

**Note:** Rules are governed by current National Intramural Recreational Sports Association (NIRSA) Flag Football Rules with the following modifications. For a complete list of general Intramural Sports Policies, please reference the participants guide at recreation.uconn.edu.

**DIVISIONS OF COMPETITION:**

Co-Rec A – Most Competitive      Co-Rec B – Competitive      Men's C- Recreational

**FORMAT:** This is an 8 player league. Teams will be placed in round robin pool play with the top teams advancing to a single elimination playoff tournament. Games are scheduled between 6:30-11:00PM, Sunday through Thursday. All games will be played in the Shenkman Football Practice Facility and the Sherman Family Turf Complex.

**FORFEIT PROCEDURE:** If a team fails to have the required number of participants at the scheduled game time, the opposing team who is present will have the following options:

1. Take the win by forfeit at that time. No contest will be played.
2. Choose to wait until the opponent arrives to compete. However, the official game clock will start running as scheduled. The game will commence once the opponents arrive with whatever game time is remaining on the clock and the score at 12-0, in favor of the waiting team. If the opposing team is not ready to play 10 minutes after the scheduled game time, the Intramural Staff will declare a forfeit win for the waiting team.
3. If a team has the required number of participants (8) signed in at game time, but fails to have the required number of properly equipped participants at game time, a 9-0 scoring advantage will be given to the other team. **Forfeit procedures will not be enacted if this situation arises.** The game clock will be started and the team will have 10 minutes to acquire the necessary number of players with proper equipment. If, after 10 minutes, the team still does not have the required number of properly equipped participants, the game will be counted as a default win for the other team. The team captain will not be charged a 25 fee on their University fee bill and the team may remain in the league without being required to pay a re-entry fee.

**NIRSA Flag Football rules will prevail with the following modifications:**

**TEAM:**

1. Each team must have a minimum of 8 players that also satisfy the gender requirements, signed in to start the game, but can finish with less due to an injury.  
-Example: 4 Males and 4 Females
2. There may be no more than 4 males or 4 females on the field at once.
3. Each team will designate a captain. The captain's first choice of any penalty option shall be irrevocable.

**PLAYERS AND SUBSTITUTION:**

1. Unlimited substitutions are permitted as long as they are done during a dead ball, in between plays, and there is no delay of game.
2. No substitute shall enter during a down.
3. All players must be checked in prior to playing on the field

**EQUIPMENT:**

1. Sneakers and soft rubber turf shoes may be worn. Not allowed: metal, plastic molded or screw-in cleats.
2. All players will wear the official flag belt with the flags attached in the proper locations. Shirts or jerseys must be tucked under the flag belts as well as into the shorts/pants and in no way cover or protect the flags.

3. Flags must be of contrasting colors with vests/jerseys and shorts/pants.
4. Ball spotters: Two soft and pliable spotters (orange and gold disks/cones) will be used to mark the offensive and defensive scrimmage line. The ball spotters will always be one yard apart.
5. **Each player must wear pants or shorts without any belt(s), belt loop(s), pocket(s), exposed drawstrings, or holes. Tear-away pants are illegal.**

**TIME:**

1. Games will be two 15-minute halves.
2. Games may be shortened if weather or other conditions interfere.
3. The clock will continuously run throughout the game except for the last two minutes of the second half and time-outs.
4. A team is allotted two time-outs per half (30 seconds each). Time-outs do not carry over.
5. If a team is 19 or more points ahead when the official announces the 2-minute warning for the second half or any point thereafter, the game shall be over.

**SCORING:** (TOUCHDOWN = 6 or 9 points; SAFETY = 2 points; Try = 1, 2 or 3 points)

1. When attempting a try for extra points, the offensive team must decide if they want to try for 1 point from the 3 yard line, 2 points from the 10 yard line, or 3 points from the 20 yard line. The ball becomes dead and the try ends when the defense secures possession.
2. If a female scores a touchdown, the point value is 9. If a female player throws a legal forward pass and a touchdown is scored by any Team A player, the point value is 9. All other touchdowns are 6 points.
3. The player scoring the touchdown must raise their arms so the nearest official can deflag the player. If the player is not deflagged with one pull and the official determines the flag belt has been secured illegally, the touchdown is disallowed. The player is disqualified. Penalty: Personal Foul, 10 yards from the previous spot and loss of down.
4. After a try, the ball shall be snapped by the opponent of the scoring team at their 14 yard line, unless moved by penalty.
5. After a safety, the ball shall be snapped by the scoring team at their 14 yard line, unless moved by penalty.

**TIE GAME:** **During regular season pool play there will be no overtime.** In the case of a game ending in a tie score during the playoffs, the two field captains shall be brought together and a coin will be flipped to determine the option. The winner of the toss shall be given the option of offense, defense, or direction. Both teams will go in the same direction. Each team will be given four (4) downs from the same 10-yard line. The object will be to score a touchdown. If the first team scores a touchdown, the second team will still have four (4) downs to try to score. Extra points will also be attempted as normal. **Each team is entitled to one time-out only, during the entire overtime period.**

If the defensive team intercepts the ball, the ball is dead and the series is over. The ball will be theirs and placed on the 10-yard line, where they may attempt to win. If the game remains tied after this procedure, it will be repeated until the tie is broken.

**START OF THE GAME:**

1. Start of each half will begin by placing the ball on the 14-yard line.
2. The captain winning the coin toss shall have a choice of options for the first half or shall defer their option to the second half.  
The options for each half shall be:
  - a. receive or defer
  - b. which goal to defend
3. The captain, not having the first choice of options for a half, shall exercise the remaining options.

**SCRIMMAGE:**

1. On offense, the snapper is the only player required to be on the line of scrimmage at the snap. The remaining players must be either on their scrimmage line or behind their backfield line. All players must be in-bounds. All players are eligible to receive passes. Penalty: Illegal Formation 5 yards.
2. To gain a first down, the ball must be advanced to or beyond the next zone line to gain, regardless of where the series originated, within 4 downs. Exception: In case a penalty moves the ball back into another 20-yard zone, the line to gain for a first down is from the original spot marked.
3. The center (snapper) may not run with the ball, but is eligible for a pass. The player who receives the snap must be at least two yards behind the offensive scrimmage line. Direct snaps are illegal. Penalty: Illegal Formation, 5 yards
4. A receiver may receive a ball or a defensive player may intercept a pass even if his or her flag has accidentally dropped off, and either may advance the ball. (See Rule K - Removing the flag belt)
5. Motion: One offensive player may be in motion, but not in motion toward the opponent's goal line at the snap. Other offensive players must be stationary in their positions without movement of the feet, hand, head, or arms. Penalty: Illegal Motion, 5 yards
6. The ball carrier must run to avoid defenders, not over them. The ball carrier may not stiff-arm an opponent. The runner may, however, attempt to maneuver between or around defenders when trapped along the sidelines.
7. A defensive player may dive in an attempt to remove a flag belt, provided
8. Both lines may assume a two, three, or four point stance. All offensive players must be set for one full second before the snap.
9. If the ball carrier or passer falls to the ground (any part of their body besides the hands/feet touching), he or she is down at that spot, and may not resume play.
10. After the official marks the ball ready for play, the offense has 25 seconds to snap the ball.
11. Any time on or after the ball is marked ready for play, each offensive player must momentarily be at least 5 yards inbounds before the snap. Penalty: Illegal Formation, 5 yards

**BLOCKING:**

1. The offensive screen block shall take place without contact. The screen blocker shall have their hands and arms at their side or behind their back. Any use of the hands, arms, elbows, legs, or body to initiate contact during an offensive player's screen block is illegal. A blocker may use their hand or arm to break a fall or to retain their balance. A player must be on their feet before, during, and after screen blocking.
2. Teammates of a runner or passer may interfere for them by screen blocking, but shall not use interlocked interference by grasping or encircling one another in any manner.
3. Defensive players must go around the offensive player's screen block. The arms and hands may not be used as a wedge to contact the opponent. The application of this rule depends entirely on the judgment of the official.
4. Penalty on illegal blocking plays: Personal Foul, 10 yards

**FORWARD PASS:**

1. The ball may be passed forward only once per down and must originate from behind the scrimmage line.
2. It may be passed backward or laterally as many times as desired on any one play until the ball becomes dead.
3. Forward passes are not permitted on punts or interceptions of forward passes.
4. **ROUGHING THE PASSER:** Defensive players must make a definite effort to avoid charging

into a passer after it is clear the ball has been thrown forward legally. No defensive player shall contact the passer who is standing still or fading back as he is considered out of play after the pass. Roughing the passer restrictions do not apply if the forward pass is thrown from beyond the scrimmage line (first ball spotter-orange). **Penalty: Roughing the Passer, 10 yards from previous spot, or from the end of the run (if the pass is completed), automatic first down.**

5. One foot must be in-bounds when a catch is made and before the other foot touches out-of-bounds for a legal catch.
6. A receiver who voluntarily steps out of bounds before or during his or her pass route lose eligibility for that play. If a receiver is pushed out of bounds, s/he must come back in before making a play. In addition, a penalty may be assessed or the pass completed, or both.

**FUMBLES:**

1. If a player fumbles the ball, it is dead at the point it touches the ground.
2. A ball fumbled into the air is called an air 'fumble' and may be intercepted and advanced by any player.

**PUNTS:**

1. Prior to making the ball ready for play on fourth down, the official must ask the offensive team captain if they want to punt. The official must communicate this decision to the defensive captain and the other officials. The offensive captain may request a punt on any down. After such announcement, the ball must be kicked. Once the offense has declared to punt the captain must call a time-out to change their option.
2. Neither the kicking nor receiving team may advance beyond their respective scrimmage line until the ball is kicked. Penalty: Illegal Procedure, 5 yards from the previous spot
3. After receiving the snap, the kicker must kick the ball immediately and in a continuous motion. Penalty: Illegal Procedure, 5 yards

**REMOVING THE FLAG BELT:**

1. When the flag belt is clearly taken from the runner in possession of the ball, the ball is declared dead and the down shall end. The ball will be spotted based on the location of the ball when the clip on the flag belt is removed. A player who removes the flag belt from the runner should immediately hold the flag belt above their head. **If a flag belt inadvertently falls to the ground, a one-hand tag between the shoulders and knees constitutes capture.**
2. In an attempt to remove the flag belt from a runner, defensive players may contact the body and shoulders, but not the face, neck or any part of the head of an opponent with their hands. A defensive player may not hold, push, or knock the runner down in an attempt to remove the flag belt.

**FLAG GUARDING:**

1. Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove the flag belt. Flag guarding includes:
  - a. Swinging the hand or arm over the flag belt to prevent an opponent from deflagging.
  - b. Placing the ball in possession over the flag belt to prevent an opponent from deflagging.
  - c. Lowering the shoulders in such a manner that places the arm over the flag belt to prevent an opponent from deflagging.
  - d. **Penalty:** Flag Guarding, 10 yards
2. The runner shall be prohibited from contacting an opponent with an extended hand or arm. This includes the use of a "stiff arm" extended to ward off an opponent attempting to

deflag/tag.

- a. **Penalty:** Personal Foul 10 yards

**CO-REC SPECIFIC RULES**

1. Team A male runner cannot advance the ball through Team A's scrimmage line, unless there has been a completed, legal forward pass. **There are no restrictions:**
  - a. During a run by a male runner once the ball is beyond the Team A scrimmage line.
  - b. During a run by a female runner.
  - c. After a completed, legal forward pass.
  - d. After a change of team possession.  
Penalty: Illegal Procedure, 5 yards from the previous spot
2. The term "closed" means a male player may NOT throw a legal forward pass completion to any other male player. The term "open" means any player can complete a legal forward pass to any other player.
  - a. During the offensive team's possession there may not be 2 consecutive legal forward pass completions from a male passer to a male receiver. This rule applies to the try.
  - b. There are no other restrictions concerning a male passer completing legal forward passes to a female receiver, or female to female, or female to male.
  - c. **Any penalty, whether accepted or declined, shall have no effect on whether the next play is "open" or "closed".**

**PENALTIES:**

1. Pass Interference:
  - a. By offense - 10 yards from the original line of scrimmage.
  - b. By defense - 10 yards from the original line of scrimmage. Defensive interference also includes pushing or shoving the receiver out of bounds while in route or intentionally removing the flag belt before the catch while the ball is in flight.
2. Five Yard Penalties:
  - a. Offsides, Delay of Game, Illegal Formation, Intentional Grounding, Illegal Forward Pass, Intentional Forward Fumble, Failure to Wear Proper Uniform. All of these penalties will be marked from the original line of scrimmage except:
    - i. Intentional Grounding- Point of infraction and loss of down.
    - ii. Illegal Forward Pass- Point of infraction and loss of down.
    - iii. Intentional Forward Fumble - Point of infraction and loss of down.
    - iv. Intentional backward fumble/pass out of bounds- Point of infraction and loss of down.
3. Ten Yard Penalties:
  - a. Illegal use of hands, forearms, or elbows, offensive or defensive holding, flag guarding, leaving the feet (foot) on a block, roughing the passer, stiff-arming, wedge blocking and/or clipping. All of these penalties are marked from the basic spot of enforcement, according to the all-but-one principle.
4. Gross unsportsmanlike conduct, intentional or flagrant foul: The person(s) charged with gross unsportsmanlike conduct, intentional or flagrant foul may be removed from the game and Intramural suspensions will be enacted. Any player receiving two unsportsmanlike conduct penalties will be ejected immediately. The ejected player must leave the playing site within five minutes and will be subject to Intramural disciplinary **procedures**.

**SPORTSMANSHIP RATING:**

Good sportsmanship is required of all participants. Players, coaches, and spectators are to conduct themselves properly at all times. UConn Recreation reserves the right to suspend or disqualify groups or individuals for unsportsmanlike conduct at any time. Unsportsmanlike conduct before, during, and/or after a game (event) will not be tolerated. **The team captain assumes full responsibility for the conduct of the team and spectators.**

Unsportsmanlike conduct includes actions that are unbecoming to an ethical, fair, honorable individual. It consists of acts of deceit, disrespect, or vulgarity and includes taunting. UConn Recreation disapproves of any form of taunting which is intended or designed to embarrass, ridicule, or demean others under any circumstances.

Following each contest, the game officials, intramural manager(s) and scorekeeper will rate each team on their sportsmanship with either an "Acceptable" or "Unacceptable" rating.

**The following behavior may result in an Unacceptable rating for sportsmanship:**

- The team or individual(s) receive a penalty for unsportsmanlike conduct or an unsporting personal foul
- Player(s) persistently harass opponents, officials or spectators

**The following behavior will result in an Unacceptable rating for sportsmanship:**

- The team or individual(s) receive multiple penalties for unsportsmanlike conduct or unsporting personal fouls
- Any member(s) of the team is ejected from the game
- Members of the team or spectators display unsportsmanlike conduct after the conclusion of a game

**Teams receiving their 2<sup>nd</sup> Unacceptable rating in the same season will be removed from the league or playoffs.** Depending on the severity of the incident, a team may be removed from the league and/or face additional sanctions for only one Unacceptable rating.

**The Intramural Managers reserve the right to reevaluate and amend any grade based on team/player's sportsmanship.**

If you have any questions, please contact Kelsey Cato (Coordinator of Intramurals and Tournaments) at 860-486-2357 or by email: [Kelsey.Cato@UConn.edu](mailto:Kelsey.Cato@UConn.edu)

Schedules and results will be available on the [myrec.uconn.edu](http://myrec.uconn.edu).