

**The University of Wisconsin-Superior
Flag Football
2010 Season Rules**

Note: Play is governed by current NIRSA Flag Football Rules with the following modifications...

RULE 1. THE FIELD, PLAYERS, AND EQUIPMENT

- A. The field shall be rectangle 100 yards by 52 yards, including two 10 yard end zones. The length of the fields shall be lined at 20 yard intervals from goal line to goal line. The 3, 10 and 20 yard try-for-point lines shall be 1 yard wide.
- B. THE PLAYERS
1. Seven players constitute a men's/women's team. A team may play with 5 players (i.e., team must start if 5 players are present). If fewer than 5 players are present and signed in at game time, the game will be declared a forfeit. **10 minutes after game time is forfeit time. The teams need to be ready to go ten minutes after, not just be there.** If a team drops below 5 players anytime during the game the game shall be recorded as a forfeit.
 2. A player's name must appear on team's roster before he may enter the game. All players must sign a waiver prior to their first game.
 3. A player may play for only one men's or women's team and one co-rec team. Once a player plays one play with one team, he/she may not join another team. (appeals must be submitted in writing prior to participation)
- C. EQUIPMENT
1. Each player on the field must wear a one piece flag belt (provided by UWS) at the waistline with three flags permanently attached, one flag on each side and one in the center of the back. The flag belt must be free of any knots.
 2. Shoes must be soft-soled soccer/football type cleats or cross-country, tennis, or astroturf shoes. **NO METAL IS ALLOWED IN THE CONSTRUCTION OF CLEATS.** Molded one-piece screw-ins with a cleat length of ½" or less are permitted.
 3. The use of headgear, jewelry, shoulder pads, body pads, or any unyielding or dangerous equipment is prohibited. Players may wear a knit or

stocking cap and use soft, pliable gloves if they desire. **No baseball style caps allowed.**

4. Tape or bandage on the hand, wrist, forearm, or any other part of the body is prohibited except to protect an injury. Under no circumstances will a player wearing a cast or splint be allowed to play. Braces with exposed metal parts must be covered.
5. All players must wear jerseys, (shirts), long enough so that they remain tucked in during each down, or cut at least 4" above the flag belt. Each team must wear the same color jersey or shirt. If not, jerseys will be provided. The jersey must be tucked in to allow for grabbing the flag. Penalty - 5 yards.
6. Belt loops, pockets, and exposed drawstrings are illegal. **Players wearing such illegal equipment will not be allowed to participate until illegal equipment is removed.**
7. Any decision on the legality of any equipment on or being used by a player will be made by the officials on the field, and his/her decision will be final.

RULE 2. TIMING

A. PLAYING TIME AND INTERMISSIONS

1. The game will consist of two halves of 20 minutes. The clock will run continuously during the first 19 minutes of the first half, and the first 18 minutes of the second half, except when a timeout is called, or at the referee's discretion. During the **last minute of the first half, and the last two minutes of the second half** the clock will stop for an incomplete pass, when a player goes out of bounds, on penalties, on a change of possession, on any score, and on first downs.
2. Half-time will be 5 minutes. The referee shall have discretion to reduce the length of the half-time if conditions deem it necessary.
3. **In case of a playoff game ending in a tie**, the two captains will determine the options by a coin flip (or rock/paper/scissors). The winner of the toss shall be given options of offense, defense, or direction. The loser of the toss shall make a choice of the remaining option. Teams will alternate choices if additional overtime periods are played. **ALL OVERTIME PERIODS ARE PLAYED TOWARD THE SAME GOAL LINE.** Each team will be given a series of 4 downs to score from the 25 yard line. Extra points will be attempted and scored as previously stated. If the defense intercepts the ball and returns it for a touchdown, they will win the

game. If it is not returned for a score, the ball will be placed at the 25 yard line and the team will be given four downs to score. Each team is entitled to one time-out per overtime. The game will continue to be played until a winner is determined.

4. **Mercy Rule:** If a team is **19** or more points ahead when the referee announces the 2 minute warning for the second half or anytime thereafter, the game shall be over. If a team is **40** or more points ahead at halftime or anytime thereafter, the game shall be over.
5. Each team will be permitted 2 time-outs per half. These time-outs shall be 1 minute in length and first half time-outs do not carry over to the second half of the game.
6. The referee may start or stop the game clock whenever, in his/her judgment, either team is trying to conserve or consume playing time by using illegal or unfair tactics.

RULE 3. PRE-GAME AND KICKING

A. The Toss and Options

Procedure Three minutes prior to the start of the game, the referee shall toss a coin. The captain winning the toss shall have choice of options for the first half or shall defer their option to the second half. The options for each half shall be:

- A. To take ball on the 14 yard line
- B. To choose the goal his/her team will defend. The captain not having the first choice of options for a half shall exercise the remaining option.

B. Kicking the Ball

1. There will be no kickoffs to begin each half. Each drive will start out with the ball on the 14 yard line
2. **Kick Catch Interference:** While any free kick or protected scrimmage kick is in flight beyond K's scrimmage line, K shall not touch the ball nor obstruct R's path to the ball.
3. Any ball touching the ground at any time, except for at time of the snap, is considered dead at the spot where it first hit the ground.
4. Players shall ignore any signals (fair catch) given by the kickers or receivers. The ball remains live. There is no foul.

5. Anytime at or after the ball is ready for play (determined by the referee blowing the ready for play whistle), each Team A player must momentarily be within 15 yards of the ball before the snap. This is to prevent people from coming onto the field at the last minute and not giving the defense a fair chance to defend them.
6. Prior to a protected scrimmage kick the offensive team must make the referee aware of its intentions. After such announcement, the ball must be kicked. Exception: If a) a Team A or B time-out is called, or b) a foul occurs anytime prior to or during this down after Team A captain's decision which results in the kicking team having the right to repeat the down again, the referee must ask the Team A captain whether or not he/she wants a protected scrimmage kick and communicate this decision to the Team B captain.
7. Neither K nor R may advance beyond their respective scrimmage line until the ball is kicked. Note: All scrimmage line rules regarding the snap, stance, false start, minimum line players, motion and shift apply to protected scrimmage kicks.
8. **Kicking the Ball:** After receiving the snap, the kicker must kick the ball immediately and in a continuous motion. If a kicker drops the ball, it is considered a fumble, and the ball becomes dead at the spot.

RULE 4. SNAPPING AND PASSING THE BALL

A. SNAPPING THE BALL

1. The player who receives the snap from the center must be at least 2 yards behind his/her scrimmage line. The snapper shall pass the ball back from its position on the ground with a quick and continuous motion of the hand(s).
2. The offensive team must have a minimum of 4 players on the line of scrimmage at the time of the snap. A player in motion is not counted as one of the 4 on the scrimmage line.
3. If on the snap, scrimmage kick, or any other circumstances the ball is fumbled, it is immediately dead, at the spot, upon hitting the ground. No advancement can be made by either team. A fumble going out of bounds without hitting the ground remains in possession of the fumbling team at the spot where the ball was fumbled or wherever the ball went out of bounds; whichever is less advantageous for the possessive team.

B. PASSING THE BALL

1. All players are eligible to touch a forward pass after it is thrown. The passer may catch his/her own forward pass provided it has been touched by another player first.
2. If a legal forward pass is caught simultaneous by members of opposing teams, the ball is immediately dead upon returning to the ground and belongs to the offense.
3. A forward pass is a live ball thrown towards the opponent's goal line. A backward pass is a live ball thrown parallel or backwards. The initial direction of the pass will determine whether or not the ball is backwards or forwards.
4. It is illegal to attempt to steal the ball while in player possession. Once a player has obtained possession of the ball, his/her opponent must play the flag, not the ball
5. Defensive players must not contact the passer at anytime during or after the play. They may only go for the flag. Rushers may try to deflect the ball, but they may not contact the passer even if the ball is deflected. If the defender contacts the passer, it is considered roughing the passer.
6. Only one foot must touch inbounds in order for a pass reception to be considered legal.

***** Note: Accepted penalties that carry a loss of down will no longer extend the half*****

RULE 5. SCREENING, RUSHING, AND CONTACT

A. SCREENING AND RUSHING

1. Screen blocking is legally obstructing an opponent without using any part of the body to initiate contact with him/her.
2. The offensive screen block shall take place without contact. The screen blocker shall have his/her hands and arms at his/her side or behind his/her 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 his/her hands or arms to break a fall or to retain his/her balance.
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. A rusher may use his/her hands or arms to break a fall or retain his/her balance.

4. These actions are judged similarly to the block/player-control call in basketball.
5. Team Players are responsible for retrieving the ball after a down has ended. Officials are not responsible for retrieving the ball. The offensive team may take the ball to the huddle after each play.

RULE 6. SCORING

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| A. | Point Value | |
| | 1. Touchdown | 6 points |
| | 2. Safety | 2 points |
| | 3. Extra Points | 1 point from 3 yards
2 points from 10 yards
3 points from 20 yards |

RULE 7. PROTESTS AND FORFEITS

- A. **Rule Interpretations:** Protests involving rule interpretations will be considered on the field or court immediately following the incident in question. The game is suspended and the supervisor will be called to the game site. Play should not continue until the supervisor renders a final decision. NOTE: If a team continues to play without calling the supervisor to the game site, then that team forfeits its right to a protest.
- B. **A team wishing to protest will be charged with a timeout. If the protest is ruled invalid the team will lose its timeout. If the protest is valid the timeout will be charged to the officials. If a team has no timeouts remaining and wishes to protest they may do so, however, they will be charged with a 10 yard unsportsmanlike penalty if the protest is invalid.**
- C. **Player Eligibility:** Protests concerning player eligibility must be made to the site supervisor before, during, or after the game. The protest will be ruled on by the Intramural Supervisors and other appropriate personnel.
- D. **Judgment Calls:** Questions about an official's or umpire's judgment are not valid grounds for a protest.
- E. **FORFEITS:** Teams that receive 2 forfeits will be eliminated from playoff competition.

CO-REC SPECIFIC RULES

- A. A Co-Rec team will consist of eight players, four guys and four girls. A Co-Rec team must have 5 players to begin a game, at least two of them being girls.
- B. At least every other play that gains yardage must involve a girl. For example, to start out every drive, the play is deemed “open,” meaning that anyone on the team can throw to anyone. If at any point a guy throws to a guy for a completion, the next play will be “closed.” The following plays will remain closed until one of three things happen: a girl is the quarterback and runs for a gain, a girl is the quarterback, and throws for a gain to either a boy or girl, or a boy is the quarterback and throws for a gain to a girl.
- C. Guys can, under no circumstances, cross the line of scrimmage while carrying the ball in co-rec competition. This includes a completed a pass behind the line of scrimmage.
- D. Scoring Changes:
 - a. If a girl either catches a touchdown, or runs for a touchdown, the team will receive 7 points instead of six. All other scoring plays will be the same.

SPORTSMANSHIP

- A. Team captains are responsible for the sportsmanship of all players.
- B. Team captain’s are the only players with the right to address game officials.
- C. Any player who receives two unsportsmanlike conduct penalties for any reason will be automatically ejected from the contest. The player must immediately leave “sight and sound” of the contest or the game will be ruled a forfeit.
- D. Any team which receives 3 unsportsmanlike fouls in one game will automatically forfeit the contest to their opponents.

SUMMARY OF PENALTIES

LOSS OF 5 YARDS:

1. Failure to wear required equipment
2. Delay of game
3. Unfair tactics
4. Substitution rules infractions
5. Putting the ball in play before declared ready by referee
6. Exceeding 25 second count
7. Infraction of free kick information
8. Encroachment of free kick line
9. Infraction of protected scrimmage kick
10. Invalid or illegal fair catch signal
11. Illegal ball adjustment by center
12. Illegal snap
13. Interlocked legs on scrimmage line

14. Interference with opponents ball
15. Defensive encroachment
16. False start
17. Failure to pause a full second following a huddle or shift
18. Infraction of scrimmage formation
19. Offensive player illegally in motion
20. Receiving snap within 2 yards of the scrimmage line
21. Offensive player not within 15 yards of the ball
22. Illegal forward pass *
23. Helping the runner

LOSS OF 10 YARDS:

1. Delaying start of either half
2. Quick kick
3. Protected scrimmage kick failing to cross scrimmage line
4. Fair catch interference
5. Two or more consecutive encroachments
6. Illegal participation
7. Flagrant unsportsmanlike conduct of coaches, players, or fans ***
8. Spiking, kicking, or throwing the ball during dead ball period
9. Steal, bat, or attempt to steal the ball from the runner
10. Tripping
11. Contact with opponent on ground
12. Throwing runner to ground ***
13. Hurdling
14. Contact
15. Contact before or after the ball is dead
16. Unnecessary contact of any nature ***
17. Deliberately diving or running into defensive player
18. Clipping
19. Purposely tackling a runner ***
20. Roughing the passer **
21. Illegal blocking
22. Pass interference on the offensive *
23. Illegal use of hands
24. Guarding the flag belt
25. Stiff arm
26. Obstruction of runner (holding)
27. Batting a free ball
28. Unsportsmanlike conduct
29. Reentry of disqualified player
30. Illegal kicking
31. Illegal flag belt removal

- * Loss of down
- ** Automatic first down
- *** Player disqualification