not advance to the tournament.
- If your team cannot make a regular season game please email us at imsports@colorado.edu and we will email out all the teams to see if we can find a replacement team. If a replacement team is found your team will not get credited with a forfeit. If a replacement team is not found your team is responsible for the game.
- All games picked up by a team count as a real game and will count on your record and sportsmanship rating.

ELIGIBILITY

- Must be a fee paying CU student or Rec-center member.
- Must present your “Buff OneCard” or Rec-Center Membership card in order to check-in before every game. If a player does not have their Buff OneCard or Rec-Center Membership, they will not be allowed to participate.
- Players may play on only one team per sport (with the exception of being allowed to play on a Co-Rec team and a team of their own gender in the same sport).
- A player must have played in at least one of the first four regular season games in order to play tournament.

TEAMS & SUBSTITUTIONS

- A team consists of 7 players on the field. A minimum of 5 players is needed at game time to start the game.
- An Honest Effort Forfeit will be awarded to teams that have only 4 players at game time, teams with any less than this will be given a standard Forfeit.
- A player may substitute in or out after a play is downed and before another one begins.

UNIFORM/EQUIPMENT

- Teams are required to wear shirts of the same color.
- If both teams are wearing the same color jerseys, pennies will be given to the away team.
- No article of clothing may cover any portion of a player’s flag belt.

- Shirts must be tucked into pants or be short enough that they are 4 inches above a player's flag belt.
- Tear-away pants, pants with pockets, belt loops, belts or exposed draw-strings are not allowed. Pants with zipper pockets will only be accepted if they are determined safe by an IM Sports Supervisor before each game.
- Players may not wear any sort of billed hat or visor. Players may wear knit or stocking caps as well as a headband made of soft, non-abrasive material.
- Shoes must be worn! Shoes must be athletic (tennis) shoes or molded rubber cleats. Shoes of any other nature (metal cleats, flip-flops, dress shoes, etc.) are not permitted! Screw-in and Screw-on cleats will only be accepted if they are determined safe by an IM Sports Supervisor before each game.
- Standard sweatshirts and coats may be worn as long as they do not contain pockets. Hooded sweatshirts will be allowed if they do not contain pockets, or if they worn inside out so that no pockets are exposed.
- Male teams must play with regular size footballs. Female teams may play with regular, intermediate, youth or junior size footballs.
- Flag belts will be provided by IM sports.

THE GAME

LENGTH OF GAME

- The game will consist of two 20- minute halves. The first half the clock will run continuous. The last two minutes of the second half will follow NIRSA timing rules. The clock will stop for incomplete passes, penalties, and first downs. Halftime will be 5 minutes.

TIMEOUTS

- Each team is allowed 3 three-second time out per half. Time outs do not carry over from half to half.

STARTING THE GAME

- At the beginning of each game officials will conduct a captain's meeting. During the captain's meeting, the referee will toss a coin and offer the winning captain the following options:
 1. To defer his/her option till the second half.
 2. To start on offense or defense.
 3. To defend a specific goal.
- Each half shall begin with the ball being placed on the 14 yard line. There are no kick-offs.

SCORING

- A touchdown is worth 6 points.
- After a team scores, their captain will be given the choice to go for a 1, 2, or 3 point conversion. Gender has no bearing on conversion points.
 - 3 yard line = 1 point
 - 10 yard line = 2 points
 - 20 yard line = 3 points
- If a team wishes to go for a different point value on the conversion after they've declared a decision to the Referee, they're required to use a time-out.
- A team recording a safety will receive 2 points, and the ball shall be snapped by the scoring team at their own 14 yard line, unless moved by penalty.

MERCY RULE

- If a team is 19 points or more ahead when the Referee announces the 2 minute warning for the second half, the game is over.
- If a team scores during the last two minutes of the second half and that score creates a point differential of 19 or more points, the game shall end at that point.

OVERTIME

- There is no overtime during the regular season. During tournament play, if the game score is tied after regulation time, then a coin toss will determine who will get the ball & side. Captains will alternate choices if additional overtimes are necessary. The winner of the coin toss will be given the options of offense, defense, or direction. Both teams will go the same direction in overtime. Each team gets one time out. Each team will be given a series of 4 downs from the same 10 yard line. If the first team given the ball scores, the second team will still be given the ball and have 4 downs to attempt to win the game. Try for points after will still be attempted in the same manner.

RULE CLARIFICATIONS

THE SNAP

- The offense must snap the ball within 25 seconds after the Referee has blown his whistle to put the ball into play.
- The snapper shall pass the ball back from its position on the ground with a quick continuous motion of the hands. The snapper may pass the ball either between their legs or from the side. Both of their feet must be behind the line of scrimmage.

LINE OF SCRIMMAGE

- In Co-Rec football, the offensive team must have 4 players set on the line of scrimmage at the snap. The player in motion does not count as a player on the line of scrimmage.
- Once the center has placed his hands on the ball no player may enter the neutral zone.
- Until the league snap, no defensive player may encroach, touch the ball, stand in, or in any other way interfere with the offensive team.

PLAYERS IN MOTION

- Only 1 player may be in motion at a time.
- A player in motion may not be in motion towards their opponent's goal line when the ball is snapped. If a player does go in motion towards their opponent's goal line, they must be set for at least 1 second before the ball is snapped.

BACKWARD PASSES AND FUMBLES

- Any ball that is fumbled during a down will be ruled dead immediately at the spot where it touches the ground. Backward passes are unlimited. Backward passes that hit the ground are dead at the spot it hit the ground.

FORWARD PASSES AND INTERCEPTIONS

- The passer's foot must be behind the line of scrimmage when the ball leaves his/her hands.
- Only 1 forward pass is allowed per down, backward and lateral passes are unlimited,
- A player attempting to catch the ball in the air must contact the ground with at least one foot in bounds with the ball in possession prior to going out of bounds.
- If a forward pass is caught simultaneously by members of opposing teams, the ball is dead at the spot and is awarded to the offensive team that snapped the ball.

PASS INTERFERENCE

- Pass interference is defined as bumping, pushing, or unnecessary contact with an opponent or restricting a player from access to a pass while on offense or defense.

- There does not have to be contact for pass interference to be called, obstructing an opponent's view while making no play on the ball (i.e. not facing the ball) is considered pass interference.
- Pulling the receiver's flag before he/she catches the ball is considered pass interference.

PUNTING THE BALL

- On 4th down the Referee will ask the offensive team if they want a protected scrimmage kick or if they want to go for it. The referee must communicate this decision to the defensive team.
- There are no quick kicks.
- The kicking team must have all of its players on the line of scrimmage except for the punter.
- After receiving the snap the ball must be punted immediately in 1 continuous motion.
- There are no restrictions for the number of players the defensive team must have on the line, but defensive players may not penetrate the line of scrimmage.
- If the punt crosses the scrimmage line and touches a player from either team and then hits the ground, the ball is dead at that spot and belongs to the receiving team. However, a punted ball may touch the ground an unlimited number of times and even come to rest and still be a live ball if it does not contact a player from either team.
- A team may declare to punt on any down. After such announcement the ball must be punted. If a team declares to punt the ball and then wishes not to, a time-out will be charged for this change of decision.

FOULS AND PENALTIES

- Players may not commit any of the following personal fouls:
 1. Punch, strike, strip, steal or **attempt** to steal the ball from a player in possession.
 2. Trip, clip, or hurdle any player.
 3. Contact an opponent who is on the ground, or after the ball is declared dead.
 4. Throw the runner to the ground.
 5. Deliberately drive or run into a defensive player or lower the shoulder.
 6. Commit any unnecessary roughness.
 7. Tackle a runner by grasping or encircling with the hands or arms.
 8. Roughing the passer.
 9. Stiff arming
 10. Pulling the flag of an opponent that does not have the ball or before he /she has the ball.

SCREEN BLOCKING

- Screen blocking shall take place without contact. The blocker shall have their hands and arms at their sides or behind their backs.
- A screen blocker cannot use their hands, arms, elbows, legs, or body to initiate contact.
- The defense must go around the offensive blocker.
- The offensive blocker cannot lean or use hips to block defensive player.
- If a player wishes to block for a teammate who is advancing the ball, the blocker may run alongside him until a defensive player comes within approximately 1 stride of the blocker. At that point the blocker must stop running and hold their position without initiating any contact.

THE FLAG BELT

- All shirts must be tucked in and are not permitted to hang over the flag belt.

- Should a player lose their flag belt legally or illegally during a down and then should that player gain possession of a live ball, that player will be down when a legal tag (one hand touched by the defense) is made.
- If a player's belt is illegally secured, a personal foul will be given and the player is disqualified. If this occurs during a touchdown, the team will receive the penalty and the touchdown will not be awarded.

GUARDING THE FLAG

- Runners shall not guard the flag by using any part of the body or ball to deny the opportunity for an opponent to pull or remove the flag belt.

CONDUCT/SPORTSMANSHIP

- Fighting and unsportsmanlike conduct will not be tolerated and is be grounds for the entire team being dropped from the program. Any team whose members leave the bench results in the entire team being suspended for at least the semester.
- Any abusive language, physical gestures and untimely questioning of calls directed at an official, scorekeeper, or player is grounds for a technical foul. Bench technical may be called. Captains, control your bench.
- Pre and post game: harassing of officials, scorekeepers, other players, or a supervisor, poor sportsmanlike conduct, or lack of cooperation is subject to penalty from a mild warning to complete expulsion from the program.

TOURNAMENT SCHEDULING

- All teams that do not forfeit, do not have 2 or more Honest Effort Forfeits, and have an average of 3.0 sportsmanship rating will advance to the post season tournament.
- Tournament schedules will be posted the last week of the regular season.