League Registration:
All intramural registration will take place on IMLeagues through the UWRF Intramural Sports website. During team registration, captains will select the league and division they wish for their team to participate in. The league and division will indicate the nights and times of the contests for the regular season.

Captain’s Quiz:
During registration, team captains will take a quiz related to the general intramural policies and rules of the specific sport they are registering for. Successful completion of the quiz ensures the captain knows the rules and policies prior to the start of the intramural league. Online quizzes have replaced mandatory in-person captains meeting.

Entry Fee:
The entry fee is now an individual fee. Participants must purchase a pass from IMLeagues upon registering or use a pre-purchased pass. Passes are $7.50 for a single team, $15 for a semester, or $25 for a year. The team entry fee must be paid online with a credit/debit card after the successful completion of the quiz. Payment will not be accepted in any other form. Teams cannot complete registration without payment. Entry fees help cover the cost of equipment, facility expenses, student staff labor costs, and administrative expenditures.

Schedules, Results, and Standings:
Schedules, results, and standings for league play and playoffs will be on IMLeagues. Please go to the UWRF Intramural Sports website at www.uwrf.edu/campusrec and click on the Intramurals Sports and IMLeagues to access IMLeagues.

Forfeit/Default:
If your team is unable to compete in a contest, please notify the Intramural Sports staff by email (campusrec@uwrf.edu) or phone (715.425.4289) before 1pm on the day of your contest to avoid a forfeit fee. If you do not notify the campus recreation staff before the deadline or you do not show up for the contest, your team will be charged a forfeit fee.

Questions:
Please contact the Campus Recreation Staff with any questions or concerns.

<table>
<thead>
<tr>
<th>Contact Name</th>
<th>Position</th>
<th>Phone Number</th>
<th>Email Address</th>
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<tbody>
<tr>
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<td>715.425.4289</td>
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</tbody>
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General Procedures:
Please refer to the Intramural Sports Handbook for all policies and procedures related to intramural contests.

1. Each participant must present a valid UWRF ID to the intramural supervisor or scorekeeper at every contest. No other form of ID will be accepted.
2. All participants must be on the team roster. Any member not on the roster must add to the roster prior to the contest. No participant may play on two teams in the same league or a forfeit will be charged to the second team he/she participated on.
3. Each participant must wear appropriate apparel and footwear.
4. Minor first aid treatment is available during intramural contests. Any bleeding must be stopped and cleaned up before participant can re-enter the contest.

5. All visible jewelry, watches, fitness trackers, and bracelets must be removed prior to participation.
   
   Note: Players are allowed to wear stud earrings at their own risk. All other piercings including hoop or dangle earrings will need to be removed.

RULES:

1. GAME SETUP:
   a. Three intramural flag football officials will officiate the contest and keep time. Their calls are final.
   b. A scorekeeper will keep track of the score, stats, and check participants in.
   c. Games will consist of two-20 minute halves with running clock and a three minute halftime. The clock will stop in the last two minutes of the second half during dead ball situations.
   d. The clock does not run on extra point attempts in the last two minutes of the second half.
   e. If time expires during a touchdown scoring play, attempt for extra points will be allowed, if needed.
   f. Each team will have two timeouts of 30 seconds per half and must be called by a player on the field.
   g. In the event of overtime, each team will have one timeout of 30 seconds.
   h. A timeout may only be called between plays and must be directed to an official.

2. MEN’S/WOMEN’S PARTICIPATION:
   a. Teams will consist of eight players on the field.
   b. Teams may start with as few as six players. **Rosters may contain up to 18 players.**
   c. If a team is reduced to less than six players at any time during the contest, a default loss will result.

3. CO-REC PARTICIPATION:
   a. Teams will consist of eight players on the field; four male and four female participants.
   b. Teams may start with as few as six players. **Rosters may contain up to 18 players.**
   c. At no point may a team have more than one additional player per gender in the line-up.

4. ATHLETIC ATHLETE ELIGIBILITY:
   a. Members of the 2019-20 UWRF Football team may not participate in flag football leagues during the 2019-20 academic year.
   b. Only one 2018-19 collegiate football player may be on a roster.
   c. There are no restrictions for members of a 2017-18 (or before) collegiate football team.

5. THE FIELD:
   a. All games will take place at the Intramural Complex or Ramer Field.
   b. Each team will have a designated “team box” for their personal equipment, bags, and subs to stand.
6. **EQUIPMENT:**
   a. Team jerseys will be made available for check-out at the fields prior to the contest.
   b. Participants must wear check-out jerseys from the intramural staff prior to the contest.
   c. Players must wear shorts or pants that differ in color from the flags.
      i. Shorts and pants cannot contain any belts, belt loops, or exposed drawstrings.
      ii. Shorts without pockets are preferred, but not required.
      iii. It is not legal to tape belt loops or belts in an attempt to make clothing legal.
   d. Flag belts with three flags will be provided. Players are not allowed to knot, twist, or tie their flag belts.
      i. A flag must be positioned on each hip and across the back of the participant.
   e. A game ball will be available, though teams may provide the game ball for their offensive possessions.
      Any game ball must be approved by an official before the start of your game.
   f. Football gloves and mouth guards are legal pieces of equipment.
   g. Athletic shoes or molded plastic cleats are legal. Metal cleats are not allowed.
   h. Participants may wear skull caps without a knot or knit/stocking caps without brims or bills.
   i. Participants may **NOT** wear a bandana, baseball hat, or any headwear with a visor or knot in it.
   j. Participants may not have towels tucked into their pants, jerseys, or attached to their person.
   k. All tops (t-shirt, sweatshirt, etc.) must be tucked into the participant’s bottoms (shorts, pants, etc.).

7. **GAME PLAY:**
   a. The official will flip a coin (or other method) to determine initial possession and direction.
      i. The winner of the flip will have a choice to start on offense, defense, or choose goal.
   b. At the start of each half the ball will be placed at the 14 yard line nearest to your end zone.
   c. **DIVING IS PROHIBITED AT ALL TIMES**, with exception of DIVING TO CATCH A PASS IN OPEN SPACE.
   d. Lineman may **NOT** start in a three point or four point stance.
   e. Spiking the ball, taunting, or excessive celebration will be considered unsportsmanlike conduct.

8. **OFFENSE:**
   a. The offense has 20 seconds to snap the ball between plays.
   b. The ball may be snapped between the legs or off to the side of the center.
   c. All offensive players except one must be motionless for one second before the snap.
   d. All players are eligible for a pass including lineman.
e. The ball carrier may not hurdle an opponent or leave their feet at any point during the play.

f. Flag guarding is prohibited. It is defined as the act of defending your flags by blocking your opponent’s hands from grabbing your flags (i.e. stiff-arm, straight arm, etc.)

g. The player with the ball will be marked down where the flag is removed.

h. Use of hands is prohibited by the offensive lineman. Blockers must keep their hand behind their back or crossed on their chest similar to setting a screen in basketball.

i. One foot inbounds is considered a legal catch.

j. Quarterbacks in a men’s or women’s contest does NOT have to be rushed to run.
   i. Male quarterbacks in co-rec contests may not rush at any point beyond the line of scrimmage.

9. FIRST DOWNS:
   a. Teams have four downs to reach the “line-to-gain”. The line-to-gain will either be the 20 yard-line, 40 yard-line, or 20 yard-line.
   b. Line to gain is established prior to penalty assessment for live balls.

10. SCORING:
   a. Touchdown 6 points
   b. Extra Point – 3 Yard Line 1 point
   c. Extra Point – 10 Yard Line 2 points
   d. Extra Point – 20 Yard Line 3 points
   e. Interception return during an extra point 3 points
   f. Safety 2 points

11. PUNTS:
   a. Punts must be announced; there are no fake punts.
   b. After receiving the ball, punter must put ball in play within five seconds.
   c. Both teams must have at least four players on the line of scrimmage.
   d. No movement on the line until after the ball is punted.
   e. Punts may not be returned.
   f. The receiving team will take possession at the spot of the catch, the spot the ball hits the ground, the spot the balls goes out of bounds, or the 14-yard line if the ball lands in the end zone.
   g. If ball hits ground on snap, ball is dead and the defense takes possession.

12. DEAD BALLS:
   a. Ball carrier falls to the ground (i.e. knee, elbow, rear end, or any body part other than the feet).
   b. Ball carrier losses flags and then is one hand touched by an opponent.
   c. Incomplete pass.
   d. Ball carrier goes out of bounds.
   e. Any ball touching the ground or fumbled is considered a dead ball and cannot be advanced. The ball will be spotted at point of contact with the ground.
      i. If a snapped ball hits the ground in the end zone, it is a safety.
   f. A ball cannot be stripped away from a ball carrier. This will be considered a dead ball.

13. DEFENSE:
   a. The defensive players must run around offensive players without using their hands or arms.
   b. Attempts to swipe at the ball, clothing, or body are illegal.
   c. Holding or grabbing a ball carrier to slow their progress to grab flag is illegal and will be assessed as unnecessary roughness.
   d. Tackling is illegal and ruled as unnecessary roughness. If flagrant, the offender will be disqualified.

14. MERCY RULE:
   a. If a team is ahead by 19 or more points at the two minute warning of the second half, the game will be ruled a victory for the team in the lead.
15. OVERTIME:
   a. The official will flip a coin to determine possession.
      i. The winner of the flip will have a choice to have possession first or play defense. The loser will
         chose the goal for both teams.
   b. Each team will have a four down possession from the 20 yard line to score a touchdown and extra point
      value of their choosing.
   c. If the score remains the same after each team has possession, the process will continue until a winner is
      determined. Each team must attempt their extra point from the two or three-point spot.
   d. If the defense returns a pass for a touchdown they win the game.
      i. If the defense makes a stop or intercepts the ball without scoring on the first possession, they
         will start from the 20 yard line with four downs to score.
   e. Each team will be granted one timeout per overtime period.

16. CO-REC RULES:
   a. The term “open” means any player may complete a forward pass to any other player.
   b. The term “closed” means a male player may NOT throw a forward pass to another male player.
   c. Each possession will begin with the play being “open”.
   d. For an “open” play to turn to a “closed” play, a male passer must advance the ball beyond the line of
      scrimmage.
   e. For a “closed” play to become “open”, a female must to be involved in a forward pass.
      i. A female passer completing a forward pass to a male receiver behind the line of scrimmage on a
         “closed” play with the male running past the line of scrimmage is an illegal forward pass.
   f. All “closed” play violations shall be penalized as an illegal forward pass resulting in five yards from the
      spot of the pass and loss of down.
   g. There are no other restrictions concerning a male passer completing forward passes to a female
      receiver, or female to female, or female to male. The following play will always be “open”.
   h. Any penalties, whether accepted or declined, shall have no effect on whether the next forward pass
      completion is “open” or “closed”.

17. PENALTIES:
   a. 5 YARD PENALTIES:
      i. Delay of Game (20 seconds from the end of the last play)
      ii. False Start
      iii. Encroachment
      iv. Illegal Motion
      v. Illegal Snap
      vi. Illegally Forward Handoff (Loss of Down)
      vii. Illegal Forward Pass (Loss of Down)
      viii. Intentional Grounding (Loss of Down)
      ix. Illegal Substitution
      x. Hurdling
   b. 10 YARD PENALTIES:
      i. Unnecessary Roughness
      ii. Offensive Pass Interference (Loss of Down)
      iii. Defensive Pass Interference (Automatic First Down)
      iv. Flag Guarding/Straight Arm/Stiff Arm (Spot Foul)
      v. Offensive Unsportsmanlike Conduct (Loss of Down)
      vi. Defensive Unsportsmanlike Conduct (Automatic First Down)
      vii. Roughing the Passer (Automatic First Down)
viii. Fair Catch Interference
ix. Illegally Secured Flag Belt (Loss of Down)
x. Too Many Players on the Field
c. **ANY FLAGRANT ACTION IS AN AUTOMATIC EJECTION!!!**