

FLAG FOOTBALL LEAGUE - FALL 2009

TEAM REGISTRATION FORM

Team Name: _____
 Institution/Year: _____
 Team Captain: _____
 Phone Number: _____
 Cell Number: _____
 Pager/Fax: _____
 E-mail: _____

League: Men's Women's Co-ed
 Circle a Game Time: Before 8:30 or After 8:30
 Circle a Game Day Preference: Tuesday Wednesday
 If spaces are full, my team can play (Circle All that Apply!)
 Tuesday: 6:30 7:30 8:30 9:30 10:30 Any
 Wednesday: 6:30 7:30 8:30 9:30 10:30 Any
 Off Date: (Please note preferences are not guaranteed)

TEAM ENTRY FEE: (per team)

\$135.00 for UT-Houston Students

\$160.00 for Baylor/TMC Students

\$185.00 All Other Teams (must be affiliated with UT/TMC).

Maximum of 40 Teams (20 Men's, 6 Women's and 14 Co-ed) and at least (4 Men's, 4 Women's, & 4 Co-ed) Teams for league to make. (on a first registered, first paid basis)

HOW TO REGISTER: Registration opens Monday, September 14th. Full payment must accompany registration form and is due by or before Tuesday, October 6th @ 6:00 p.m. to be eligible. NO EXCEPTIONS! SPOTS WILL NOT BE HELD UNDER ANY CIRCUMSTANCES! TEAMS MUST SELECT A DESIRED TIME WHEN TURNING IN THE REGISTRATION FORM WITH THE FRONT DESK! Otherwise a team risks the chance of not playing at their desired time. If your time slot has been taken, teams need to be able to play at different available times.

TEAM CAPTAIN'S MEETING: Team captain's meeting will be held on Wednesday, October 7th @ 6:00 p.m. in the UT Recreation Center in classroom A. A representative **MUST** attend the meeting to receive rules and mock schedule to see if changes need to be made. If a representative from your team cannot attend, you must send an e-mail or call the Recreation Coordinator's office before the meeting and your team will play on the dates and days scheduled **NO EXCEPTIONS**. A final schedule will be e-mailed to each team captain and posted here at the UT-Rec Center Friday, October 9th by 12:00 noon.

LEAGUE INFORMATION: All games will be played on the Recreation Center athletic fields at 7779 Knight Road. All UT-Houston Students, BCM/TMC students & all Other Teams (must be affiliated with UT/TMC) are eligible to play. Team rosters are limited to 15 players. Night of play and league choice is limited to a first registered, first served paid. Depending on how many teams enter all games will be played Tuesday's & Wednesday's at 6:30, 7:30, 8:30, 9:30, 10:30 p.m. as well as Thursday's as needed due to inclement weather. Register early to ensure your team plays at your preferred time! If your desired time slot does not make please be prepared to play at an hour earlier or later. The league is scheduled for approx. 4 - 6 weeks; teams must be able to play starting October 13th thru November 11th with potential playoffs starting November 17th. Playoffs usually consist of a single elimination of the top 8 teams qualifying in each division.

For more information please call Kelly McNamara @ 713-500-8422 or e-mail Kelly.McNamara@uth.tmc.edu

PAYMENT IS DUE WHEN TEAMS TURN IN THEIR REGISTRATION FORMS! NO EXCEPTIONS
 (Registration open September 14th - October 6th)

Office Use Only: Date /Time Rcv'd: Staff Initials: Paid: Receipt#: Place in Folde

UTHSC-H Recreational Sports

Fall 2009 Flag Football

1. Players, Substitutes and Roster Size and Identification

- A. Team rosters are limited to 15 players. All players must be UTHSC-H Recreation Center members, eligible Baylor College of Medicine students or TMC affiliates.
At least 75% of your roster and players on the field must be comprised of current students or employees of UTHSC-H or an affiliated TMC Institution.
- B. All players must be 18 years of age.
- C. 8 players are required in men's and women's. Co-Rec = 4male and 4 female
- D. No team shall be permitted to start or continue a game with less than 6 players for any reason including the result of injury.
- E. Substitutions can be made during any dead ball situation.
- F. All rosters and waivers are final when the last regulation game is played. Any roster additions or subtractions must be submitted to the Program Coordinator via email.

2. Playing Area and Conditions

- A. All games will be played at the UTHSC-Houston Recreation Center athletic fields.
- B. For weather information and cancellations call 713-500-8415.
- C. Cancellations will be made 30 minutes prior to the start of the first scheduled contest.
- D. On-site cancellations will be made on the basis of weather, lights, etc. by the supervisor.
- E. The playing field is 80 yards by 40 yards with 10-yard endzones. The field is divided into four 20-yard zones.

3. Equipment and Uniform

- A. Each participant must bring an acceptable ID to each game to be eligible to participate.
- B. Game balls, flags, and pinnies will be provided. Teams may bring their own footballs.
- C. Shoes with rubber or molded plastic cleats will be allowed. Metal Spikes are not permitted and if discovered the offender would be ejected from the contest.
- D. Each player must wear a flag belt. Jerseys must be long enough to remain tucked in, or be 4" above the waist. Players are not allowed to attach towels to their waist.
- E. **Players may not wear hats, jewelry or pants/shorts with pockets.**
- F. Teams must wear the same color jerseys. It is helpful if the teams have their own numbered shirts. If not, each team member needs to wear the same color and hopefully the teams will be in different colors. If not, we will provide mesh pinnies to differentiate.
- G. All newly designed equipment is subject to the approval of the Recreational Sports Office.

4. Safety and Prevention

- A. A player who is bleeding, has an open wound, or has an excessive amount of blood on the uniform shall be considered an injured player and must immediately leave the game for the appropriate treatment.
- B. Players wearing glasses should have shatterproof lenses and straps.
- C. Absolutely no jewelry is to be worn. The exception is medical ID tags which must be taped to the body. Taping over jewelry is prohibited.
- D. No hard casts or metal braces permitted. (Even if padded.)
- E. It is highly recommended that all players wear mouthguards.

5. Participant Conduct and Fair Play

- A. All players, captains and spectators will be held to a reasonable standard of conduct and fair play. Violators of this standard will be subject to sport-specific penalties, and/or possible removal from the facility and future Recreational Sports events.
- B. For safety reasons all spectators, coaches and non-players should remain 10 feet off the sideline.
- C. All coaches are responsible for cleaning up after their team and fans. **Please dispose of trash properly.**

6. Time Regulations and Length of Game

- A. The game shall consist of two 18:00 minute halves followed by a seven play series at the end of each half, with a 5:00 minute half time.
- B. Each team is allowed two 0:30 second time outs per game. Once a team has used their allotted time-outs, the referee will not acknowledge any further time out requests.
- C. The clock runs continually, except for the following:
 - 1. After a score
 - 2. A Time-out
 - 3. During the last two minutes of the second half.
- D. A game cannot end on a penalty unless the penalty is refused.
- E. If a game must be called for weather, lights, etc. only completed will stand. Regular season games that are canceled will be made up as time and space is available. Games will be re-started from the point where the game was postponed.
- F. Mercy rule: Any time a team is 17 points ahead after the 2:00 minute warning.

7. Forfeits and Starting Games

- A. **Game time is forfeit time.**
- B. All games shall start with a coin flip. The winner of the coin flip shall have the option to choose the ball or direction. If the Team A chooses ball, Team B shall choose the direction. This goes for both half's.
- C. If a team forfeits once for any reason, the team shall not be scheduled for the play-offs. A second forfeit shall result in the team being dropped from the remainder of the schedule.

8. Playing Rules and Scoring

THIS IS A NON-CONTACT GAME! Play the flag not the Person.

- A. Scoring
 - 1. A touchdown is worth six points.
 - 2. A one point after attempt can be made from the three yard line.
 - 3. A two point after attempt can be made from the ten yard line.
 - 4. A safety is worth two points, and is declared when:

- a. a player is deflagged behind their own goal line
 - b. a snap or fumble that contacts the ground behind the attacking teams goal line
 - c. an illegal forward pass from behind the attacking teams goal line
 - d. an accepted penalty from behind an attacking teams goal line.
5. After a score is completed, player must raise their arms so the official can deflag the scorer. If the official determines the flag has been secured illegally, the touchdown is disallowed, and the player is disqualified.
- B. Putting the Ball in Play
1. The first and second halves will begin with the team starting from the 20 yard line.
 2. After a score the ball is put into play on the opponent's 20 yard line.
- C. Downs and Zone Lines to Gain
1. In a series of four downs, the team in possession must advance the ball to the line of the next zone.
 2. After four unsuccessful downs the ball will change possession at the spot the ball was last downed.
- D. Dead Ball
1. When any part of the runner other than the hand(s) or foot touches the ground.
 2. A fumble, lateral, or snap that contacts the ground shall be dead at the spot of contact.
 3. If the ball become dead in the end zone and was in the possession of the offense, it shall be a safety. If in possession of the defense, it shall be a touchback.
 4. Inadvertent Whistle - Team in possession may take the play at the point the play was ruled dead, or replay the down.
- E. Snapping the Ball
1. When the ball is ready for play, all players must be within 15 yards of the ball before the snap.
 2. A snap must be made between the legs. (This includes the punt)
 3. The quarterback must be 5 yards back from the center to receive the snap.
 4. All members of the offense team must be set for a 1 count before the ball is snapped.
 5. The offense must have five players on the line of scrimmage at the snap.
 6. The offense has 25 seconds from the time the ball is set to snap the ball
 7. If the snap hits the ground and the quarterback fields it cleanly the play will continue. If the quarterback drops the ball, the ball is dead.
- F. Passing
1. All players are eligible to receive a pass.
 2. Only one forward pass per down. Only two exchanges behind the line of scrimmage.
 3. A legal forward pass must take place behind the line of scrimmage.
 4. A pass received or intercepted by a player without a flag belt is a completed pass. The ball may be advanced. To down the player, the defense must touch the player with one hand between the shoulders and waist.
 5. Receivers must have one foot in bounds for a completed pass.
- G. Running
1. Hurdling is prohibited. Hurdling is an attempt by a player to jump with one or both feet over a player who is on their feet.
 2. Diving is not permitted
 3. Rushers may not use their arms to stiff-arm a defender
 4. Rushers must avoid making contact with the approaching defender.
 5. Players may not guard their flags by blocking with their arms, shoulder, ball, or hands in an attempt to prevent the defense from deflagging the ball carrier.

6. The defense may not obstruct the ball carrier by means of a hold or grasp when attempting to remove the flag belt.

H. Blocking

1. Screen blocking is legally obstructing an opponent between the waist and shoulders with the blocker's body. **Forward movement of a lineman into the opposing player, the use of the elbows, or the initiation of contact is prohibited.** This penalty can result in unnecessary roughness and possible suspension of the game.
2. The defensive player may not use their hands to contact the opposing line, and must make every effort to go around the opposing player's screen.
3. **Players are not allowed to run downfield to participate in blocking. If the player is already downfield, he or she must stop completely and the runner can use them as a shield as long as the blocker does not move.**

I. Flag Belt Removal

1. **The ball is declared dead when the belt is detached from the clip from the player who is in possession of the ball.** (The flag does not have to fall)
2. **Holding the jersey in order to remove the flag belt is a holding penalty.**
3. A player must have possession of the ball before they can be deflagged.
4. Pulling a flag belt of a player without the ball to nullify the play will result in being suspended from the game.
5. Any player caught tampering with the belt in any way to gain an advantage will be suspended from the game.

J. Punting

1. A team may punt on any down; the punt must be indicated to the referee before the ball is snapped. No quick kicks are permitted.
2. The ball must be snapped to any backfield player who may punt the ball.
3. Neither team may cross the line of scrimmage until the ball is kicked.
4. Defense is required to have five next to line of scrimmage and three back.
5. A punted ball is live until it goes out of bounds, is touched by a member of the kicking team, is fumbled by the receiving team, the receiver is deflagged or goes out of bounds, or the ball comes to rest.
6. If the receiving team catches the ball no downfield blocking may occur.
7. There are no "fair catches" – the kicking team must give a receiver 10 feet to catch a punt.

K. Kicking – Disregard (No Kick offs)

1. Free kicks are conducted from their own 20-yard line with the receiving team behind the restraining line at the 40-yard line.
2. Any kick which travels past the goal line, or downed/muffed in the endzone by the receiving team shall be a touchback. Touchbacks will be taken to the 15 yard line to begin a new series of downs.
3. Kicks which go out of bounds between the goal lines will be placed where the ball went out of bounds, or the kicking team will be assessed a five yard penalty and re-kick, or the ball may be placed on the 30 yard line.
4. Onside kicks are not permitted

9. Fouls, Penalties, and Violations

A. Penalties

1. Any deliberate attempt by the ball carrier to stiff arm, shield the belt, or initiate contact will result in a 10 yard penalty from the point of the foul.
2. **Downfield blocking is prohibited. Penalty is 10 yards from the spot of the foul.**
3. **Illegal forward pass is 5 yards and a loss of down.**

4. Defensive pass interference is 10 yards from the line of scrimmage and an automatic first down
 5. Making any contact with the quarterback other than deflagging is a 10 yard penalty with an automatic first down. This includes blocking a pass whether or not there is contact with the quarterback. **Go for the flag - not the ball.**
- B. 5 Yard, Repeat the Down Penalties
1. Delay of Game (Dead Ball Penalty)
 2. Encroachment (Dead Ball Penalty)
 3. False Start (Dead Ball Penalty)
 4. Illegal Snap (Dead Ball Penalty)
 5. Illegal Substitution (Dead Ball Penalty)
 6. Illegal Motion
 7. Not Enough Players on the Line of Scrimmage
 8. Intentional Grounding (Loss of Down)
 9. Offensive team not Within 15 yards of the ball. (Sideline rule)
- C. 10 Yard, Repeat the Down Penalties - With noted Exceptions.
1. Illegal Contact
 2. Offensive Pass Interference (Loss of Down)
 3. Defensive Pass Interference (Automatic First Down)
 4. Flag Guarding
 5. Stiff Arm
 6. Illegally secured belt (Loss of Down)
 7. Roughing the Passer (Automatic First Down)
 8. Tripping or hurdling
- D. Personal Foul Penalties – 15 yards and/or removal from contest.
1. Use of profanity, insulting or vulgar language or gestures.
 2. Any acts of unfair play.
 3. Intentionally kicking, swinging an arm or hand at an opponent
 4. Intentionally kicking or spiking the ball in anger.
 5. Disrespectful behavior towards an official / Begging the call

10. Tie Games and Overtimes

- A. During regular season, if at the end of the second half the score is tied, the following procedure will be utilized. One time out will be recognized for each team. Each team will be given a series of four downs in which to score. The ball will be placed on the 20-yard line to begin the tiebreaker. A coin toss, called by the home team, will determine who has the option for choosing offense, defense, or direction. The loser of the toss shall make a choice of the remaining options
- C. After each team has used its allotted downs, the team that has scored the most points, or advanced the most distance will be the winner. PAT is included in the overtime procedure.
- D. In the event that the ball is intercepted, the team that intercepted will take possession at the 20-yard line and begin its series of four downs from that point. If the defensive team intercepts the ball and returns it for a touchdown the game will end with the defensive team being the winner.
- E. Penalties - repeating the down will remain consistent with the rules during a normal game. (Automatic first down - a new series of four downs.)
- F. If during regular season the game is still tied after one overtime period then the game is declared tied. If in playoffs the procedure will continue until a winner is declared.

11. Play-offs

- A. Brackets will be made based on the number of teams, the time and field space available, and team record.
- B. Teams who have forfeited a game will not be considered for playoffs.
- C. Teams must be able to play at any time during any night. Postponements due to scheduling conflicts will not be arranged.

12. Official and Supervisors Duties

- A. Officials will answer questions for clarification, and enforce all Recreational Sports rules and regulations. When necessary, they have the authority to eject individuals from play and/or the facility.
- B. The supervisor will be on-site for event management and general questions. The supervisor has the authority to cancel activities due to inclement or unfavorable weather conditions.

13. Miscellaneous

- A. Participation in the Recreational Sports program is voluntary. UT-Houston is not responsible for injuries incurred while participating in Recreational Sports. Each participant is advised to carry personal health and accident insurance.
- B. Awards will be given to the winning team in each division of play (M,W,CR). Awards must be picked up at the office within 30 days of the championships if for some reason they are not available the night of the championship.
- C. Any player removed from a contest is ineligible until further notice or the individual has meet with the Recreational Sports Coordinator.
- D. The NIRSA Flag Football Rules govern play. Any rule not mentioned here is still in effect under those rules.

Co-Rec Flag Football Rules

1. The Game

- A. The game shall be played with 8 players (4 men/4 women). The rules allow for teams to play with combinations of 4 men/3 women or 3 men/4 women if the minimum cannot be met.
- B. Offense must have five people on the line of scrimmage.

2. The Ball

- A. An intermediate size ball may be used. Each team is responsible to bring their own equipment into and out of the contest.

3. Male / Female Participation

- A. A male can advance the ball past the line of scrimmage.
- B. Every third play must have a female involved to open the next play. You do not have to wait until the third play to go to a female.
 - 1. If the female quarterback runs, she must pass the line of scrimmage to open the play.
 - 2. A pass attempt to a female is considered a successful play whether she catches it or not. Must be an adequate attempt. (Officials discretion)
 - 3. A female quarterback who attempts a pass whether it is complete or not is considered a successful play. Must be an adequate attempt. (Officials discretion)
- C. Any player can return a punt.
- D. There must be a five second delay before rushing the passer. (Co-Rec only)

E. A male is allowed to guard a female and intercept the pass, as long as it is done without penalty.

4. **Scoring**

A. All touchdowns are worth 6 pts.

B. PAT values do not change.

C. Mercy Rule: 23 points at any time with 2:00 or less.

Additional Names and or Adds/Deletes

Printed Name (First, Last)

Signature

Specify if: Student, Staff,
Resident, Faculty, Spouse

Gender:
Male/Female

T-shirt Size **Date**

16.					
17.					
18.					
19.					
20.					

Notes: