

Laurier Flag Football Intramural Rules - Fall 2015

Rules follow the **general** CFL format with **alterations** fitted for a flag football league.

Pre-Game

The Coin Toss

At the beginning of the game the captains from each respective team will meet the officials for the coin toss. The visiting team will call the coin before the coin is tossed in the air. The outcome for the coin toss winner is the choice of the following:

- (A) Receive (Start with possession on offence)
- (B) Defer Possession To Second Half
- (C) Choose Side

Example: (1) Team A wins the coin toss and elects to receive the ball in the first half. Team B will start on defence in the first half and will start on offence in the second half.

(2) Team A wins the coin toss and elects to defer possession to the second half. Team B will receive the ball in the first half and will start on defence in the second half.

Start Time

Teams have 7 minutes from start time to field a team. If a team is unable to field a team within the 7 minutes the game is considered a forfeit. A score of 30-0 will be given to the non-forfeiting team.

Players and Substitutions

1. A team will field maximum 7 players at a time. 4 males and 3 females for co-rec. Maximum 4 males on a field at a time, and minimum 2 females. If a team is only able to field 5 players at the beginning of the game then they are able to play shorthanded if they choose so. However, these 5 players must consist of at least 2 females for co-ed and the opposing team may field 7. Having 4 players or less is a automatic forfeit and may result of loss in bond money. However, teams are allowed to finish the game with only 4 players if the player loss was due to an injury.
2. Teams can substitute on the fly.
3. Players are to wear athletic gear while on the field, this includes shorts, sweat pants, track pants, etc. ... Cleats are allowed, however metal cleats are not to be worn on the field at any time.
4. No adhesive substances are to be applied to gloves or hands before or throughout the duration of any game. This includes Stickum, Glove juice, etc.
5. Team Uniforms are encouraged and even awarded at times, however this is not mandatory. Uniforms must be sent to your RIC and pre-approved.

Timing and Scoring

Time

1. A full game consists of 2x20 minute halves, with a brief half time in between. At the end of the 20 minutes, the referee will state 2 minutes to 5 plays, and then the referee will state when there is 5 plays left in the half. Any offensive play count towards the 5 plays. Point after attempts do not count as one of the 5 plays (conversions). After the 5 plays, the half or game is over.
2. The game cannot end on defensive penalty unless the offence declines the penalty.
3. Overtime: Overtime will not be played for regular season games.

Overtime

- a. Overtime will begin with a coin toss. The team that won the coin toss can choose to be the first team to convert or the second team. Each team gets one attempt at a 2 point conversion, and whoever has more points at the end of both team attempts, wins the game. If both teams succeed or fail their convert, they get another attempt until a team is victorious.

Scoring

Touchdown ◊ 6 points

*PAT from the 5 Yd Line ◊ 1 Point

*PAT from the 10 Yd Line ◊ 2 Points

**Safety ◊ 2 Points

Possession and Fumbles

1. Possession refers to: the player who has the ball legally during play at the referee's discretion.
2. A fumble is not a free ball! The ball becomes dead at the point where it touches the ground. If a player can recover a ball before it touches the ground, then the play continues and possession changes. Exceptions to this are as follows;

* If the QB fumbles the snap before him/her gains full possession of the ball than they may pick up the ball and continue the play. The ball is also live for a defensive player to recover it and gain possession.
Note*: The referee has full right to blow the play dead on these exceptions if he/she feels the need to prevent injury.
3. Two feet must be in bounds for a catch in the field of play or end zone to be legal.
4. No pushing out of bounds. If the receiver catches the ball in the air and in the field of play and is pushed out of bounds by a defender before the receiver can hit the ground, the result of the play is a legal catch.
5. Play until you hear the whistle. If there are any discrepancies, ONE player may speak to the referee about the play, after the play is dead.

General Offence Rules

1. 4 offensive downs to gain 25 yards to re-acquire a 1st down.

Girl Play: For the Co-ed League, in the first 3 downs of each series of downs, there must be a possession attempt to a female player. This consists of a female quarterback, a handoff to a female player, or an attempt of a female completion. A female player snapping the ball does not consist of a female play. Intentional grounding in the vicinity of a female player will not be tolerated. If a team fails to attempt a girl play after the third down, they will get an automatic 10 yard penalty from the current spot of the line of scrimmage, replay of third down, and a girl play is still required.

2. QB or any player who touches the ball first after the snap must be 5 yards off the line of scrimmage. . A centre will throw the ball to the QB, (can be between legs or simple toss)

3. The offence must have 3 players on the line of scrimmage in order to snap the ball. The other 4 players are allowed to be in motion. There are no restrictions to how many players must be on either side of centre.

4. Maximum of 2 players in motion vertically and 1 in motion laterally at a time.

5. Rotation of the hips by more than 90 degrees counts as a "spin". When moving laterally players may plant a foot and change directions but spinning while moving forward is not allowed. As well, if a player catches a ball with their back facing up field (ex. When running a curl route) they may turn around and run up field.

6. Spins, slapping the hand of a defender attempting to grab a flag, and stiff-arm moves are not permitted. If a player commits any of these the play is stopped and the ball is placed at the spot of the infraction.

7. Flag must be present and fully visible at the sides of players at all times. Players will be asked to tuck their sweaters or shirts in to avoid concealing the flags. No rolling of the flags.

8. The play is complete when the ball carrier steps out of bounds, or has his flag removed. If the flag falls off not because of an opponent grabbing it then it becomes one-hand touch football on that specific player. If a player is down on the ground they are able to get up and play continues, they must be touched down when on the ground, the flag does not have to be removed. Only the ball carrier can be running in the play, all the other receivers may not continue to run routes to set offensive picks.

9. There is no diving to advance the ball. The ball will be marked from the point that the ball carrier left the ground. The spot of the ball is where the player's torso is, not the ball.

10. If the referee blows the whistle by accident the Inadvertent Whistle rule will apply. At the time of the inadvertent whistle, the team with the possession of the ball has the option of replaying the down, or taking the result of the play.

11. No blocking at any time. Blocking includes obstructing a defensive player's direct line to a ball carrier. If the offensive player is not moving, then it is not considered a block, as long as it is not in the intended path of a defender's route. If you find yourself in a position where you are a blocker simply due to the routes of a play then you must put your hands in the air and remain still.

12. There is no extension of the ball. The ball will simply be marked at the player's torso from the point where their flags are removed.

13. No spiking or throwing of the ball away whether in anger or in joy.

General Defensive Rules

1. The defence may elect a pass rusher. The rusher must be at least 5 yards from the line of scrimmage until the snap, all other players may be as close as 1 yard. You may rush as many players as you like, but each rusher must identify themselves by having their hand raised above their head before the snap of the ball. The rusher has the right to an unobstructed direct path to the quarterback.

2. To be considered down only one flag needs to be removed.

3. Absolutely no tackling, or jumping on players. No wrapping up of players. Penalties will be assessed at the referees discretion.

4. Defenders may have very brief contact with receivers at the beginning of the play "bump and run" outside of 5 yards defenders may not interfere with the receiver in any way.

Penalties

1. Profanity during the game will not be tolerated. A) At the coin toss, teams will be warned about profanity anywhere on the field and the bench area. First time offenders a warning will be issued, second time an unsportsmanlike conduct penalty (10 yards), third time offenders will be ejected.

2. Offside and False Start. Offensive false start is 5 yards, down repeated. Defensive offside is 5 yards and down repeated. On defence the rusher must be 5 yards from the line of scrimmage, all other players must be a minimum of 1 yard. If the rusher is not 5 yards and rushes the QB it will be considered offside.

3. Delay of Game -The referee shall allow 20 seconds for the ball to be put into play. If this time is exceeded a delay of game penalty will be enforced (5 yards, replay down)

4. Offensive Obstruction – blocking the rusher, or blocking of a defensive player from making a stop on a player results in an immediate dead ball and a 5-yard penalty. The down is NOT replayed. If the infraction was committed by blocking the rusher then the play is blown dead, moved 5 yards back, and the down is replayed.

5. Holding – If a player holds an offensive players sweater, shorts, pants, etc... Instead of going directly for the flags this results in 5 yards being added to the play, and automatic first down.

6. Pass Interference: Defensive pass interference results in automatic first down at the spot of the foul. Pass interference constitutes as the following:

- (a) Contact by a defender who is not playing the ball and such contact restricts the receivers opportunity to make the catch.
- (b) Playing through the back of a receiver in an attempt to make a play on the ball.
- (c) Grabbing a receivers arm(s) in such a manner that restricts his opportunity to catch a pass.
- (d) Extending an arm across the body of a receiver thus restricting his ability to catch a pass, regardless of whether the defender is playing the ball.
- (e) Cutting off the path of a receiver by making contact with him without playing the ball.
- (f) Hooking a receiver in an attempt to get to the ball in such a manner that it causes the receivers body to turn prior to the ball arriving.
- (g) Screening the receiver, if a defender raises his arms and screens the offensive receiver without attempting to look or play the ball will be called for defensive pass interference.

Actions that do not constitute pass interference include but are not limited to:

- (a) Incidental contact by a defenders hands, arms, or body when both players are competing for the ball, or neither player is looking for the ball. If there is any question whether contact is incidental, the ruling shall be no interference.
- (b) Inadvertent tangling of feet when both players are playing the ball or neither player is playing the ball.
- (c) Contact that would normally be considered pass interference, but the pass is clearly uncatchable by the involved players.
- (d) Laying a hand on a receiver that does not restrict the receiver in an attempt to make a play on the ball.
- (e) Contact by a defender who has gained position on a receiver in an attempt to catch the ball.

If defensive pass interference occurs in the end-zone the ball will be marked at the 1 yard line.

7. Offensive Pass Interference: Push offs, holding, tripping etc all constitute as offensive pass interference. The ball will be brought back 10- yards from the previous spot.

8. Unnecessary Roughness- NO TOLERANCE WHAT SO EVER. Piling on, tripping, contact with the quarterback after the ball is released, any contact with the punter (unless slight & accidental), rough touch and intimidation, tackling all constitutes as unnecessary roughness.

(a) Penalty - Offensive: 15 yards from the previous spot DO NOT REPLAY DOWN. Penalty Defensive: 15 yards from point of foul and automatic 1st down.

(b) 1st time offender is 15-yard penalty. If the same individual commits this infraction again it is a 25-yard penalty and that player is ejected from the game. 1st time team offence (3 players or more) will result in a 25 yard penalty automatic first down. 2nd team offence (3 players or more) will result automatic forfeiture no matter the score.

(c) Ejections are to the referee's and RIC discretion.

9. Objectionable Conduct - Spiking the ball, profane and obscene gestures and language and remarks, threats, demeaning remarks, arguments or other acts directed towards players or officials.

(a) Penalty - 15 yards plus any other fouls, down is not repeated. Serious or subsequent infractions committed by the same player results in an ejection of the player, plus a 25- yard penalty. If player persists on sidelines after being ejected, the team will forfeit the game no matter the score.

b) 1st time team offence (3 players or more) will result in a 25 yard penalty and automatic first down. 2nd team offence (3 players or more) will result automatic forfeiture no matter the score.

10. ONLY CAPTAINS MAY DISCUSS RULINGS WITH THE OFFICIALS, ALL OTHERS WILL BE PENALIZED FOR OBJECTIONABLE CONDUCT.

11. ONCE THE CALL ON THE FIELD HAS BEEN MADE IT CANNOT BE REVERSED OR CHALLENGED

ELIGIBILITY CONSIDERATIONS

To be eligible to play, a player's name must appear upon the team's roster each game. Rosters will be updated weekly by staff pending changes submitted by the team captain. It is each player's responsibility to sign the game sheet and present proper student/member ID. It is the captain's responsibility to verify that the game sheet is completed and correct prior to the beginning of the game. To be eligible for playoffs a player must have been a player in two regular season games. Any eligibility violations (i.e. playing while under suspension, playing under an assumed name, playing without a membership, etc.) will bring about immediate suspension, pending a Rules Committee session.

Everyone wishing to participate in Intramural Sports must be a Campus Recreation member, or pay an additional non-member league fee. Purchasing a day pass at Membership Services does not constitute a membership. Violators will be suspended from all Intramural Sports, pending a Rules Committee session with the IMS Coordinator. Varsity football players who were listed on the WLU team roster, are not eligible for play for the academic year, regardless of season

One Cards

Access to the stadium requires a valid One Card. Players are required to bring it to the stadium in order to be admitted into the stadium by Laurier stadium staff.

Playoffs

All players must participate in at least two regular season games in order to be eligible for playoffs. All players should expect to present valid One Cards in order to participate in playoffs. Valid One Cards will be checked throughout regular season play and playoffs.