

RICHLAND INTRAMURAL AIR-IT OUT FLAG FOOTBALL (5 on 5) RULES FALL 2009

THE GAME

- A coin toss determines first possession
Winner of coin toss has two options:
 - ball possession
 - choose which goal line his team should defendThe loser shall have the remaining option
TEAMS WILL SWITCH SIDES AT THE END OF 15 MINUTES, WITH TEAM POSSESSION AND DOWN RESUMING WHERE THE FIRST HALF ENDED.
- All possession changes except interceptions start on the offense 5-yard line. The offensive team takes possession of the ball at their five-yard line and has three (3) plays to cross mid-field. Once a team crosses mid-field, they will have three (3) plays to score a touchdown. If the offense fails to score, the ball changes position and the new offensive team takes over on their 5-yard line.
- If the offensive team fails to cross mid-field (25 yd. line), possession of the ball changes and the opposite team starts their drive from the 5-yard line.
- Teams change sides after the first 15 minutes. Play is then resumed where first half series was interrupted.

PLAYERS

- Teams must field a minimum of four (4) players at all times.
- Teams consist of up to 8 players: (4 males and 1 female on the field with 3 substitutes)
- 4 males' maximum on the playing field at one time.

SCORING

- Games are played for 30 minutes or until one team leads by 28 points, whichever comes first.
- T.D equals 6 points, Extra Point = 1 (5 yards out); 2 (15 yards out), Safety =2 pts.
- Games tied at the end of 30 minutes will be decided on yardage gained on two offensive plays in overtime. (Playoffs Only)

RUNNING PLAYS

- The quarterback ("QB") **CANNOT** run the ball (QB is the person receiving the snap) past the line of scrimmage.

- Only direct hand-offs allowed and only behind the line of scrimmage, player does not have to line up behind the quarterback.(QB)
- **Absolutely NO laterals or pitches of any kind**
- The player who takes the hand-off can either run or throw the ball (as long as they do not pass the line of scrimmage if a pass is attempted).
- Once the ball has been handed off, all defensive players are eligible to rush even if they were not behind the 7 yard defensive rushing marker.

RECEIVING

- All players are eligible to receive passes (including the QB if the ball has been handed off behind the line of scrimmage)
- Player must have at least one foot in bounds when making a catch.

PASSING

- All passes must be forward and received past the line of scrimmage.
- QB has a seven-second “pass clock”. If a pass is not thrown within the seven seconds, the play is dead and spot ball where QB was at time of whistle. The 7 second pass clock starts at the snap.
- Interceptions change the possession of the ball at the spot of the interception. Interceptions are the only change of possession that does not start on the 5-yard line.

DEAD BALLS

- Ball must be snapped between the legs, not off to one side, to start play.
- Play is ruled dead when/where the ball is spotted: (A) the ball hits the ground, including a bad snap to the QB that hits the ground (no fumble recoveries allowed); (B) the ball carrier loses his flag (pulled off or falls off); (C) the ball carriers knee touches the ground; (D) at the point of an (interception returns are not allowed) (E) ball carriers step out of bounds.

RUSHING THE QB

- All players that rush the passer must be a minimum of 7 yards from the line of scrimmage when the ball is snapped (unless the ball is handed off, then anyone can rush). Any number of players can rush the QB.

- A special marker will designate 7 yards from the line of scrimmage.

PENALTIES

- All penalties will be administrated by the referee. All penalties will be marked from the line of scrimmage.
Defense: Offside = 5 yards and automatic 1st down; **Interference** = 10 yards and automatic 1st down; **Illegal Contact** (holding, blocking, etc.)=10 yards and automatic 1st down; **Illegal Flag Pull** (before receiver has ball) =10 yards and automatic 1st down; **Illegal Rushing** (start rush from inside 7 yard marker) = 10 yards and automatic 1st down.
Offense: Illegal Motion (more than 1 person in motion, false start, illegal movement etc.)= 5 yards and loss of down; **Illegal Forward Pass** (pass received behind line of scrimmage) = 5 yards and loss of down; **Offensive Pass Interference** (illegal pick play, pushing off/ away defender) – 10 yards and loss of down; **Flag Guarding** = 10 yards (from line of scrimmage) and loss of down; **Delay Of Game** = 5 yards and clock will automatically stop after one warning.
 *Note: **All loss of down penalties are not “repeat down penalties”** as in regular football rules
- Games cannot end upon a defensive penalty, unless the offense declines or is leading in score.

ROUGHING

- If the officials witness any acts of tackling, elbowing, cheap shots, blocking, or similar unsportsmanlike acts, the game will be stopped and the player or players will be ejected from the game. **FOUL PLAY WILL NOT BE TOLERATED.**

ATTIRE

- Cleats are allowed, except for metal spikes. Inspections can and will be made.
- Shirts must be tucked in shorts, pants, etc.
- Players must wear jerseys, shirts or vest of like colors (available on the fields before each game).
- The Richland official flag football belts will be worn by every player on the field at all times.

TIMEOUTS

- Each time the ball is spotted a team has 25 seconds to snap the ball. A Delay of Game penalty is enforced if not snapped in 25 seconds.
- Running clock- no timeouts are allowed (until playoffs). On official's timeout, the clock continues to run.

BALL

- The intramural department will provide the game ball, which shall be used by both teams. Practice balls will not be provided.

FORFIETS

- If a team does not have enough players to start a game 5 minutes after a scheduled starting time, the game will be forfeited. Forfeits will not be replayed. On the second forfeited game, the team will be dropped from the league.

DIMENSIONS OF THE FIELD

- The field shall be 70 yards long by 25 yards wide.
- End zones are 10 yards on each side of the field.
- Playing area is 50 yards long (two – 25 yard halves).

PLAYER CONDUCT

- Profane language, taunting, baiting or any other verbal harassment (talking trash) is an automatic unsportsmanlike conduct; 10 yard penalty. The player is automatically ejected upon receiving a second unsportsmanlike penalty. The game will be forfeited when one team receives a total of 3 unsportsmanlike penalties.

NOTE: Verbal misconduct by players or spectators will not be tolerated no matter the intent or direction of it. Using vulgarity, ridiculing, pointing a finger, making obscene gestures, or any manner of taunting or baiting an opponent is a great disservice to an INTRAMURAL PROGRAM and such infractions will be penalized.

IF a player is disqualified, they may not play in another intramural game until he is reinstated by the Intramural Director. To be reinstated, the ejected player must meet with the

Intramural Director to discuss Intramural policy. Upon reinstatement, if a player is ejected from another Intramural contest, he or she will be banned from all Intramural activities for the remainder of the academic year. **Also, the players name and ID # will be forward to the proper college authorities for further investigation into school policy violations. All decisions on school suspension and probation will be decided by the appropriate administrators.**

Fighting by any player is automated disqualification from the game. **Any fighting or physical violence will be treated as an assault crime and referred to the Campus Police for future investigation.** Players involved will have their names and ID # sent to the Campus Dean responsible for student conduct. Decision on college suspension or probation will be decided by the appropriate administrator.

ELIGIBILITY

- All players must be students, faculty, or staff of Richland College.
- To be eligible to play, you must be on your team roster and must read and sign a player contract. Rosters and contracts must be completed and signed before your team's second league game.

NOTE: All players must show a valid driver's license and student ID card to prove eligibility status.

SUBSTITUTES

- A substitute may legally enter the game whenever the ball is dead.

ELASTIC CLAUSE

- Any situation or problem not specifically covered by the rules will be handed on the field by the officials or the student supervisor.