Dear Football Player,

UT Health San Antonio Recreational Sports would like to invite your team to participate in the Flag Football League.

Sunday Nights

Waiver Form: All players will be required to fill out a waiver before their first game.

Awards: Champion T-Shirts for Playoff Champion.

Captain’s Meeting: TBD

Play Begins: Sundays at the UT Health SA Softball field

More Information: Office of Recreational Sports
Ben Rivers
Student Life
7703 Floyd Curl Drive
3.056 of the Library
San Antonio, Texas 78229
(210) 567-5220


UT Health SA
FLAG FOOTBALL LEAGUE

Rules and Regulations

Rule 1  Game Time
Playing time shall be 44 minutes, divided into two halves of 22 minutes each. The intermission between halves shall be 3 minutes. When overtime is used, there will be a one minute intermission.

First 20 minutes
The clock will start when the ball is legally snapped. It will run continuously for the first 20 minutes unless it is stopped for:
   A) The clock no longer stops after scoring plays
   B) Team Time Out – The clock starts on the snap
   C) Referee’s Time Out – The clock starts when the referee signals ready for play.

Last 2 minutes
   A) Incomplete Pass – Starts on the whistle
   B) Out-of-Bounds – Starts on the whistle
   C) Touchdown – Starts on the snap (after the try)
   D) Team Time Out – Starts on the snap
   E) First Down – Starts on the whistle
   F) Penalty – Starts on the whistle
   G) Change of Possession – Starts on the snap

Rule 2  Time Outs
The Referee shall declare a time out when he/she suspends play for any reason. Each time is entitled to 2 time outs per half.

Length of Time Outs
A charged time out requested by any player shall not exceed one minute.

Delay of Game
Each team shall have its players on the field for the opening play at the scheduled time for the beginning of each half. Penalty: Delay of Game = 10 yards from the starting point.

Rule 3  Ball Declared Dead
A live ball becomes dead and an official shall sound his/her whistle or declare the ball dead when:
   A) The ball goes out of bounds or when it touches the goal line (vertical plane).
   B) When any part of the runner, other than a hand or foot, touches the ground.
   C) When, during a try for an extra point, the defending team obtains possession of the ball and is tackled.
   D) When a forward pass strikes the ground or is caught simultaneously by opposing players (offensive possession).
   E) A fumble by a player touches the ground.
   F) When a runner has a flag belt removed legally by a defensive player. A flag belt is removed when the clip is detached from the belt.
G) When a runner is legally tagged with one hand between the shoulders and knees, including the hand, once the flag belt is no longer attached.
H) When the passer is deflagged prior to releasing the ball.

**Rule 4**  
**Player Positions**

**Minimum Line Players, Motion, and Placement**

A) The offensive team must have at least 4 players on the line of scrimmage at the snap.
B) One offensive player may be in motion, but not toward the scrimmage line.
C) Anytime, at or after the ball is ready for play, each offensive player must be momentarily within 15 yards of the ball before the snap.

*Penalty:* Infractions of the above shall be a 5 yard penalty.

**Rule 5**  
**Snapping, Handling, and Passing the Ball**

**Encroachment**

After the ball is ready for play and until the snap, no defensive player may encroach on or touch the ball, nor may any player make contact with an opponent. This includes standing in the neutral zone.

**False Start**

No offensive player shall make a false start. A false start includes simulating a charge or the start of play.

**Hand Offs**

Any player may hand the ball forward or backward at anytime.

**Passing**

*Legal forward pass:* All players are eligible to catch a pass. During a scrimmage down and before team possession has changed a forward pass may be thrown provided the passer’s feet are behind Team A’s scrimmage line when the ball leaves the passer’s hand. Only one forward pass may be thrown per down.

*Illegal forward pass:* A forward pass is illegal –

A) If the passer’s foot is beyond Team A’s scrimmage line when the ball leaves his/her hand.
B) If thrown after team possession has changed during the down.
C) If intentionally thrown to the ground or out-of-bounds to save loss of yardage.
D) If a passer catches his/her untouched forward or backwards pass.
E) If there is more than one forward pass per down.

**Snap**

The player, who receives the snap, must be at least 2 yards behind the scrimmage line. The snapper shall pass the ball back from its position on the ground with a quick and continuous motion of the hand(s).

**Shift**

In a snap, preceded by a huddle or shift, all offensive players must come to a complete stop and remain stationary in legal position without movement of feet, body, head or arms for at least one full second before the snap.

**Rule 6**  
**Conduct of Players**

*Unsportsmanlike Conduct: Examples include, but are not limited to:*

A) Acts of unfair play
B) Spiking the ball into the ground
C) Failure to return the ball to the playing field
D) Disrespectfully addressing an official
E) Using profanity, insulting or vulgar language or gestures. *(Casual Profanity Rule: Casual profanity will not be tolerated; players will be warned one time and on the next occurrence, the player will be ejected)*

F) Substitutes, coaches, and spectators will be included

**Penalty:** Ten (10) yards and, if flagrant, ejection/disqualification (one game)

**Personal Fouls**

Any act prohibited here under or any other act of unnecessary roughness is a personal foul. No player shall:

A) Punch, strike, strip, steal or attempt to steal the ball from player in possession

B) Trip an opponent

C) Throw the runner to the ground/grasping or tackling the runner

D) Hurdle any other player

E) Deliberately drive or run into a defensive player

F) Clip an opponent

G) Rough the passer

**Penalty:** Ten (10) yards and, if flagrant, the offender will be ejected/disqualified (one game)

**Blocking**

The offensive screen block shall take place without contact. The screen blocker shall have his/her hands and arms at his/her side or behind his/her back. Any use of the hands, arms, elbows, legs or body to initiate contact during an offensive players’ screen block is illegal. A player who screens shall not:

A) Position so close to a moving opponent that the opponent cannot avoid contact by stopping or changing direction

B) After assuming his/her screening position, move to maintain it unless he/she moves in the same direction or path as his/her opponent (blocker shall not initiate contact)

**Penalty:** Personal foul – ten (10) yards

**Runner**

**Guarding the Flag Belt**

Runner shall not flag-guard by using his/her hands or the ball to deny the opportunity for an opponent to pull the runner’s flag by:

A) Swinging the hand or arm over the flag belt

B) Place the ball in possession over the flag belt

C) Lower the shoulder to prevent an opponent from deflagging

**Penalty:** Personal foul – ten (10) yards

**Stiff Arm**

The runner shall be prohibited from contacting an opponent with an extended hand or arm

**Penalty:** Personal foul – ten (10) yards

**Obstruction of the Runner**

The defensive player shall not hold or obstruct the forward progress of the runner when in the act of removing the runner’s flag or making a legal tag

**Penalty:** Personal foul – ten (10) yards

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**Rule 7 Game, Field, and Equipment**

The game shall be played between 2 teams of 7 players each. **Note:** A team may start a game with as few as 5 players to avoid a forfeit.

A) Teams will be granted a 10 minute grace period, if necessary, to comply with **Rule 7**
B) If one of the teams fails to have the required number of players at game time, the referee will begin timing, and at each minute mark, the team which has the required number of players will be awarded two point
C) If the deficient team is still unable to begin play after 10 minutes, the game will be forfeited to their opponent
D) If the deficient team secures the required number of players at any time during the grace period, play will begin at that point with the amount of time remaining as indicated and points awarded as outlined in A above
E) Neither team may call a time-out during the grace period, however, the deficient team may use one of their first half time-outs to delay the grace period from expiring ONLY IF there is less than one minute remaining in the grace period and ONLY IF the sixth player is present and needs time to sign in
F) If neither team has the required number of players at game time, a forfeit or double forfeit will be declared as appropriate after 10 minutes

** The Ball: Regular shall be used for men's competition and the regular, intermediate, you or junior size football shall be used for women's competition.

a) Field Size
   • 80 yards in length
   • 40 yards in width
   • 20 extra yards for end zones (10 yards each)

b) Required Attire
   • Shorts or pants with NO pockets or belt loops
   • Shirts must be tucked in during play
   • Shoes must be worn. No metal cleats or steel toed shoes are allowed

c) Optional Equipment
   • NO baseball caps may be worn. Bandanas may be worn, but must be tied with no exposed knots
   • Mouthpieces (mouth and tooth protectors) are strongly recommended

d) Illegal Equipment
   • Jewelry
   • Incorrect headwear
   • Shoes with metal, ceramic, screw-in or detachable cleats
   • Shirts or jerseys which do not remain tucked in. No knots allowed

e) To reduce the possibility of injury, equipment not mentioned here may only be worn at the discretion of the referee

Rule 9 Scoring Plays
- Touchdowns = 6 points
- Extra points (try)  
  - 3 yard line = 1 point
  - 10 yard line = 2 points
  - 20 yard line = 3 points
- Safety = 2 points
- Mercy Rule: If a team is 19 points ahead when the Referee announces the 2 minute warning for the second half of the game or if a team scores during the last 2 minutes of the second half and that score creates a differential of 19 points or more, the games shall end at that point.

Tie Game
A coin toss to determine options. Then unless moved by penalty, each team will start 1st and goal from the 14 yard line. The object will be to score a touchdown. An overtime period consists of a series of 4 downs by each team. Extra point trys will be the same. If the defense intercepts a pass or fumble and returns it for a touchdown, they win the game. Each team is entitled to one time-out per overtime period.

**Rule 10  Kicking the Ball**

Start of each half will begin by placing the ball on the fifteen (14) yard line. There will no longer be any kickoffs.