

UCDAVIS

CAMPUS RECREATION

Rec Sports

Rec Sports Official Rules Flag Football

UNIVERSITY OF CALIFORNIA, DAVIS
232 ACTIVITIES AND RECREATION CENTER

530.752.5586 | CAMPUSRECREATION.UCDAVIS.EDU

TABLE OF CONTENTS

1. EQUIPMENT	6
1.1 Belts	6
1.2 Footballs	6
1.3 Attire	6
1.4 Pockets, Belts, Drawstrings	6
1.5 Shoes	6
1.6 Headwear	6
1.7 Casts	6
1.8 Jewelry	7
1.9 Flag Placement	7
1.10 Uniforms	7
2. THE GAME	7
2.1 Running Halves	7
2.2 Coin Flip	7
2.3 Starting Placement	7
2.4 Ties	7
2.4.1 Overtime - Regular Season	7
2.4.2 Overtime - Playoff Season	7
2.5 Timeouts	8
2.6 Official's Timeouts	8
2.7 Substitutions	8
3. SCORING	8
3.1 Touchdown	8
3.2 Extra Points	8
3.3 Safety	8
3.4 Touchback	8
3.5 Four Downs	8
4. MERCY RULE	9
4.1 2 minutes – 21 points	9
4.2 10 minutes – 30 points	9
5. SCRIMMAGE/THE SNAP	9
5.1 Scrimmage Line	9
5.2 The Snapper	9
5.3 Offensive Line	9

5.4	Flags on Belts	9
5.5	Defensive Rush	9
5.6	Ready for Whistle Play	10
5.7	Scrimmage	10
5.8	Neutral Zone	10
5.9	The Snap	10
5.10	Retrieving the Ball	10
6.	PUNT/FAIR CATCH	10
6.1	Decision to Punt	10
6.2	Line of Scrimmage	10
6.3	Blocking the Kick	10
6.4	Fourth Down	11
6.5	Receiving from the Snapper	11
6.6	Continuous Motion	11
6.7	Interfering	11
7.	PASSING/RECEIVING/INTERCEPTIONS/INTERFERENCE	11
7.1	Forward Pass	11
7.2	Crossing Line of Scrimmage	11
7.3	Laterals or Handoffs	11
7.4	Eligible Receivers	11
7.5	Out of Bounds	12
7.6	Catching a Pass	12
7.7	Simultaneous Catch	12
7.8	Defensive Pass Interference	12
7.9	Contact Away From Play	12
8.	BLOCKING	12
9.	RUSHING	12
9.1	Wedge	12
9.2	Contact With Quarterback	12
10.	BALL CARRIER	13
10.1	Flag Guarding	13
10.1.1	13	
10.2	Spinning	13
10.3	Diving	13
10.4	Defensive Players	13

10.5 Charging	13
10.6 Touching the ground	13
11. FLAG BELT REMOVAL	13
11.1 Present the Flag	13
11.2 De-Flagging	13
11.3 Diving	14
11.4 Tampering with Flags	14
11.5 Checking Flags	14
12. FUMBLES	14
12.1 Touching the ground	14
12.2 Gaining Yardage	14
12.3 Batting or Kicking	14
13. ENCROACHMENT	14
14. ENDING EACH HALF	15
14.1 Expiring During a Down	15
14.2 Stoppage Time	15
15. INADVERTENT WHISTLE	15
15.1 Declined Penalty	15
15.2 Accepted Penalty	15
16. LIVE BALL/ DEAD BALL	15
16.1 Becoming a Live Ball	15
16.2 Becoming a Dead Ball	15
17. FOULS	16
17.1 Disqualifying Foul	16
17.1.1 Roughing the Passer	16
17.1.2 Throwing to the Ground	16
17.1.3 General Fouls	16
17.1.4 Tackling	16
18. ADMINISTRATION OF PENALTIES	16
18.1 Live/Dead Ball	16
18.2 Double Foul	16
18.3 Unsportsmanlike Conduct	16
18.4 Half the Distance	16
18.5 Accepted Penalty	17
15. UNSPORTSMANLIKE CONDUCT	17

15.1 Fair Play Rating	17
15.2 Unsportsmanlike Conduct	17
15.3 Ejection	17
15.4 Barred from Participation	17
15.5 ** New Ejection Policy**	17
16. COREC MODIFICATIONS	17
16.1 Number of Players	17
16.2 Players from Scrimmage	18
16.3 Laterals	18
16.4 Forward Passes	18
16.5 Female Reception	18
16.6 Punts	18
16.7 Co-Rec Scoring	18
16.8 Extra Points	18

ALL RULES NOT COVERED BY THIS SUPPLEMENT SHALL BE GOVERNED BY CURRENT NATIONAL INTRAMURAL-RECREATIONAL SPORTS ASSOCIATION (NIRSA) FOOTBALL RULES.

1. EQUIPMENT

1.1 Belts

The Rec Sports Office will provide flag belts.

1.2 Footballs

The Rec Sports Office will provide footballs for team use during games. Teams may provide their own ball for play, as long as it is of legal size (**Men's**: regular size) **Women/CoRec** and both teams agree to using the ball: Teams have the option to use regular, intermediate, youth or junior size balls. Each team may only use one ball for the entire game, there is no switching. Offenses are responsible for retrieving the ball; at no point are officials responsible for retrieving the ball.

1.3 Attire

Athletic attire is required. No jeans, jean shorts, button shirts, hard-soled shoes, open-toed shoes, etc is not allowed. All articles of clothing must be tucked underneath the flag belts. Shirts must be long enough so they remain tucked into pants/shorts during the entire down; or short enough so there is a minimum of 3" from the bottom of the shirt to the player's waistline. Towels may **NOT** hang from a player's waist or otherwise interfere with the possible removal of a flag. Towels however may be used and kept on the ground on top of the ball before the snap.

1.4 Pockets, Belts, Drawstrings

EACH PLAYER MUST WEAR SHORTS OR PANTS WITHOUT ANY POCKETS, belt(s), belt loops, or exposed drawstrings. **If a player shows up wearing shorts with pockets, the player will not be given a flag belt and will play under one-hand touch rules and guidelines.** You may tape the pocket shut so there is no exposure or risk of injury (Supervisor discretion). It is recommended that captains keep an extra pair of shorts (without pockets) with them in case a player forgets. All players must wear shorts or pants. The above rules are mandatory rules and they will be enforced. Any individual who is unprepared to play with the proper equipment will be **unable to play** until they are fitted with the proper equipment. (This is a Nationally Certified Rule and it enforced for safety precautions)

1.5 Shoes

Shoes must be athletic or running shoes. Pliable rubber cleats may be worn on the outdoor Intramural fields. **NO METAL SPIKES** or plastic cleats with metal tips will be permitted.

1.6 Headwear

Headwear: Hats can be worn, as long there is no protruding brim (i.e. skull caps, beanies, headbands are all okay).

1.7 Casts

No pads, splints, casts, or protective devices may be worn. Mouthpieces are acceptable.

1.8 Jewelry

Players must **REMOVE ALL JEWELRY** prior to participating, including any viewable body piercing, and LIVESTRONG-type rubber-bands or bracelets of any kind. If a player is seen in the game with jewelry of any kind, the referee will remove him from the game to adjust their equipment. A warning will be administered for the first incident, any following incidents will result in a 5 yards penalty (illegal equipment)

1.9 Flag Placement

A flag belt must be worn with a flag on each hip and one in the back.

1.10 Uniforms

Teams are responsible for providing uniforms and wearing like colors. The home team will always wear lighter color uniforms versus the away team wearing darker color uniforms.

2. THE GAME

2.1 Running Halves

An official game will consist of two 19-minute halves with a running clock. The clock runs continuously except for timeouts. There will be a two-minute half time separating the first and second halves (when possible). The ball is ready for play when it has been placed for a down and the official gives the ready for play signal. The play clock will start and the offensive team has 25 seconds to snap the ball. At the end of the 19 minutes in the second half, **there will be 6 total extra untimed plays left till the end of the game.** *Note: Extra Point attempts will not count toward the extra untimed play count*

2.2 Coin Flip

A coin flip (Rock, Paper, Scissors) at the start of the game will determine the teams' choice to "start on offense, to start on defense, to defer until the second half" (rather to kick or receive); or to defend a specific goal. The loser of the coin flip has the remaining option. At the start of the second half, these privileges are reversed. Exception: If the Offensive team defers their choice to the second half, they will have first choice of ball or side to begin the second half.

2.3 Starting Placement

At the start of each game and after each score the ball will be placed on the 14-yardline.

2.4 Ties

If the score is tied at the end of the game:

2.4.1 Overtime - Regular Season

The game results in a tie. There is no overtime in the regular season.

2.4.2 Overtime - Playoff Season

If at the end of regulation play the score is tied, the following overtime process will occur. A coin toss will be conducted with the winner having the choice of "offense or defense", or direction. During overtime, the format will be repeated until a winner is declared. Each team receives **four downs starting from the ten yard line to score a touchdown**. Once a touchdown is scored the team captain must decide whether they want a **three point conversion (from the 20 yard line)**, a **two point conversion (from the 10 yard line)**, or a **single one point conversion (from the 3**

yard line). If the defense intercepts a pass fumble (before it touches the ground) and returns it for a touchdown, they will win the game. If they do not return the interception for a touchdown, the series is over, the ball will be placed at the 1st zone line for the Defensive team and the Defensive team will begin their series of four downs. All penalties will be addressed the same during the overtime period.

2.5 Timeouts

Each team is allowed one, one minute time-outs during EACH HALF of the game, for a total of two. One time-out is allowed during the overtime period. Time-outs do not carry over into the next half OR overtime. Time-outs can be shortened if both teams are ready.

2.6 Official's Timeouts

The referee shall declare an official's time-out after a touchdown, safety, when an excess of time-out is allowed for an injured player, or when the game clock is stopped to complete a lengthy penalty.

2.7 Substitutions

Player substitution is allowed whenever the ball is not in play (between downs), and before the snap. Substitutes must be within 15 yards of the ball at any point after the ready for play whistle, and before the ball is snapped to be legally involved in a play.

3. SCORING

3.1 Touchdown

Touchdown - Six points: Scored for the team to which the ball legally belongs when a down is completed and any part of the ball is on, over, or beyond the opponent's goal line.

3.2 Extra Points

Extra Points – After a touchdown the team captain must decide whether they want a **three point conversion (from the 20-yardline)**, a **two point conversion (from the 10-yardline)**, or a **single point conversion (from the 3-yardline)**. While time is out there shall be one scrimmage play, unless changed by penalty. If the defense intercepts a pass or fumble (before it touches the ground) and returns it for a touchdown, they will receive **three points** for the return. If the offense team gets a safety on the defensive offensive team after an interception or fumble they will receive a one point safety.

3.3 Safety

Safety - Two points: A safety is given to the defending team when the ball is declared dead in the offensive team's end zone or it rolls or lands out-of-bounds beyond their goal line. Any offensive penalty in their end zone will result in a safety. After a safety is scored, the ball will belong to the team who scored the safety on their own 14-yard line and play will resume. (No Free Kick will occur).

3.4 Touchback

Touchback - No points: It is a touchback if a player is de-flagged in the end zone following an interception. A touchback can also occur if the ball is declared dead in the end zone following a punt. After a touchback, the ball belongs to the offensive team at their 14 yard line.

3.5 Four Downs

Each team has four downs to advance the ball to the next zone in order to receive a new series of downs. The zone line-to-gain in any series shall be the zone in advance of the ball, unless distance has been lost due to penalty or failure to gain. In such a case, the original zone in advance of the ball at the beginning of the series of downs is the zone line-to-gain. The most forward point of the ball, when declared dead between the goal lines, shall be the determining factor when spotting the ball.

Note: This means there is no forward progress. The ball will be spotted where the flag is pulled. However the defense is not allowed to push offensive players backwards, then pull the flag to get a better spot. This will result in an illegal contact penalty (10 yards).

3.6 Onsides Conversion

A team may elect to attempt an onside conversion at any time in the second half if they score a touchdown unless they are leading by 19 or more points following the Try.

Referee's Responsibility and Team's Choice.

The Referee must speak to the coach or captain immediately following the Try, asking them whether they would like to attempt an onside conversion from the 20 yard line. Once the coach/captain makes the choice, they may change the decision only when an A or B charged time-out is taken. Possession will be retained by A if the onside conversion results in what would have been a touchdown.

Onside Conversion Begins and Ends.

The onside conversion begins when the ball is marked ready for play. The onside conversion ends when B secures possession, the onside conversion is successful, or the ball becomes dead by rule. Neither team can score during the onside conversion.

Next Play.

After a successful onside conversion, the ball shall be snapped by the scoring team at their own 30 yard line, unless moved by penalty. After an unsuccessful onside conversion, the ball shall be snapped by the opponent of the touchdown-scoring team at their opponent's 30 yard line, unless moved by penalty.

4. MERCY RULE

4.1 2 minutes – 21 points

With two minutes remaining in the game, if a Women's, open, or CoRec team is up by 21 points or more then the game clock will not stop on dead balls (unless a timeout is called). If at any time in the last two minutes of the game a team gets within these point values, there will be no more untimed downs at the end of the game.

4.2 10 minutes – 30 points

At or beyond the 10 minute mark of the second half, if a team is losing by 30 points or more, the supervisor on duty has the option of ending the game **provided that the losing team does not want to continue to play.**

5. SCRIMMAGE/THE SNAP

5.1 Scrimmage Line

The scrimmage line for the offensive team is the yard line and its vertical plane in line with the forward-most point of the ball directly prior to the snap. The scrimmage line for the defensive team is the yard line and its vertical plane in line with one yard from the point of the ball nearest its own goal line. The offensive scrimmage line is marked with an orange disc, and the defensive scrimmage line is marked with a yellow disc. These discs are to remain stationary until the head referee removes them from their stationary position.

5.2 The Snapper

When over the ball the snapper shall have their feet behind their scrimmage line (first ball spotter-orange). The ball may be tossed from the side or through the legs, in one continuous motion. The person who receives the snap must be at least two yards behind the offensive scrimmage line (no under center snaps). *PENALTY-illegal snap- 5 yards from the previous spot.*

5.3 Offensive Line

On the snap, all players on the offensive team **must have a minimum of four players** on the line of scrimmage prior the snap. The line official will raise their arm until four players are on the line (once four players are on the line the official's arm will lower with them announcing "line set"). The official is only there to aid the offensive team; **the responsibility of the four legal players still remains that of the players**. The remaining players must either be on the line of scrimmage or in the backfield. **CoRec rules will also require 4 players on the line.**

5.4 Flags on Belts

All players must have flag belts on before the ball is snapped. If the ball is snapped, and a player is not wearing their flag belt, their team will be penalized. *Penalty: Offense = 5 Yard, LOD, Live Ball Foul; Defense = 5 Yards, Live Ball Foul* (Unless player is wearing shorts with pockets)

5.5 Defensive Rush

The defensive rush begins immediately. If the snap hits the ground prior to reaching the passer, goes over the passer's head without being touched, or is touched but not controlled by the passer, the ball is considered dead at **that** spot.

5.6 Ready for Whistle Play

All offensive players must be inbounds and within 15 yards of the ball markers after the ready for play whistle. Once the official blows the ball ready for play, a player may go as close to the sideline as they wish without going out-of-bounds. A team may not break the huddle with more than seven players or a dead ball foul will be called. *PENALTY-too many players on the field, dead ball- 5 yards, replay the down.*

5.7 Scrimmage

One offensive player may be in lateral or backward motion at any time, but not in motion towards their opponent's goal line during the snap. A total of 2 offensive players can be in motion before the play but they cannot be in motion simultaneously; One must stop before the other begins their motion; all other offensive players must be stationary. All other offensive players must come to a complete stop and remain stationary in legal position without movement of feet, body, head, or arms

for at least **one full second** before the snap. *PENALTY-illegal motion-5 yards from the previous spot (live ball foul).*

5.8 The Snap

The snap from center cannot hit the ground during scrimmage play and will become a dead ball if it does hit the ground. **ALL BALLS THAT HIT THE GROUND ARE DEAD.** (Exception: On punts, the receiving team may field the punt on a fly **or off of the ground.** Punts are dead when the ball has touched a player and then hits the ground.)

5.9 Retrieving the Ball

Offensive players are responsible for retrieving the ball after a down.

6. PUNT/FAIR CATCH

6.1 Decision to Punt

Whenever the offensive team wants to punt (optional on any down), the team captain **must communicate this decision to the referee.** If the team declares a punt the ball must be kicked (exception: if the offensive team or defensive team calls a time-out).

6.2 Line of Scrimmage

All line of scrimmage rules apply to a punt; at least four players for the offensive team must be on the line of scrimmage and they cannot cross the line of scrimmage until the ball is kicked (there is no minimum requirement on the line of scrimmage for the defense during a punt).

6.3 Blocking the Kick

Once the ball is punted, any receiving (R) player may block the kick while **remaining behind their defensive scrimmage marker.** If the punt is blocked, the ball is dead where it hits the ground. If the punt is blocked by any R player and then caught by any kicking (K) player behind the offensive team's scrimmage line they may advance the ball. R player may advance the kick anywhere in the field of play or end zone. A K player cannot kick the ball to themselves or any other K player.

6.4 Fourth Down

Once a team decides to punt, regardless of the down, **it is treated as a fourth down.**

6.5 Receiving from the Snapper

The snap from center may not hit the ground on a punt or the ball becomes dead immediately and belongs to the receiving offensive team at that spot. The punter must receive the ball from the snapper on a punt through the air; it cannot be an under center snap. The punter must receive the snap at least two yards behind the line of scrimmage.

6.6 Continuous Motion

After receiving the snap, the kicker must punt the ball immediately in a continuous motion.

6.7 Interfering

The kicking team cannot interfere with the receiving team's players' attempt to field the punt. (There is no halo rule but kick catch interference is a penalty). The receiving team may field the punt on a fly **or off of the ground.** Punts are dead when the ball has touched a player and then hits the ground, when the defensive team has downed the ball, or when the ball goes out-of-bounds. In each case,

the ball is put in play where it first touched the ground after touching a player, where it comes to rest, or where it goes out-of-bounds. The R player may run the kick out of the end zone. Also note, the momentum rule is in effect with receiving punts. There is no halo rule but the K team must give the R offensive team an opportunity to catch the ball without interfering.

7. PASSING/RECEIVING/INTERCEPTIONS/INTERFERENCE

7.1 Forward Pass

Once the ball has been legally snapped, the passer may move the ball in any manner, which he/she chooses. However, teams are only allowed one forward pass per down from behind the line of scrimmage. A player cannot make a forward pass from beyond the line of scrimmage.

7.2 Crossing Line of Scrimmage

Crossing the line of scrimmage is defined as a player crossing the line with one or both feet. As soon as a foot crosses the line, they have crossed the line of scrimmage.

Any time the ball carrier's feet cross the line of scrimmage (defined as the offensive line cone), no forward passes may occur (even if the player returns to behind the line of scrimmage).

7.3 Laterals or Handoffs

There is no limit to the number of laterals or handoffs that are made behind the line of scrimmage. Nor the number of backward laterals once past the line of scrimmage. Description of lateral: A backwards lateral/pass is judged by the **initial direction of a pass** that determines whether the pass is forward or backward.

7.4 Eligible Receivers

All offensive players are eligible to receive a forward pass or lateral after/before crossing the line of scrimmage. During a scrimmage down and before team possession has changed a forward pass may be thrown **provided the passer's feet are behind the offensive team's scrimmage line** when the ball leaves the passer's hand.

7.5 Out of Bounds

No player who goes out-of-bounds during a down may participate in the play unless they were blocked out of bounds and return into play immediately. *PENALTY-illegal participation-10 yards, replay the down.*

7.6 Catching a Pass

A receiver only has to have possession and one foot in bounds when catching a pass.

7.7 Simultaneous Catch

A simultaneous catch by opponents is awarded to the offensive player, unless he/she is out-of-bounds, and the ball becomes dead immediately (no advancement after catching the ball).

7.8 Defensive Pass Interference

Any contact made by an opponent that interferes with a player attempting to catch a pass is considered defensive pass interference. There will be no "bump and run" contact at the line of scrimmage. Such contact includes face guarding or blocking a potential pass receiver while running a pattern while the ball is in the air. The only exception to the pass interference rule is when two or

more players are making a simultaneous attempt to catch the ball and contact occurs or **if the ball is uncatchable**.

7.9 Contact Away From Play

Contact which occurs away from the play and which would be considered a foul is not pass interference.

PENALTY: Illegal Contact--10 yards from the previous spot.

8. BLOCKING

The offensive team is permitted screen blocking only. Any use of the arms, elbows, or legs to initiate contact during an offensive player's screen block is illegal. Both feet must remain on the ground while screen blocking. **There is no blocking beyond the line of scrimmage, except for setting stationary screens.** A blocker may only use their hands or arms to break a fall or retain their balance. Hands must be at a participant's side or behind the back while blocking.

PENALTY-Illegal contact on the offense-10 yards from the spot of the foul.

9. RUSHING

9.1 Wedge

Defensive players cannot use their hands or arms as a wedge to contact or separate the opponents. They cannot hold or push the offensive player. Any contact initiated when rushing is illegal. **PENALTY-Illegal contact on the defense-10 yards from the spot.**

9.2 Contact With Quarterback

There will be no contact with the quarterback whatsoever outside of an attempt to pull a flag. Rushers may not attempt to swat the ball from the passer's hands. Any such attempt will result in a penalty. A rusher is only allowed to pull the Quarterback's flag. In addition, players are allowed to block a pass, however it must be at least 5 yards away from the Quarterback. Any contact with the Quarterback will result in a Penalty.

PENALTY- Roughing the passer-10 yards (tack-on or from the line & AFD)

10. BALL CARRIER

10.1 Flag Guarding

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.

PENALTY: Flag Guarding--10 yards from the spot-Replay the down. Exception: If a first down was passed at the spot of the foul, a first down will be given, but a 10 yard penalty will be assessed from the spot of the foul.

10.1.1 Examples

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

4. The runner shall be prohibited from contacting an opponent with extended hand or arm “stiff arm”

10.2 Spinning

The ball carrier may spin in an attempt to avoid the defensive players.

10.3 Diving

The ball carrier is allowed to dive to advance the ball, but at no time is a player allowed to hurdle other players (“over the pile”). If at any time diving is used as an unsportsmanlike act it will be penalized accordingly. A player may not dive through a player to advance the ball. *PENALTY: Illegal Contact-10 yards from the spot of the foul.*

10.4 Defensive Players

The defensive player cannot hold, grasp, or obstruct the forward progress of a ball carrier while in the act of removing the flag belt. *PENALTY-Illegal contact-10 yards from the spot of the foul.*

10.5 Charging

A runner shall not charge into or contact an opponent in their path or attempt to run between two opponents or between an opponent and a sideline, unless the space allows a reasonable chance for him/her to go through without contact.

10.6 Touching the ground

When any part of a ball carrier's body touches the ground other than their hands or feet, the ball becomes dead immediately. (The ball is an extension of the hand and may be used to stabilize a runner from going to the ground).

11. FLAG BELT REMOVAL

The flag belt contains three flags attached permanently to the belt. The object is to deflag the ball carrier by pulling at one of the flags, causing the entire belt to come off. The ball carrier is de-flagged under the following circumstances:

11.1 Present the Flag

An opponent who removes the flag belt from the runner should immediately hold the flag belt high.

11.2 De-Flagging

De-flagging is only allowed under special circumstances, similar to tackling in football. Offensive players must have possession of the ball before they can legally be de-flagged (including a receiver attempting to catch a pass). In circumstances where a flag belt is removed early or inadvertently, play continues and de-flagging reverts to one-hand touch between the shoulders and knees, arms and hands included. The official will not blow his whistle until the player has been downed by a one-hand touch.

The passer is legally de-flagged if the defensive team de-flags him/her before the ball is released.

11.3 Diving

It is legal for the defensive player to dive to attempt to de-flag a ball carrier, including the quarterback.

11.4 Tampering with Flags

Tampering with the flag belt in any way to gain an advantage (i.e. tying it or using foreign objects to secure it) will result in the tampering player **receiving an ejection**.

11.5 Checking Flags

After a touchdown or extra point has been scored, the official will immediately de-flag the player that scored. If the flag belt comes off, then the points are scored. If not, the points are not scored, and the team is penalized. The player is ejected if the flag belt has been tampered with. All players are encouraged to hold the flag belt in the air upon de-flagging an opponent to assist the officials in spotting the ball. **(NOTE: the position of the ball when a player is de-flagged determines the spot of the next line of scrimmage.)**

12. FUMBLES

12.1 Touching the ground

Any ball that is fumbled by a player is dead as soon as it touches the ground and belongs to the team who last had possession of the ball before it touched the ground. The ball is put in play at the point where it first touched the ground. A dropped or bobbled ball from a lateral or handoff is also dead as soon as it hits the ground and belongs to the team who last had possession at the point where it touched the ground.

12.2 Gaining Yardage

An offensive player may never fumble forward to gain yardage. The ball will be spotted at the point in which the player lost control. (Exception: If a player fumbles out the back of the opposing team's end zone the play will result in a touchback and the opposing team will gain possession at their 14 yard line).

12.3 Batting or Kicking

Forward batting and forward or backward kicking to advance the ball is illegal.

13. ENCROACHMENT

Encroachment is a term used to indicate that a player is illegally in the neutral zone prior to the snap. An substitute entering is not considered to be a player for encroachment restrictions until he/she is on their team's side of the neutral zone.

PENALTY-(Dead Ball) Encroachment-5 yards from the previous spot, replay the down

14. ENDING EACH HALF

14.1 Expiring During a Down

If the time for any period expires during a down, play will continue until the down ends. No time signal will be sounded while the ball is live. A half may end if the offensive team does not snap the ball while it is ready for play and time expires. A half may be extended if there was an accepted penalty. If a touchdown was scored, the extra points are attempted as part of the same half.

14.2 Stoppage Time

The clock will not stop in the first half. In the second half the clock stops on all extra point attempts during the last two minutes of the second half. (Exception: Official's or team timeout or an injury that calls for the game clock to be stopped.)

15. INADVERTENT WHISTLE

15.1 Declined Penalty

When an official sounds their whistle inadvertently and the penalty is declined the team has the following options:

1. If the ball is in player possession, the team in possession may elect to put the ball in play where declared dead or replay the down.
2. If the ball is loose from a fumble, backwards pass, illegal kick, or illegal forward pass, the team in possession may elect to put the ball in play where possession was lost or replay the down.
3. If during a legal forward pass or a punt, the ball is returned to the previous spot and the down replayed.

15.2 Accepted Penalty

When the foul is accepted, disregard the inadvertent whistle. (NOTE: There is no time added to the game clock during a down with an inadvertent whistle.)

16. LIVE BALL/ DEAD BALL

16.1 Becoming a Live Ball

A dead ball, after having been declared ready for play, becomes a live ball when it is snapped or punted.

16.2 Becoming a Dead Ball

A live ball becomes dead and the official sounds a whistle when:

1. It goes out-of-bounds or is an incomplete pass.
2. Any part of the ball carrier's body, other than his hands or feet, touches the ground.
3. A touchdown, safety, or touchback is made. (Note: The clock remains stopped on all extra point attempts during the last two minutes of the second half).
4. A fumble by a player touches the ground.
5. A ball carrier is legally de-flagged by a defensive player.
6. A legal forward pass strikes the ground or is simultaneously caught by opposing players.
7. A player from the kicking team downs a punt beyond the line of scrimmage when no player of the receiving team has attempted to receive it.
8. A snap from center on a punt strikes the ground before being caught by the punter.
9. The punter/passers receives the ball directly from the snapper as a handoff.
10. An inadvertent whistle occurs.

17. FOULS

17.1 Disqualifying Foul

Any of the following fouls may be judged by an official to be a disqualifying foul causing ejection of the player who committed the foul. These fouls are also considered unsportsmanlike and unnecessary roughness:

17.1.1 Roughing the Passer

No roughing the passer. At no time may the passer be contacted. This includes contacting the ball while still in the passers hand. "The ball is part of the body, while in possession" (The ball is an extension of the hand).

17.1.2 Throwing to the Ground

No throwing the runner to the ground or contacting an opponent on the ground.

17.1.3 General Fouls

No striking, tripping, kicking, kneeing, clipping, or use of the forearms

17.1.4 Tackling

No tackling. If a player tackles a ball carrier who in the judgment of the official had an open field for a touchdown, a touchdown will be awarded to the offended team. If the ball carrier did not have an open field, the offended team will be awarded an automatic first down. The player will be ejected if the official judged it to be an unsportsmanlike/malicious action.

18. ADMINISTRATION OF PENALTIES

18.1 Live/Dead Ball

Live/Dead Ball - When a foul occurs during a live ball, the official will throw their flag and play continues until the play is dead. At the end of the down, the official will notify the offended team's captain of their options. Once the captain's choice is made, the options cannot be reversed. When a live ball foul is followed by a dead ball foul, the penalties are administered separately in order of occurrence.

18.2 Double Foul

Double Foul - When both teams commit live ball fouls and there is no change of team possession, the penalties cancel each other out and the down is replayed. Exception: If there is a change of team possession, the team gaining possession still gains possession provided they have not fouled prior to getting it (if they fouled prior to gaining possession, the fouls cancel each other out, down is replayed.) Penalties for dead ball fouls are administered separately and in order of occurrence.

18.3 Unsportsmanlike Conduct

Unsportsmanlike Conduct - Is always administered separately and, if flagrant, could mean ejection of that player from the game.

18.4 Half the Distance

Half the Distance - A measurement cannot take the ball more than half the distance from the enforcement spot to the offended team's goal line. If the penalty is greater than this, the ball is placed halfway from the enforcement spot to the goal line.

18.5 Accepted Penalty

If the penalty is accepted, the down remains the same, unless it is a penalty that involves loss of down.

15. UNSPORTSMANLIKE CONDUCT

15.1 Fair Play Rating

An average FairPlay rating below a 5 renders a team ineligible for the playoffs (see Fair Play Policy).

15.2 Unsportsmanlike Conduct

Unsportsmanlike conduct (verbal abuse to officials or players, unnecessary roughness, etc.) will result in a penalty being assessed and possible ejection from the contest and/or forfeiture.

15.3 Ejection

Any individual ejected from a contest will be ineligible for further participation in any Rec Sports activity until the incident is resolved with the Flag Football Sports (Danielle Jones and Cameron Bates, Coordinators for Rec Sports). Any player who is ejected must leave the playing area, **out of sight, out of sound**.

15.4 Barred from Participation

Teams/individuals may be barred from participation in playoffs due to unsportsmanlike conduct or eligibility violations during the regular season (see Fair Play Policy).

15.5 ** New Ejection Policy**

Any player that gets ejected from a game for conduct/behavior issues will automatically get disqualified from playoffs for that team and sport; this will also apply to any player that accumulates the equivalent of an ejection in that sport throughout the season.

- For example: a participant gets 3 yellow cards in a season for soccer, 3 unsportsmanlike penalties in a season for flag football, 3 technical fouls in a season for basketball, etc. Should a team have 2 or more ejections throughout the season that team automatically becomes disqualified for playoffs.

Unsporting behavior may include, but is not limited to the following:

- The obstruction or disruption of the normal functioning of an Intramural activity.
- The use of abusive or insulting language which provokes ill will, baits, or which incites an opponent, spectator, or Intramural employee.
- Physically threatening, pushing, or taunting a participant, spectator or Intramural employee.
- Repeatedly arguing with an official.
- Fighting (initiation or retaliation). Fighting includes physically striking, kicking, etc., or attempting to strike, kick, etc., a participant, spectator or Intramural employee.

16. COREC MODIFICATIONS

16.1 Number of Players

Number of players

1. The CoRec game shall be played between two teams of seven players; Ratio is 4:3 for Competitive and 5:2 for Recreational. No gender requirements for Res Hall
2. A team may start with as few as five players, but the proper gender ratio must be maintained at all times. The ratio has no more than 4 players of any gender for competitive.
3. Competitive legal ratios; 4:3, 3:3, 3:2, 4:2:1, 3:3:1.
4. Recreational legal ratios; 5:2, 4:3, 4:2, 3:3, 3:2

5. Offensive and Defensive Penalties do not reset the Open/Closed play rotations.

16.2 Players from Scrimmage

Plays from scrimmage

1. Forward passes

PENALTY: Illegal Forward Pass-5 yards from the spot of the throw and loss of down.

16.3 Laterals

Laterals (backward passes) may be executed to/from players of either sex.

16.4 Forward Passes

A player must be past the line of scrimmage in order to catch a forward pass.

16.5 Punts

Punts: All regular punt rules apply. Minimum five players on the line of scrimmage.

16.6 Co-Rec Scoring

Touchdown by a player: 6pts.

16.7 Extra Points

- (3 yard attempt) - 1 point
- (10 yard attempt) - 2 points
- (20 yard attempt) - 3 points

F: False Start

I: Illegal Snap

E: Encroachment

L: Leaving the field outside the 20s

D: Delay of Game

All other NIRSA & UC Davis Intramural Sports Flag Football Rules apply. *ALL RULES STATED ABOVE FOLLOW NATIONAL INTRAMURAL-RECREATIONAL_SPORTS ASSOCIATION (NIRSA) RULES, EXCEPT FOR THOSE SPECIAL INTRAMURAL RULES THAT ARE USED. ANYTHING NOT COVERED IN THESE RULES IS GOVERNED BY THE OFFICIAL NIRSA FLAG FOOTBALL RULES.

NO POSSESSION OR CONSUMPTION OF ALCOHOLIC BEVERAGES IS PERMITTED ON UNIVERSITY PROPERTY. PLEASE ABIDE BY THIS UNIVERSITY POLICY.

Summary of Penalties

SOF=Spot of Foul
LOD=Loss of Down

Loss of 5 yards

1. Delay of game (Dead ball)
2. Encroachment (Dead ball, 10 yards if two or more consecutive encroachments occur by the defense)
3. Illegal Motion or shift
4. Illegal Procedure (receiving the snap within 2 yards, dead ball)
5. Illegal formation (not enough on the line)
6. Illegal forward pass (loss of down, SOF)

Male-to-male completion during a closed play (CoRec)

Female to male forward pass behind LOS and male advances ball beyond LOS.

7. False start on offense (Dead Ball)
8. Kick catch interference (enforce from the SOF)
9. Intentional grounding (enforced from the SOF 5 yard penalty & LOD)
10. Illegal Advancement by a male runner (CoRec rule)
11. Illegal Substitution

Summary of Penalties

LOD=Loss of Down
AFD=Automatic First Down
LOS=Line of Scrimmage
RD=Replay Down

Loss of 10 yards

1. Offensive pass interference (enforced from line & LOD)
2. Defensive pass interference (enforced from line & AFD)
3. Unsportsmanlike conduct
4. Roughing the passer (tack-on or from the line & AFD)
5. Illegal contact on offense (SOF)
6. Illegal contact on defense

If a clear path and the player would have scored. Tackling player is ejected and TD counts.

7. Illegally secured flag belt (LOD for offensive team, and an ejection of the perpetrator)
8. Illegal participation
9. Unsportsmanlike conduct (tack on penalty)
10. Tackling/tripping [illegal contact, enforce from the spot, AFD)
11. Stripping the ball [illegal contact]
12. Hurdle any player
13. Illegal Batting
14. Illegal flag belt removal