NTC & UWMC INTRAMURALS
COED Flag Football (7 on 7)
Rules & Regulations

PLAYER ELIGIBILITY
1.1 All players must be listed on team roster and must have a signed the UWMC & NTC Risk Liability form in order to participate.
1.2 No more than 15 players on a roster. A player whose name appears on more than one roster is considered a valid player on the team with which he plays first. No roster addition after the second week of play.
1.3 A team may have a maximum of 7 players on the field at any one time.
1.4 Each team must have at least 3 females on the field at all times.
1.5 A game may be started with a minimum of 5 players, but no more than 4 males on the field at anytime.
1.6 All players must show NTC or UWMC ID at game time to be eligible.

SAFETY & HEALTH
2.1 Blood Rule – any player who is bleeding or has blood on his uniform shall be prohibited from further participation until appropriate treatment and covering can be administered and the uniform sanitized or replaced.

PLAYER & SPECTATOR CONDUCT
3.1 Teams are responsible for their players and spectators.
3.2 Players and fans must remain at least 3 yards from the sideline and within designated spectator areas.
3.3 Any player or spectator that is ejected from a game and/or a facility as a direct of undue disturbances before, during or after a game will receive at a minimum, a one-game suspension. Spectators will be asked to leave if they are unable to conduct themselves in a manner displaying good sportsmanship. Alcohol is prohibited at NTC and smoking is only allowed in designated areas.
3.4 Taunting/Casual Profanity/Verbal “trash talking” – casual profanity pertains to improper words not directed at referees or opposing players, but venting frustration. This type of profanity, taunting or verbal “trash talking” will result in the offending team being penalized in the following manner: Penalty: Unsportsmanlike conduct – 10 yards, possible player ejection, and loss of down if player was on offense. If a team is on defense when infraction occurs, the LOSS OF DOWN will be enforced on the first offensive possession. Officials may remove Player(s) from the field for one play
3.5 Fighting, racial or religious remarks or any unsporting behavior towards other players, teammates or officials will not be tolerated and will result in long-term suspension (minimum one year). If necessary, the team may be dropped from the league.
3.6 If the Officials witness any acts of tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the players will be ejected from the game. FOUL PLAY WILL NOT BE TOLERATED.

EJECTIONS
If player is ejected – player must sit out the remainder of the current game and the next scheduled game, must leave the grounds. Depending on the severity of incident, player could be expelled from the league.

THE FIELD
4.1 All games will be played at Northcentral Technical College by the softball fields.
4.2 Playing field shall be an 80 yards long and 50 yards wide.

EQUIPMENT
5.1 Game ball – NTC will provide the game ball for each Coed play. The offensive team is responsible for retrieving the ball after a play. Each team is responsible for getting their own game ball in and out of play following changes of possession.
5.2 Flags shall be provided to each team and must be worn by all players on the field at all times. Flag belts must be worn on the outside of all clothing with the clip/buckle in front. Two flags are to hang down vertically along the side seam of the trousers. The flags will be fastened to the belt in such a manner as not to be twisted under or fastened to the inside of the belt. Teams must wear the same colors flags.
5.3 **Footwear** - All players must wear appropriate footwear. Open-toe or open-heel shoes may not be worn. Metal cleats or spikes may not be worn.

5.4 **NO JEWELRY IS ALLOWED.** This includes, but is not limited to, earrings, wedding rings or bands, other rings, mouth, facial, and body piercings, necklaces, bracelets, rubber bands, Livestrong (and similar) bracelets, and metal barrettes. Taping of Jewelry is not permitted. **Exception: Medical alert jewelry, which must be taped down.**

5.5 The use of any shoulder pads, body pads, forearm pads, elbow pads or headgear is prohibited.

5.6 Towels may not hang from a participant’s waist or otherwise interfere with the removal of a flag.

5.7 Any slippery or sticky substance of a foreign nature on equipment or exposed body parts is illegal.

5.8 Items not covered are enforced at the official’s discretion.

**THE GAME**

6.1 Games will start as scheduled. No grace periods.

6.2 Paper, rock, scissors determines first possession. There are NO KICKOFFS.

6.3 The offensive team takes possession of the ball at the 10-yard line.

6.4 There are four downs to advance the ball to the half field line. If team advances, 4 more downs are issued to reach the end zone.

**FORFEIT**

7.1 If one team does not have the minimum number of players or is not prepared to play, the captain of the team that is prepared will have two (2) options:

7.2 Take the win by default

7.3 Give the opposing team ten (10) minutes to show up.

7.4 If the team shows up during the time period, game time will be reduced by the number of minutes late for the game. If the captain of the prepared team chooses to take the win by default, the decision may not be changed. If the captain of the prepared team decides to play the game, the captain of the prepared team must accept the results of the game.

7.5 After the ten (10) minute grace period has expired and the team is still not prepared to play, the game will be a forfeiture.

**TIMING**

8.1 Games consist of two (2) 17 minute halves.

8.2 A team has 25 seconds to put the ball in play after it is signaled ready for play by the referee.

8.3 There will be a 3 minute half time.

8.4 Each team will have two (2) 1 minute time outs per half. Unused timeouts do not carry over.

8.5 **Two Minute warning:** The Referee shall stop the clock (only in the 2nd half) and inform both teams of the time remaining. The clock starts on the snap. The official will announce to the teams the remaining time and status of the clock after every play in the last minute.

8.6 During the final two minutes, the clock will stop for:
   A. Incomplete legal or illegal forward pass
   B. Out of bounds
   C. Safety
   D. Time-out
   E. First Down Dependent on previous play
   F. Touchdown
   G. Penalty

8.7 Officials may stop the clock at their discretion.

**OVERTIME**

9.1 If the score is tied at the end of regulation game, teams move directly into overtime.

9.2 All overtime periods will be played towards the same goal line. Paper, rock and scissors shall be administered to determine the options. If additional overtime periods are played, captains will alternate option choices.

9.3 Each team will have a series of downs to score a touchdown beginning from the 10-yard line. Intercepted passes may be returned. If the ball is not returned for a touchdown, the ball will be placed at the 10-yard line and play will begin as stated above.
9.4 The goal line shall always be the line-to-gain.

SCORING

Touchdown: 6 points (male to male or male run)
9 points (male to female forward pass, female to male pass, female to female forward pass, female run)

Extra point: 1 point (played from 5-yard line) or 2 points (played from 10-yard line) or 3 points (played from 20-yard line)

*A team is given one choice on an extra point attempt, which cannot be changed even if a penalty should occur. If a double foul occurs during the down, the down shall be replayed.

*The defensive team may return a conversion attempt for 3 points

Safety: 2 points

Mercy Rule: If a team is 19 or more points ahead when the referee announces the 2 minute warning for the second half, or any time after that, the game is over.

RUNNING

10.1 The player who takes the handoff or lateral can throw the ball from behind the line of scrimmage.

10.2 Once the ball has been handed off or lateraled, all defensive players are eligible to rush.

10.3 Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving).

10.4 The ball is spotted where the ball carrier’s feet are when the flag is pulled, not where the ball is.

10.5 A male runner cannot advance the ball through the scrimmage line.

10.6 There are no restrictions concerning runs by a female.

10.7 Once the line of scrimmage has been legally penetrated, all advancement restrictions are eliminated (i.e., a female runner may advance beyond the line and then pitch to a male who is still behind the line and he may advance with no restriction.)

10.8 No one can run, handoff or lateral when the line of scrimmage is within 5 yards of the goal line.

10.9 After a change of team possession, any male runner may advance the ball without restriction, as in an interception or punt return.

RECEIVING

11.1 All players are eligible to receive passes (including the quarterback if the ball has been handed off or lateraled behind the line of scrimmage).

11.2 Only one player is allowed in motion at a time.

11.3 A player must have at least one foot inbounds when making a reception.

PASSING

12.1 All players are eligible to touch or catch a pass. Backward passes are unlimited.

12.2 Only one forward pass may be thrown per scrimmage down, but NOT on punts, or interceptions.

12.3 The following passes are illegal - when either of the passer's feet are beyond the line when the ball leaves the hand, the ball is intentionally grounded, the passer catches their own untouched pass, when there is more than one forward pass during a scrimmage down, if a forward pass is thrown after a change in team possession.

12.4 A player may pass the ball backward at any time. NOTE: Backward passes that hit the ground in play are dead at the spot. Backward passes that go out of bounds belong to the offense unless the ball goes out of bounds behind a goal line, and then the play will result in a touchback or safety.

12.5 The pass begins when the ball is released from the passer's hand. The ball is dead if the passer is de-flagged before the release.

12.6 The initial direction of a pass determines whether a pass is forward or backward.

12.7 If a forward or backward pass is caught simultaneously by opposing players, the ball becomes dead, is considered a completed pass, and belongs to the offensive team.

12.8 Interceptions in a team’s own end zone may be advanced out or downed for a touchback.

12.9 Momentum rule: When a player intercepts a forward pass or catches a legal kick between his/her 5 yard line and the goal line, and his/her momentum carries him/her into the end zone and becomes dead, the ball is placed at the spot where possession was gained.
HAND-OFFS
13.1 Any player may hand the ball backward at any time.
13.2 If the ball is tossed or there is airtime between the ball and the catch, then passing rules will apply.
13.3 There are no restrictions on handing the ball during punt returns or following changes in possession.

DEAD BALLS
14.1 The ball must be snapped between the legs or off to one side FROM THE GROUND, to start play.
14.2 Substitutions may be made on any dead ball.
14.3 Play is ruled dead when:
   - Ball carrier’s flag is pulled
   - Ball carrier steps out of bounds.
   - Touchdown or safety is scored.
   - After an interception has been ruled dead.
   - Ball carrier’s knee hits the ground
   - Ball carrier’s flag falls off.
Note: There are no fumbles. The ball is spotted where the ball hits the ground.

LINE OF SCRIMMAGE
15.1 All players are subject to motion, position, and illegal procedure rules.
15.2 The offense must have at least 3 players not in motion on their scrimmage line at the snap.
15.3 The offense must bring all players within 15 yards of the ball at some point after the ready for play whistle and prior to the snap.
15.4 One player may be in motion, but not forward motion, at the snap.
15.5 Following a huddle or shift, each offensive player must come to a full stop for one second before the snap.
15.6 Defensive team can rush quarterback after counting loudly to “5 Mississippi.” Counting must be heard by officials.

CLOSED vs. OPEN PLAYS
16.1 Each drive and/or new set of downs will begin with the play being closed. Every four downs the offense must provide a female quarterback who throws a completed forward pass or a female receiver who catches a forward pass. Once the offensive team meets this requirement the play is considered open where there are no restrictions on female or male plays. If the offensive team does not fulfill the female requirement in 4 downs, turnover on downs will follow.

PUNTING
17.1 A team may punt on any down, however they must inform the official.
17.2 There are no fake punts.
17.3 If the offense wants to change their decision to punt or not, they must call a time-out.
17.4 After receiving the snap, the kicker must kick immediately and in a continuous motion. The kicker may not kick the ball to him or herself or any other member of the kicking team.
17.5 If a punt touches a player on either team and then hits the ground it is dead and belongs to the Receiver. If a punt hits a receiving player, and is then caught in the air by a received, it can be advanced. If a punt hits a receiving player, and is caught in the air by the opposing team, it belongs to the opposing team at that spot.
17.6 If a punted ball goes out of bounds anytime before being touched, or comes to rest between the goal lines it shall belong to receiver at that spot.
17.7 There are no fair catches. The punting team may not interfere with the receiving team’s ability to catch the ball. If the punting team touches the ball first, the receiving team can take the ball at that spot or the result of the play.

BLOCKING
18.1 An 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 arms, elbows, or legs to initiate contact during an offensive player’s screen block is illegal. A blocker may use his/her hand or arm to break a fall or to retain balance.
*If the screener violates any of these provisions and contact results, he/she has committed a personal foul.
18.2 Teammates of a runner or passer may interfere for him/her by screen blocking but shall not use interlocked interference by grasping or encircling one another in any manner.
18.3 Defensive players must go around the offensive player's screen block. A blocker may use his/her arms or hands to break a fall or retain his/her balance.

PERSONAL FOULS
- Players may not commit any of the following personal fouls.
  - Punch, strike, strip, steal or attempt to steal the ball from a player in possession.
  - Trip, clip or hurdle any player.
  - Contact an opponent who is on the ground, or after the ball is declared dead.
  - Throw the runner to the ground.
  - Deliberately drive or run into a defensive player or lower the shoulder.
  - Commit any unnecessary roughness.
  - Tackle a runner by grasping or encircling with the hands or arms.
  - Roughing the Passer (automatic first down) – applies only to the player throwing a legal forward pass behind the offensive line of scrimmage. If a defender contacts the passer in any fashion, whether or not he/she touches the pass, it is roughing the passer. Contacting the ball while in the passer’s hand is roughing the passer.
  - Aid in runner, grab, push or pull a teammate with the ball.
  - Stiff arm an opponent.
  - Guard flags by blocking them with hands, ball or otherwise denying the defense the chance to pull.
  - Use hands or body to block an opponent.
  - Pulling the flag from an opponent who does not have the ball.
  - Tying the flag belt in a knot or any other tampering with flag belt. (also results in player ejection)

SUMMARY OF FOULS & PENALTIES
19.1 Loss of 5 Yards
  Delay of game
  Off sides
  Encroachment
  False start
  Illegal shift or motion
  Illegal procedure
  Failure to wear required equipment or required equipment worn illegally
  Helping the runner

19.2 Loss of 10 Yards
  Personal foul
  Flag guarding
  Impeding the runner or blocker
  Illegal participation
  Unsportsmanlike conduct
  Forward pass interference - Defense (also automatic 1st down)

19.3 Loss of Down
  Illegal forward pass (also loss of 5 yards)
  Forward pass interference - Offense (also loss of 10 yards from the previous spot)
  Intentional grounding (also loss of 5 yards)
  Illegally secured flag belt (also loss of 10 yards from the previous spot, player ejection)

19.4 Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage.
19.5 Only the team captain may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.
19.6 Games cannot end on a defensive penalty, unless the offense declines it.
CANCELLATIONS
20.1 Games will be played rain or shine. Lightning or field conditions may delay or cancel games. That call is only made by Intramural Supervisors.

STANDINGS
22.1 Regular season will be first decided on division won/loss ratios, 2nd overall records, 3rd total points scored.

TOURNAMENT
23.1 A single elimination tournament will determine champion after league play.

T-SHIRTS
24.1 Champion t-shirts will be awarded for tournament Champs.

This is a working document. The Intramural Supervisors reserve the right to amend this document as needed.

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