

Administrative Rules and Information

- I. Prior to the game, players must check-in at the information table with the supervisor or University Recreation Assistant on duty. All University Recreation participants MUST have a Comet Card or the GET app to participate, **no exceptions**.
- II. All games will be played on campus unless otherwise mentioned. Check imleagues.com/utdallas for specific location. Teams are expected to report to their court/field 15 minutes before game time.
- III. NO ALCOHOL, TOBACCO, OR FOOD allowed in UREC facilities. Non-alcoholic beverages are allowed with a secure top.
- IV. **Ejections:** Any form of physical combat (pushing, punching, kicking, etc.) at any time during one's use of the facility while at a University Recreation event is taking place will result in an immediate ejection with further action taken on an individual basis. The officials of each game or any other UREC staff may eject any player or bystander for inappropriate behavior at any time. Ejected players must be out of sight and sound within one minute or a forfeit may be declared. It is the responsibility of the team captain to make sure ejected players leave the area. **An ejected player must schedule a meeting with the Assistant Director of Competitive Sports before he/she can play again in ANY intramural event.**
- V. **Sportsmanship:** All team members, coaches, and spectators are subject to sportsmanship rules as stated in the University Recreation Guidelines. Each team's sportsmanship (max of 4) will be evaluated by intramural officials, scorekeepers, or supervisors assigned to the game. Captains will have the opportunity to see their team's sportsmanship rating at the end of each game. **A team must average a 3 to be eligible for playoffs.**
- VI. **Forfeits:** Teams will receive a "0" sportsmanship rating for a forfeit. After one forfeit, teams become ineligible for playoffs. Teams are dropped from competition after two forfeits. If a team knows that they are unable to make the contest, they must notify the University Recreation office 24 hours in advance to default their game (972.883.7457). Defaulting teams will not receive a sportsmanship rating for the respective defaulted game; however, the team defaulted against will receive a "4" sportsmanship rating.
- VII. **Rosters:** Players can join teams until the completion of the second week of games for leagues and prior to the end of registration for special events and tournaments. After this time, rosters are frozen and team captains must submit a request to the Intramural Sports office to add any other player(s). However, players can be dropped at any time.
- VIII. University Recreation reserves the right to amend, add, or remove any policies, procedures, or rules during each season without notice.

Field, Players, and Equipment

I. Players

- a. Men's and women's games are played between 2 teams of 7 players each. There must be 5 players present at game time to avoid forfeit.
- b. Corec games are played between 2 teams of 8 players, 4 men and 4 women. There must be 6 players present at game time to avoid a forfeit. Teams with 7 players must consist of 4 men and 3 women or vice versa. Teams with 6 players must consist of 3 men and 3 women.
- c. Each team is required to designate a team speaking captain. The captain's first choice of any penalty is irrevocable. This captain is responsible for relaying information to his/her players and controlling his/her sideline.
- d. It is a team captain's responsibility to keep his/her team in control. This includes any spectators for that team.

II. Equipment

- a. The ball- Each team is responsible for its own practice ball. Game balls will be provided by UREC and can only change if both captains agree. Men must use a regular sized ball only. The regular, intermediate, youth, or junior sized football may be used for Women's and Corec games.
- b. Teams are encouraged to wear like-colored shirts or provide their own jerseys. These shirts or jerseys MUST be long enough to be tucked in for the entire game.
- c. Each player must wear pants or shorts without belts, belt loops, pockets, or exposed draw-strings. No exceptions to this rule. If a player is in violation of this rule, they shall not play.
- d. Each player on the field must have a flag belt that matches his/her teammates' flags. Flags may NOT be the same color as a player's shorts.
- e. Other pieces of equipment that are illegal are: metal spikes, casts, billed hats, hand warmers around the waist, jewelry, hooded sweatshirts, and any questionable padding or braces.
 - i. The only exceptions are for any Medical Alert or religious jewelry. Please contact the UREC Competitive Sports office (972.883.7457) to learn how to properly wear such jewelry for safe play.

III. Field

- a. Games will take place at the UT Dallas Soccer Complex.
- b. There are four 20-yard zones on the flag football field with two 10-yard end zones. Each zone line (20, 40, and 20) represents a first down.
- c. The ball is put into play on a team's own 14-yard line at the beginning of each half and after every score. (no kickoffs)

IV. Game Overview

- a. A coin-toss will be conducted before the game to determine which team will possess the ball. The team that wins the toss has the following options: offense, defense, goal to defend, or defer to the 2nd half.
****Note:** If a team chooses defense or to defend a goal, they will very likely be playing defense to start each half.
- b. The game consists of two 20-minute halves and a 5-minute halftime.
- c. The clock will run continuously for the first half and for the first 18-minutes of the second half. At approximately this time, the referee shall stop the clock and inform both captains of the remaining time and the number of timeouts.
- d. Each team is entitled to 2 timeouts per half. Each time-out shall be one minute in length.
- e. Only a team or official's timeout can stop the clock during the running clock period. In the last 2 minutes of the second half, the clock stops for:
 - i. Incomplete pass--starts on the snap
 - ii. Out-of bounds--starts on the snap
 - iii. Any score--starts on the snap
 - iv. Team Time out--starts on the snap
 - v. First down--dependent on the previous play
 - vi. Penalty--dependent on the previous play
 - vii. Referee time out--starts at his/her discretion
 - viii. Inadvertent whistle--starts on the ready-for-play whistle
 - ix. Touchback – starts on the snap
- f. The offense has 25 seconds to put the ball into play after the ready-for-play whistle.
- g. A half cannot end on an accepted penalty on the offense or defense. A team must decline the penalty for the half to end.
- h. Mercy rule - If a team is winning by 19 or more points (25 or more in Corec), when the 2-minute warning is announced (or anytime within the final 2 min), the game shall be over.
- i. The offense is responsible for retrieving their ball after each down.
- j. **During the regular season, there will be no overtime.** During the playoffs, the following procedure shall be followed:
 - i. The home team calls an overtime coin toss. This will be the only coin flip during the overtime. If additional periods are played, captains will alternate choices. The winner of the toss shall be given options of offense, defense, or direction. The loser shall choose the remaining option. All overtime periods are played toward the same goal.
 - ii. Each team starts 1st and goal from the 10 yard line. The overtime period consists of a series of 4 downs by each team. If the score is tied after one period, play will proceed until a winner is determined. If Team A scores, Team B must match the number of points scored or surpass it.

- iii. If the defense intercepts a ball or fumble during overtime or an extra point attempt, the play is over.

V. Playing the Game

- a. A team has four downs to cross the next line-to-gain or score. The line itself is the beginning of the next zone-to-gain.
- b. On 4th down, the referee will ask the offense whether they will punt or go for a first down. The team must take a timeout to change its mind.
- c. The line of scrimmage is the orange ball-spotter for the offense and the gold ball-spotter for the defense. They will ALWAYS be one yard apart, even if the defensive line of scrimmage is in their own end-zone.
- d. The ball must be snapped in one continuous motion from the orange ball-spotter.
- e. In all games, the the snapper is the only offensive player required to be on the line of scrimmage at the time of the snap. Only one player is allowed to be in motion (laterally or backward) at the snap.
- f. A player is down when the flag belt clip is broken by an opponent. The spot of the ball determines the next line of scrimmage.
- g. If the flag belt falls off by itself, play continues and the player is down when touched with one hand between the shoulders and knees by an opponent.
- h. The ball is declared dead when it touches the ground
 - i. On a fumble
 - ii. On a lateral pass
 - iii. On a forward pass
 - iv. On the snap of the ball
 - v. After hitting a player on a punt
- i. A player is out-of-bounds when he/she physically touches the sideline with a foot or other body part. NOTE: Only one foot must be inbounds for a pass to be completed.
- j. In a Corec game:
 - i. A male on the offensive team cannot advance the ball through the line of scrimmage.
 - ii. If a male completes a legal forward pass to a male receiver, the next legal forward pass must involve either a female passer or a female receiver for positive yards.
- k. Scoring:
 - i. Men's or Women's Games TD: 6 points
 - ii. Corec Male TD: 6 points
 - iii. Corec Female QB/scorer TD: 9 points
 - iv. Safety: 2 points
 - v. Extra Point: 1/2/3 points
- l. Extra point- After a score, the team must decide whether to try for 1, 2 or 3 points. A 1-point conversion shall be tried from the 3 yard line; 2-point

conversions from the 10; and 3-point conversions from the 20. Any interception returned for a touchdown during the try is worth 3 points for the defense.

- m. Moving screens/blocks are permitted in flag football. Contact may not be made while screening unless it is incidental.

VI. Penalties

- a. Awarded yards may be declined by the offended team, but ejections and end of contest rulings may not.
- b. 5 yard infractions
 - i. False start: Simulating the snap of the ball
 - ii. Illegal snap: Simulating the snap of the ball; not being 2 yards from the scrimmage line when receiving the snap
 - iii. Encroachment: Crossing one's own line of scrimmage after the ready-for-play whistle and before the snap
 - iv. Delay of Game: The offense does not snap the ball within 25 seconds OR the offense snaps the ball before the ready-to-play whistle
 - v. Illegal motion: Offensive player is moving towards scrimmage line at time of snap
 - vi. Illegal shift: 2 offensive players are in motion at time of snap or both did not become completely set before snap occurred
 - vii. Intentional grounding: Grounding the ball to avoid a sack (loss of down; enforced from spot of throw)
 - viii. Illegal forward pass: Throwing the ball from beyond the orange neutral-zone cone. (loss of down; enforced from spot of throw)
 - ix. Illegal male reception: (corec) If a male receiver catches a pass from a male passer on a closed play.
- c. 10 yard infractions
 - i. Illegal Participation: Once an offensive player steps out of bounds, he/she may not come back onto the field and participate (10 yards)
 - ii. Pass interference: offensive--can occur any time after snap; defensive--the ball must be in the air. Contact must occur.
 - iii. Flag guarding: Using one's arms, elbows or the football to prevent the defense from pulling a flag belt fairly. Contact must occur.
 - iv. Personal fouls: Any physical contact not included in pass interference (i.e. pushing, contact, stripping the ball, running into a player, tackling, and illegal blocking). If excessive, the player may be ejected without warning. The offensive blocker may not use any body part to initiate contact. The defense may not physically restrict a player's forward movement while trying to get a flag belt.
 - v. Illegal player equipment
 - vi. Quick kick: Punting without informing the referee
 - vii. 2+ Encroachments on the defense successively
 - viii. Illegally secured flag belt: Flag belt is tied or tucked in (loss of down if on offense, automatic first down if on defense). Player is ejected.

ix. Unsportsmanlike conduct: Non-physical fouls (2 = ejection).

VII. Protests

- a. If a captain does not agree with the rule interpretation of an official, he/she must call a timeout immediately to inform the official. Once the ball has been snapped, the protest is no longer valid.
- b. Judgment calls such as spot of the ball, out of bounds, catch/no catch, etc. may not be protested.
- c. If needed, the officials will contact the supervisor on duty to render a decision immediately.
- d. If the protested call is upheld (not changed) the team protesting is charged a team time out. No timeouts = no protest.
- e. If a protested call is reversed, the team will get its timeout back.

VIII. Ejections

- a. An ejection occurs after a player has been issued 2 unsportsmanlike conduct penalties.
- b. In severe cases, he/she may be ejected after the first. *Note that any player or spectator may be ejected without warning if their conduct is egregious enough.