

LAUGHLIN AFB
INTRAMURAL FLAG FOOTBALL BY-LAWS

- 1. Purpose:** To provide organized athletic competition, unit esprit de corps, and world-class customer driven, quality of life programs to the units at Laughlin AFB.
- 2. Type of competition:** The league standings will be determined by win/loss record and will be posted and updated on a daily basis.
 - a. **Post Season Tournament:** The base champions will be decided by a double /single elimination tournament with the number of participants determined by the amount of teams in the league.
 - b. **Ties:** If two teams are tied the team which defeats the other team during regular season play, will advance to the play-offs or win the division title. In the event of a three-way tie, we will use points for and against to determine the winner.
 - c. **Awards:** 1st & 2nd place Base Championship Certificates will be presented.
- 3. Game time and forfeit time:** Games times are 1830hrs, 1930hrs, and 2030hrs on Monday-Thursday at the Football field. **Game time is forfeit time the official watch is the official time piece.**
- 4. Officials:** Officials will be provided by Base Fitness Center. Once an official has officiated one game he/she is ineligible to participate in league play. Once a player has played in a game he/she is ineligible to officiate.
- 5. Rules of play:** The USFTL Rule Book will govern league play except as amended by these by-laws.

****Denotes amendment or modification**

- **A. R1-S1 Article 1:** The game will be played between two teams of **seven players** each. A team must start with seven players but can finish with six players. When on offense 3 designated blockers must stay and block at all times. (Meaning the designated blockers cannot go out for a pass!). When on defense 2 designated pass rushers must be used at all times. (Meaning they cannot drop back into coverage, they must rush the quarterback)! 5 players on the line of scrimmage for 9 man and 3 players on the line of scrimmage for 7 man game. For 7 men 2 must remain blocking at all time and center is **NOT** eligible to receive passes. 5 yard penalty if blockers go out. Two ends and the back can go out for the pass.
- **B. R1-S4 Article 3:** Flag belts will consist of **two** flags which completely come off the belt. Belts should be parallel to your hips (not behind you)!
- **C. Game Time R3-S! Article 2:** Games will be played in two halves of 20 minutes each. Intermission will be 5 minutes in length.
- **D. Game Clock R3-S1 Article 1:** The clock will be a running clock except for:

- a. All time outs
- b. Referee's discretion when retrieving long passes
- c. The last two minutes will be a regulation clock stopping and starting according to R3-S2 Articles 6 and 7.
- d. If a team is 20 or more points ahead at the two minute warning of the 2nd half, the game shall be over** (This shall be waived for the playoffs).

E. Blocking

1. Punts: Men on the line of scrimmage will be allowed to use their hands to block the kicking team at the line of scrimmage only. Once the ball is kicked and the kicking team gets past the 5-yard bump zone, all blocking will cease.
2. Line of scrimmage: The offensive team may block with their arms and hands open, you must start with your arms extended and once you bring them into your body they must stay there. All contact will be kept between the shoulders and the waist. ****PENALTY**** Once your arms are brought back into your chest they must stay there. Defensive players may push the blockers hands away, but cannot initiate contact. ****PENALTY** NO BULL RUSHING!!!!!!!!!!!!!!!!!!!!!!**

F. Punts

1. No quick kicks allowed
2. Article 3: At least 5 players must be on the line of scrimmage at the time of kick

G. Scoring

1. Touchdown will be worth 6 points
2. After a touchdown you will try for an extra point, which is worth 1 point or you can try for a 2 point conversion on the run. The 2 point conversion attempt will be from the 5-yard line.
3. You can also attempt a field goal which is worth 3 points.
4. Safety will be 2 points

H. Tie game

1. When the game ends in a tie score the two field captains shall be brought together for a coin flip to determine which team shall be on offense/defense and which direction play shall begin. The winner of the toss selects the first of these options with the loser making the remaining choice. Each team gets four downs from the 20-yard line to score a touchdown. The team that scores and prevents the other team from scoring will win the game. Each team will be starting from the same 20-yard line.

NOTE: If a player of the defensive team intercepts during overtime, he/she will have the option of taking the result of the play, or putting the ball at midfield.

I. Equipment

Games ball and markers will be provided by Fitness Center. All team members must wear same color jerseys. If both teams show up with the same color jerseys – home team keeps that color, visiting team must change. No Pockets or belt loops allowed, No jeans, or jean shorts, pants or

shorts with pockets will be worn. No military BDU's or any part of duty uniform shall be worn. No baseball caps or do-rags and no medal cleats. Football cleats are ok. Rings, watches, necklaces and other adornment will not be worn. (No Jewelry). **Wedding bands may be worn only if they are taped or gloves worn over it.** Jerseys may be signed out from the Fitness Center the day of scheduled game but the jerseys must be returned before 2200 of that night. When game is over return your belts back to the bin that you received them from.

J. Additional Rules

1. All kicks/punts are **Protected**, no rushing and no blocking.
2. **No diving** allowed to pull flags.
3. **Kick offs are required to start each half or following a touchdown, field goal or safety.** Kick offs tees are optional and are provided by the Fitness Center, no other tees are authorized.
4. **Three (3) times outs awarded for each team.**

K. Kicking Team: Kick offs will be done from the 40-yard line. Players on the kicking team may not cross the 20-yard line until the ball has been kicked. **(No re-kick from the 10-yard line, offside's kicking team, if it goes out of bound it stays out of bound)** (2 consecutive offside penalties, the ball will be placed on the 40-yard line). If the ball goes out of bounds in the field of play, (10 yard penalty, re-kick from the 10-yard. Illegal procedure kicking team) (2 consecutive illegal procedure penalties, kicking team, the ball will be placed on the 40-yard line). If the ball is downed by the receiving team in the end zone or goes through the end zone without being touched by the receiving team, the ball is placed on the 20-yard line. Kick offs must travel at least **10 yards**; then the receiving team may return the kick. (Same penalties as illegal procedure, kicking team). If the ball is fumbled/muffed during the kick off it **may not** be advanced, regardless of which team recovers the ball. If the Kicking Team touches the ball before the Receiving Team, after the 10 yards the ball is declared dead where the Kicking team touches it.

L. Receiving Team: Once a player on the receiving team has received the ball all other players on the receiving team **must stop**. (No down field blocking). The receiving team can advance the ball after it touches the ground, **if** the person advancing it is the first person to touch the ball on the kick off. The ball becomes dead once it has been touched and strikes the ground. (No advancing).

MOUTH PIECES ARE STRONGLY ENCOURAGED.

PLAYER CONDUCT:

NOTE GENERAL INFORMATION: *Unsportsmen like conduct and PROFANITY will not be permitted. Any player, coach, or manager ejected for Unsportsmen like conduct will leave sight and sound of the playing area within 2 minutes of his/her ejection. The first violation will result in a two game suspension. A two game suspension includes playoffs. A second violation will result in the player being suspended for the remainder of the season including playoffs. Playing while under the influence of alcohol is grounds for ejection and carries the same suspension penalties. **Smoking, drinking of alcoholic beverages, chewing tobacco are strictly forbidden in the playing fields and is prohibited from this facility! No glass or open containers allowed!***

****ANY PLAYER UNDER THE INFLUENCE OF ALCOHOL BEFORE OR DURING THE GAME WILL NOT BE ALLOWED TO PARTICIPATE.**

// SIGNED //

William E. Mayo Jr., GS-09, DAF
FITNESS AND SPORTS MANAGER