

**McCONNELL AIR FORCE BASE  
INTRAMURAL FLAG FOOTBALL LEAGUE  
2018 BY-LAWS**

1. **GENERAL:** The intramural flag football league will be governed by these by-laws, the MAFB General Sports by-laws and the current United States Flag and Touch Football Manual, in that order.
  
2. **ELIGIBILITY:**
  - A. All active duty military, Reservists, DOD civilians, and dependants assigned or attached to McConnell AFB are eligible to play. **NOTE: Players must be 18 years of age or older to play. (exception: Active duty members 17 years old, that enter AF with parental permission)**
  - B. Players may only participate for the squadron to which they are assigned. If a person is transferred to another squadron, the first game that he or she participates in after his or her transfer date is the team he or she will compete with for the remainder of the season.
  - C. Dependants may only play for the squadron "B" team unless only one team is entered. Dependants must play for sponsors squadron or be assigned through the player's pool.
  - D. Personnel whose squadron does not field a team and who desire to play will be placed in a **player's pool**.
  - E. **I.D. checks can be made by Fitness Staff and the Officials anytime before or during play. Coaches that allow ineligible players to participate face the possibility of a forfeit. If a player's age is in question, but no I.D. is available the game will be played under protest. The coach will provide proof of eligible age by 1200 the next duty day or will forfeit the game.**
  
3. **POSTPONEMENTS:**
  - A. POSTPONEMENTS will be granted for **military commitments only!** The majority of the squadron must be committed to the duty commitment in order to qualify for a postponement. Teams requesting postponements are responsible for notifying the intramural sports department prior to 1200, by phone or in person, the day of the game. A letter signed by the Unit Commander or First Sergeant verifying the duty commitment must be summated to the Athletic Director **by 1200 that next duty day!** Failure to comply will result in forfeit.
  - B. MAKE-UP GAMES will be scheduled at the end of the season. Make-up schedules will be produced two weeks prior to league ending. Coaches will be responsible for collecting make-up schedules (no exceptions).
  
4. **FORFIETS:**
  - A. **Game time is forfeit time (no exceptions!)**
  - B. If a team accumulates three forfeits, (not enough players at game time) during the regular season, or two games back to back, that team will be dropped from the regular schedule (losing commander's trophy points).
  
5. **PROTESTS:**

- A. A protest will be permitted only when it concerns player eligibility or rule interpretation. Constructive recommendations to enhance the program are always welcome; however, these will in no way be accepted as a bonafide protest.
  - B. A protest on player eligibility should be made immediately to the official in charge and followed up in writing no later than **1200 hours the next duty day** to the Fitness Center Director.
6. **TEAM ROSTERS:** Team rosters for the squadrons with more than one team are required and must be submitted to the intramural Sports Director's office **by 1630 hours** on the day of the first game the team is scheduled to play. (See general by-laws par. 3 J)
7. **CALLED GAMES:** If the game is called because of military alert, the game will be resumed at the specific point it ended. Officials will note the quarter, time remaining, score, and all other pertinent information.
8. **INADVERTENT WHISTLE:** In the event of an inadvertent whistle, the ball becomes dead at the spot.

9. **EQUIPMENT:**

- A. Mouthpieces are **mandatory!**
- B. Tennis shoes or rubber molded cleats must be worn. Metal cleats, street shoes, boots, sandals, or bare feet are not permitted.
- C. Athletic attire must be worn. Pants or shorts **must not have pockets or belt loops.**
- D. No mixing of military uniform items.
- E. Jerseys will be tucked in if long enough. If not, they must be at least four inches above the belt. The Fitness Center will provide jerseys for teams not having their own.
- F. Jewelry items shall not be worn.
- G. In the event two teams have identical or similar jerseys, a coin toss will decide which team may wear their own jerseys.
- H. Each team must provide a person to hold the downs marker during the game. The team winning the coin toss will be responsible for the first half and the other team will be responsible during the second half.
- I. Players must wear solid color pants or shorts in black, blue or grey to not interfere with the flags. The pants or shorts will not have pockets.

10. **OFFICIAL RULES:**

- A. League and tournament competition shall be governed by the current United States Flag and Touch Football league rules except as amended by these by-laws
- B. Any intramural eligible player may be used as a substitute/pick-up player.
  - 1. The coaches must agree that the game cannot be protested due to illegal player being used.
  - 2. Pick-up players can only be used in the following situations.
    - a. If you have 4 players from your roster, you may pick-up 1 player.
    - b. If you have 3 players from your roster, you may pick-up 2 players.
  - 3. A team can only pick up enough players to start the game (5) total. They may not have more than 5 players if pick up players are used. If after the game starts any of the roster players' show up, the roster players will replace the pickup players.

- C. The number of players required for play is a minimum of five (5) and a maximum of seven (7). A team can start and finish with the maximum or minimum number of players. A forfeit is called if the number of players falls below five (5) at any time.
- D. Any number of substitutes may enter the game, but must be made before the ball is snapped. Substitutions do not have to report to the officials and no time is charged.
- E. The offensive team must have at least four (4) players on the line of scrimmage at all times.
- F. The game will consist of two (2) 20 minute halves with a running clock. There will be a five minute half-time. The official clock maintained by the officials, will stop the last two minutes of the second half on incomplete passes and dead ball situations (regulation clock). The clock will stop on all charged time-outs. If one team is ahead by at least 17 points at or during the last two minutes of the game, the game is over!!
- G. Each team will have three 30 second time outs per half. The clock will stop during time-out's and in case of injuries. If a time-out is called for an injured player, the player must leave the field for one play. Time-out's will not be carried over to the second half or overtime. One additional time-out will be given to both teams for overtime period.

## 11. FIELD OF PLAY:

- A. The field shall be a rectangular area, 40 yards in width by 80 yards in length, with an end zone of 10 yards extending beyond each goal line.
- B. Line parallel to the goal line shall be drawn at 20 yard intervals.
- C. The team box area is between the 20 yard lines and 3 yards away from the sideline. Teams must stay within this boundary at all times.

## 12. THE GAME

- A. At the beginning of the game, the referee shall toss a coin, and the team captain winning the toss will be given the option of:
  - a. Being on offense.
  - b. Being on defense.
  - c. Defending a goal.
  - d. Deferring his or her choice to the second half.

The remaining option shall be given to the remaining team captain. At the start of the second half the captain losing the toss shall be given the same options as his opponent at the start of the game.

- B. KICK OFF: Kick offs have been removed to speed up game play. The ball will be placed at the 20 yard line and the offensive will start their series of downs.
- C. PUTTING THE BALL IN PLAY: The offensive team is allowed 25 seconds to put the ball in play from the line of scrimmage. The time starts when the referee marks the ball ready to play. **Penalty** 5 yards for delay of game.
- D. QUARTERBACK: The quarterback has the option to run or pass the football.
- E. FIRST DOWN: A team has four (4) downs in which to advance the ball into the next zone. Anytime an offensive team passes a marked line, 20, 40, 20, and the ball is declared dead and any part of it is on or beyond the next zone, it will result in a first down. **EXAMPLE:** A team starting on its 25 yard line would have to reach the 40 yard line for a first down. If that team is penalized back to the 10 yard line, they still have to reach the 40 yard line for the first down.
- F. BLOCKING: There will be no down-field blocking beyond the first three yards of the line of scrimmage. Blocking will be allowed behind the line of scrimmage. The offensive player will not reengage a block once he/she has been beat by the defensive player. A receiver may be chucked 1 time within 3 yards of the line of scrimmage. Blocking shall be done by the use of hands and arms or arms and body; the blocking must be constructed to checking with the hands

or arms or arms and body in an upright position. Blocker should use both hand extended and not below the waist or above the shoulders. Blocking/pushing the ball carrier that is running the sidelines for the purpose of knocking him out of bounds and stopping his progress is a foul. **Penalty:** All illegal blocking is a 10 yard penalty. Defense may not strike an offensive player above the shoulders. **Penalty:** 10 yards automatic first down.

- G. STANCE: The only stance allowed will be the two-point stance. No three or four point stance is allowed. Anytime before the ball is snapped, a dead ball foul exists. **Penalty:** Five (5) yards.
- H. RUSHING: All players will be allowed to rush the quarterback that start within three yards of the line of scrimmage.
- I. TACKLED RUNNER, DOWNED BALL: Each player will wear three flags on a belt. The flags will be placed directly over each hip and in line with each trouser leg seam. Ball carrier is considered “tackled” when either flag is pulled free. The ball is dead and downed at the spot the runner was deflagged. The “tackler” must stop at the “tackle” and extend his arms directly over his head with the flag.
- J. INTERNATIONAL TACKLING: No defensive player will physically tackle any offensive player. **Penalty:** ten (10) yards, automatic first down, and player disqualification.
- K. CHARGING AND TACKLING: The ball carrier may not run through a defensive player, but must attempt to evade the tackler. A defensive player must not butt, hold, or strike an offensive while attempting to seize the flag. A defensive player must not pull an offensive players flag before the offensive player has possession of the football. **Penalty:** ten (10) yard from the point of infraction.
- L. UNNECESSARY ROUGHNESS: It is necessary for all players involved in this game to know the importance if sportsmanship and safety. Any player involved in unnecessary roughness will be penalized to the maximum. **Penalty:** ten (10) yards and ejection from the game. Repeat offenses will result in a complete suspension of the player from further competition.
- M. ROUGHING THE PASSER: Defensive players must make a definite effort to avoid charging into a passer after it is clear the ball has been thrown. No defensive player shall contact the passer who is standing still or fading back as he/she is considered out of play after the pass. Roughing the passer restrictions end if the forward pass is thrown from beyond the offense scrimmage line. **Penalty:** (NOTE: In order to protect the quarterbacks in Flag Football, the U.S.F.T.L. has decided to maximize the penalty for Roughing The Passer. The penalty shall be an automatic 1<sup>st</sup> down plus 10 yards from the line of scrimmage if the pass attempt was incomplete. If the pass was completed legally, it will be an automatic 1<sup>st</sup> down, the gained yardage from the pass completed and then, 10 extra yards added on. If Rough the Passer occurs after a legal touchdown pass is thrown, tack on 10 yard to the kick-off. **IF YOU COME IN ANY KIND OF CONTACT WITH THE PASSER IT IS ROUGHING THE PASSER.**
- N. LOSS OF FLAGS: If a player loses a flag after catching the ball, the ball is dead at that spot. If a player catches the ball without his flags the ball is dead at that spot.
- O. GUARDING THE FLAGS: Players shall not protect the flag by stiff arming, swinging the arms, or tucking the flag in the belt. A ten (10) yard penalty will be assessed from the spot of the foul plus loss of down.
- P. FORWARD PASS: Only one (1) forward pass per down will be allowed. Any number of laterals may be used. Laterals must be thrown to the side or backwards. During a scrimmage down and before teams possession has changed, a forward pass may be thrown provided the passers feet are behind team A’s scrimmage line. When the ball leaves the passers hand, only one forward pass can be thrown down.
- Q. ELIGIBLE RECIEVERS: All players are eligible receivers. The passer may not pass to himself.
- R. PASS INTERFERENCE: Defensive pass interference will be at the spot of a foul and an automatic first down. Offensive pass interference will result in a ten (10) yard penalty and loss of down from the previous spot.

- S. **DEAD BALL:** The ball is dead as soon as an official blows his whistle and all action shall halt immediately. On the snap from center, if the ball touches the ground before anyone gains possession of the ball, the ball is dead at the spot it hits the ground and belongs to the offensive team unless it was a fourth down play.
- T. **FUMBLES:** All fumbles that touch the ground shall be declared dead and the ball belongs to the team last in possession of the ball at the spot the ball makes contact with the ground. A ball is not considered or determined a fumble unless it touched the ground.
- U. **SCORING:** Touchdown is worth six (6) points. Point-after touchdown (PAT) two (2) points running or passing from ten (10) yards out, or one (1) point running or passing from five (5) yards out. A safety is worth two (2) points. **Note:** In scoring, the carrier must have both flags attached to his or her belt when crossing the goal line. The referee at the end of the game verifying the final score will sign scorecards. Extra point may be returned for (2) points. Defense may return interceptions only.
- V. **PUNTS:** Before any team punts, they must notify the referee (free kick). Ten seconds after the snap, the ball must be kicked. Failure to notify referee of a free kick will result in an illegal procedure. **Penalty:** five (5) yards. Upon notification of kick, the referee will notify the defense that a kick will be made. No offensive player may be in motion toward the scrimmage line until the ball has been kicked.
- a. The ball will remain live until touched by the Kicking Team
  - b. Returns flag is pulled/member with the ball touches the ground/runs out of bounds
  - c. Ball is touched by the receiving team and then ball makes contact with the ground
- W. **FAIR CATCH:** A fair catch is made by a player of the receiving team who has signaled his intention by raising one hand clearly above his head and waving it from side to side. Not more than two (2) steps may be taken by the receiver after the catch. If the ball is fumbled, the ball is immediately ruled dead.
- X. **OVERTIME PERIOD:** There will be a coin toss. Captain who calls the coin will be given three choices: offense, defense, or direction. Whatever is left, the other captain will receive.
- Y. **TIES:** In the event of games ending in a tie score, an overtime period will be played. A coin toss will determine which team will start the overtime period.
- d. Play will start at the 20 yard line.
  - e. Each team will be allowed four downs to gain yardage or score a touchdown. A pass interference by the defensive team followed by a score results in the ball game being over. If the defense does not score, they will receive their series of downs. If a team scores a touchdown, the other team will start their set of four downs.
  - f. The team gaining the most yardage will be declared the winner if neither team scores a touchdown or safety.
  - g. If both teams lose yardage, the team losing the least amount will be declared the winner.
  - h. Penalties shall be interpreted according to regular rules of the game.
- Z. **JUMPING & DIVING:** Jumping and diving is allowed when a player is catching a pass. Otherwise, jumping and diving is NOT allowed period and will be assessed a 10 yard penalty.

### 13. CONDUCT AND SPORTSMANSHIP:

- A. The coach/manager will be responsible for the conduct of the team members and spectators supporting their team.
- B. **Unsportsmanlike conduct will not be tolerated.** The official has the authority to banish from the game and premises (sidelines or bleachers) any person who, in the official's judgment, interferes with the safety and peaceful conduct of the game. Member must be "Out of sight, Out of sound."

- C. Alcoholic beverages will not be allowed in or around the playing area. Players caught consuming alcohol before or while participating shall be ejected from the game.
- D. Tobacco products of any kind will not be used on the sideline or playing field. This includes cigarettes, cigars, pipes, and all forms of smokeless tobacco. First offense will result in both coaches being warned if the intent of the rule. A subsequent offense will result in the ejection of the coach and the offending player(s). This ejection carries a one (1) game suspension penalty.
- E. **EJECTION:** The penalty for ejection from an intramural flag football game will be a two game suspension and this includes the play-offs. Member ejected must leave the immediate area. IE. (Field, bleachers, parking lot). Note: Member ejected will not be able to participate for an additional 2 games.
- F. **LEAGUE STANDINGS:** The following rules will be used to determine league standings if two or more teams are tied at the end of the regular season.
  - 1. Head-to-head competition.
  - 2. Total points scored against them in head-to-head competition.
  - 3. Total points scored against them during all regular season games.
  - 4. Coin toss.
- G. **LEAGUE PLAY:** Will consist of one round or two depending on a number of factors, such as number of teams entered, how many games we can play per night, etc... The top eight teams will be eligible for post-season play. The athletic director has the option to direct the format of play in the interest of program continuity.
- H. **AWARDS:** The following awards will be presented at the conclusion of the post-season tournament.
- I. **TEAM AWARDS:** One each to the league champion and the runner-up and one each to the base champion and runner-up.
- J. **INDIVIDUAL AWARDS:** Fifteen each to the base champion.
- K. **CONCLUSION:** The Base Fitness Director, or his/her designated representative, has the authority to amend these and all by-laws to facilitate management of the program. All coaches and sports representatives will be immediately notified of any and all changes.