

# MIT INTRAMURALS

## FLAG FOOTBALL RULES

Adapted from NIRSA Flag and Touch Football Rule Book

### Eligibility

All team members must have a current DAPER membership and be either:

- A MIT undergrad or grad student who is registered for the semester
- A member of the Staff, Faculty, Instructors, Lecturers or Post Docs
- A member of MIT Alumni Club of Boston (MITCOB) who is registered with DAPER
- A spouse or partner of any eligible player who has an active DAPER membership

### Varsity/Club Sport Eligibility

After gaining permission from their coach, members of MIT club or varsity teams may ONLY compete in the highest level league offered (ie B league if no A league is offered) in the same sport as their varsity/club sport. These members are eligible to participate in any B or C League as well as any A League of a sport different from their varsity or club. In the event that only 1 general league is offered for the IM sport, then varsity and club sport members are ineligible to compete in the same sport as their varsity/club sport.

IM participants may only compete on one team in each league per sport. Roster changes may be made up to the start of playoffs. During this time, players may join, quit, or switch teams. Once playoffs begin, rosters will be locked.

### Leagues

Here are basic descriptions of levels of skill and competition within each league. Leagues may be combined or split at manager's discretion. Champion t-shirts are awarded to A & B Leagues. See 'Number of Players' section for how many t-shirts will be awarded.

A League - Higher level of competition. Players may have played in high school or have a higher level of skill. Open to men and women with no male-to-female ratios.

B League - Intermediate level of competition. Players' main goal is to be active and have fun. Open to men and women with no male-to-female ratios.

C League - Lower level of competition. Typically players have little to no experience playing and are just looking to try a new sport. Open to men and women with no male-to-female ratios.

Co-Rec - An intermediate level league (approx B level competition) which has specific male-to-female ratios during play. See 'Number of Players' section for male-to-female ratios.

### Sportsmanship

-Proper sportsmanship is expected of all teams at all times. Attire and/or behavior that implies, or contains; inappropriate, offensive, or vulgar themes, language, images, or symbols, is not permitted within DAPER facilities. Individuals found with inappropriate attire can be denied participation in DAPER sponsored programs and events. Staff decisions regarding attire policy enforcement are final. Refer to MIT's [Mind and Hand Book](#)'s section on [Harassment](#), [Freedom of Expression](#), and [Institute Expectations of Student Behavior and Integrity](#) for further elaboration of standards and expectations.

*-Most MIT intramural leagues are not refereed. The captains are expected to control the behavior of their team members.*

-The sport manager reserves the right to remove any player or team from the league without prior warning if there are any incidents of unacceptable sportsmanship.

-Any complaints should be reported to the manager immediately.

### Forfeits

-If the minimum number of players are not present by game time, the other team has the option of calling a forfeit on that team OR waiting 10 minutes.

-If a team does not have the minimum number of players by 10 minutes past the scheduled game start, it counts as a forfeit.

-The penalties associated with a forfeit can be avoided by communicating to the sport manager and opposing captain that you will not be able to field a team. Further advance notice reduces the penalty, as it gives the manager a better opportunity to use that field/court time for other games:

- \* More than 72 hour advance notice results in no penalty. We will try our best to reschedule the game but are limited by facility space. If the game cannot be rescheduled, it will not count towards your record.
- \* 24 - 72 hour notice results in loss if game cannot be rescheduled (but no fine)
- \* Less than 24 hour notice results in forfeit and fine

### **Fines**

-Fines will be issued according to the IM Handbook Section XII. Refer to the handbook for more information.  
-Failure of either team to commence play at game time will cause either or both of them to be charged with a forfeit and a corresponding fine.

- Failure to attend captain's meeting: \$15
- Forfeited Matches- First infraction: \$25. Second infraction: \$50 and disqualification from playoffs. Third infraction: \$75 and removal from league.
- Dropping out of league (once games have been scheduled): \$75

### **Injuries**

-Most intramural games are played on campus within the Z Center facilities. If an injury occurs, send a teammate to summon help at one of the desks within the Z Center. The Z Center staff can provide 1<sup>st</sup> aid and summon additional help if needed.

-Please report any injuries to the Intramural Office via the Injury Report Form (<http://bit.ly/1VwUyAD>)

### **Reporting Scores**

-It is the responsibility of the WINNING team's captain to record the score on IMLeagues.com. It will be assumed that there was a double forfeit if no score is recorded 24 hours after the game was played.

### **Number of Players**

-MIT intramural teams are open to men and women, and there are no male-to-female ratios that need to be adhered to, except in the co-rec leagues.

-All players must register on IMLeagues.com before playing in a game.

-Each team on the field shall consist of 7 players. A team must have a minimum of 5 players to start a game. Regardless of players registered, up to 15 champion t-shirts will be awarded per team.

-Games can be played with larger numbers (e.g. 8 vs. 8 or 9 vs. 9) of players on the field, but both teams have to agree.

-The offensive team must have a minimum of 4 players on the line of scrimmage (center and 3 other players). One or two of the other players may be in the backfield or on the line. The person receiving the snap must be at least two yards behind the line of scrimmage.

-Co-Rec guidelines: The 7 players must contain at least 2 members of the each sex. If this cannot be met, the team should play down a player (ex: if 1 women and 6 men show up, the team should play with 1 woman and 5 men)

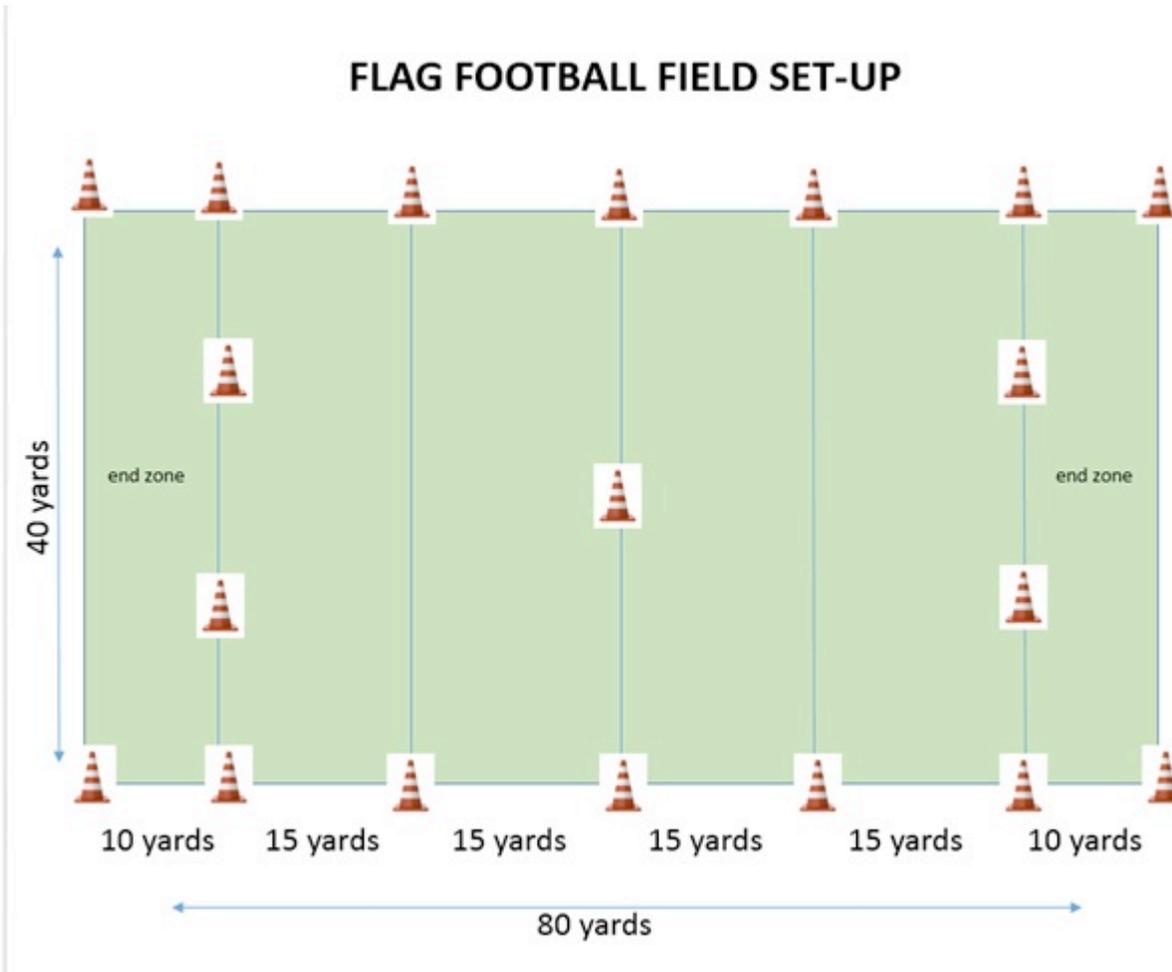
### **Field**

-Games will be played on various turf and natural grass fields. A field map is available online at <http://intramurals.mit.edu/uploads/pdf/Outdoor%20Field%20Map.jpg>

Briggs Field Map



## FLAG FOOTBALL FIELD SET-UP



-Fields should be marked by cones to be approximately 60 yards long and 40 yards wide, plus 10-yard end zones at each end.

-The field is subdivided into four 15-yard zones (first down zones).

### Playoffs

A & B leagues will have playoffs. Unless the manager requests special conditions, the following guidelines will be used in all IM sports for determining qualifications for playoffs:

1. Total points (a) two points for a win (b) one point for a tie (c) no points for a loss
2. Head-to-head result

3. Goal differential (in case of less common scoring system, the manager will determine the method of goal scoring)
4. Goals for/Goals against
5. Coin toss

### **Equipment**

-A football, cones to mark the zones, and flag belts will be provided by intramurals. This equipment will be kept in a green outdoor storage unit at the intersection of Fields B, C, baseball and softball as labeled on this map: <http://intramurals.mit.edu/uploads/pdf/Outdoor%20Field%20Map.jpg>

-It is the captains' responsibility to set the equipment up and put it away at the end of the game.

### **Start of the Game**

-The game will be started with a coin toss. The winner of the toss will have the option to a) start on offense or defense, b) choose goal to defend, or c) defer to the second half. If the winner of the coin toss chooses to defer, they will have first choice in the second half, the loser of the coin toss will have first choice in the first half.

-There are no kickoffs. Play will begin by placing the ball at the offensive team's 10-yard line.

### **Uniforms**

-All teams are highly encouraged to wear coordinating shirts. If teams do not have coordinating shirts, or light or dark colored shirts, they will have to rely on the flag belts provided by the intramural office.

-Shirts must be either: A) Long enough so they remain tucked in the pants/shorts during the entire down or B) Short enough so there is a minimum of 4" from the bottom of the jersey to the players waistline. All players' shirts must be tucked in.

-If a sweatshirt is worn, it must be tucked in a manner in which it will not cover the flag belts. No large oversized sweatshirts will be allowed.

### **Length of Game**

-A game will consist of two 20-minute halves, which are running time. The last two minutes of each half will be college rules, where the clock stops if you get out of bounds. Five minutes are allowed between halves. Each team will be permitted 2 one minute time-outs per half. Unused time-outs do not carry over into the second half. There is an implied 15 second play clock on each play. Therefore, huddles should be short and play should not be delayed. If you are consistently taking a long time in between plays, the other team has the right to mention this rule to you. If the play clock is violated after it is mentioned to the other team, a 5 yard penalty can be enforced.

### **First Downs**

-Each team will have a series of 4 downs to advance the ball from one zone (zone=15 yards) to another. Failure to do so in four downs results in loss of the ball to the opponent.

-The line to gain in any series shall be the zone in advance of the ball.

-The placement of the ball will be determined by the location of the ball when the player in possession is deflagged. Any part of the ball touching the line is considered over the line.

### **Punting**

-When punting the ball, the kicking team must announce its intentions before lining up at the line of scrimmage. After such an announcement, the kicking team may change the decision to punt by taking a time-out.

-The offense must maintain everyone excluding the punter on the line of scrimmage until the kick is made. The entire kicking team must hold its position until the ball is kicked. The kicker, who starts with the ball, must be at least two yards behind the line of scrimmage. There are no blocked punts.

-If the kick is caught, or recovered clearly after hitting the ground by a player of the receiving team, the ball continues in play. If fumbled, it becomes dead at the spot of hitting the ground after being missed and becomes the receiving team's ball.

### **Passing/Receiving:**

-All players are eligible to receive a pass. Only one forward pass is allowed behind the line of scrimmage. Lateral passes (overhand, underhand, etc.) may be thrown at any time.

-Receivers must have one foot in bounds while in possession of the ball to be considered a legal reception. A receiver who steps out of bounds and returns back to the playing field is ineligible.

### **Scoring**

Touchdown = 6 Points

Safety = 2 Points

Point After Touchdown = 1 Point (if attempted from 3 yds. out)

Point After Touchdown = 2 Points (if attempted from 10 yds. out)

Note: A team is given one choice for the point-after (one, or two) that can only be changed when a time-out is taken by either team. The ball can be intercepted and returned for 2 points (a safety) regardless of how many points a team was attempting. Safety rules apply, and the intercepting team gains possession of the ball after the safety.

### **Safety**

-Any offensive player that is deflagged or becomes down in his/her end zone will result in a safety.

-A snap that hits the ground in the end zone will be a safety.

-Any offensive player going out of bounds in their own end zone will result in a safety. Any offensive penalty that occurs in the end zone and is accepted will also result in a safety.

-There is no point after attempt after a Safety. Instead, the scoring team will begin with the ball at its own 10-yard line.

### **Flag Football Belts**

-Belts have three flags that are to be positioned one on each hip and one in the back. The belts are to be adjusted for a loose fit around the waist, otherwise your own movement may cause it to come off.

-The defensive player may not tackle, block or hold the ball carrier while attempting to secure the flag. The defensive player shall "play the flag rather than the person".

-Ball carrier shall not straight arm a defensive player or in any way cause contact in their effort to prevent the opponent from securing the flag.

-The defensive player is allowed to leave his feet to deflag (touch) the ball carrier. Use common sense when attempting to deflag the player.

-Offensive players must have possession of the ball before they can legally be deflagged.

-Flag belts must be "clearly taken" from the ball carrier. A player who removes the flag belt from the ball carrier should immediately hold the flag belt above his/her head and then drop the flag at the spot of the deflagging or return it to the ball carrier.

-If a defensive player tries for the belt and they do not pull the flag off, but it falls off within 1 or 2 steps because of their contact with the belt, the play stops. That player is down. If the player takes 4 or 5 more steps and then the

belt falls off, the play continues. Deflagging now becomes a one-hand touch (from the shoulders to the knees) on the offensive player without a flag.

-In all situations where a play is in progress and a ball carrier loses their flag either accidentally, inadvertently or on purpose, the deflagging reverts to a one hand touch (between the shoulders and knees) of the ball carrier.

### **Hiking the Ball**

-No direct hand-off snaps are allowed. The ball must be snapped with a quick and continuous motion between the center's legs or to the center's side to a player that is at least two yards from the line of scrimmage. After assuming position for the snap and adjusting the ball, the snapper may neither move nor change the position of the ball in a manner simulating the beginning of a play until it is snapped. The ball must stay on the ground until it is snapped.

### **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: Runner is down at the spot of the foul.

-The ball carrier may not hurdle or attempt to jump over another player who is on their feet. Players may jump or dive (sideways, etc.) to avoid being deflagged as long as it isn't in a dangerous manner to the defense.

-Runner/Receiver is down if any part of them touches the ground other than a hand(s) or feet. The ball, in possession, is considered part of the hand and also may touch the ground without being ruled dead.

### **Blocking**

*Offensive Screen Blocking* - Offensive screen block shall take place without contact. It is similar to a screen in basketball. The screen blocker shall have his/her hands and arms at his/her side or behind his/her back (not on chest or in front of body). Any use of arms, elbows, or legs to initiate contact during an offensive player's screen block is illegal.

*A player who screens shall not:*

1. Take a position closer than a normal step from a stationary opponent when he/she is behind that opponent.
2. Make contact with a stationary opponent when he/she is at the side or in front of that opponent.
3. Take a position too close to a moving opponent that their opponent cannot avoid contact by stopping or changing direction. This position will vary but in general will be one or two normal steps or strides from the opponent.

**Front Line** **\*\*If poor sportsmanship and/or injuries result from this rule, it will be reevaluated and possibly removed.**

A full contact front line is employed, but any team reserves the right to request a no-contact front line. Any team that refuses to comply with another team's wishes for a no-contact front line will be reported and will result in an automatic expulsion from the flag football league. A no-contact front line will employ a 5 second count before rushing the QB. In this case the QB can not run with the ball, and no offensive line is allowed. One blitz (you do not have to count to 5, you can rush right away) per set of downs is allowed.

### **Pass Interference**

Pass interference will be enforced. Offensive pass interference will result in a loss of downs. Defensive pass interference will result in a five yard penalty, and the down will be repeated. Receivers are given free releases; there is no chipping on the line. Any contact, other than incidental contact between a receiver and a defender is considered pass interference. The ruling of pass interference is upheld by agreement of both teams upon evaluation after the play. (Majority rules here, but the receiver/defender must call it initially).

### **Fumbles**

Any fumble, lateral or forward pass that is intercepted or caught in the air may be advanced. Any time the ball touches the ground during a play from scrimmage, including the snap, the ball is automatically downed there, hence, no recovered fumbles that have touched the ground. Balls may be fumbled backwards for a safety or loss, but not forward for a touchdown, first down, or any gain (it would remain at the point of the fumble in these instances).

## **Tie Games**

-Regular season games that end in a tie will enter into a 5 minute sudden death overtime. Possession of the ball is determined in the same way as at the beginning of the game. (Coin Toss). If after 5minutes, the game is still in a tie, it will remain a tie.

For playoffs, a coin toss will determine who gets the ball first (winner of toss has choice to go first or second). Team A receives the ball on the 10-yard line and has four downs to try to score. If they score they will have the option to try for one (3 yds.), or two (10 yds.) points. Team B then has its four downs to attempt to score and attempt extra point(s). This procedure would continue until one team has won on its four plays (in other words, it is not sudden death), with the teams alternating which team is on offense first each overtime. If one team intercepts a pass, they CAN run it back for a score. Example: If Team B intercepts Team A's first possession and runs it back for a touchdown, the game is over. Team B does not need to go on offense. However, if they intercept and run it back to the 1 yard line and get deflagged, they start their possession from the 10 yard line as if no interception had taken place.

## **Agreements**

Any rule questions that are not covered above and arise in a game can be resolved through the team captains. If the teams agree upon a resolution, then it can be employed in the game. If one team plays in any manner that contradicts the desires of another team, (if they adopt a rule without agreement of the other team) they can be reported by the other team. If any team plays in a manner that is deemed dangerous in any way, the flag football manager reserves the right to remove that team from the league. Safety is the number one concern. Enjoy the games and play hard, but remember everyone is there to ultimately have fun.