

UT INTRAMURAL SPORTS PROGRAM

QUAKER ST GRIDIRON CHALLENGE – FALL 2009

Participation in UT RecSports Programs is voluntary and individuals use facilities at their own risk. Participation in any physical activity involves inherent risk and even when safety precautions are utilized, injuries and accidents can occur. The RecSports Department would like to encourage each individual to consult their physician and obtain adequate personal health/accident insurance prior to participation in our programs. UT does not provide personal health or medical insurance coverage for participants.

****The following is an abridged version of the 2009-10 NIRSA Flag Football Rules****

GENERAL INFORMATION

1. Participation is limited to currently enrolled, fee-paying UT students and faculty/staff members with RecSports Memberships.
2. Participants must present their VolCard or current RecSports Membership Card in order to participate. If the membership card does not have a picture, the participant will be required to show a government issued picture identification along with the membership card.
3. Team representatives including players, coaches, spectators, and other persons affiliated with the team are subject to these sport rules and all intramural policies.

TEAM COMPOSITION

1. Three (3) players are on the field at a time.
2. Two (2) players are required to start the game.
3. Participants can compete for only one team.
4. Each team shall designate a team captain to make all decisions.

EQUIPMENT

1. FOOTBALL: Teams may furnish their own game ball or check-out a game ball at the Welcome Desk in the TRECS. The game ball must be pebble-grained leather or rubber covered and meet the recommendations of size and shape for a regulation football. There are no requirements regarding ball pressure and markings. Men shall use the regular size ball only. The regular, intermediate, youth, or junior size football

shall be used for women's games. The officials shall be the sole judge of any ball offered for play and may change the ball during play at their discretion.

2. **FLAG BELTS:** Each player must wear a one piece quick release 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. Flag belts will be provided to each team on site.
3. **JERSEYS/SHIRTS:** Teams are encouraged to furnish their own like-colored jerseys. Jerseys must be tucked in at all times. If a jersey cannot be tucked in, it must be a minimum of 4 inches above the waist. Jerseys may not have arm openings that are larger than 4 inches. Referees will use their fist to measure the distance of the arm opening. Pinnies will be available for teams without matching jerseys.
4. **SHORTS/PANTS:** Players may not wear pants or shorts that have belt loops, pockets, or exposed drawstrings. Pants and shorts may not be turned inside out or taped in order to avoid the pockets violation.
5. **SHOES:** All players must wear shoes. Tennis/running shoes and rubber molded cleats are permitted. Spikes, screw in cleats, and cleats with metal or ceramic exposed are prohibited.
6. **PADS/BRACES:** No pads or braces may be worn above the waist. Leg and knee braces made of hard, unyielding material must be covered on both sides and all edges with appropriate slow-recovery padding.
7. **HEADWEAR:** Players may not wear baseball style caps or other rigid headwear. Knit and stocking caps are permitted. Players may wear a headband no wider than two inches and made of non-abrasive cloth, elastic, fiber, soft leather, or rubber. Bandanas with knots are prohibited. Rubber or cloth elastic bands may be used to control hair.
8. **JEWELRY:** No jewelry, including livestrong bracelets, may be worn. Jewelry must be removed before the participant will be allowed to participate. Medical alert bracelets are permitted but they must be taped down. **TAPING OF ALL OTHER JEWELRY IS NOT PERMITTED.**
9. **SUNGLASSES:** Players may not wear sunglasses that are metal or rigid.
10. **PLAY BOOKS:** Players may carry a play book inside their clothing as long as it is not made of an unyielding material. If carried on the field, a player must keep the play book rather than throw it on the ground in the field of play.
11. **TOWELS:** No towel may hang from a player's waist or otherwise interfere with the possible removal of the flag belt. However, towels may be used and kept on the ground in-between the ball spotters before the snap.

THE GAME

1. POSSESSIONS: Each team will receive three (3) equal possessions per game.
2. SERIES OF DOWNS: Each team has four plays, starting from the 20-yard line to score a touchdown before a change of possession occurs.
3. SCORING: All touchdowns will count for six (6) points. After a touchdown, the scoring team may select to attempt an extra point from the 3-yard line for one (1) point, from the 10-yard line for two (2) points, or from the 20-yard line for three (3) points.
4. COIN TOSS: A toss of a coin or odds/evens will determine which team shall have the first choice. The winner of the toss shall have the following options:
 - A. To receive the ball first or play defense.
5. TIME-OUTS: There are no time-outs, except when injuries occur.

PLAYING RULES

1. PLAY CLOCK: The offensive team has 25 seconds to put the ball in play after the referee signals “ready for play.”
2. BALL RESPONSIBILITY: The offensive team must retrieve the ball after each play from scrimmage.
3. RUSHING THE QUARTERBACK: A three (3) second delay occurs (which must be counted aloud by the defense) before the defense is allowed to rush the quarterback.
4. SNAPPER: The defensive rusher acts as the offensive snapper for the quarterback. Two (2) consecutive bad snaps whistled by the official gives the offensive team one (1) new down.
5. The quarterback is NOT allowed to advance the ball across the line of scrimmage on the run. Movement behind the line of scrimmage is allowed, but only a forward pass can advance the football.
6. An interception is a dead ball and turnover.

7. If teams are tied after three (3) possessions, there will be a sudden death playoff from the 10-yard line. The first team to score from the 10-yard line in one play, when the other team's attempt fails, is declared the winner.
8. DEFENSIVE PASS INTERFERENCE: The ball will be placed at the spot of the foul and an automatic first down will be awarded. If the interference occurs in the end zone, the ball will be placed at the 3-yard line and the offense will be awarded an automatic first down.
9. PENALTIES: All other penalties are 5 yards.
 - a. Offensive pass interference – loss of down
 - b. Illegal forward pass – loss of down
 - c. Intentional grounding – loss of down
 - d. Roughing the passer – automatic first down