



Carleton University Leagues & Intramural Rules & Regulations: Flag Football

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Part A: Code of Conduct

- Please see link to Carleton University Intramural & Adult League Player Code of Conduct

Part B: Spirit of the Game

- Carleton University Intramural Flag Football League relies upon a spirit of sportsmanship that places the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of mutual respect among competitors, adherence to the agreed upon rules or the basic joy of play. Protection of these vital elements serves to eliminate unsportsmanlike conduct from the Football Field. Actions such as taunting opposing players, dangerous aggression, belligerent intimidation, intentional infractions or other "win-at-all costs" behaviour, are contrary to the spirit of the game and must be avoided by all players.

Part C: General Information

- Participants may play for one Flag Football team per league per semester.
- The intramural league is open to students, staff/faculty, and alumni who have an active gym membership only.
- Team Captains must have all of their players registered on the official team roster in the Fusion IM portal.
- All participants MUST be registered or they will NOT be permitted to play. Under some circumstances spares will be allowed.
- Players in attendance must check in with the league official or organizer. Individuals are responsible for ensuring that their attendance is recorded. Players must participate in 5 or more games to be eligible for playoffs. This includes approved spares. Some exceptions can be made.
- All players must present a valid student card, membership card, or identification to league organizer or official. Failure to do so will result in player not being permitted to participate in the game.
- Team Shirts will be given out at the beginning of each season and must be worn to each game.
- Intramural Flag Football shall be governed by the current C.F.L./N.F.L. Rule Book combined with Carleton University League rules.
- Fighting is strictly prohibited. Anyone who fights will be automatically removed from the league. If an official feels that a player attempts to injure an opposing player deliberately the player will be removed from the league. A zero tolerance policy is in effect.

Part D: Game Supervision

- There will be one league staff member provided for all games. League staff are responsible for checking eligibility and signing in players. League staff are to be treated with respect. All organizers decisions are final. Any abuse of organizers will result in a game misconduct and possible ejection from the league. Team Captains should be dealing with the league official on behalf of their team and are responsible for the conduct of their teammates.

Part E: Equipment

- Any elbow, hand, finger, wrist or arm guard, cast or brace made of any hard substance even though covered with soft padding shall always be declared illegal.
- No jewelry, earrings, nose rings etc.
- The on-site staff member will bring the equipment to the field. This includes cones or bean bags to mark the line of scrimmage and rush, flags and one football per field.
- Cleats are allowed but metal spikes are not permitted.
- Please refrain from wearing shorts with pockets as players can seriously hurt their hands when going for the flag.
- Only N.F.L. or C.F.L. regulation balls may be used for the games. No junior sizes permitted.

Part F: Rules

- **Section 1: Players**
 - Games will be played 7 vs 7.
 - Coed Teams must have a minimum gender ratio on the field at all times. (4:3 or 5:2). If a team does not have the required gender ration they must play one player down. Recommended that teams carry enough players to substitute and maintain ratio. Gender is defined by what is officially stated on the player's Carleton student ID or valid identification.
 - A minimum of 5 players per team are required to start a game.
 - A grace period of 10 minutes will be given to teams that do not have enough registered players to start the match. Failure to field a team of at least 5 players after the grace period has ended will result in a forfeit by that team.
 - Teams may pick up other players at the discretion of the opposing team's captain and approval of the League Organizer. This game may be counted in the standings if agreed to by the opposing team.

- All players must be signed onto the team roster and wearing numbered shirt of the same colour.
- Adding players to a roster must be done through the organizer.
- Teams must have their roster set prior to playing their first game.
- **Section 2: Time**
 - Each game will begin ten minutes after the hour and will last 55 minutes.
 - The games begin right at 12:05, 1:05 or 2:05.
 - Teams are urged to be on time in order to facilitate the start and completion of games in a timely manner. NO additional time will be awarded at the end of halves to make up for time lost. Time will be kept by the referee and the referee alone.
 - There is no OT during the regular season.
- **Section 3: Boundaries**
 - Game is played on a half sized football field.
- **Section 4: General Play**
 - Captains do a rock, paper, scissors game to decide who kicks and who receives.
 - The kicking team will kick-off from their own goal line. On all kick-offs, the kicking team must be situated behind the kicker. All players on the receiving team must be on their own side of midfield. All kicks are to be a 'punt' style. If the ball is kicked out of bounds before it touches the ground on either a punt or a kick-off, the offensive gains possession. The offense will then start their drive at either 10 yards back from the half line in the centre or from where the football first goes out of bounds. Please note there is NOT an option to ask for a re-kick. If the ball is kicked and it lands in bounds but bounces out of bounds, it is just played at the point where it crossed the out of bounds line in the centre of the field or at the 1 yard line (if it rolls out of the end zone).
 - If the ball is dropped on a kick off, it is considered a fumble and the ball is dead and remains in the receiving team's possession. On a kickoff, if the ball bounces without touching anyone then a receiving player may pick up the ball and run.
 - If a player (or players) of the kicking team reaches the ball before any member of the receiving team, then the kicking team's player(s) cannot come within 3 yards of the ball before it is touched by a player from the receiving team.

- Lateral passes (both over and underhand) are allowed on the kick off and during offensive plays (provided the lateral is passed backwards). If the lateral pass is forwards, the play is dead where the pass was made.
- Each offensive play starts at the line of scrimmage in the center of the field. The ball MUST be in contact with the beanbag prior to the "snap" - i.e. a play CANNOT be started with the ball in the hands of the quarterback or in the huddle. The centre must snap the ball between legs to the quarterback who is at least 5 yards away.
- An offensive player CAN turn their body from side to side, and 360 spins are permitted.
- Offensive players cannot protect, cover, hide or block their flag. If the person with the ball blocks the defender's hand from grabbing their flag, the play is dead where the block occurred.
- After each play, players should check and make sure their flags are on their hips. The flags must be on top of all clothing. For safety reasons, shirts must be tucked in, especially if a loose, baggy shirt is being worn. Players are asked not to wear shorts with pockets. This is to avoid hands being caught in the pocket. If a flag of an offensive player with the ball inadvertently falls off, the play is stopped at that location with no re-down. An offensive player that is missing a flag is not an eligible receiver/carrier. If the flag of a defensive player falls off, that player may still play defensively, but is not eligible to make interceptions. If an interception is made, and the missing flag is noticed after the fact, the throw is regarded as an incomplete pass and the offensive team retains possession.
- Fumbles are dead balls and are taken from the spot of the fumble and remain in the possession of the offense. Defensive players can not grab or hit the ball in order to create a fumble. Defensive players must only grab for the flag.
- An offensive player can dive or jump to catch a ball, but once in possession, he/she cannot leave their feet at any time. This includes all forms of diving and jumping. If the ball carrier breaks this rule, the play is dead at the point where the player stood before the infraction. A juke or side-step is not considered a jump.
- Defensive players may not create an unsafe play by stepping in front of the ball carrier or block a running lane. As well, offensive players should not run with their heads down in an attempt to run through the defenders. It is inevitable that incidental contact will happen, but players should not be run over. Please play safe.

- If the offensive team is flagged in their own end zone, the down is complete and the next play shall be scrimmaged from the one yard line; no points are awarded to the defense.
- Minor N.F.L. or C.F.L. rules not stated will not apply. For example: it is NOT a foul if a defensive player has his/her back to the ball and inadvertently blocks a pass with their arms or back of their head.
- A defensive player cannot intentionally put their hands in front of the face of the receiver to block their vision. If the defense blocks a pass, but in doing so physically interferes with the intended receiver, (including hands close to the face of the receiver) it should be deemed a catch at the point of interference and a first down. This is if it is uncontested by the defense, only. Slight incidental contact should not be considered interference in most cases. If contested by the defense, it is a re-down at the original line of scrimmage. If the interference occurs in the end zone and is uncontested, the ball goes to the goal line and it becomes a first down.
- **Section 5: Scoring**
 - It is the responsibility of both team captains to submit the score of the game to the on-site staff immediately following the game.
 - Six points are scored when a player catches any legal pass or runs the ball into the defensive end zone prior to having one of their flags stripped. Please note that it is not enough to have the "plain of the end zone" broken by the ball - to score a player must step over the line in the end zone.
 - The offensive team has three downs to get to half or to the end zone once the line of scrimmage is past the midfield.
 - The offensive team may punt on the 3rd down only and need to notify the defense of their intentions to do so. Otherwise, they must pass or run the ball. No fake punts.
 - Rushers must line up 6 yards from the line of scrimmage before rushing. No steamboats are required. Quarterbacks may run at any time and does not have to wait to be rushed.
 - Teams receive 6 points for a touchdown. Teams can select to have 1 point convert from the 5 yard line or to attempt a 2 point convert taken from the 10 yard line. No kicking for converts. After each touchdown, teams switch sides and kick off (as there is no halftime in the game).
 - The offense has 30 seconds to start the next play. It is not acceptable to run down the clock with an unnecessarily long huddle.

- **Section 6: Picks & Crossing-Patterns**
 - Teams MUST AVOID running pick plays (intentional or not), which often involve teams on offense running crossing pass patterns.
 - No offensive player may move in such a manner to cause a defensive player guarding a receiver to be obstructed by another player. Obstruction may be the result of contact with, or the need to avoid, the offending player. The obstructed defensive player must be within three meters of the receiver in order for it to be a "pick". In the event of a pick: the obstructed player must immediately call "pick" loudly. A pick results in a re-down.
- **Section 7: Blocking**
 - Offensive players may not block or intentionally obstruct any defensive players. In the event of a block, the ball is dead where the infraction occurred.
 - An offensive player is entitled to his/her stationary position and physical contact is to be avoided. On a kick off, running play or after a receiver has caught the ball, the offensive players without the ball must not block for the runner. They must either stand still or get behind the runner for a lateral pass. The runner is allowed to use the stationary players as blocks, as long as they were ahead of them before they caught the ball and do not move during the play. If an offensive player without the ball (that is, within 3 meters of the ball carrier), moves in such a way as to create a pick, then the "pick" rules apply.
- **Section 8: First Point of Contact**
 - A receiver is determined to be "in" or "out" based on their first point of contact with the ground. If a player lands first with one foot in bounds and the other foot touches down out of bounds, it IS a fair catch. But, the play ends where they touched the out of bounds line. If a player catches the ball but is straddling or lands straddling the sideline, it is NOT a catch. Only a ONE foot landing is allowed - as long as that foot touches down in bounds first.
 - When a player carrying the ball slips or falls and any part of their body touches the ground (excluding the hand), the play is dead and the defense does not have to remove a flag for the play to stop.
- **Section 9: End of the Game**
 - When the whistle blows with 5 minutes left to go, there are 4 plays left in the game (converts and kickoffs do not count in the four plays).
 - Games in the regular season can end in a tie.

- **Section 10: Timeouts**

- Teams can call one (1) minute time-out per game.

Part G: League Standings & Points

- Teams will be awarded 2 points for a WIN, 1 point for a TIE, 0 points for a LOSS. - There will be NO overtime in Round Robin play.
- Standings will be posted weekly on the Carleton website.

Part H: Forfeits & Defaults

- A forfeit will be declared 10 minutes after the scheduled starting time.
- Teams can decide to play a game if both captain's consent to the number of players. If numbers allow, referees will still referee in the event of a forfeit.
- If you are unable to attend your scheduled game, please have your captain use the default (no point penalty) or forfeit (point penalty) function in Fusion IM at least 10hrs prior to the game.

Part I: Tie Breaks

- **Section 1: If two teams are tied at the end of the regular season**
 - 1. Head-to-head
 - 2. Most wins
 - 3. Goal differential
 - 4. Most goals scored
 - 5. Fewest goals allowed
 - 6. Coin-Flip
- **Section 2: If three teams are tied at the end of the regular season**
 - 1. Best winning percentage between the team involved
 - 2. Most wins
 - 3. Goals +/- (For and against)
 - 4. Coin flip

Part J: Playoff Format

- Format will vary according to the number of teams in the league, league structure and facility availability. The Playoff schedule will be posted here:
<https://rec.carleton.ca/TeamRankings>

- In the playoffs, if a game is tied at the end of regulation time, the game continues until a team has scored a touchdown to break the tie (i.e. play continues with the current line of scrimmage, the current down count and with the current team in possession of the ball).

Part K: Weather conditions (Outdoor season only)

- Games are played rain or shine (but not during lightning and not if the city closes the fields). See cancellation policy below.
- Always show up to the game even if it's raining as the weather can change very quickly. At the start of the game the captains are to make the decision if the games are to be cancelled. If lightning cancels any game, the rest of the games are cancelled for the night.
- Lighting Policy:
 - If thunder is heard within 30 seconds of seeing lightning, games will be postponed. All participants must leave the playing area and seek shelter in a building or an automobile. Never stand under trees, in an open field or under an umbrella. Games will resume 30 minutes after the thunder and lightning have moved away. If thunder and lightning are still present 30 minutes after, the game will be cancelled and the score counts as it was when the game was stopped. Halfway point of the game must be reached (20 minutes) in order for the game to count towards the league standings.

Part L: Cancellation Policy

- In the event that games are cancelled due to facility closures, the following policy will be applied:
 - First Cancellation: Games are not rescheduled or refunded
 - Second Cancellation: Games will be rescheduled as extra games on the night that they play or on another available date. If neither of these scenarios are viable, a partial team credit will be applied in the following season.
 - Third Cancellation or more: Games will be rescheduled as extra games on the night that they play or on another available date. If neither of these scenarios are viable, a partial team credit will be applied in the following season.

Part M: Personal Injury

- Any player injured must let the Official know so proper paperwork can be completed.
- Any player who is bleeding shall be removed from the game immediately.
- The clock will be stopped and resumed once the player is removed. If the blood is removed from all playing surfaces and has stopped, or has been completely covered with a bandage, the player may return to the game.
- The League Organizer will have the authority to decide if the player shall return to the game. Intramural Sports is a volunteer activity where players participate at their own

risk. Participants should understand that they are responsible for any and all costs arising out of injury or property damage through participation.



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