

BRITISH COLUMBIA INSTITUTE OF TECHNOLOGY INTRAMURAL FLAG FOOTBALL RULES

Section 1: Intramural Guidelines and Expectations

Eligibility, protests, forfeits and concedes, conduct, appeal, and attire are covered in details in the BCIT Intramural Guidelines and Expectations.

Section 2: Authority

The *Sports Programs and Intramurals Coordinator* and or *Official* has the maximum authority to ensure that the given game runs in an appropriate and “proper” manner. This implies that they may deal with any form of unsportsmanlike conduct in any manner that they may deem necessary. This includes, but is not limited to: ejecting players, forfeiting a team, and forfeiting a contest.

Section 3: Number of Players

Each team may register any number of players unless otherwise deemed by the *Sports Programs and Intramurals Coordinator*. A team may play a game with as few as 4 players without defaulting, with a maximum of 5. **Players cannot be added to the roster after the conclusion of the regular season.** Special consideration may be obtained from the *Sports Programs and Intramurals Coordinator*.

Section 4: Transfers and Additions

No player, having played for one team, shall play for any other team on the same night or other night during the league’s schedule. Special consideration, however, may be given to players on a forfeited team and players on overcrowded teams. All transfers have to be approved by the *Sports Programs and Intramurals Coordinator*. Players that have not played during the regular season are not allowed to play during playoffs. All playoff participants must have played at least two regular season game.

Section 5: Body Contact

BCIT Flag Football is a non-contact league. There is a zero-tolerance policy for aggressive, dangerous, or deliberate body contact.

Using your body to shield and control the ball is acceptable (body position). Any deliberate contact to an opposing player, including but not limited to, pushing, holding, or body-checking is not acceptable and will be called a penalty. A second offence to this rule by the same player may result in an ejection.

Section 6: Equipment Regulations

1. Optional Equipment:
 - i. All players are encouraged to wear cleats, but they are not mandatory.
2. The official or *Sports Programs and Intramurals Coordinator* has the right to remove any equipment, jewelry, or accessory which they deem to be dangerous or inappropriate for league play as stated in BCIT guidelines and expectations.

Section 7: Field of Play

1. Teams will consist of 5 players on the field at one time.
 - i. Substitutions can be made between plays.

2. Field dimensions are 80 yards by 30 yards with 10-yard endzones, yard markings every 10 yards plus a Center field marking.
3. The ball will be placed on the 10-yard line after every touchdown and at the start of play.

Section 8: Game Play

1. Game will consist of two 20-minute halves (running time) with a 3-minute intermission
2. Teams will have 3 downs to get the ball to center. They will then earn another set of 3 downs to get to the opponents' endzone.

Punting:

- i. If a team decides to punt on their 3rd down, this must be declared before the snap and NO RUSHING is permitted from the defense.
 - ii. Kicking team must have 4 players on the line of scrimmage (including the snapper) and 1 kicker.
 - a) Teams may choose to kick or throw for a "punt"
 - iii. Players on the kicking team must allow for a five-yard radius of un-encroached space around the ball for any player receiving a punt.
 - iv. If a ball hits a player on the receiving team during a punt and then hits the ground, play will be deemed dead and the ball will be spotted where it first hit the ground.
 - v. If a ball goes out of bounds on a punt, play will be started from the spot where the ball left the field of play.
 - vi. If a ball is punted through the opponent's endzone, play will start on the receiving team's 10-yard marker.
3. Before the snap, all offensive players must be at a complete stop.
 4. No player may cross the line of scrimmage prior to the snapping of the ball.
 - a) Defense must wait a total of 5 seconds before rushing the pass and must be 1 yard from the line of scrimmage.
 5. Each member of the offensive team is eligible to receive a pass.
 - i. If a player goes out of bounds during the play, he/she must make an immediate and direct effort to return to play to be an eligible receiver.
 6. For a legal catch, receiver must have at least one foot in bounds upon catching the ball.

Fumbles:

- a) For safety reasons, fumbled balls are dead when the ball touches the ground.
 - i. The ball is put into play at the point where the ball first touched the ground and possession by the offensive team is maintained.
- b) Laterals and backwards passes are permitted, but play is dead if the ball is dropped. Play will be restarted where the ball hit the ground.

Section 9: Scoring

1. A touchdown results in one point being awarded.
 - There are no field goals or extra points after a touchdown
2. Safety (offensive player's flag removed in his/her own endzone) results in a point for the defensive team and the defense starts with the ball on their own 10-yard marker.
3. A touchdown shall be scored when any part of the ball has broken the plane of the goal line as determined by the Intramural staff member.

Section 10: Flag Belt Removal

1. When the flag belt is taken from the runner, the down shall end and the ball is declared dead. The spot of the ball is determined at the point where the clip of the flag belt becomes detached, NOT where the belt falls to the ground.
2. If a flag belt inadvertently falls off, a one hand tag between the shoulders and the knees constitutes a capture.
3. A player may NOT leave their feet to remove a flag.
4. A defensive player may not hold, push or knock the ball carrier down in an attempt to remove the flag.
5. An offensive player may not hold, push, or knock down a defensive player in an attempt to prevent the defense from removing their flag.
6. A flag may not be removed from a player who is not in possession of the ball.

Section 11: Penalties

1. A violation of any of the above rules will result in a 5-yard penalty and the replaying of the last down for a defensive penalty or a loss of down for an offensive penalty.
2. The Programs and Intramurals Coordinator and/or Recreation Staff member has the maximum authority to ensure that the given game runs in an appropriate and “proper” manner. This implies that they may deal with any form of unsportsmanlike conduct or any violation of the above-mentioned rules in any manner that they may deem necessary. This includes, but is not limited to: ejecting players, forfeiting a team, and forfeiting a contest.
3. Teams and players are expected to exhibit sportsmanlike conduct throughout every contest. Delay of the game, obscene language or gestures, and arguing with the staff constitutes unsportsmanlike behavior.

Section 12: Minor Infractions

1. All minor infractions result in a loss of 5 yards and either a loss of down (offensive penalty) or a replaying of down (Defensive penalty).
2. Minor infractions include the following actions:
 - i. Illegal belt removal
 - ii. Pass Interference
 - a. illegally removing the belt before a catch is made
 - b. preventing a player from making a legitimate play on an ball
 - iii. Offside
 - i. Crossing line of scrimmage before ball is snapped
 - ii. Rushing the quarterback before 5 seconds has elapsed after the snap

Section 13: Major Infractions

1. A player is automatically ejected from the game for any major body contact as deemed by the Sports Programs and Intramurals Coordinator or any Recreation staff.
2. All major infractions are reported to the *Sports Programs and Intramurals Coordinator* and may result in removal from the game, temporary suspension from the league, or permanent revocation of Intramural privileges.

3. Major infractions include the following actions:
 - i. Any Minor Infraction that results in an unintentional injury or is deemed malicious (official's discretion).
 - ii. Deliberate body contact (official's discretion).
 - iii. Continued minor infractions after official's warning.

All major infractions will come with a minimum one-week suspension from all intramural activities, a meeting with the Sports Programs and Intramurals Coordinator, as well as possible suspension from that activity for the remainder of the season and longer.

Section 14: Overtime/Tied Games

In the event of a tie at the end of regulation time, regular season games may end in a tie. During playoffs, however, there will be a mini-game overtime format.

Overtime will consist of each team having possession of the ball once. If the team who starts with the ball in overtime scores, the opposing team has a chance to match. If they fail to do so, the first team is declared the winner.

If the starting team fails to score, and the opposing team scores on their possession, the game is over and the second team is declared the winner.

If neither team scores on their first possession, the game will continue as sudden death and the first team to score will be declared the winner.

Section 15: Captains

1. Captains are responsible for informing their team of all guidelines and expectations.
2. Captains must sign the game sheet before the start of the match
3. Captains are responsible for confirming that the correct score is recorded.

Section 16: Sportspersonship

Teams and players are expected to exhibit sportspersonlike conduct throughout every contest. Delay of the game, obscene language or gestures, and arguing with the staff constitutes unsportspersonlike behavior. Players may be penalized, ejected from the game, or possibly suspended from further games depending on the severity of the offense.

The Sportspersonship Program was put in place to ensure a safe and fun experience for all involved. Sportspersonship is a critical aspect of any sport and any level and rewards teams that compete with integrity and credibility. After each game, referees will rank the fair play of each team on a scale of 0-5 by answering the following: "Did the team significantly contribute to the enjoyment of this game in spirit and sportspersonship?"

The idea of the sportspersonship system is to encourage teams to participate knowing that referees and officials will be determining a ranking based on their play. At the end of the season, teams will be disqualified from playoffs if their sportspersonship average is at or below 3.5. Should a game official give a score to a team equal to or less than 3, that team will be contacted by the *Sports Programs and Intramurals Coordinator*, Justin Lee. That team will be provided with a brief written statement outlining the reasons why that decision was made. Any consequences from a sportspersonship score will also be

explained. The ranking is subject to review by the in-game officials and the Programs and Intramurals Coordinator and a final score for sportspersonship will be determined.

**All sportspersonship scores are %100 subject to review by the Programs and Intramurals Coordinator and may be adjusted accordingly. Teams that make arrangements to circumvent the spirit of the sportsmanship rules will be deemed to have intentionally cheated and will face consequences related to intentional cheating.

Scaling:

- 0 – Poor Sportspersonship (fight, player ejection, etc.) or Default without 2 days' notice
- 1 –
- 2 –
- 3 –
- 4 –
- 5 – Good sportspersonship

The purpose of the Flag Football Rules is to provide a guideline which describes the manner in which the games are to be played. The Intramural leagues place a high demand on each individual player being morally bound to abide by the rules. There is a high expectation for individuals to maintain a high level of sportspersonship through responsible behavior. It is assumed that no player will intentionally violate the rules. An intentional foul would be considered cheating and a gross offense against the Sportspersonship values. Highly competitive play is encouraged but never at the expense of mutual respect between players. Such action as taunting, dangerous play, intentional fouling, or other win at all cost behaviors are contrary to the spirit of the game and must be avoided by all players.