

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 an

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 anytime between whistles.

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.

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 are 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

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 control of the ball.
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;
3. 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 will blow the play dead on these exceptions if he/she feels the need to prevent injury.
4. At least one foot must be in bounds for a catch in the field of play or end zone to be legal.
5. No pushing out of bounds. If the defender physically interferes with the receiver's ability to catch the ball in the air and land in bounds, the result of the play is a completed catch.
6. Play until you hear the whistle. If there are any discrepancies, the captain 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 gain a 1st down.

Girl Play: For the Co-ed League, after a first down, with in the next three downs, there must be a play involving a female player. This consists of a female playing quarterback who must attempt a pass or a quarterback run, a handoff/pitch to a female player, or an pass targeting a female receiver. A female player snapping the ball is not considered a girl play. Intentional grounding in

the vicinity of a female player will not be tolerated. If a team fails to attempt a play involving a girl after the third down, they will get an automatic 5 yard penalty from the current spot of the line of scrimmage, loss of down, and a girl play is still required on 4th down.

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 (centre is included). The other 4 players can be in motion. There are no restrictions to how many players must be on either side of centre.
4. 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 continuing forward progress 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.
5. Any arm movement by the ball carrier to prevent the defender from getting the flag (intentional and unintentional). This includes slapping hands away and stiff arms.
6. Flags 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.
7. The play is complete when the ball carrier steps out of bounds, or has his/her flag removed. If the flag falls off without a defender pulling it, the play continues until the player is touched with one hand. A player on the ground is able to get up and continue play, unless they are touched when they are still on the ground (flag does not need to be removed).
8. Once the ball the carrier has passed the line of scrimmage or a pass is completed, offensive players who do not have the ball are not allowed set blocks or picks. They may run behind the player for a potential lateral, but impede the path of a defensive player. To avoid be called for a block, offensive players are encouraged to stand still and put their hands in the air.
9. There is no diving or extending the ball to gain extra yardage. The ball will be marked from the point that the ball carrier left the ground for a dive or had their flag pulled. The spot of the ball is where the player's torso is, not where the ball was.
10. If the referee blows the whistle by accident (inadvertent whistle). The play is now dead, the offensive team has the option to take the spot where the play was inadvertently blown dead or redo the down.
11. No spiking or throwing 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. It is the responsibility of the centre to get out of the rushers way even if it alters their route. Any player who has not identified themselves as a rusher may not cross the line of scrimmage to pursue the quarterback until the ball has crossed the line of scrimmage. A player may cross the line of scrimmage to pursue a running back or receiver who has possession of the ball without identifying themselves as a rusher.
2. One flag needs to be removed for an offensive player to be considered down.
3. Absolutely no tackling, wrapping or holding of players (includes unintentional holding of clothing).

Penalties

1. **Objectionable Conduct:** Spiking the ball, profane and obscene gestures and language and remarks, threats, demeaning remarks, arguments or other acts directed towards other players or the referees. At the coin toss, teams will be warned about profanity directed at the opposing team or the referees. A player will receive a warning after their first instance, their second instance is an unsportsmanlike conduct penalty (15 yards) and their third instance will result in an ejection. After a first warning is issued to any player on a team, a second instance by any player will result in an unsportsmanlike conduct penalty. Ejections will be given to individual players on their third instance.
1st time team offence (multiple players) will result in a 25 yard penalty and automatic first down. 2nd team offence (multiple players) will result automatic forfeiture no matter the score.
2. **Offensive Offside:** 5 yards, repeat down and play continues. A player lines up past the line of scrimmage or jumps offside prior to the snap of the ball.
3. **Defensive Offside:** 5 yards, repeat down and play continues. The rusher comes within 5 yards of the line of scrimmage when the ball is snapped. Any player that does not identify themselves as a rusher and crosses the line of scrimmage prior to the ball crossing the line of scrimmage.
4. **Delay of Game:** 5 yards, repeat down and play is blown dead immediately. The offensive team must snap the ball a maximum of 20 seconds after the referee blows the whistle and says time is in.

5. **Blocking:** 5 yards back from when the ball was when the block occurred. Any block or pick of a defensive player pursuing the ball carrier.
6. **Obstruction of the Rusher:** 5 yards, repeat down and play continues. Impeding the rushers direct path to the quarterback.
7. **Holding:** Additional 5 yards from where the flag is pulled, and repeat down unless the play results in a first down. Any holding of the players clothes or wrapping up the player.
8. **Pass Interference:** 15 yards, automatic first down. Pass interference constitutes as the following:
 - a. Contact by a defender who is not playing the ball and such contact restricts the receiver's 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 receiver's 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/her 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.
 - h. Actions that do not constitute pass interference include but are not limited to:
 - i. Incidental contact by a defender's 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.
 - j. Inadvertent tangling of feet when both players are playing the ball or neither player is playing the ball.

- k. Contact that would normally be considered pass interference, but the pass is clearly uncatchable by the involved players.
 - l. Laying a hand on a receiver that does not restrict the receiver in an attempt to make a play on the ball.
 - m. Contact by a defender who has gained position on a receiver in an attempt to catch the ball.
 - n. If the offensive team is within 15 yards of the end zone and defensive pass interference occurs, the ball will be marked at the 1 yard line.
9. **Offensive Pass Interference:** 15 yards and repeat down. Push offs, holding, tripping all constitute as offensive pass interference. The ball will be brought back 15 yards from the previous spot.
10. **Unnecessary Roughness:** Offensive: 15 yards and do not repeat down. Defensive: 15 additional yards from where the ball was down and automatic first down. The second instance of unnecessary roughness by the same player will result in an ejection. Piling on, tripping, contact with the quarterback after the ball is released, rough touch and intimidation, tackling all constitutes as unnecessary roughness. Any incidence of unnecessary roughness involving the multiple players will be handled at the RIC's discretion
11. Only captains may discuss rulings with officials, other players can be penalized for objectionable conduct.
12. Once a 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.