

2015 INTRAMURAL POWDER PUFF FLAG FOOTBALL RULES

General Rules

Eligibility: A participant must be a Kent State Salem student. A student is any individual who is currently enrolled at Kent State Salem and is registered with the university registrar. Must be taking at least one (3) credit hours.

Official Team: An official team shall consist of seven (7) female players and one to two (1-2) male or female coaches. Coaches CANNOT play in the game. A minimum of five (5) players must be present start the game to avoid a forfeit. Rosters will be frozen after the start of the game. Each team must have an appropriate team name to be eligible. No name = No play!

Team Coach Responsibilities:

1. Ensure their team members follow all eligibility requirements. Team coaches are also advised to seek clarification on special eligibility requirements, if necessary.
2. Responsible for communicating game time, location, and ID policy to teammates.
3. Ensure that all teammates sign a "release of claims" form before participating in their first game.
4. Ensure teammates have a valid KSU ID at game time to check in.
5. Representing the team and communicating with the officials. The coach is the only person permitted to discuss the game with officials.
6. Ensure good team sportsmanship among teammates.
7. Cooperating with the Faculty Supervisors at the game site concerning any protests, incidents, or accidents that may occur.

ID: For all intramural flag football games, participants must take their valid ID with them to the fields. NO ID, NO PLAY!

Ready to Play: Game time is default time! "Ready to play" means that a team must be on the playing area with a minimum of five players. A team will not be considered as "ready to play" unless they have five (5) players.

Equipment

Shoes: Each player must wear athletic shoes. **Shoes with metal, ceramic, screw-in or detachable cleats are not permitted.**

Jerseys: For all flag football games, it is required that teams wear uniformly colored jerseys in order to help distinguish one team from another. **ALL PLAYERS MUST KEEP SHIRTS TUCKED IN AT ALL TIMES.** No jersey = No play! Failure to follow these guidelines - **(Illegal equipment - PENALTY: Unsportsmanlike Conduct, 10 yards)**. When any illegal equipment is found on any player or incoming substitute, the illegal equipment must be removed before participation. That player must be replaced for at least 1 down, or the team may call a team time-out.

Illegal equipment: Pants or shorts must be free of pockets, drawstrings, and exposed belt loops.

All jewelry must be removed before playing. This includes earrings, necklaces, watches, and rings. Stocking hats may be worn but any hat with a hard bill may not be. Helmets, casts, shoulder pads, and boots are all examples of illegal equipment. Any equipment that in the official's judgment would be injurious to participants is illegal to wear.

Flags: The staff will furnish official flag belts for all contests. All flag belts worn by a team should be the same color. Competing teams should wear different colored flags.

Ball: Teams will use a regulation league football for games supplied by KSU.

Game Regulations

Game Time: A game shall consist of two 20-minute halves, with a 5-minute half-time intermission.

Timing: Regular playing time will be kept on an automatic timing device. The clock will be kept running throughout the first half and the first 18 minutes of the second half and will not stop for dead balls.

Two Minute Warning: There will be a "two-minute warning" in the second half of play. The NIRSA "Mercy Rule" will be in effect. If a team is 17 or more points ahead when the referee announces the 2 minute warning for the second half or any time after, the game shall be over. If the game is not ended by the mercy rule, the clock will stop on all dead ball situations the final two minutes.

Start of Game: The game shall start with a coin toss. The referee shall toss a coin in the presence of the opposing team coaches, after first designating which coach shall call the fall of the coin. The coach winning the toss shall choose one of the following: (1) take option in the first half (2) take option in the second half. The options available to teams each half are (1) offense (2) defend a goal. The team not choosing the option in the first half will choose the option at the start of the second half.

Starting Play: To start each half, following a touchdown, or touchback, the ball will be placed on the 40-yard line of the team in possession. **There will be no kickoffs.**

Time Outs: Each team will be allowed two time-outs per game. The referee may declare a time-out for any injury. (Recorded on score sheet)

Tie Game: If the score is tied at the end of regulation play, overtime procedures will be used. This procedure will be explained to the teams in the event of a tie.

Scoring: Touchdown - 6 points. A safety results in the defense gaining 2 points and receives the ball at the 40-yard line. PAT (run or pass) - 2 points from 10 yd. line, 1 point from 3 yd. line. The flags have to cross into the end zone to be a touchdown.

Basic Rules

Zone Lines: The field is divided into two 20-yard zones. A team will have a series of 4 downs to advance the ball to the next zone.

Series of Downs: A team shall have four (4) consecutive downs to advance the ball into the next zone. This may be affected by penalty.

Scrimmage Line: The scrimmage line for the offensive team is the yard line and its vertical plane which passes through the forward point of the ball which is placed at the orange ball spotter. The scrimmage line for the defensive team is the vertical plane which passes one yard from the point of the ball nearest its own goal line.

Ball Responsibility: The offensive team is responsible for retrieving the ball after the down.

Snapping the Ball: Each time the ball is snapped it must be a quick and continuous motion of the hand(s). The ball must leave the hand(s) in this motion.

Direct Snap: The player who receives the snap must be at least two (2) yards behind the offensive scrimmage line. No Direct Snaps!

Ball in Play: On each play after the referee sounds the ready for play whistle, the team on offense has 25 seconds to put the ball in play.

Flag Rules: when a player loses a flag, a ONE HAND TOUCH may apply between the SHOULDERS and KNEES when permitted.

BALL IS DEAD WHEN IT HITS THE GROUND!

PLAYER IS DOWN ONCE ANY BODY PART EXCEPT HIS HAND TOUCHES THE GROUND!

Scoring:

- A touchdown is scored when one FLAG breaks the vertical plane of the opponent's goal line. A touchdown is worth six (6) points.
- After a team scores, they can try for a one (1), two (2), or three (3) point conversion.
 - One (1) point conversion will be from the three (3)-yard line.
 - Two (2) point conversion will be from the ten (10)-yard line.
 - Three (3) point conversion will be from the twenty (20)-yard line.
 - If a live ball is recovered (intercepted) by the defense during a try, and they run the ball across the opponents goal line, they are awarded three (3) points, and ball possession.
- A safety is scored when the ball becomes dead in a team's own end zone while the team is in possession of the ball or has caused the ball to become dead in its end zone. A safety is also scored when the team in possession of the ball incurs a penalty which leaves the ball on or behind its goal line. A safety is worth two (2) points.

Handing and Passing the Ball

Handing the Ball Backwards: Any player may hand the ball backwards at any time at any location on the field.

Handing the Ball Forward: During a scrimmage down, an offensive player may hand the ball forward behind the line only.

Backward Pass: A runner may pass the ball backward or lose player possession by a fumble anytime except if intentionally thrown out-of-bounds to conserve time. The ball can be intercepted and ran off of a lateral.

Backward Pass out-of-bounds: A backward pass or fumble which goes out-of-bounds between the goal lines belongs to the team last in possession at the out-of-bounds spot. If out-of-bounds behind the goal line, it is a touchback or a safety.

Ball Dead: A backward pass or fumble which touches the ground between the goal lines is dead at the spot where it touches the ground and belong to the team last in possession unless lost on downs.

Eligible Receivers: All players are eligible to touch or catch a pass.

Legal Forward Pass: During a scrimmage down a forward pass may be thrown providing the passer's feet are behind the offensive scrimmage line when the ball leaves the passer's hand.

Illegal Forward Pass: A forward pass is illegal if:

1. The passer's foot is beyond the scrimmage line when the ball leaves his/her hand.
2. Thrown after team possession has changed during a down.
3. Intentionally thrown to the ground or out-of-bounds to save loss of yardage.
4. A passer catches his/her untouched forward or backward pass.
5. There is more than one forward pass per down.

Legal Catch or Interception: A forward pass is considered a catch as long as the first part of the person to make contact with the ground after the catch touches inbound. One foot must touch inbound to be considered a catch.

Simultaneous Catch by Opposing Players: If a forward pass is caught simultaneously by members of opposing teams, the ball becomes dead and belongs to the team that snapped the ball at the spot of the catch.

Incomplete Pass: When a forward pass touches the ground or anything out-of-bounds, it becomes dead.

Blocking

Blocking: Must set a basketball pick. Basketball pick is defined as legs less than shoulder width apart, hands hanging loosely clasped in front and not moving. Pick must be set with enough time for defender to maneuver around it to get to the play, but can be set in the defenders path. Offensive Blocking MAY NOT initiate contact with hand: violation is ILLEGAL PICK. The Defensive player MUST GO AROUND the offensive player setting the pick: violation is ILLEGAL CONTACT.

Use of Hands or Arms by the Defense: Defensive players must go around the offensive player's pick. 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. A blocker may use his/her arms or hands to break a fall or retain his/her balance.

Flag Belt Removal Basics: When the flag belt is clearly taken from the runner the down shall end and the ball is declared dead. A player who removes the flag belt from the runner should immediately raise the flag in the air to show the player is down.

Inadvertent Removal: If a flag belt inadvertently falls to the ground, a one hand tag between the shoulders and knees constitutes capture.

Diving: A player, who is attempting to remove the flag belt, may leave his/her feet. Any contact will be considered the fault of the person diving.

Defensive Contact: In an attempt to remove the flag belt from a runner, defensive players may contact the body and shoulders of an opponent with their hands, but not their face or any part of their neck or head. A defensive player may not hold, push, or knock the runner down in an

attempt to remove the flag belt.

****Blitz**:** The defensive team is allowed to blitz every play from 7 yards from the line of scrimmage. He must line up anywhere in line with the ref who calls "rush line!". Any number of blitzers may be used.

*Illegal Blitz (blitz from in front of the 7 yard point): 5 yard penalty and replay down.

Runner

Guarding the Flag Belt: Runners shall not guard the flag by using their hands, arms, or the ball to deny the opponent an opportunity to remove the flag belt. Examples include but are not limited to:

1. Placing or swinging the hand or arm over the flag belt.
2. Placing the ball in possession over the flag belt.
3. Lowering the shoulders in such a manner that places the arm over the flag belt.

Stiff-Arm: The runner shall be prohibited from contacting an opponent with extended arm or hand.

Holding: The defensive player shall not hold, grasp, or obstruct the forward progress of a runner when in the act of removing the flag belt.

Charging: A runner shall not charge into an opponent in his/her path. The runner must avoid contact by changing direction.

Knee Touching Ground: The ball becomes dead if any part of the ball carrier, other than the hands or feet, touches the ground.

NO DIVING AND OR FORWARD JUMPING!

Penalty Enforcement

Coach's Choice: When a foul occurs, the Referee shall notify both coaches. The Referee shall inform the coach of the offended team regarding their options on the penalty. Once a penalty has been accepted or declined, that choice may not be changed.

Establishing the Zone Line-to-gain: The zone line-to-gain shall be established after all penalties are administered and prior to the ready for play signal.

Half the Distance: A measurement cannot take the ball more than half the distance from the enforcement spot to the offending teams goal line. If the penalty is greater than this, the ball is placed halfway between the enforcement spot and the goal line.

Loss of down Penalties: Penalties by the offense that result in a loss of down include:

1. Illegally handing the ball forward (1 forward progress of the ball per play. Cannot hand ball off forward, and then have a forward pass) (forward of the line of scrimmage, forward handoffs are not allowed)
2. Illegal forward pass (ball cannot be thrown forward in front of the line of scrimmage)
3. Forward pass interference
4. Illegally secured flag belt

Automatic First down Penalties: Penalties by the defense that result in an automatic first down include:

1. Forward pass interference
2. Roughing the passer who has thrown a legal forward pass.
3. Illegally secured flag belt

5 YARDS

- Jumping-play is dead where the player leaves the ground
- Flag guarding- from the spot of the foul
- Illegal pick- with hands
- Illegal motion
- Illegal snap (both feet **MUST** be behind the ball)
- Direct snap (**MUST** be back 2 yards) loss of downs
- Illegal blitz
- False start, delay of game, off sides
- Defensive flag throwing-from where the flag was taken

10 YARDS

- Illegal contact(with hands)
- Illegal striping (no going for the ball)
- Flopping (trying to draw a flag)
- Flag guarding 2nd time

15 Yards

- Unsportsmanlike conduct- automatic first down
- Accidental tackling-automatic first down
- Intentional tackling automatic first down, **EJECTION FROM GAME!**

Sportsmanship:

The team coach is responsible for the actions of his team and spectators. In order to give everyone a positive experience there must be positive sportsmanship between the players (team and opposing), officials, and spectators. There is a **ZERO TOLERANCE** rule for unsportsmanlike conduct. The officials have the final say in the penalty assessed for unsportsmanlike conduct. Physical actions are cause for automatic ejection from the game, and possible ejection from the tournament.

Inclement Weather: During tournament games, a game "under play" may be called due to inclement weather. Situations that would warrant calling games due to inclement weather would be lightning and thunder, tornado warnings and conditions that would be deemed injurious to participants continued play. These games will be re-scheduled by the staff the next regular office day and notices of the re-scheduled games will be posted on the bulletin boards. All called games must be completed each round before moving on to the next round of tournament play.