

**9-on-9 FLAG FOOTBALL**  
INFORMATION SHEET  
WINTER 2009

**This information sheet is intended to provide basic information and rules for this activity. Please refer to the “Policies” link on the home page of the intramural web page for detailed information about policies and procedures of the Intramural Activities Program.**

ENTRIES OPEN:

February 19, 2009 (**Entries are limited and are sold on a first come, first serve basis.**)

ENTRY FEE:

A \$30.00 non-refundable entry fee will be required at registration for each team.

CAPTAINS' MEETING:

A meeting for team captains will not be held so be sure to review this information sheet and the policies link on the intramural web page.

DAYS, TIME, AND LOCATION OF PLAY:

Games will be played Tuesday through Friday 6-10 p.m. and Saturday 9 a.m.-1 p.m. Games will be played on the RB Turf Field located west of the Richards Building and the North University Fields located north of 2230 North Canyon Road.

ELIGIBILITY:

Winter 2009 full-time students (12 credits), and faculty/staff are eligible. Part-time students, deferred students, non-students, and spouses of students must pay an intramural activity fee for each semester in which they participate. Non-students must be active members of a BYU ward and their membership records must reside in the BYU ward that they attend.

The intramural activity fee is paid at the HHP College Services Office in 112 Richards Building. The cost is \$20.00 per semester during fall/winter and \$10.00 for spring/summer. A BYU ID or BYU Net ID with valid picture ID is required at time of payment. This fee will enable a participant to compete in any intramural activity during the appropriate semester.

**To participate in a team sport, each player must be added to his online team roster. Players need to be added to their team roster by 3 p.m. for weekday games and by 3 p.m. on Friday for Saturday games.** Team rosters are limited to **twenty-one** players. Each participant may play for only **one Flag Football** team.

CHECK IN:

It is recommended that participants check-in with the activity supervisor at least ten minutes prior to game time. *All participants will need to show a valid (government, school, or work issued) picture ID before every game.* Picture ID printouts are not acceptable. Participants, whose privileges list “Fee Needed”, will need to show their paid receipt for the intramural activity fee before they can be checked-in.

## FORFEITS:

Teams are encouraged to arrive 10 minutes before game time. ***FORFEIT TIME IS GAME TIME!*** A forfeit is given to teams having less than **seven** legal players at game time. Teams receiving their second forfeit will be dropped from regular season play and will not be eligible for tournament play. *Refunds will not be given for forfeited schedules.*

## TOURNAMENT INFORMATION:

There will be two divisions (upper and lower) for regular season play. At the conclusion of regular season play, eligible teams will be re-evaluated and placed in the tournament division that best fits their ability.

### Men's Tournament

- Tournament classification rankings will be posted **Monday, March 23 by 4 p.m.**
- Teams will have until **Thursday, March 26 at 4 pm** to challenge classification rankings.
- Tournament schedule will be posted **Friday, March 27 by 12 p.m.**
- Tournament play begins **Saturday, March 28.**

## EQUIPMENT

Participants must provide their own football. The Office of Intramural Activities will not supply balls for game play, however flags and field markers will be provided.

## UNIFORMS:

Any appropriate, modest athletic uniform is permissible. Sleeveless shirts are not allowed. *Refer to the Game Equipment section of the rule sheet for a list of legal/illegal attire and equipment.*

## OFFICIALS:

The Office of Intramural Activities will provide all officials. Officials and supervisors assigned to your game have the power to make decisions on any point not specifically covered by rules of the game or by intramural policies.

## SPORTSMANSHIP:

**Sportsmanship is everyone's responsibility.** We hope that everyone will conduct himself in a mature and friendly manner. Team captains are responsible for the conduct of their players and their spectators. Spectators may be asked to leave if necessary.

A yellow/red card system will be used to monitor unsportsmanlike behavior, rough play and improper conduct. A participant who receives a yellow card will be required to sit out for two minutes of game time. A participant who receives a red card shall be ejected from the game and will need to leave the field/court before play resumes. A team with a carded player will be required to play with one less player until the penalty time has expired (Yellow = 2 minutes & Red = 4 minutes).

The following are examples of yellow/red card offenses:

Yellow Card: Non-directional profanity; arguing; rough play; taunting opponents.

Red Card: Illegal participation; directional profanity; flagrant contact; fighting; threatening behavior.

#### LIABILITY:

**All participants play at their own risk and must acquire their own insurance.**

#### INCLEMENT WEATHER:

The decision to cancel activities due to inclement weather will be made by **4 p.m. on weekdays and 8 a.m. on Saturdays**. Participants may call the intramural rainout hotline at 422-3992 for this decision.

*If you have any questions contact Annie in 145 RB (422-7597) or access our web page.  
<http://intramurals.byu.edu/> **Have a fun season!***

### FLAG FOOTBALL RULES

The 2007-08 NIRSA Flag & Touch Football rules will apply with the following points of emphasis and/or exceptions (exceptions will be underlined). This Rule sheet is only intended to provide the basic rules for intramural flag football. The Intramural Office (145 RB) has copies of the official NIRSA Flag & Touch Football rulebook available for checkout. You can also order a copy of this rule book by contacting the NIRSA national office by calling 541-766-8211 or order online: <http://www.nirsa.org>

#### General Provisions

1. The game shall be played between 2 teams of 9 players each. Seven players are required to start the game to avoid a forfeit. **Game time is forfeit time.** If seven players are present at game time, the game will be started and additional players can enter the game as they arrive.
2. The game shall be played under the supervision of the activity supervisor(s) and 2 to 3 officials. The game officials have authority to rule on any situation not specifically covered in the rules.
3. Each team shall designate to the Referee a team captain. The team captain's first choice of any penalty option shall be irrevocable. Decisions involving penalties shall be made before any charged time-out is granted to either team.
4. Team representatives, including players, substitutes, spectators, and other persons affiliated with the team are subject to the rules of the game and shall be governed by decisions of the supervisor (s) and officials assigned to the game.
5. **No food, candy or gum is allowed on the synthetic turf fields.**

#### The Field

1. The dimension of the playing field shall be approximately 50 yards wide by 100 yards long.
2. The field shall be divided into four equal zones with ten-yard end zones at each end of the field.

#### Game Equipment

1. The official ball shall be pebble-grained leather or rubber covered and meet the recommendations of size and shape for a regulation football.

2. Shirts/jerseys must be long enough so they remain tucked in the pants/shorts during the entire down. Teams may elect to play in matching uniforms of their own choice.
  3. **It is required that players wear athletic pants or shorts without any belt(s), belt loop(s), or exposed drawstrings. Pants or shorts without pockets are strongly recommended. Jeans and other pants/shorts with pockets made of unyielding material will not be allowed!**
  4. Each player must wear a one-piece flag belt, without any knots, at the waistline with three flags permanently attached, one flag on each side and one in the center of the back.
  5. A player wearing illegal equipment shall not be permitted to play. This applies to any equipment that, in the opinion of the Supervisor or Referee, is dangerous or confusing.
- Types of equipment or substances which shall always be declared illegal include:**
- a. Headwear containing any hard, unyielding, stiff material, including billed hats, or items containing exposed knots.
  - b. Jewelry.
  - c. Pads or braces worn above the waist.
  - d. Shoes with metal or ceramic cleats. *Cleats with studs or projections that exceed ½ inch in length.*
  - e. Shirts or jerseys, which do not remain tucked in. Any hood on a coat, sweatshirt, or shirt, which does not remain tucked in.
  - f. Pants or shorts with any belt(s), belt loop(s), or exposed drawstring(s).
  - g. Leg and knee braces made of hard, unyielding material, unless covered on both sides and all edges with at least 1/2” of closed cell, slow recovery rubber or other similar material.

### The Game

1. The captain winning the coin toss shall have a choice of options for the first half or shall defer his/her option to the second half. The options for each half shall be:
  - a. To choose whether his/her team will start on offense or defense.
  - b. To choose the goal his/her team will defend. The captain, not having the first choice of options for a half, shall exercise the remaining option.
2. Playing time shall be 40 minutes, divided into two halves of 20 minutes each with a running clock. The intermission between halves shall be 2 minutes.
3. The clock will stop approximately 1 minute before the end of the first half and 1 minute before the end of the second half. During the above periods the clock will stop on incomplete passes, out of bounds, first downs, scoring plays, etc. During the second half, if one team has a 10 point or more advantage, the clock will stop only on time outs.
4. Each team is entitled to 3 charged time-outs per game.
5. In the event of a tie game, the following procedure shall be followed:
  - a. Regular season games ending in a tie will remain a tie with each team being credited with a win.
  - b. Elimination tournament games will be followed by an overtime period. The officials will discuss the tie breaker procedures and answer all questions prior to the coin toss. (The NIRSA flag football overtime period is similar to the overtime period for NCAA football games.)

### Series of Downs

1. The team in possession of the ball shall have 4 consecutive downs to advance to the next zone (first down line).
2. A new series of downs shall be awarded when a team moves the ball into the next zone on a play free from penalty; or a penalty against the opponents moves the ball into the next zone; or an accepted penalty against the opponents involves an automatic first down; or either team has obtained legal possession of a ball as a result of a penalty, punt, touchback, pass interception, or failure to gain the zone in advance of the ball.

### Kicking the Ball (Punt)

1. Prior to making the ball ready for play on fourth down, the Referee will ask the offensive captain if he/she wants to punt. The offensive team may request to punt on any down. After such announcement, the ball must be punted. [Exception: If (a) a time-out is called by either team, or (b) a foul occurs anytime prior to or during this down that results in the kicking team having the right to repeat the down. The offensive team may then change their decision whether or not to punt the ball.] **Note: The Extra Pass Rule is not valid on a punted ball.**
2. Neither K (kicking team) nor R (receiving team) may advance beyond their respective line until the ball is punted.
3. After receiving the snap, the kicker must punt the ball immediately in a continuous motion.
4. When a punt, which has crossed K's scrimmage line, touches a player from either team and then hits the ground, the ball is dead and belongs to R.

### Snapping, Handing, and Passing the Ball

1. Following the ready for play and until the snap, no player on defense may encroach, touch the ball, nor may any player contact opponents or in any other way interfere with them. This includes standing in the neutral zone to give defensive signals, or shifting through the zone. After the snapper has placed his hand(s) on the ball, it is encroachment for any player to break the scrimmage line plane, except for the snapper's right to be over the ball.
2. The snapper after assuming position for the snap and adjusting the ball, may neither move nor change the position of the ball in a manner simulating the beginning of a play until it is snapped. When over the ball the snapper shall have his feet behind his scrimmage line.
3. The offensive team must have at least 6 players on their scrimmage line at the snap. The player who receives the snap must be at least two yards behind the offensive scrimmage line.
4. One offensive player may be in motion, but not in motion toward the opponent's goal line at the snap.
5. Any player may hand the ball forward or backward at any time.
6. A runner may pass the ball backward or lose player possession by a fumble anytime. A backward pass or fumble in flight may be caught or intercepted by any player inbounds and advanced.

7. All players are eligible to touch or catch a pass. It is illegal for a passer to catch his untouched forward pass. An unlimited number of forward passes may be thrown and caught as long as they originate behind the line of scrimmage.
8. **Extra Pass Rule:** One additional forward pass will be allowed on any down after crossing the line of scrimmage. This will not be allowed after interceptions or during punt returns. **\*If the offensive team utilizes the extra pass, and the extra pass is ruled incomplete, the ball will be returned to the original line of scrimmage.**
9. A forward pass is counted as a completion or interception as long as the first part of the person to make contact with the ground after the catch, usually one foot, touches inbounds.

### Scoring Plays

1. A touchdown shall count as six points. The player scoring the touchdown must raise his arms so the nearest official can de-flag the player. If the player is not de-flagged with one pull and the official determines the flag belt has been secured illegally, the touchdown is disallowed, and the player is disqualified.
2. An opportunity to score 1 point from the 3 yard line, 2 points from the 10 yard line, or 3 points from the 1<sup>st</sup> down line by running or passing shall be granted to the team scoring a touchdown. If the defensive team intercepts a pass or fumble during the Try and returns it for a touchdown, they score 3 points.
3. A safety = 2 points. After a safety, the ball shall be snapped by the scoring team at their own 14 yard line.

### Offensive Screen Blocking.

1. The offensive screen block shall take place without contact. The screen blocker shall have his hands and arms at his side or behind his back. Any use of the hands, arms, elbows, legs, or body to initiate contact during an offensive players' screen block is illegal. A blocker may use his hand or arm to break a fall or to retain his balance. A player must be on his feet before, during, and after screen blocking.
2. Teammates of a runner or passer may interfere for him by screen blocking, but shall not use interlocked interference by grasping or encircling one another in any manner.
3. Defensive players must go around the offensive player's screen block. The arms and hands may not be used as a wedge to contact the opponent. The application of this rule depends entirely on the judgment of the official.

### Ball Carrier or Runner

1. 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. Examples of flag guarding include, but are not limited to:
  - a. Placing or swinging the hand or arm over the flag belt.
  - b. Placing the ball in possession over the belt.
  - c. Lowering the shoulders in such a manner, which places the arm over the flag belt.
2. The runner shall be prohibited from contacting an opponent with extended hand or arm. This includes the use of a "stiff arm" extended to ward off an opponent attempting to de-flag/tag.
3. The runner shall not grasp a teammate or be grasped, pulled or pushed by a teammate.

4. The defensive player shall not hold, grasp, or obstruct the forward progress of a runner when in the act of removing the flag belt or making a legal tag.
5. A runner shall not charge into nor contact an opponent in his path nor attempt to run between two opponents or between an opponent and a sideline, unless the space is such as to provide a reasonable chance for him to go through without contact. If a runner in his progress has established a straight-line path, he may not be crowded out of that path. But if an opponent is able to legally establish a defensive position in that path, the runner must avoid contact by changing directions.

### Flag Belt Removal

1. Players must have possession of the ball before they can be de-flagged legally.
2. When a runner loses his flag belt either accidentally, inadvertently (not removed by grabbing or pulling), or on purpose, play continues. The de-flagging reverts to a one-hand tag of the runner between the shoulders and knees.
3. In circumstances where a flag belt is removed illegally, play should continue with the option of the penalty or the play.
4. A defensive player intentionally pulling a flag belt from an offensive player without the ball is illegal.
5. Tampering with the flag belt in any way to gain an advantage including tying, using foreign materials, or other such acts is illegal.

### Summary of Fouls and Penalties

#### **Loss of 5 Yards**

1. Required Equipment Worn Illegally
2. Delay of Game (Dead Ball)
3. Substitution Rules Infractions
4. Infraction of Punt Formation
5. Encroachment (Dead Ball)
6. False Start (Dead Ball)
7. Illegal Snap (Dead Ball)
8. Offensive Player Not Within 15 Yards of Ball
9. Infraction of Scrimmage Formation
10. Player Out-of-Bounds When Ball is Snapped
11. Offensive Player Illegally in Motion
12. Player Receiving Snap Within 2 Yards of Scrimmage Line
13. Illegal Shift
14. Intentionally Throwing Backward Pass or Fumble Out-of-Bounds to Conserve Time (Loss of Down if by Team A)

15. Illegal Forward Pass (Loss of Down if by Team A)

16. Intentional Grounding (Loss of Down)

17. Helping the Runner

#### **Loss of 10 Yards**

1. Illegal Player Equipment
2. Two or More Consecutive Encroachments During Same Interval Between Scrimmage Downs
3. Offensive Pass Interference (Loss of Down)
4. Defensive Pass Interference (Automatic First Down)
5. Illegally Secured Flag Belt on Touchdown (Loss of Down if by Offense) (Automatic First Down if by Defense)
6. Unsportsmanlike Player Conduct
7. Spiking, Kicking, or Throwing Ball During Dead Ball

8. Personal Fouls: i.e. (Strip or attempt to strip the ball, Unnecessary Contact of Any Nature, Hurdling, Drive or Run into a player, Tackling the runner, etc.)
9. Roughing the Passer (Automatic First Down)
10. Illegal Offensive Screen Blocking
11. Defensive Use of Hands
12. Illegal Flag Belt Removal
13. Guarding the Flag Belt
14. Stiff Arm
15. Obstructing or Holding the Runner
16. Batting a Loose Ball
17. Illegal Kicking
18. Illegal Participation

**Disqualification (Red Card) Associated With Certain 10 Yard Penalties:**

1. Flagrant Unsportsmanlike Conduct by Players, Substitutes or Others Subject to the Rules
2. Intentionally Kicking at or Swinging an Arm, Hand or Fist at any Opposing Player
3. Flagrant Spiking, Kicking, Throwing Ball
4. Intentionally Contacting an Official or Supervisor
5. Flagrant Personal Fouls
6. Tackling the Runner
7. Intentional Tampering With Flag Belt-Offense (Loss of Down)
8. Intentional Tampering With Flag Belt-Defense (Automatic First Down)