

HWS INTRAMURAL RULES: 7V7 FLAG FOOTBALL

1. **Eligibility:** Must be a full-time student, graduate student, faculty, or staff member of HWS.
2. Current members of varsity or junior varsity intercollegiate sports or hardship athletes may not participate in their corresponding Intramural Sport or closely related sports.
 - a. If an Intramural sport occurs in the same semester as an intercollegiate sport or related sport those on the intercollegiate roster (via website) shall count as varsity athletes. Should they quit any time after the first game of the season they are still considered as part of that team until the following semester.
 - b. Any senior that has a season end in the same semester as an Intramural sport equal/similar to their varsity sport shall be classified as a varsity athlete until the following semester.
 - c. For questions on this please email Deven Siesel – siesel@hws.edu For this sport football players are not permitted.
3. Players may only compete for one team per sport unless all captains agree to veto this rule. Participants can play on multiple teams if there are multiple divisions in existence i.e., an open division and statesmen division would allow a Hobart student to play in both or same thing for a William Smith Student and a heron division.
4. A person who has received professional playing status in a particular sport may not compete in that sport or any related sport.
5. Participants are required to check-in with Intramural staff at each event. Intramural staff personnel may ask for an HWS ID at any point and time to verify identities. If you cannot produce one you cannot play.

Sportsmanship Rating System:

1. Each team will be given a sportsmanship rating by staff members.
2. A team must have an average score of 3.5 or higher to be eligible to earn any awards associated with that sport and could forfeit their ability to participate in playoffs
3. Special game situations: A team winning a game by way of a forfeit shall receive a score of 5. A team losing a game by way of a forfeit shall receive a score of 2.5 unless they give advance notice in which case, they will receive a 3.5

SCORE	PLAYER/TEAM ACTIONS	CAPTAIN ACTIONS	TRASH	ACTIONS BY ISTAFF
5 (Excellent)	Very respectful of IM staff, opposing players, and teammates. Games start on time; language was inclusive & non-offensive.	Respectfully communicates with IM staff to understand the rules and officiating decisions. Has strong relationship with team members and is able to anticipate/resolve conflict efficiently & effectively	No trash left behind	No actions were taken
4 (Good)	May vocally question some calls, but move on quickly, no major trash talk or curse words, game starts on time	Very much in control of self and mostly in control of team doesn't help intervene right away but before becoming an issue	Very little trash	1-2 minor warnings where play doesn't stop but officials got annoyed or had to tell players to knock it off
3 (Moderate)	No aggressive arguing with staff/teams makes a decent number of vocal comments about officiating, game started late	Good control of self but little control over team on minor issues and only intervenes to keep something from become major issue	Some trash	2+ minor warnings or 1 stoppage of play warning
2 (Poor)	Constantly verbally questioning calls, trash talking other teams, excessive cursing	Little control of self or team intervenes as a last resort to keep game going (captains must meet with Assist. Direct before next game or it will be a forfeit)	Lots of trash	2+ minor warnings & 1 stoppage of play warning
1 (Unacceptable)	Ejections of players, constant verbal dissent, constant trash talk, excessive cursing	Little control of self and no control of team doesn't intervene at all (captains must meet with Assist. Director before next game or it will be a forfeit)	Lots of trash	Several minor warnings or 2+ stoppage of play warnings
0 (Fighting)	Physical altercations, threatening comments, game gets too physical without actual fights breaking out	No control of self or team (All players must meet with Assist. Director before they are permitted to play any Intramurals)	Lots of trash	Game ended for sportsmanship reasons

Based upon team sportsmanship ratings HWS Recreation Administrative staff can conduct a meeting with team captains or individual players if it is believed to be necessary

Max Roster and Participants on Field: Rosters can be as large as you want but no more than 7 on the field at one time.
= Loss of down or automatic first down pending if the call is against the offense or defense.

Forfeits: Forfeits can be called for any of the following reasons:

1. A Captain requests it on behalf of their team
2. A player or spectator refuses to leave the field/court after being instructed to do so by Intramural Staff
3. A player is deemed as dangerous to spectators, players, and/or Intramural Staff
4. A Team does not have enough players to start and/or continue play

Start of Game: All intramural events are tightly scheduled based on facility availability to allow for maximum participation, so keeping the games on schedule is very important. Please have your team at the field checked-in and ready to play at least ten (10) minutes before your scheduled game time. If one team is late/is not present, the captain of the team that is present and has the minimum number of participants required to play will be given two options (once a decision is made it cannot be changed):

- Take the forfeit immediately
- Give the team five (5) minutes to show

* If the team shows, the game must be played with only the remaining amount of time left. If the team still does not show, it will be a forfeit.

Coin toss will happen 5 minutes before the game with Home Team calling the toss. Winner of the coin toss will receive 3 options:

Kick & which end zone to defend in first half, receive, or defer to second half. Losing team will get opposite of that choice (winning team defers then losing team picks kick & defend or receive. Winning team picks kick, losing team receives first)

General Play:

1. If a team chooses to start a match down a player(s), they may not add additional players unless opposing team's additional player(s) arrive
2. Rosters are locked after teams last regular season game.
3. Time will be (2)15-minute halves with a 3 minute or less halftime clock is running until the final 2 minutes of the second half stopping for: incomplete passes, out of bounds, score, timeouts, penalties, official timeout, touchback, injuries
4. Scoring: Touchdown = 6 points, Safety = 2 points Extra points = teams may take an automatic 1 point or try for 2 points from the yellow cones yard line or 3 points from the orange cones. Teams may not rush unless blitzed on extra points they must throw a pass.
5. First down marker is marked by the orange cones
6. 2 timeouts per game of 60 seconds per team

Mercy:

Soft Mercy = If a team is up by 19 points or more at 2-minute mark in second half clock runs for everything except injuries and timeouts.

Hard Mercy = If a team is up by 35 points at halftime or any point in the second half then the game will be called. Teams will have one last possession to get out of mercy rule.

Overtime:

Regular season games can and will end in a tie should one occur. During playoff play the following will be the overtime procedures:

1. Second coin toss occurs with Away Team calling toss.
2. Winner of toss can choose offense or defense as both teams will go in the same direction for overtime.
3. Each team will be given 4 downs to try and score.
 - a. There are no first downs unless a penalty would otherwise warrant one.
 - b. Anything but a score leads to the other team gaining possession.
 - c. Interceptions cannot be returned.
4. If the first team scores the second team receives the same opportunity.

5. Tries for extra points remain the same and regulation play.
6. If the score is still tied after both teams have had their possessions, then the above process is repeated. However, the team that elected to start the first round on defense will now start the second round on offense.
7. 1 timeout (regardless of they had any remaining or not) is granted for overtime.

Field: Sideline to sideline with the initial part of the sideline being the goal line. Field width will be by the 35-yard line to the regular field endzone line. First Down line is marked with blue/purple/black cones, Touchback down line marked with red cones, End Zone and boundaries supplemented/marked by lines on field and orange cones

Rules:

Kickoff/Punt Return Infractions –

Kickoffs and punts cannot be returned and are down where the ball comes to a complete stop, or a player catches the ball

Illegal Substitution – 5 yard penalty - previous spot – replay down

- Players may only substitute between downs prior to the official setting the ball on the line of scrimmage

Delay of Game – 5 yard penalty – previous spot – replay down

- Substitutes shall be ready to play and not cause unreasonable delay in the game (ie flag belts already on and ready not putting them on as they enter the game).
- Offense must snap the ball 25 seconds after the official sets it on the line of scrimmage. This will be displayed on scoreboard using shot clock feature.
- Offense has 15 seconds to retrieve the ball after a play and get it to an official.
- Scoring team has 25 seconds to get the ball, get to the other side of the field and kickoff to the opposing team

Inadvertent Whistle – Replay down or take result of play

- Official accidentally blows the whistle

Fumble –

- Ball is down where the ball hits the ground.

Safety – 2 points to opposing team and possession via a kickoff

- Team has flag removed in their own endzone

Touchback – Ball placed at the red cones

- If the ball on a punt or kickoff rolls into or out of the endzone without being touched by anyone other than the kicker/punter

Illegal Procedure – 5 yard penalty – previous spot – replay down

- Offense may not cross the line of scrimmage prior to the snap.
- Offense may not make any movement that otherwise simulates the start of a play.
- Offense may not have anyone in forward motion at the time of a snap
- Offense may only have 1 player in motion at a time
- Snap must be from one player to another player and the receiver must be at least 2 yards off the ball
- Defense may not cross the line of scrimmage or come in contact with any offensive player prior to the snap

Illegal Forward Pass – 5 yard penalty – previous spot – loss of down

- Ball cannot be thrown forward after it crosses the line of scrimmage.

Illegal Blitz – automatic first down for offense – previous spot of ball

- The defense must wait for the 5 second blitz count to end before blitzing the QB
- If the QB makes any vertical movement toward the opposing teams endzone the blitz count becomes null.

Simultaneous Catch – play is dead at the spot with offense retaining possession

- Offense is awarded possession and ball is dead on the spot.

Illegal Physical Contact – 10 yard penalty – spot of foul – replay down – ejection possible

- No blocking other than a screen block where hands are at sides or behind your back
- No attempting to steal/swat/strip the ball
- No hurdling other players
- No lowering shoulders
- Players must make an effort to go around other players not through them
- No intentional physical contact of any kind other than those described as permissible in flag rules section

- No player may guard their flags. Ball carriers may not use a strait arm tactic (stiff arm), swinging arm to deflect, or swatting another player's arms.
- Diving for flags, a pass, and extra yardage is permitted but cannot be directly into another player.

Tackling – 10 yard penalty – spot of foul – automatic first down or loss of down pending – ejection possible

- No tackling other players

Unsportsmanlike Conduct – 10 yard penalty – spot of foul – replay down – ejection possible

- No intentionally removing flags from an opponent prior to them having possession of the football
- No intentionally removing your own flags
- All belts must be on prior to a snap
- Disrespecting Intramural staff and/or equipment

Legal Catch –

- At least one foot inbounds with possession of the football before that foot leaves the inbounds territory.

Flag Rules/Equipment Worn Improperly – 5 yard penalty – previous spot – replay down

- No articles of clothing may cover any portion of a player's flags
- Flags should be positioned to have one flag over each hip and one flag in the center of their back
- Should a flag belt fall off with no one grabbing it the play becomes one hand tap between players shoulders and knees.

Illegal Punt – Turnover from previous spot of ball

- Teams may elect to punt on 4th downs only. They must do so by declaring it to an official. Once they declare they cannot change this and fake punt.
- Teams may not perform a quick punt and must allow for the returning teams returner to get into position.

Summary of Penalties

5 Yard Penalties

- Equipment Worn Illegally (previous spot – replay down)
- Delay of Game (previous spot – replay down)
- Illegal substitution (previous spot – replay down)
- Illegal Procedure (previous spot – replay down)
- Illegal Forward Pass (previous spot – loss of down)
- Intentional Grounding (previous spot – loss of down)

10 Yard Penalties

- Offensive Pass Interference (previous spot – replay down)
- Defensive Pass Interference (previous spot – replay down)
- Illegal Physical Contact (spot of foul – replay down – ejection possible)
- Unsportsmanlike Conduct (previous spot – replay down – ejection possible)
- Tackling (spot of call – automatic first down – ejection possible)

Other/Special Penalties

- Safety = two points to opposing team & possession via a kick-off
- Touchback = possession starts at the purple cones.
- Illegal Blitz = automatic first down for offense from previous spot
- Inadvertent whistle = team in possession chooses to replay down from previous spot or take the resulted play
- Illegal Punt = Turnover from previous spot of ball