**Norris Field**

**1100 E 14th St Ada, OK 74820**

**League Directors: Mark Kirkpatrick, 580-559-5745 margkir@ecok.edu**

1. **Facilities and Locations** Norris Field/Koi Ishto Stadium 1100 E 14th St Ada, OK, 74820

# League Format

* 1. The Tommy Hewett Wellness Center Flag Football league will be broken into a regular season and playoffs.
  2. All games will be played on Tuesday evenings (possibly additional nights if needed).
  3. Regular season:
     1. Each team will play a minimum of five (5) regular season.
  4. Playoffs:
     1. Single elimination tournament. Playoffs will begin the week following the regular season.
        1. Playoff schedule will be posted after the final regular season game.

# Equipment

* 1. Jerseys: Teams must have jerseys or shirts of the same color for each player in every game (including the first game).
     1. Intramural department jerseys are available.
        1. Non-jersey penalty: any player who does not have a jersey that meets the above criteria may be assessed a personal foul. This rule will be enforced including the first week of play.
     2. Shirts must be tucked inside pants and remain there or be at least 4” above the belt if not tucked inside pants or shorts.
  2. Flags: must be worn and seen at all times during gameplay.
     1. Flags are provided by ECU Intramural League.
  3. Shoes: football cleats are permitted on the football field.
     1. Metal cleats ARE NOT PERMITTED.
        1. METAL CLEAT PENALTY: any player who is found to be wearing metal cleats will be assessed a personal foul and must remove those shoes immediately. They are not to be worn for the remainder of the game or at any other time during the regular or post season.
  4. Balls: the game ball will be provided by the league.

# Roster and Players

* 1. All teams must submit a completed roster prior to their first game.
  2. Rosters must be submitted through the ECU official Flag Football registration channels.
  3. Rosters size:
     1. Teams shall have a minimum of 6 players and maximum of 9 players.
     2. Regular game play will be two teams of 7 players.
     3. Teams cannot play with less than 5 players in any circumstance.
  4. Players may be added to your roster up until game time of your first regular season game.
     1. Each player must be enrolled currently at ECU, alumni, staff/faculty
     2. Cannot be on a College or Professional roster.
     3. Each player can only be on one rostered team.
  5. Teams are subject to being checked for identification. ECU student ID’s must be always available.

# Team Captain Role

* 1. Each team shall designate one team captain before the game begins for each game.
  2. Team captains must attend a mandatory captain’s meeting prior to the first game of the season. If the team captain is unavailable for the meeting, they may send another team representative. Meeting details are included in the Flag Football registration form.
  3. The designated team captain (and only the team captain) shall be responsible for all interactions with the officials.
     1. Captains may discuss rule interruptions but may not discuss judgement calls.
     2. Captains are expected to be respectful toward officials – the team captain does not have the right to question judgement calls or speak to the official in a rude or disrespectful way. Penalty: personal foul.
  4. Team captains are responsible for ensuring that all players and spectators who are with their team behave in an appropriate manner. Penalty: personal foul.
  5. The team’s captain is responsible to disclose the full name of any player assessed a personal foul or ejected. The game will not resume until this information is disclosed. If a captain refuses to disclose a player’s information after the game, he/she (the captain) will be assessed a personal foul and be held out of future games until the name is disclosed and game may be forfeit.

# Game Time

* 1. Games will begin promptly at the scheduled start time.
     1. Games will start at 6pm.
     2. If a team only has 5 players present at game time, they must play with 5.
     3. If a team does not have 5 players present 5 minutes past the scheduled game time, they will forfeit the game.
  2. Games will consist of two 12-minute halves with a 1-minute half-time.
     1. The clock will be running time except:
        1. The final 1 minute of the second half on all blown whistles only (unless a team is ahead by 10 points or more).
        2. An injury occurs that requires stoppage of the game for longer than a normal stoppage (this is up to the officials’ judgment).
        3. A time out is called.
  3. If teams are tied at the end of regulation:
     1. Play will begin from the 20-yard line and teams will have 4 plays each.
     2. A coin toss will precede the “tie breaker.” The team winning the toss will have 3 options: offense, defense or direction. The opposing team then has the remaining choice.
     3. The object is to score a touchdown. If team A scores then team B has a chance from the 20 yard line to match team A’s score. If team B fails then team A wins. If team B scores more than team A after team A has had their chance, then team B wins. If team B matches team A’s score then the process is repeated for two overtimes. If the game is still tied after two (2) overtimes then the game will be ruled as a tie.
  4. Officials may correct a mistake by scorekeeper.
     1. If a team requests a scoreboard correction, and no mistake is found, that team will be charged with a timeout.
  5. Mercy Rule: If a team is ahead by 35 points at half-time or ahead by 21 points with 5 minutes left in the second half, or 15 points within 2 minutes of the second half then the game will be ruled on account of the mercy rule.

# Official Score and Scorekeeper

* 1. Managers or a team representative must fill out the scorebook at the score table prior to each game.
  2. Players' first and last name along with the jersey number (if applicable) shall be entered in scorebook.
     1. Only players who are present shall be listed in the scorebook at the beginning of regulation play.
  3. Players arriving late may be added to the scorebook without penalty.
  4. Players may not enter the game until they’ve been entered into the scorebook.
  5. The running scorebook (kept at the scorer’s table) will be the official foul and score count.
  6. Teams shall alert the officials immediately if any errors occur.
     1. If a team alerts the official to an error that requires a clock stoppage and no error is found, that team shall be assessed a timeout.

# Game Play

* 1. 1. Field of Play

a. Play begins at the 40-yard line.

b. Offensive possessions have four (4) attempts to gain 20 yards for a first down.

i. If a first down is not gained in 20 yards by team A then possession turns over to team B.

ii. If a first down is gained, possession will remain with team A.

iii. Team A will then have four (4) downs to gain the remaining 20 yards and score.

iv. Possession changes to team B and resets at the 40-yard line once team A has scored or are out of downs.

* 1. Scoring
     1. A player may score by running or passing the ball and it will count as follows:
        1. 6 points for touchdown
     2. The teams will then have the choice to go for one (1), two (2), or three (3) points and it will be scored as follows:
        1. 1-point attempt will be tried from the 5-yard line.
        2. 2-point attempt will be tried from the 10-yard line.
  2. Kickoffs/Punts
     1. Captains will call a coin toss before each game.
     2. The winner of the toss has 3 options: offense, defense, or defer.
        1. There will be NO actual kick-offs or returns, passing league format.
     3. There will be NO punts, all teams must go for it on 4th down.
  3. Eligible Players
     1. Offense will have 1 QB, and 1 Center, remaining players will make up RB, TE, and WR’s
        1. Center is eligible to run routes and catch passes anywhere on the field **EXCEPT** when the ball is placed on the 10-yard line or closer. Center is **INELIEGABLE** during extra point attempts.
  4. Run or Pitch
     1. A quarterback may run the ball only when the defense uses one of their blitz’s or crosses the line of scrimmage in pursuit of QB. Pitching the ball is okay and counts as a lateral, depends on location of recipient one whether it is a backward of forward lateral, determined by referee.
  5. Line to Gain
     1. A team has four downs to penetrate from one zone to the next zone (20 yards)
     2. If Team A fails to make the next zone after 4 downs, it is Team B's ball at the 40-yard line
  6. Offensive and Defensive Play
     1. It is illegal to hold, trip, or grasp.
     2. Screeners may not leave feet or step out to screen opposing players. Screeners must be careful not to stick out a knee or an elbow to prevent a rusher from getting into the backfield. Screeners can NOT move.
     3. The ball carrier may not at any time attempt to run over the tagger. He/she must attempt to dodge an opponent going for the flag.
     4. Those attempting to grab a flag may not hold up the runner while that person or a teammate grabs the flag.
     5. Only legal contact down field may be a NON-MOVING screen basketball principle.
     6. A runner is automatically down any time that any part of the body other than a hand or foot touches the ground.
     7. Rushers must do their best to go around screeners. It is understandable that some contact may occur in the rushing process, but rushers cannot run through screeners. Rushers can only go around screeners to get to their target. Any rusher who runs through a screener can be kicked out of the game. If rushers and screeners get out of hand then the referee has the option to disallow rushing and screening in that game.
     8. Defense must count to 3 “Mississippi” out loud before rushing the quarterback, once the third Mississippi is counted off, they may cross the line of scrimmage to pursue the quarterback. Additionally, defense gets 1 blitz attempt per set of 4 downs, they must declare RUSH/BLITZ at the snap of the ball and if they attempt a second blitz in the same set of 4 downs they will be penalized.
     9. Defensive rushers may leave their feet to bat a pass down from the quarterback but must be very careful not to run into or land on the quarterback or a screener. If the rusher does hit the quarterback or the screener then it is considered unnecessary roughness and it is an automatic 1st down and a 15-yard penalty.
     10. The QB may only run the ball when the defense crosses the line of scrimmage in pursuit of a sack. If the QB runs without anyone crossing the line it will be a penalty.
     11. No folding of the belt when put into the clip.
     12. Players on offense may participate without a flag belt. These players are eligible to catch a pass or a lateral; however, following the catch or lateral, play will be whistled dead and the down will be ended at the spot of the catch. A catch in the end zone will be a touchdown.
     13. Players on Defense do not need to wear a belt at all times, if an interception happens ball is dead and play starts on the 40-yard line.
     14. There can be only one forward pass per play and one backward lateral is allowed. If ball hits the ground, play is dead.
  7. Miscellaneous
     1. The Quarterback will have a 5 second QB clock to throw the ball in, if time hits 5 seconds and the ball isn’t thrown then play is dead and results in a “coverage sack.”
        1. QB clock if off if RUSHED/BLITZED.
     2. A snap shall put the ball in play.
     3. A low snap that touches the ground is considered down at the spot the ball touched the ground (ball will never move further back than 40-yard line).
     4. A fumble that touches the ground is dead immediately and remains in possession of Team A unless it is 4th down or a declination of a penalty that would award the ball to Team B.
     5. The ball is ready for play whenever it has been placed for a snap by the referee and the ready for play signal has been given. The 15 second game clock then begins.
     6. No under center snap - The player receiving the snap from center must be 3- 5 yards behind the snapper.
     7. No more does a runner or ball carrier have to have two hands on the ball. However, if flag guarding becomes an issue between teams then the referee has the option to require teams to have two hands on the ball when making a move up the field. Flag guarding, stiff arms, hand swipes, etc are all penalties.

# Time Outs

* 1. Each team will be allowed one (1) 30-second timeout per half.
     1. Unused timeouts do not carry over between halves.
  2. If overtime is played, each team shall be awarded one (1) 30-second timeout per overtime period. Fouls

1. **FOULS**
   1. Any participant who is assessed two personal fouls will be removed from the game (ejected).
   2. An unsportsmanlike conduct is considered a personal foul
      1. Example: a player who receives one personal and one unsportsmanlike is ejected.
   3. See Section XVII for Penalty Chart

# Player Conduct

* 1. The ECU Intramural League is a recreation program aimed at creating a welcoming environment for all players. As such, the following conduct expectations are in place for all Intramural events.
  2. The following actions may result in a personal foul:
     1. Use of profanity.
     2. Complaining about or questioning an official’s call by a non-team captain.
     3. Persistent complaint about judgment calls by any player, including captains.
     4. Abusive or profane language by a spectator (team foul shall be assessed).
  3. The following actions shall result in a personal foul, double personal foul = ejection, or flagrant foul:
     1. Use of profanity toward an official or opposing player.
     2. Making a comment that is personal in nature to or about an official or opposing player.
        1. Any attempt to “bait”, taunt, or otherwise instigate an opponent.
     3. An attempt to physically intimidate an opponent or official.
     4. Any physical contact with an official will result in ejection from league and notification of authorities.
        1. Note: The officials’ jurisdiction begins from the time a player arrives on site until the player leaves. Actions that occur before, during or after games are all subject to a personal foul, flagrant foul, or ejection.
     5. Alcohol, tobacco, and marijuana are not permitted to be on-site during any ECU activities.

# Fighting

* 1. Any player who is ejected for or found to be fighting will be ejected from the game and may be ejected from the league for the remainder of the season, including playoffs.
  2. We use a strict definition of fighting and shall impose the fighting for penalty for any of the following action:
     1. Throwing a punch (regardless if it landed or not).
     2. Slapping or pushing a player’s face or head area.
     3. Grabbing or pushing a player during an altercation (exception, trying to restrain a player from your own team).
     4. Any violent, physical act on another player outside of the actions allowed in football.
        1. Example: throwing a player on the field.
     5. Any player who leaves the bench while an altercation is happening shall be considered to be fighting.
        1. Exception: if an official specifically asks for help form players to restore order.

2. The officials have the right to halt and discontinue any game if it is believed that allowing a game to continue may result in a fight or an out of control situation.

# Officials

* 1. The officials for the ECU Intramural League are contracted and are not employees of East Central University. However, these officials are expected to treat players in a professional and respectful manner and uphold all the rules and policies in this manual. Players are expected to treat officials with same level of respect.
  2. There will be at least one but up to two officials on the field per game.
  3. In the event that one official in unavailable, a game may be officiated by one official and will be considered an official game.
  4. In the event that neither official is present, teams may decide to proceed in one of the following ways:
     1. Solicit a Volunteer(s) to officiate the game.
     2. Play a self-officiated game.
     3. Declare the game a no-contest, so neither team standings are affected.
     4. If the option A or B are agreed upon, the game must be played to completion. If an official shows up the game will resume with the official taking over to complete the game and the game will not be restarted.

# Team Conduct

* 1. Any team which consistently exhibits poor sportsmanship may be eliminated from the league with a forfeit of all fees.
  2. Officials and teams shall report all poor sportsmanship to a League Director.

# Rules Not Listed

* 1. Any rule not listed in this manual will be governed by OSSAA (High School) rules.

# Forfeits

* 1. If you forfeit, you must call a League Director as soon as possible.

# Weather

* 1. In the event of inclement weather, contact a League Director to determine whether games have been cancelled.
     1. Information will be posted on the Tommy Hewett, M.D. Wellness Center main ecok.edu/intramural page and possibly Facebook and/or Instagram pages.
     2. Team captains will be informed via text message.

1. **Penalty Chart**

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| --- | --- | --- | --- |
| **Penalty** | **Yardage** | **Penalty Assessment** | **Result** |
| Flag Guarding | 10 | Spot of foul | Loss of down |
| Illegal Advancement | 5 | Spot of foul | Loss of down |
| Illegal Forward Pass | 5 | Previous spot | Loss of down |
| Offensive Pass Interference | 5 | Previous spot | Loss of down |
| Defensive Pass Interference | 10 or spot foul | 10 from Previous spot or spot foul (whichever the offense chooses) | Automatic 1st down |
| Personal Foul/Unnecessary Roughness | 15 | End of the play or previous spot | **By the Offense:** Loss of down  **By the Defense:** Automatic 1st down |
| Unsportsmanlike Conduct | 15 | End of the play or previous spot | **By the Offense:** Loss of down  **By the Defense:** Automatic 1st down |
| Roughing the Passer | 10 | Previous spot | Automatic 1st down |

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| --- | --- | --- | --- |
| **Penalty** | **Yardage** | **Penalty Assessment** | **Result** |
| Delay of Game | 5 | Dead ball – Previous spot | Replay down\*\* |
| False Start | 5 | Dead ball – Previous spot | Replay down\*\* |
| Offsides | 5 | Previous spot | Replay down\*\* |
| Illegal Rush | 5 | Live ball – Previous Spot | Automatic 1st down |
| Illegal Shift or Illegal Motion | 5 | Previous spot | Loss of Down |
| Stripping or Attempted Stripping | 5 | Spot of the foul | Automatic 1st down |
| Illegal Contact | 5 | Previous spot or spot of the foul | **By the Offense:** Loss of down  **By the Defense:** Automatic 1st down |
| Early Flag Pull | 5 | Previous spot | Automatic 1st down |
| Illegal Participation | 5 | Previous spot | **By the Offense:** Loss of down  **By the Defense:** Automatic 1st down |
| Illegal Blocking | 5 | Spot foul or from previous spot if behind LOS | Loss of down |
| Holding | 5 | Spot of the foul | **By the Offense:** Loss of down  **By the Defense:** Automatic 1st down |