

4 (Exceptional)

A sportsmanship of 4 will be given for an Exceptional contest. Teams, spectators, and affiliates were all overly respectful and courteous towards the opposition and/or all UREC staff.

3 (Normal)

A sportsmanship of 3 will be given for a contest that runs normally. In this instance, players and spectators were respectful and courteous towards the opposition and/or all UREC staff.

2 (Some Static)

A sportsmanship of 2 reflects a situation where a team explicitly displays actions that are deemed to be unsportsmanlike or unfitting of the game. The team and spectators have many moments of questionable activity and show little respect and courtesy towards the opposition and/or all UREC staff. This is the lowest rating a team may receive if there were no unsportsmanlike penalties/fouls



called. Defaulted games will result in the Defaulting team gaining a 2 in sportsmanship for that contest.

1 (Difficult/Harassment)

A sportsmanship of 1 reflects a team who had little to no control over team members and spectators. The team constantly showcased questionable activity and showed no respect for the opposition and/or all UREC staff. **The ejection of a player will result in that player's team gaining a maximum of 1 in sportsmanship for that contest. Teams with multiple unsportsmanlike penalties will receive a maximum of 1 in sportsmanship for that contest.**

0 (Unacceptable)

A sportsmanship of 0 reflects activity that is completely unacceptable for any UREC participant(s). Teams exhibit blatant actions of disrespect towards the opposition and/or all UREC staff. **Teams that permit the participation of an ineligible player (for any reason) will receive a 0 in sportsmanship for that contest. Teams with three unsportsmanlike penalties/actions will receive a 0 in sportsmanship for that contest. Forfeited (non- appearance) games will result in the offending team gaining a 0 in sportsmanship for that contest.**

UNSPORTSMANLIKE CONDUCT

Players shall not commit acts of unsportsmanlike conduct. In the event anyone acts in an unsportsmanlike manner before, during, or after an Intramural contest, the official(s) and supervisors at the game site have the complete authority to take action, as they deem necessary, in order to keep the game in control.

Unsportsmanlike conduct includes, but is not limited to: arguments with officials and staff by any player, coach, manager, or spectator; flagrant foul, fighting, etc., before, during or after a contest. No player, coach, or team shall:

- Use foul or derogatory language, threaten, or verbally abuse any other participant or UREC employee before, during, or after a game
- Participate in a game for which he/she is ineligible
- Argue with or berate the game official(s)
- Intentionally strike, push, trip, or flagrantly foul another player
- Mistreat the facility, equipment, or supplies of LSU UREC

All unsportsmanlike penalties, technical fouls, yellow cards and unsportsmanlike fouls/acts will be recorded. Students may be referred to Student Advocacy and Accountability based on actions warranting an Unsportsmanlike Conduct penalty. The accumulation of two such fouls/acts in either a regular season or playoff game will result in an automatic ejection from the contest. A team accumulating three unsportsmanlike fouls will result in forfeiture of the contest by that team.

SIDELINE/SPECTATOR GUIDELINES

Only officials, players, and one coach are permitted on the field of play. Failure to comply with all Intramural and UREC policies and procedures for the fields by spectators will result in immediate expulsion of the spectators and possible forfeiture of the game.



Section Three: Equipment

H. The Ball

1. Each team must provide their own football. The official ball shall be pebble-grained leather or rubber covered and meets the recommendations of size and shape for regulation football. There are no requirements regarding ball pressure and markings.
2. Men shall use the regular size while women or CoRec shall use the men's, intermediate, youth, or junior size. The referee shall be the sole judge of any ball offered for play and may change the ball during play at his/her discretion. During the game each team must use a legal ball of its choice when in possession.

Section Four: Player Equipment

I. Jersey

1. Jerseys may not have pockets, holes, or a button placket. All team members must wear the same shade of color shirt. Jerseys must be either:
 - a. Long enough so they remain tucked in the pants/shorts the entire down, or
 - b. Short enough so there is a minimum of 4" from the bottom of the jersey to the player's waistline.

J. Pants/Shorts

1. Each player must wear pants or shorts without any belt(s), belt loop(s), pocket(s), holes, or exposed drawstrings. **Pants and shorts with zipper pockets are not permitted.** Pants or shorts must be a different color than the flags. Pants or shorts may not be turned inside out, and pockets may not be taped.

K. Flag Belt

1. The Referee must know that a player was not wearing a flag belt during the down in order to penalize a team.

L. Shoes

1. All players must wear shoes made of canvas, leather or synthetic material, which cover the entire foot.

Section Five: Player Equipment



RULE TWO: PERIODS, TIME, SUBSTITUTIONS

Section One: Before the Game

Q. Coin Toss

1. The captain winning the toss shall have the choice of options for the first half or shall defer his/her option to the second half. The options are:
 - a. To choose whether his/her teasseco t4osersere whs tereere wh..5



a winner is determined.

W. The Coin Toss

1. There will be only one coin flip during the overtime. ALL OVERTIME PERIODS ARE PLAYED TOWARD THE SAME GOAL LINE.
2. Winning captain gets choice of offense/defense or side.
3. Losing captain gets the remaining option.

X. Tie Breaker

1. Unless moved by penalty, each team will start first down and goal from the 10-yard line. The team will have four downs to score, unless awarded first down automatically, or a penalty allows for repeating the down.
2. If the defense intercepts a pass or fumble, the ball is dead and the series is over. The ball will be placed at 10 yard line, and the original defense will begin their series of four downs, if available. Each team is entitled to one time-out per overtime period.

Y. Overtime-Fouls and Penalties

1. The goal line shall **always** be the zone line-to-gain in overtime.

Section Four: Time Outs

Z. Charged Time-outs

1. Each team is entitled to three charged time-outs per game.

AA. Length of Time-outs

1. A charged time-out requested by any player which is legally granted shall be one minute and can be shortened if both teams are ready.

BB. Injured Player

1. An injured or apparently injured player, who is discovered by an official while the ball is dead and the clock is stopped, shall be replaced for at least one down unless the halftime or overtime intermission occurs. A player who is bleeding, or has an open wound, or has blood on their uniform shall be considered injured.

Section Five: Delays

CC. Delay of Game

1. The ball must be put in play promptly and legally and any action or inaction by either team, which tends to prevent this, is delay of game. This includes:
 - a. Failure to snap within 25 seconds after the ball is whistled ready for play.
 - b. Put acaded ra.lured -(o)10 Tw ()TjEM47 (lO.00Tc -0.00tnd ge35 0 Td()Tj/T/LBody #MpTw 1.)-3.9 hisr pplive: Dame



RULE THREE: BALL IN PLAY, DEAD BALL, OUT-OF-BOUNDS

Section One: Ball in Play-Dead Ball

GG. Ball Declared Dead

1. A live ball becomes dead and an official shall sound the whistle or declare it dead when:
 - a. When it goes out-of-bounds,
 - b. When any part of the runner other than a hand or foot touches the ground.
 - c. When a touchdown, touchback, safety, or successful Try is made.
 - d. When a forward pass strikes the ground or is caught simultaneously by opposing players
 - e. When the ball strikes the ground after being first touched by the kicking team.
 - f. When a backward pass or fumble by a player strikes the ground or is caught simultaneously by opposing players.
 - g. A ball snapped, which hits the ground before or after getting to the intended player is dead at the spot where it hit the ground.
 - h. When a runner has a flag belt removed legally by a defensive player.
 - i. A flag belt is removed when the clip is detached by another player from the belt
 - j. When a runner is legally tagged with one hand between the shoulders and knees, including the hand and arm when the flag belt inadvertently becomes detached.
 - k. When a punt has touched the receiving team and then touches the ground

Section Two: Inadvertent Whistle

HH. Inadvertent Whistle-Clock

1. There is no time added to the clock during a down with an inadvertent whistle.

RULE FOUR: SERIES OF DOWNS, NUMBER OF DOWNS, AND TEAM POSSESSION

Section One: Series

II. Zone Line-to-Gain

1. The zone line-to-gain in any series shall be the zone in advance of the ball, unless distance has been lost due to penalty or failure to gain. In such case, the original zone in advance of the ball at the beginning of the series of downs is the zone line-to-gain.

JJ. Awarding a new series

1. A new series of downs shall be awarded when a team moves the ball into the next zone on a play free from penalty; or a penalty against the defense moves the ball into the next zone; or an accepted penalty against the defense involves an automatic first down; or either team has obtained legal possession of a ball as a result of a penalty, punt, touchback, pass interception, or turnover on downs.

KK. Onside Conversion

1. A team after scoring a touchdown can elect to attempt an onside conversion that if converted will allow the team to maintain possession.
2. Onside conversions can only be attempted in the 2nd half by a team not leading by 19 or more points.
3. Procedures for Onside Conversion Attempts
 - a. The touchdown scoring team will attempt to reach the endzone from the opposing team's 20 yard line.
 - b. If the team reaches the endzone in 1 play, then the team will maintain possession on their own 30 yard line.
 - c. If the team cannot convert the conversion, then the defense will take over possession at the offense's 30 yard line.



University Recreation

7v7 Flag Football Rules

Intramural Sports

Section Two:



VV. False Start

1. No offense player shall make a false start or simulate the start of a play. An infraction of this rule may be penalized whether or not the ball is snapped and the penalty for any resultant encroachment shall be cancelled.

WW. Snap

1. The snapper, after assuming position for the snap and adjusting the ball, may neither move nor change the position of the ball in a manner simulating the beginning of play until the snap.
2. When over the ball, the snapper shall have his/her feet behind the scrimmage line. The snapper shall pass the ball backwards from its position on the ground with a continuous motion.

Section Three:



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1. If a double foul occurs, the Try will be replayed.
 2. If the offensive team is penalized on a successful try, the down will be repeated if the penalty is accepted.
 3. If the offensive team incurs a loss of down penalty, the Try will not be repeated.
- RRR. Subsequent Series
1. After the Try, the new offensive team shall snap the ball from their own 14-yard line unless moved by a penalty.

Section Four: Momentum, Safety, and Touchback

SSS. Safety

1. A safety occurs when:
 - a. A runner carries the ball from the field of play to or across his/her own goal line and the ball becomes dead
 - b. A player punts, passes, fumbles, snaps, muffs, or bats a loose ball from the field of play to or across his/her own goal line and the ball becomes dead



Examples include, but are not limited to:

- a. Attempting to influence a decision by an official
 - b. Disrespectfully addressing an official
 - c. Using profanity, taunting, insulting or vulgar language or gestures
 - d. Intentionally making contact with a game official during the game
 - e. Fighting
 - f. Leaving the team area and entering the playing field during a fight
- XXX. Second Unsportsmanlike Conduct Foul by Player
1. The second unsportsmanlike conduct foul by the same player results in disqualification. If a spectator receives the penalty, it will be assessed to the captain.
- YYY. Third Unsportsmanlike Conduct Foul by Team
1. The third unsportsmanlike conduct foul by the same team results in their forfeiture of the game.

Section Two: Personal Fouls

ZZZ. Player Restrictions

1. No player shall:
 - a. Strip or attempt to strip the ball from a player in possession by punching, striking, or stealing.
 - b. Contact an opponent who is on the ground
 - c. Throw a runner to the ground
 - d. Hurdle any other player
 - e. Contact an opponent either before or after the ball is dead
 - f. Make contact of any nature which is deemed unnecessary
 - g. Deliberately dive or run into a defensive player
 - h.



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- b. Placing the ball in possession over the flag belt
 - c. Lowering the shoulders in such a manner which places the arm over the flag belt
- EEEE. Obstructing the Runner
- 1. The defensive player shall not hold, grasp, or obstruct the forward progress of a runner when in the act of removing the flag belt.
- FFFF. Charging
- 1. A runner shall notng. r



Penalty: Illegal Male reception, 5 yards from the previous spot and loss of down. Any other foul, whether accepted or declined shall have no effect on whether the next legal forward pass completion is "open" or "closed."

RULE TEN: PROTESTS

Section One: Types

- A. Misinterpretation of a rule. The protest must be made before the next play or, on the last play of the game, before the Intramural Sports staff leaves the playing area.
- B. Illegal player or players. The protest must be made while the players are still in the game and before the Intramural Sports staff leaves the playing area.
- C. Ineligible player. The protest must be made within 24 hours of the end of the game. The Intramural Sports staff will rule on the protest.

Section Two: Procedures

- A. Protests based on decisions involving accuracy of an official's judgment will not be considered.
- B. Team captains must initiate protests. The Intramural Sports staff on site, including officials and supervisors will determine the protest.



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12. Drive or Run Into an Opponent
 13. Position Upon Shoulders or Body of a Teammate
 14. Roughing the Passer (Automatic 1st Down)
 15. Illegal Contact
 16. Illegal Flag Belt Removal
 17. Guarding the Flag Belt
 18. Holding
 19. Illegal Batting
 20. Illegal Kicking
 21. Illegal Participation

Disqualification Associated with Certain 10 yard Penalties

1. Illegally Secured Flag Belt on a Touchdown or Try (Loss of Down if by A)(Automatic 1st Down if by B)
2. Flagrant Unsportsmanlike Conduct