Alvernia College
Athletics and Recreation
Intramural Sports

For every sport there is a $10 deposit that you will get back as long as your team is at every game. If your team misses one game you will get half of your money back, $5, and if your team misses another game you will lose all the money and your team is dismissed from play. All players must present their Alvernia ID before every game. NO ID = NO PLAY!

Flag Football Rules

GOVERNING RULES:
Current NIRSA (National Recreational Sports Association) shall govern all intramural rules used for flag football at Alvernia College unless modified by the Intramural Board for program needs.

Persons subject to the rules are team representatives, including players, substitutes, replaced players, coaches, trainers, spectators, & other persons affiliated with the team are subject to the rules of the game & shall be governed by decisions of officials assigned to the game.

EQUIPMENT, FIELD, PLAYERS & GAME TIMING

1) CLEATS ARE NOT ALLOWED ON THE PLAYING SURFACE

2) Illegal/Prohibited Equipment is as listed but not limited to the following:
   a. Helmets & pads or braces worn above the waist
   b. Shoes with metal cleats
   c. Ski or logger boots or boots with exposed metal, hook (s), loop (s) or soles exceeding 2 inches
   d. Any item containing exposed knots: Including bandannas, do-rags & stocking caps
   e. Headwear containing any hard & unyielding material: Baseball caps
   f. Pants, shorts or jerseys with any belt (s), pocket (s), exposed drawstring or zippers
   g. Tear-away pants, shorts or jerseys
   h. Jewelry: Includes earrings, rings, watches, bracelets, necklaces
   i. Any exposed body or facial piercing must be taken out
   j. Hooded coats & sweatshirts
   k. Hard & unyielding leg & knee brace material

3) Legal Equipment
   a. Protective gear is highly recommended (Mouth, crotch & pelvic protectors)
   b. Shoes made of canvas, leather or synthetic material which covers the foot & attached to a firm sole of leather, rubber or composition material
   c. Jersey (short/long sleeve or sweaters) must be long enough to remain tucked into pants or shorts & short enough so there is a minimum of 4" from the bottom of the jersey to player’s waistline
   d. Pants or shorts without belt (s), belt loop (s), pocket (s), exposed drawstring or zippers
   e. Religious & medical alert bracelets or necklaces must be taped to the body for participation (Written prove may be required for religious bracelets/necklaces)
   f. Knit headwear without a bill & headbands made of non-abrasive material
g. Hair control devices, knee pads, gloves & mittens that are soft, pliable & non-abrasive
h. Play books may be carried inside clothing

EQUIPMENT, FIELD, PLAYERS & GAME TIMING (cont.)
4) Men shall use a regular size ball & women can use a regular, intermediate, youth or junior sized ball
5) The game field shall be a rectangular area that is 80 yards long- divided into 8-10 yard segments with 2-10 yard end zones included in the 80 yards
6) The game shall be played between 2 teams of 6 players each. 4 players are required to start the game to avoid a forfeit. **Rosters are limited to 10 players.**
7) It is highly recommended for teams/individuals to arrive 10 minutes early before the scheduled game time. At the scheduled game time, if a team does not have the required number of players a 10-minute grace period is in effect. If a team/individual does not appear within the grace period, a win by forfeit will be accredited to the opposing team.
8) The game shall consist of two 20-minute running halves with the clock stopping in the last 2-minutes of each half. Intermission is 5 minutes in length. **Overtime will only occur in playoffs.**
9) During the final 2-minutes (2 minute warning) the clock will begin on the snap or officials signal
10) At the 2-minute warning of each half the clock will stop for a:
   a. Incomplete legal/illegal pass, pass goes out-of-bounds or penalty
   b. Team is awarded a new series after gaining a first down or a legal punt
   c. First down or touchdown
   d. Change of possession
   e. Team attempting to consume or conserve illegally
   f. Safety or touchback
   g. Time-out, referee’s time-out or inadvertent whistle
11) Mercy Rule
   a. The game will end when a team is 19 or more points ahead at the 2-minute warning in the second half.
12) Overtime:
   a. Overtime will only occur in playoffs
   b. Shall be played towards the same goal line
   c. Only one coin toss will occur & shall begin the overtime period & the winner of the toss is given the options of offense, defense. The opponent shall make a choice of remaining options.
   d. Time-outs do not carry over from regulation game so, each team is awarded 1 time-out.
   e. Unless a penalty occurs, each team will start 1st & goal on the 10-yard line. Each team will have 4 downs to score. If a tie remains after one period, captains will alternate choices & series will continue until a winner is determined.
   f. Teams can intercept a pass or fumble & return it for a touchdown, if team scores, team wins & the game has ended.

PLAYING REGULATIONS
1) Each team is allowed 3 time-outs per game.
2) Each game will start with a coin toss between opposing captains. The captain winning the coin toss shall have a choice of offense or defense. The losing captain gets to choose which end zone they wish to defend. The 2nd half will begin opposite of the first half. (Ex. Team 1 wins toss and chooses to go on offense and Team 2 chooses to defend the North end zone. 2nd half will begin with Team 2 on offense and Team 1 defending the North end zone.)

SUBSTITUTIONS
1) **ALL SUBS MUST ENTER FIELD FROM THEIR TEAM BENCH**
2) No substitutes shall enter during a down
3) Substitution can occur between downs, an accepted penalty, time-out, injury or ending of a half
4) Substitutes shall be on their side of the neutral zone before ball is snapped/becomes live

**PUNTING**
1) **NO FAKE PUNTS**- If your team chooses to punt, you must punt
2) Returning punts are legal
3) If the ball is dropped or muffed by the receiving team the ball is dead on the spot
4) If the ball is kicked out of bounds, ball is placed at the spot it went out
5) **After a punt, the ball may be blocked, if blocked to the ground it is dead at that spot.**
6) If the punt is blocked & then caught behind the scrimmage line the ball may be advanced

**PLAYERS**
1) **6 players on field at all times**
2) Co-ed- **2 people of the opposite sex must be on the field for each team at all times**
3) Must have 3 people on the line of scrimmage
   a. One offensive player may be in motion but not in motion towards the opponent’s goal line at the snap of the ball. All players must come to a complete stop & remain stationary (without movement of feet, body, head, or arms) for a full second before the ball is snapped.
      i. Penalty- 5 yards (Illegal Motion)
      ii. Penalty- 5 yards (Illegal Formation)
4) The center is the only player not eligible to receive a pass
5) The offensive team is responsible for retrieving the ball after a down is played & the ball will be marked for the play
6) Offensive team has 25 seconds to get the play off, from when the ball is marked ready for play
   a. Penalty- 5 yards (Delay of Game)
7) Players must use a 2, 3, or 4 point stance
8) No defensive player may encroach, touch ball or make contact or interfere with opponents prior to snap
   a. Penalty- 5 yards (Encroachment)
9) No offensive player shall false start, which includes simulating a charge or start of play
   a. Penalty- 5 yards (Illegal Motion)
10) The player who receives the snap must be at least 2-yards behind the line of scrimmage
    a. Penalty- 5 yards (Illegal Procedure)
11) the snapper, after assuming the position for the snap & adjusting the ball, may neither move nor change the position of the ball & shall be penalized for such movement whether or not the ball is snapped
    a. Penalty- 5 yards (Encroachment)
12) The snap must be in a backwards motion either between the legs or to the side of the snapper the snap must be quick and in a continuous motion.
    a. Penalty- 5 yards (Illegal snap)
13) All fumbles, muffs or backwards passes that hit the ground shall be dead on the spot. If the ball is intercepted during a fumble, muff or backwards pass it may be advanced.
14) A backwards pass or fumble which goes out-of bounds between the goal lines belongs to the offensive team at the out-of bounds spot. If out-of-bounds behind a goal line, it is a touchback or safety.
15) Any player, replaced player or substitute enters during a down, **Illegal Participation, 10 yards**
16) **Only one forward pass can be thrown per down**
    a. Illegal forward pass = Illegal pass = 5 yards from spot & loss of down
       i. Passer’s foot is beyond the scrimmage line
       ii. Passer intentionally throws ball to the ground to save loss of yardage
       iii. Passer catches untouched forward or backward pass
       iv. If there is more than one forward pass per down
17) Pass interference can only occur beyond offensive scrimmage line: after the ball is snapped, passed & touched:
a. Offensive pass interference = after the ball is snapped & until touched  
   i. 10 yards & loss of down from previous spot 
b. Defensive pass interference = after the ball is thrown & until touched 
   i. 10 yards from previous spot = automatic first down 
   ii. Defense deflags an offensive player before receiving the ball 

18) A runner may pass the ball backwards (lateral) at anytime & a backwards pass or fumble in flight may be caught or intercepted by any player inbounds & advanced 
19) A runner shall not grasp a teammate or be grasped, pulled or pushed to gain yardage 
       a. Helping the runner = 5 yards 

20) Runners shall not flag guard by using their hands, arms or the ball to deny opportunity of pulling or removing the flag belt such as but not limited too: 
       a. Personal foul = 10 yards 
           i. Placing or swinging the hand or arm over the flag belt 
           ii. “Stiff arm” opponents 
           iii. Placing the ball in possession over the flag belt 
           iv. Lowering shoulder in such a manner which places the arm over the flag belt 

21) A runner may jump over an opponent to avoid contact but shall not hurdle a player 
       a. Penalty = 10 yards from spot of foul 

22) A runner shall not charge into nor contact an opponent in their path, nor attempt to run between two opponents unless space provides a reasonable chance to proceed without contact 

23) An opponent may dive to grab a flag belt 

24) An opponent shall not hold, grasp or obstruct the forward progress of a runner when in the act of removing the flag belt or making a legal tag = Personal foul = 10 yards 

25) A player may dive to gain more yardage for 1st down & touchdown situations only 
       a. A dive constitutes arms & feet extended with ball extended from body 
       b. At no time may a player dive through an opponent = Personal foul = 10 yards 
       c. If official views diving as an intent to harm, player may be disqualified 

BLOCKING 

1) At no time is anyone allowed to put their hands in the face or below the waist (unless grabbing the flag) 
2) Person blocking may not intentionally dive into an opponents legs (chop block) 
   a. Illegal blocking=Personal foul= 15 yards 

ROUGHING THE PASSER 

1) Defensive players must make a definite effort to avoid charging into a passer after it is clear the ball has been thrown forward legally. 
   a. Roughing the passer = 10 yards & automatic 1st down 

2) No defensive player shall contact the passer who is standing still or fading back as they are considered out of the play after the pass. 
   a. Roughing the passer = 10 yards & automatic 1st down 

3) Contacting hand or arm, regardless of contacting the pass 
   a. Roughing the passer = 10 yards @ automatic 1st down 

4) Contacting the ball before contacting the passer 
   a. Roughing the passer = 10 yards @ automatic 1st down 

5) Roughing the passer restrictions do not apply if the forward pass is thrown from beyond the scrimmage line but personal foul penalties can be assessed. 

FLAG BELT REMOVAL 

1) Players must have possession of the ball before the can be legally deflagged by an opponent 
2) A runner who accidentally or inadvertently loses their flag belt shall be deflagged by one-hand touch between the shoulders & the knees by an opponent
3) A runner who purposely removes their flag belt to gain an advantage
   a. The play shall continue with the option of the penalty or the play
      i. Personal foul, 10 yards
4) In circumstances where the flag belt is removed illegally, play should continue with the option of
   the penalty or the play
5) An opponent intentionally pulling a flag belt from an offensive player without the ball is illegal =
   Personal foul = 10 yards
6) Tampering with the flag belt in any way to gain an advantage including tying, use foreign materials
   or other methods results in a personal foul & disqualification.

SCORING
7) Touchdown = 6 points
8) The player who has scored the touchdown must raise their arms so, nearest official can deflag
   them. If the player is not deflagged with one pull & the official determines the flag belt has been
   secured illegally, the touchdown is disallowed & the player is disqualified.
   a. Personal foul = 10 yards from previous spot
   b. By the offense = no touchdown, loss of down & disqualification
   c. By the defense = no touchdown, automatic first down & disqualification
9) Try
   a. 1 point = 3 yard line, 2 point = 10 yard line & 3 points = 20 yard line
   b. Once a team makes a choice, the choice is final unless a time-out is granted
   c. If a penalty occurs before the time-out, a team cannot change their choice
   d. Enforcement of yardage penalties does not change the value of the Try
   e. An intercepted Try attempt can be returned for a touchdown, touchdown equals
   points of the try
10) Safety = 2 points
   a. It is not a safety when a player intercepts a forward pass, fumble, backwards pass or
   catches a punt between the 5 yard line & the goal line & momentum carries player into the end zone
11) Teams cannot score points by field goal attempt

PLAYER RESTRICTIONS (10 yard penalty)
No player shall commit a personal foul during a half or intermission & if act is viewed as intentional or
flagrant the offender will be disqualified.
   1) Strip or attempt to strip the ball from runner by punching, striking or stealing the ball from
      opponents
   2) Contact an opponent who is on the ground
   3) Throw the runner to the ground
   4) Hurdling any player
   5) Contact an opponent either before or after the ball is declared dead
   6) Make contact of any nature with an opponent which is deemed unnecessary including using fists,
      locked hands, elbows or any part of the forearm or hand, except according to the rules
   7) Deliberately drive or run into a defensive player
   8) Position them selves on the shoulders or body of a teammate or opponent to gain an advantage

UNSPORTSMANLIKE CONDUCT (10 yard penalty)
No player shall be involved in unsportsmanlike conduct during a half or intermission & if act is viewed as
intentional or flagrant the offender will be disqualified. 3 Unsportsmanlike Conduct penalties will result in
disqualification from the contest.

Non-contact player acts are acts during a period or intermission, include but are not limited too:
   1) Refusal to comply or abide by the request or decision of an official
   2) Attempting to influence a decision by an official
   3) Disrespectfully addressing an official
   4) Indicating objections to an official’s decision
   5) Using profanity, taunting, insulting or vulgar language or obscene gestures to officials or
      opposing players
   6) Attempting to kick, strike (using arm, hand or fist) or jump at an opposing player/ teammate
7) Using words similar to the offensive audibles & quarterback cadence prior to the snap in an attempt to interfere with defensive signals of movements
8) Intentionally kicking at the ball, other than during a punt
9) Spiking the ball into the ground
10) Leaving the field between downs to gain an advantage unless replaced or with permission of the referee
11) Holding an unauthorized conference or being on the field illegally
12) Participate while wearing illegal player equipment

DISQUALIFICATION ACTS
Exhibit, participate in or perform any of the following acts & disqualification will occur:
1) Intentionally contacting a game official physically (spitting, kicking, striking (swinging an arm, hand or fist), jumping at during the game (applies to team representatives)
2) Tackling an runner or opponent by grasping or encircling with the hand (s) or arm (s) & taking the opponent toward the ground as in tackle football
3) Intentionally spitting, kicking or striking (swinging an arm, hand or fist) any opposing player/teammate
4) Fighting (engaging in a combative manner unrelated to football)
5) Leaving a team area & entering the playing field during a fight
6) Tampering with the flag belt in any way to gain an advantage including tying, use foreign materials or other methods
7) Throwing the ball high in the air, if viewed as flagrant
8) Using & participating under an assumed name