FLAG FOOTBALL RULES

Registration and Payment
All teams must register online through wellnessregistration.und.edu. A team must be registered AND paid in full, before they are officially in the league. Teammates must register and join the team separately online before being allowed to play.

Schedules
Schedules for league play are posted online through wellnessregistration.und.edu.

Facility
All games will be played at the UND Memorial Stadium.

Questions
Please feel free to contact Intramurals with any questions or concerns.

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Eligibility Liability
Each participant is responsible for their own eligibility. Furthermore, each team captain is responsible for the eligibility of their team members. Inquiring about eligibility in advance of contests precludes delays and potential protest(s). The Intramurals program will check the eligibility of players if an opposing captain lodges a protest or the Intramurals program has reason to believe the person in question is not eligible. The Intramurals office reserves the right to put into immediate effect any rule changes or modifications regarding eligibility. The Intramurals program reserves the right to handle eligibility violations without a formal protest. **IGNORANCE OF ANY INTRAMURALS RULE IS NOT AN EXCUSE!**

Who is Eligible?
Only the following are eligible to enjoy all Intramurals privileges:

- All currently and regularly enrolled UND Students
- Current UND Faculty/Staff Members working in any department or college of the University
  - Must be a Wellness Center Member
  - If not a Wellness Center Member, they must purchase a Wellness Center Day Pass for each day of an intramural contest. The receipt from the Wellness Center must be presented at each contest.

**Intercollegiate Team Members, Junior/Community College and Former Varsity Athletes**

**Intercollegiate Team Members:** “Active” members, including redshirts of the varsity or other intercollegiate teams, are ineligible to participate in the same or related sport during the same academic year in which they participated as a member of the varsity team. “ACTIVE” members shall be defined as any athlete who is on an intercollegiate team within one week of the intercollegiate team’s first scheduled contest.

**Junior College/Community College:** athletes who have competed for a junior college or community college team are ineligible to compete in those sports or related sports during the same academic year.
Former University Varsity athletes are eligible to participate, but a maximum of two (2) may be on the same team in their similar or related sport.

**Identification Cards**
All participants will be asked to present a valid UND ID, Wellness Center membership card, or State/Federal ID prior to playing in any Intramural contest. Individuals failing to present a valid ID will not be allowed to participate.

**Adding Players to Roster**
Players may be added to the roster at any time during the regular season provided the new players meet all eligibility requirements. Only players that have played in at least one regular season game are eligible to participate in the playoffs.

All players MUST be added to their team through wellnessregistration.und.edu before they can participate. Being on the “Pending Roster” is only acceptable for the first week of competition. After the first game, all players must be on the “Active Roster”, or they will not be able to participate.

**General**
- The Intramurals Participant Handbook will govern all aspects of play not considered playing rules of the sport. Participants are expected to follow the Handbook rules of conduct as well as the sport-specific rules outlined below.
- Current National Intramural and Recreational Sports Association (NIRSA) rules will be in effect, with the exceptions of those listed on the following pages.
- Players may only play for one coed and one single sex team. Teams with players found to be playing on more than one team within a division will be required to forfeit those games with the illegal player. The first team you PLAY for is the team you are committed to for the season. If you have not played for a team, you are allowed to transfer teams, with proper notification to the Intramural staff.

**Grace Period**
Game time is forfeit time! A forfeit or default will be declared if an individual or a team fails to have the minimum number of players required to start a game at the scheduled game time. However, the opposing team captain will be offered the option of taking the win by forfeit or default or waiting 5 minutes for the minimum number of players to show. In the event the captain decides to wait, that decision is irreversible. The minimum number of players for each sport will be listed on sport rules.

**Default**
A default will be granted to each team that has players present to participate but does not meet the minimum requirement of players to play. Each default will result in a loss for that team. Defaulted games will not be rescheduled. Teams may call the Intramurals office at least 3 hours prior to their game if they are unable to make their game. This will be considered a default.
- One default will result in team receiving a “3” sportsmanship rating.
- Two defaults will result in that team being ineligible for the playoffs in their sport, but left on the schedule.
- Three defaults will result in that team being automatically dropped from league play and will not be allowed to re-enter the league.

**Forfeit**
A forfeit is given to a team if:
- No players are on site by the end of the grace period.
- A team uses a player who is ineligible or participates under an assumed name.
- Unsportsmanlike conduct

Each forfeit will result in a loss for that team. Forfeited games will not be rescheduled.
- One forfeit will result in that team being ineligible for the playoffs.
Two forfeits will result in that team being automatically dropped from league play and will not be allowed to re-enter the league.

**Playoffs**

- Any team that does not have a forfeit or two defaults on their record, has a “3” or above sportsmanship rating, and has won 2 or more games during league play is eligible for the postseason tournament (a tie counts as a win). Some exceptions may apply.
- During the playoffs, a “1” or “0” sportsmanship rating results in forfeiture of the game and all players on the team being suspended for the first game of the next season, regardless of their new team or involvement in the forfeited game.

**Players, Rosters, and Substitutions**

- Teams will consist of 7 players. 5 players must be present to begin play. This is an Open League meaning there are no rules about the number of male/female players.
- The defense has no rules on the number of players that are required on the line of scrimmage.
- Unlimited substitutions are allowed during a dead ball situation.
- Team captains are the only individuals permitted to speak with officials regarding calls or questions. If another player attempts to dispute, then a warning may be issued. Subsequently, an ejection could be issued.
- Substitutes, replaced players, and spectators are subject to all rules. Teams are responsible for their fans conduct and language.

**Equipment**

- Practice balls must be provided by each team.
- Game balls will be provided by the Intramural staff, however, if both teams agree then a different football may be used.
- All participants are required to wear proper or appropriate footwear for competition. At no time will any combat boots, dress shoes, or full metal cleats be allowed. Open toed sandals, bare feet or just wearing socks is prohibited.
- Each team is encouraged to have some type of uniform, which provides uniformity in color for all participants. In cases where teams do not have uniforms, all players will be required to wear a pinnie from Intramurals.
- No jewelry may be worn during an Intramurals sports activity. All participants are expected to remove all jewelry prior to the start of the contest. Jewelry consists of any visible rings (including wedding rings), watches, necklaces, earrings, studs, bracelets, rubber bands, and any other similar jewelry. Tape, band aids or any other substance will not be allowed to cover any jewelry. Any participants required to wear medical bracelets or medical medals will be permitted to do so. However, they must be taped to the body with medical data visible.

**Illegal Equipment**

- Headgear containing any hard, unyielding, stiff material, including billed hats, or items containing exposed knots
- Jewelry
- Pads or braces worn above the waist
- Shoes with metal, ceramic, screw-in, or detachable cleats. EXCEPTION: Screw-in cleats are allowed if the screw is part of the cleat
- Shirts or jerseys which do not remain tucked in. Any hood on a coat, sweatshirt, or shirt which does not remain tucked in. Tear-away jerseys or jerseys that have been altered in any manner which produces a knot-like protrusion or creates a tear-away jersey
- **Pants or shorts with any belt(s), belt loop(s), pocket(s) or exposed drawstrings**
- Leg and knee braces made of hard, unyielding material, unless covered on both sides and all edges overlapped, and any other hard substance unless covered with at least ½” of closed cell, slow recovery or other material of similar thickness and physical properties
- Any slippery or sticky foreign substance on any equipment or exposed part of the body
- Equipment which includes computers or any electronic or mechanical devices for communication
• Exposed metal on clothes or person. This includes “O” or “D” rings used to secure flag belts
• Towels attached at the player’s waist
• Any equipment the officials deem hazardous

**Playing Field**
- Field measurements - 100 x 53.33 yards; 80 yards between goal lines and two-10 yard end zones.
- The field consists of three first down lines (zone lines to gain) -- 20 yards apart.
- Midline is the 50 yard line.
- A team will receive four (4) consecutive downs to advance to the next zone.

**Pre-Game Conference**
Captains will meet with game officials to determine the options of taking the ball or defending a particular goal.
- Visiting team calls toss. There are deferrals - the team that wins the coin toss has the following options:
  - Choose to start on offense or defense
  - Choose which endzone to defend
- The team not winning the toss will have the remaining option.
- Teams will switch ends of the field at the half. Offense/defense is rotated.

**The Game**
- The game will consist of 2-20 minute halves with a running clock. During the final 2 minutes of both halves the clock will stop for:
  - Incomplete legal or illegal forward pass
  - Out of bounds
  - Score (touchdown or safety)
  - Time-out (official or team)
  - First down
  - Penalty & administration
  - Change of possession
  - Inadvertent whistle
- The clock will restart on the snap for any stoppage of play during the final 2 minutes. Clock will run during extra point attempts.
- **Each team will have 2-1 minute timeouts per half. Unused timeouts do not carry over.**
- In overtime, each team will have 1-1 minute timeout per overtime period. Unused timeouts do not carry over.
- Officials’ timeouts:
  - Injury - charged to official - player must leave field and be replaced.
  - Injury with bleeding must leave field and may not return until inspected by a student supervisor, bleeding is stopped and wound is covered. Blood soaked clothing must be removed.
  - Protest - charged to official if the ruling is changed; charged to the team if the ruling is upheld. Judgment calls are NOT protestable (i.e. protesting a catch or a non-catch). Teams may only protest player eligibility or a rule interpretation (i.e. the foul called should be penalized with a 5yds penalty, not a 10yds penalty). Protests must be done at time of incident.
- There will be no kickoffs. In all “kickoff” situations, the receiving team will get the ball on their own 7 yard line. This includes all touchbacks and after touchdowns or safeties. The ball will be spotted at the center of the field in these instances.

**Tie Game/Overtime**
If a game ends with a tie score, the officials must bring all players and coaches of both teams to the center of the field. They will discuss the tie breaker procedures and answer all questions prior to the coin toss. After this meeting the captains will stay while the remaining players and coaches return to the sideline.
- A coin toss will occur for the first overtime period.
• The visiting team captain will call the toss and the winner has the option of offense or defense. Teams will alternate offense and defense at the start of each overtime period.
• The loser of the coin toss picks the goal for both teams. All overtime periods are played toward the same goal line.
• Unless moved by penalty, each team will start 1st and goal from the 10 yard line.
• Consists of each team receiving a set of 4 downs. First downs cannot be earned in OT.
• During the regular season, if the score is still tied after 2 overtime periods, the game ends in a tie.
• During playoffs the teams will play until there is a winner. If the score remains tied for a potential 3rd overtime, the officials will move the ball back an additional 10 yards to the 20 yard line to begin the third and subsequent overtime periods. Both teams then must also attempt a 2 point conversion after a touchdown.
• If the first team awarded the ball scores, the opponent will have a chance to win or tie the game.
• If the defense intercepts the ball and returns it for a touchdown, they win the game. If they do not return the interception for a touchdown, the ball will be placed at the 10 yard line to begin their series of 4 downs.
• Each team is entitled to one time-out for the entire overtime period. Timeouts do not carry over.

Playing Rules – Defense
• Must go around offense and may not use hands or arms to run through opponents. No bull rushing!
• Any stance is allowed on defense.
• “Tackling” is done by pulling the ball carriers flag (must attempt to grab flag only). Attempts at the ball or holding the shirt, body, etc. is illegal.
• Physical tackling is illegal and rules as unnecessary roughness. Penalty is 10 yards. If flagrant, the offender shall be disqualified.

Playing Rules – Offense
• Has 25 seconds to put the ball in play after the official sets it down and declares it ready for play. Penalty: Delay of Game – 5 yards.
• The ball may be snapped either between the legs of the center or to the side.
• At least 4 players must start on the line of scrimmage. (1 yard behind the line of scrimmage constitutes “off” line)
• Any player may move in motion, pending there are 4 offensive players on the line of scrimmage at the snap of the ball. Only one person may move in motion at once.
• All offensive players must remain motionless for 1 second before the ball can be snapped.
• 2 point stance ONLY.
• All players are eligible for a pass.
• Only one FORWARD pass is allowed per down. A forward pass completed behind the line of scrimmage is still considered the one forward pass for that play.
• A player may hand the ball off forward if behind the line of scrimmage.
• Ball carrier may NOT: hurdle an opponent or flag guard.
• Ball carrier is allowed to spin.
• Use of hands is prohibited at all times by the offensive line. Lineman must keep their hands behind their back or crossed on their chest. Extending of elbows while hands are joined is also illegal.
• Quarterback does not have to be rushed in order to run.
• Excessive celebration will be cause for a 10 yard unsportsmanlike conduct penalty. This is an official’s judgment call and may not be protested.

Snapping the ball
• Offensive team is responsible for retrieving the ball after a scrimmage down. Penalty: 5 yards, delay of game.
• The ball must be put into play no more than 25 seconds after the official has marked it ready for play.
• Direct snaps to the quarterback are not permitted. The snap must be received at least 2 yards behind the line of scrimmage (i.e. the SHOTGUN formation).
• Snaps to players in motion are not allowed.
• Snaps may be through the legs or a side-pitch. However, the ball must remain on the ground and motionless until the actual snap.
• Snapping the ball to a player on the line of scrimmage is not permitted.

Diving
Diving is prohibited when attempting to advance the ball. Players may dive to receive a pass only.
• Spinning and jumping are allowed during live ball situations. Players are not allowed to hurdle defensive players to prevent the defender from pulling their flags.
• When a player is down, the ball is spotted where the ball is at the time, not where the flags are.

Blocking
• Screen blocking only. Hands and arms must be behind the back, allow one normal step to an opponent from screens to their rear, side or front.
• Blockers can ONLY move laterally or backwards, but not forward on the line.
• Individuals are not permitted to use feet, knees, and elbows or to dip shoulders, trip or kick legs to initiate contact.
• Contact with an opponent on the ground is prohibited.
• Helping a ball carrier through pushing or contact is prohibited.
• Defensive players must go around a block - no holding, tackling, aggressive pushing or other use of arms and hands - no holding or obstruction of ball carrier to remove flag.
• Downfield blocking is allowed, but the blocker must be set, stationary and remain motionless until the ball carrier has advanced the ball past the blocker.

Catch
• A catch is the act of establishing player possession of a live ball which is in flight, and first contacting the ground inbounds or being contacted by an opponent in such a way that he/she is prevented from returning to the ground inbounds while maintaining possession of the ball.
  o If one foot first lands inbounds and the receiver has possession and control of the ball, it is a catch or interception even though a subsequent step or fall takes the receiver out-of-bounds.
  o A catch by any kneeling or prone inbounds player is a completion or interception.
  o Elements of a catch:
    • Control of the ball.
    • Two feet down or another body part.
    • A football move such as:
      • A third step
      • Reaching/extending for the line-to-gain
      • Or the ability to perform such an act

Scrimmage lines
• The scrimmage line for Team A is the yard line and its vertical plane which passes through the forward point of the ball. The scrimmage line for Team B is the yard line and its vertical plane which passes one yard from the point of the ball nearest its own goal line. Team B’s (defense) scrimmage line may extend into their end zone.

Zone Line to Gain
• 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 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.
• If a runner temporarily breaks the plane of the line-to-gain before going out-of-bounds, it is a first down.
**Interference**
- Offensive pass interference – after the ball is snapped, and until the pass has been touched by any Team A player, there shall be no offensive pass interference beyond the Team A scrimmage line.
- Defensive pass interference – after the pass is thrown, and until the pass has been touched by any Team A or B player, there shall be no defensive pass interference beyond Team A’s scrimmage line while the pass is in flight.

**Fumbles**
- Fumbles are dead where the fumble occurred. The team that fumbled the ball will retain possession.
- The play will be blown dead and the next play will begin at the point where the ball touched the ground.
- Intentionally attempting to “strip” the ball will result in a 10 yard penalty from the end of the run. All attempts at stopping progress must be made towards the opponent’s flag belt.
- **Exception:** Ball flies forward. The ball will then be placed at the point it left the ball carrier’s hands.

**Inadvertent whistle**
If an official inadvertently blows his/her whistle during a live ball play, the play shall be declared dead at that point and the following action will be taken:
- Offensive player did not possess the ball beyond the line of scrimmage – replay the down from the previous line of scrimmage.
- Offensive player with possession beyond the line of scrimmage – offense chooses whether to replay the down from the previous line of scrimmage or they can put the ball in play where it was declared dead.
- **NOTE:** any accepted penalty nullifies inadvertent whistle option.

**Scoring**
It is a touchdown when a runner advances from the field of play so that the ball penetrates the vertical plane of the opponent’s goal line. It is a touchdown when a loose ball is caught by a player while the ball is on or behind the opponent’s goal line.

- **Touchdown** 6 points
- **Safety** 2 points
- **PAT (3 yds.)** 1 point
- **PAT (7 yds.)** 2 points
- **PAT (14 yds.)** 3 points
- **Intercept PAT** -- If the defense intercepts a pass or fumble during the PAT and returns it for a score it will be worth 3 points, regardless of the original attempt amount. This rule will also be in effect during overtime periods.

After the PAT attempt is completed, the ball will be placed at the 20 yard line for the opposing team’s possession. THERE ARE NO KICKOFFS!

**Mercy Rule**
- If a team is ahead by 25 or more points with 5 minutes left in the game, the game is over. If a team scores during the last 5 minutes of the second half and that score creates a point differential of 25 or more points, the game is over.

**Intentional Downing**
This play is a way to legally stop the clock.
- Spiking the ball.
  - The QB may take the snap and immediately spike the ball into the ground.
  - S/he must spike the ball at his/her feet.
  - They must not delay this action in any way.
Punting the Ball
On fourth down, the referee will ask the offensive team captain to select if they wish to 1) Punt or 2) Try to reach the zone-line-to-gain. Once a decision is reached, the referee will announce the decision to the defense. If the offense declares a punt (or decided to “go for it”), then wants to change their decision, they must do so after a charged timeout or an accepted penalty in which the down is replayed.

- Fake or Quick kicks are not permitted at any time.
  - Penalty: Illegal kicking, 10yds from previous spot.
- The punter must receive the ball like any other snap (at least two yards behind the line of scrimmage).
  - Penalty: Illegal procedure, 5yds from previous spot.
- The kicking team must have a minimum of four (4) players on the line of scrimmage. The receiving team has no rules on the number of players on the line of scrimmage.
  - Penalty: Illegal procedure, 5yds from previous spot.
- Neither team may advance past the line of scrimmage until the ball has been punted. The receiving team may shuffle their players as they wish at any time.
  - Penalty: Illegal procedure, 5yds from previous spot.
- The kicking team may down the ball after it is punted to maximize field position, but must first allow the receiving team the opportunity to make the catch.
  - Fair Catch: During any punt, the kicking team members must allow receivers an attempt to make a play on the ball. The kicking team shall not obstruct their path to the ball. This applies even if a fair catch is not signaled and opponents have not yet touched the ball.
  - Penalty: 10 yards from previous spot and replay of the down OR choose an awarded fair catch after enforcement of a 10 yard penalty from the spot of the foul.
- Punts that have not touched a player are NOT dead. When a punt touches a player from either team and then hits the ground, it is dead at that spot and belongs to the receiving team.
  - If a punt is muffed by the receiving team and caught in the air by the kicking team it is dead at that spot and the kicking team retains possession, first and line-to-gain.
  - If the muffed punt is caught in the air by the receiving team, they may advance the ball.
  - If the muffed punt touches the ground, the ball is dead. If in the end zone, this is a touchback.
- If the punt extends beyond the back of the end zone, the ball is dead and will be placed on the 14 yard line. Punts received in the end zone may be advanced.
- Momentum Rule - A player who is attempting to catch a punted ball, whose momentum carries them into the end zone, may advance the ball forward or down the ball while in the end zone for a touchback.

Flag Rules

- Players of opposing teams are encouraged to wear contrasting colored jerseys and flags.
- No article of clothing may cover any portion of the player’s flag. One warning to each team.
- Each player on the field must wear the flag belt provided by the Intramurals program. Belt must be properly attached at waistline - one flag center back and one flag over each hip.
- Legal tag: If a player has inadvertently lost their flag belt, then a one (1) hand tag between the shoulder and knees constitutes a “tackle”.
- Removing flag belt: When the belt is clearly taken from the ball carrier, the down shall end and the ball is declared dead. The belt should be held over the head to assist officials with the call. If belt is missing from the runner and not inadvertently lost, the ball is returned to the line of scrimmage and penalty assessed.
- Contact: In an attempt to remove the belt from a ball carrier, defensive players may contact the body and shoulder of an opponent with their hands, but not their opponents face or any part of the neck or head. A defensive player may not hold, push, or knock the ball carrier down in an attempt to remove the flag.
- All players must have their flags in legal position at the start of each play. Penalty: Illegal equipment.
- Subs in uniform: Each sub shall be in uniform and ready to play upon entering the game. Penalty: Delay of game.
- Intentionally pulling or removing a belt from any player that does not have possession of the ball is illegal.
● Flag guarding: Ball carriers shall not guard their flags in a manner that would prevent an opponent the opportunity to pull or remove the flag belt. A ball carrier may not use straight arm tactics, swing arm to deflect, or use other means to keep an opponent from pulling a flag. This style of running constitutes flag guarding.

● A ball carrier may not lower his/her head or run in a bent over fashion, which hinders an opponent from pulling a flag, this style of running constitutes flag guarding with the intent to injure another.

● Obstruction of ball carrier: The defensive player shall not hold, grasp, or obstruct forward progress of a ball carrier when in the act of removing the belt or making a legal tag. Penalty: 10 yards.

**Penalties**

**Penalty during try for point:**

- Penalty on defense:
  - If the attempt was unsuccessful, add the penalty enforcement and replay the down.
  - If the attempt was successful, the play stands.

- Penalty on offense:
  - If the attempt was unsuccessful, then the play is over and the attempt will not be repeated.
  - If the attempt was successful, then take the converted score away add the penalty enforcement.

**Enforcement philosophies**

- Penalties behind the line of scrimmage:
  - By the offense – enforce from the spot of the foul
  - By the defense – enforce from the line of scrimmage

- Penalties beyond the line of scrimmage
  - After a player already has possession of the ball
    - By the offense – enforce from spot of the foul.
    - By the defense – enforce from the end of the run.
  - Before a player has possession of the ball
    - By the offense – enforce from the line of scrimmage
    - By the defense – enforce from the line of scrimmage.

**5 Yard Penalties**

- Illegal equipment
- Delay of game
- Substitution infraction
- Encroachment *(dead ball)*
- False start *(dead ball)*
- Illegal snap *(dead ball)*
- Illegal formation - 4 players not on line - offense
- Player not within 15 yards of the ball

**10 Yard Penalties**

- Running play after declaring punt
- Fair catch interference
- Two or more consecutive encroachments *(2nd is 10 yards)*
- Offensive pass interference – *(LOSS OF DOWN)*
- Defensive pass interference – (automatic 1st down)
- Illegally secured belt on touchdown *(LOSS OF DOWN, no score)*
- Unsportsmanlike conduct (i.e. – taunting or excessive celebration)
- Spiking, kicking, throwing ball during a dead ball
- Attempt to steal or hit the football from the hands of an opponent
- Tripping
- Contact with opponent on ground
- Throwing runner to the ground
- Hurdling player
• Unnecessary contact
• Tackling
• Clipping
• Roughing the passer – (automatic 1st down) – any contact with the QB shall be considered roughing
• Illegal blocking
• Obstruction or holding of the runner
• Flag guarding
• Illegal participation
• Illegal flag belt removal

Disqualification associated with certain 10 yard penalties (loss of down or automatic 1st down)
• Intentionally kicking or attempting to strike an opposing player or official.
• Unsportsmanlike player / coach / bench conduct - verbal or physical abuse of an official, player, coach, or bench.
• Tackling or throwing a player to the ground.
• Intentional tampering with the flag belt (offense or defense)

Miscellaneous
• All officials’ calls are final!
• The scorekeeper’s record is the official record. Scorekeepers will be responsible for keeping score and penalties.