

# WOMEN'S FLAG FOOTBALL

## Information Sheet

Winter 2026

**This information sheet is intended to provide basic information and rules for this activity. Please refer to the “Information” tab on the home page of the intramural web page for detailed information about policies and procedures of the Intramural Sports Program.**

### ENTRIES OPEN

Online team schedule registration will begin at 9:00 AM on Tuesday, February 17 and will end at 4:00 PM on Wednesday, February 18 (**Entries are limited**). Visit our website and click on the ‘Registration’ tab. Schedule distribution will begin at 9:00 AM on Thursday, February 19.

### ENTRY FEE

A \$50.00 entry fee will be required at registration for each team. Team schedules may only be purchased by those who have an active My Financial Center account.

### ELIGIBILITY

All current full-time BYU students are eligible. All current faculty, administrative staff,  $\frac{3}{4}$  and full-time staff employees and their spouses are eligible.

The following are eligible with an Intramural Activity Fee: Part-time students, students on leave of absence, non-degree seeking students (Post-Baccalaureate, Evening School, Salt Lake Center, English Language Center), student employees,  $\frac{1}{2}$  staff employees, and spouses of students. All students are also eligible to participate for two semesters beyond the last semester in which they were enrolled in classes.

The Intramural Activity Fee is paid online. **Payment must be made before a participant can be added to a team roster.** The cost is \$25 per semester (fall/winter) or \$15 per term (spring/summer). This fee enables a participant to compete in any intramural activity during the current semester or term. **Do NOT pay this fee before the first day of the applicable semester or term.**

To participate in a team sport, each player must be added to his online team roster by 3:00 PM for weekday games and by 3:00 PM on Friday for Saturday games. Team rosters are limited to **Sixteen** players. Each participant may play for only **one** Flag Football team.

### RELEASE AGREEMENT

All Intramural participants must complete an online [release agreement](#) before they can be added to a team roster. Release agreements are valid for one academic school year – fall semester through summer term.

### DAYS, TIMES, AND LOCATION

Games may be played Tuesday through Friday 6:15 PM to 10:15 PM and Saturdays 9:15 AM to 1:15 PM. Games will be played on the North University Fields located just north of 2230 Canyon Road.

### CHECK-IN

It is recommended that participants check-in with the activity supervisor at least ten minutes prior to game time. All participants must show a valid (government or school issued) picture ID before every game.

### FORFEITS

Teams are encouraged to arrive ten minutes before game time. **FORFEIT TIME IS GAME TIME!** A forfeit is given to teams with less than **five** legal players at game time. Teams receiving their second

forfeit may be dropped from regular season and elimination tournament play. *Refunds will not be given for forfeited schedules.*

## **EQUIPMENT**

Each team must provide a football. The Office of Intramural Sports will provide flags and field markers. The following equipment rules shall also apply:

- The official ball must be pebble-grained leather or rubber covered and meet the recommendations of size and shape for a regulation football. Men shall use the regular size football only. The regular, intermediate, youth, or junior size football may be used for Women's games.
- A player wearing illegal equipment shall not be permitted to play. This applies to any equipment which, in the opinion of the Supervisor or Referee, is dangerous or confusing. **Types of equipment or substances which shall always be declared illegal include:**
  - (a) Headwear containing any hard, unyielding, stiff material, including billed hats or items containing exposed knots.
  - (b) Jewelry.
  - (c) Pads or braces worn above the waist. Casts worn above or below the waist.
  - (d) Shoes with ceramic, screw-in, detachable cleats, or any projecting metal. Exception: Screw-in cleats are allowed if the screw is part of the cleat.
  - (e) Shirts or jerseys that do not remain tucked in. Any hood on a coat, sweatshirt, or shirt which does not remain tucked in.
  - (f) Pants or shorts with any belt(s), belt loop(s), or exposed drawstring(s).
  - (g) Leg and knee braces, which are altered from the manufacturer's original design.
  - (h) Any slippery or sticky foreign substance on any equipment or exposed part of the body.
  - (i) Exposed metal on clothes or person.
  - (j) Towels attached at the player's waist.

## **UNIFORMS**

An appropriate, modest athletic uniform is permissible. Shirts, shorts or pants, and shoes must be worn. Metal cleats are not allowed. **Teams are required to have two sets of shirts/jerseys of differing colors (one white and one dark).** The lower numbered team will wear white and the higher numbered team will wear dark.

Shirts/jerseys must be long enough to remain tucked in pants/shorts during the entire down. Players **must** wear athletic pants or shorts without any belt(s), belt loop(s), or exposed drawstrings. *Pants or shorts without pockets are strongly recommended.* **Jeans and other pants/shorts with pockets made of unyielding material will not be allowed!**

## **OFFICIALS**

The Office of Intramural Sports will provide all officials. Officials and supervisors assigned to your game have the authority to make decisions on any point not specifically covered by rules of the game or by intramural policies.

## **LIABILITY**

**All participants play at their own risk and must acquire their own insurance.**

## **INCLEMENT WEATHER**

The decision to cancel activities due to inclement weather will be made by 4:00 PM on weekdays and 8:00 AM on Saturdays. Weather updates, when needed, will be posted on our website – [iSports.byu.edu](http://iSports.byu.edu).

## SPIRIT OF SPORTSMANSHIP

“Athletics are explosive, as any of us know who have participated in them. The problem therefore, is to do everything that is fair and honorable to win, and also to know the line where sportsmanship stops and mockery starts. Stop short of winning if integrity is to be impaired.... Sportsmanship is the spirituality in athletics” (The Teachings of Ezra Taft Benson).

Sportsmanship is everyone's responsibility. We hope everyone will conduct himself in a mature and friendly manner. The BYU Intramural Sports program has identified the following principles as our “Spirit of Sportsmanship” guidelines. We encourage all employees, participants, and spectators to incorporate these principles on and off the playing field.

1. **Stand as a Witness:** *We are to stand as witnesses of God at all times and in all things, and in all places* (Mosiah 18:9). Be consistent with who you are in all situations. “Never check your religion at the door. That kind of discipleship cannot be – it is not discipleship at all.” (Elder Jeffrey R. Holland – Israel, Israel, God is Calling. September 2012)
2. **Live with Integrity:** *We believe in being honest, true, chaste, benevolent, virtuous, and in doing good to all men...* (Thirteenth Article of Faith). Honesty applies equally in sports as it does in all other areas of life. Never lower your standards because “it’s just a game.”
3. **Play by the Rules:** Do not push limits or escalate the level of physical play to match the style of enforcement. This style of play endangers other players. Intentional disregard for the rules of the game is unsportsmanlike. Play hard, but honor the rules.
4. **Be Accountable:** Although we are free to choose our actions, we are not free to choose the consequences. Others cannot determine our feelings or thoughts. We are each accountable for what we do and say and should never blame others for our behavior.
5. **Live the Golden Rule:** *And as ye would that men should do to you, do ye also to them likewise* (Luke 6:31). Sportsmanship is the Golden Rule in action. Treat others—officials, opponents, spectators, teammates—with honor and respect.
6. **Be Meek:** If you begin to feel unsettled or agitated, take a personal timeout. Step back to gain composure and perspective. Retaliation does not solve conflict, it only compounds the situation. Demonstrate humility in victory and dignity in defeat.
7. **Be Gracious:** Compliment your opponent after a good play. Focus on the good. Build people up, do not tear people down. Be genuine when you congratulate your opponent.
8. **Have Fun:** *Men are, that they might have joy* (2 Nephi 2:25). Be safe, play fair, and enjoy the experience.

## YELLOW/RED CARD SYSTEM

A yellow/red card system is used to monitor unsportsmanlike behavior and improper conduct. A participant who receives a yellow card will be required to sit out for two minutes of game time. A participant who receives a red card will be ejected from the game and must leave the facility before play resumes. A team with a carded player must play with one less player until the penalty time has expired (Yellow = 2 minutes & Red = 4 minutes).

The following are examples of yellow/red card offenses:

Yellow Card: Non-directional profanity; arguing; rough play; taunting.

Red Card: Illegal participation; directional profanity; flagrant contact; fighting; threatening behavior.

## TOURNAMENT INFORMATION

Each activity has a classification process that is intended to place similarly skilled teams against each other for tournament competition. Teams will be given a ranking between 1 and 5 (5 being the highest) for each regular season game they play. To receive a 5 ranking, a team must be proficient in each of the following five criteria:

1. Team has plays and can run them successfully.
2. Passes are thrown with accuracy.
3. Passes are caught with consistency.
4. Defense successfully reads plays and pulls flags.
5. Team speed and athleticism.

At the conclusion of regular season play an overall average of each team's rankings will be computed and eligible teams will be placed in the tournament division that best fits their ability. Important tournament dates are listed below.

### Women's Tournament

- Tournament classification rankings will be posted by 4:00 PM on Wednesday, March 25.
- Teams will have until **4:00 PM on Friday, March 27** to challenge classification rankings.
- Tournament brackets will be posted by 4:00 PM on Saturday, March 28.
- Tournament play begins Tuesday, March 31.

Tournament brackets may be viewed on the intramural web page or in the glass cases located next to the Intramural Office (145 RB). **Posted game times will not be changed for personal conflicts.** Team captains should notify the Intramural Office **in advance** to avoid potential scheduling conflicts for their team(s). This can be done with a schedule request form, which is available in the Intramural Office. This form must be submitted by 4:00 PM on Thursday for the following week's schedule.

## RULES

The 2025-2026 NIRSA Flag & Touch Football rules will apply with the following points of emphasis and/or exceptions. This rule sheet is only intended to provide the basic rules for intramural flag football. The Intramural Office (145 RB) has copies of the official NIRSA Flag & Touch Football rulebook available for check-out. You can also order a copy of this rule book by contacting the NIRSA national office by calling 541-766-8211 or order online: <http://www.nirsa.org>:

1. *Team Composition:* Teams may consist of five (minimum) to seven (maximum) players on the field. Team rosters are limited to sixteen participants.
2. *Game Duration:* Each game will consist of two 20-minute halves with a two-minute break between halves.
3. *Timing:* The clock will stop for all time-outs and injuries. The clock will stop during the last minute of each half on incomplete passes, out of bounds, first downs, penalties, changes of possession, and scoring plays. However, if one team has a 19-point or more advantage during the second half, the clock will run regardless of the outcome of the play unless a time out is called.
4. *Timeouts:* Each team will have 3 time-outs per game. Only one time-out is permitted in case of overtime. No accumulation of time-outs is allowed.
5. *Coin Toss:* The captain winning the coin toss shall have a choice of options for the first half or shall defer her option to the second half. The options for each half shall be:

- a. To choose whether her team will start on offense or defense.
- b. To choose the goal her team will defend.

The captain not having the first choice of options for a half shall exercise the remaining option.

6. *Penalty Provisions:* The team captain's first choice of any penalty option shall be irrevocable. Decisions involving penalties shall be made before any charged time out is granted to either team.
7. *Series of Downs:* The team in possession of the ball shall have 4 consecutive downs to advance to the next zone (first down line). A new series of downs shall be awarded when a team moves the ball into the next zone on a play free from penalty, or a penalty against the opponent moves the ball into the next zone, or an accepted penalty against the opponent involves an automatic first down.
8. *Passing:* A forward pass is counted as a completion or interception as long as the first part of the person to contact the ground after the catch, usually one foot, touches in-bounds. A runner may pass the ball backward or lose player possession by a fumble anytime. A backward pass or fumble in flight may be caught or intercepted by any player inbounds and advanced. All players are eligible to touch or catch a pass. It is illegal for a passer to catch his untouched forward pass. Any player may hand the ball forward or backward at any time. ***An unlimited number of forward passes may be thrown and caught as long as each pass originates behind the line of scrimmage.***
9. *Punting:* Prior to making the ball ready for play on fourth down, the Referee will ask the offensive captain if she wants to punt. The offensive team may request to punt on any down. After such announcement, the ball must be punted. [Exception: If (a) a time-out is called by either team, or (b) the period ends, or (c) a foul occurs any time prior to or during this down that results in the kicking team having the right to repeat the down. The offensive team may then change their decision whether or not to punt the ball.] Neither K (kicking team) nor R (receiving team) may advance beyond their respective line until the ball is punted. After receiving the snap, the kicker must immediately punt the ball in a continuous motion; any intentional delay to punt the ball will result in a penalty. When a punt, which has crossed K's scrimmage line, touches any player from either team and then hits the ground, the ball is dead and belongs to R. However, if a punt hits R and is caught by K before the ball touches the ground, the ball is dead, belongs to K, and a new series begins for K. K may not kick to themselves.
10. *Snapping and Associated Restrictions:* Following the ready for play and until the snap, no player on defense may encroach, touch the ball, nor make contact with an opponent or in any other way interfere with them. This includes standing in the neutral zone to give defensive signals, or shifting through the zone. After the snapper has placed her hand(s) on the ball, it is encroachment for any player to break the scrimmage line plane, except for the snapper's right to be over the ball. The snapper, after assuming position for the snap and adjusting the ball, may neither move nor change the position of the ball in a manner simulating the beginning of a play until it is snapped. When over the ball, the snapper shall have her feet behind his scrimmage line. The snapper may snap the ball between her legs or to the side of her body.
11. *Handling the Snap and Associated Restrictions:* The player who receives the snap must be at least two yards behind the offensive scrimmage line. Any fumble of the snap will be declared a dead ball, and the ball will be downed at the spot it hit the ground.
12. *Motion:* One offensive player may be in motion, but not in motion toward the opponent's goal line at the snap.

13. *Scoring Plays:*

- a. *Touchdown:* A touchdown shall count as six points. The player scoring the touchdown must raise her arms so the nearest official can de-flag the player. If the player is not de-flagged with one pull and the official determines the flag belt has been secured illegally, the touchdown is disallowed, and the player is disqualified.
- b. *Try:* An opportunity to score 1 point from the 3-yard line, 2 points from the 10-yard line, or 3 points from the 20-yard line by running or passing shall be granted to the team scoring a touchdown. It is the captain's decision for which try will be attempted.
- c. *Safety:* A safety is worth 2 points during regular play, and 1 point during a try after a touchdown. After a safety, the ball shall be snapped by the scoring team at their own 14-yard line, unless moved by penalty. A safety is when:
  - i. A runner carries the ball from the field of play to or across her own goal line, and it becomes dead there in her team's possession. [EXCEPTION: Momentum Rule—When a defensive player intercepts her opponent's forward pass, fumble, backward pass, or a Team R player catches a punt between her 5-yard line and the goal line and her original momentum carries her into the end zone where the ball is declared dead. The ball belongs to the defensive team at the spot where possession was gained.]
  - ii. A player punts, passes, fumbles, snaps, muffs, or bats a loose ball from the field of play to or across her goal line and the ball subsequently becomes dead there in her possession.
  - iii. A player on offense commits any foul for which the penalty is accepted and measurement is from a spot in her end zone; or throws an illegal forward pass from her end zone and the penalty is declined in a situation which leaves her in possession at the spot of the foul and with the ball having been forced into the end zone by the passing team.

14. *Offensive Screen Blocking:* The offensive screen block shall take place without contact. The screen blocker shall have her hands and arms at her side or behind her back. Any use of the hands, arms, elbows, legs, or body to initiate contact during an offensive players' screen block is illegal. A blocker may use her hand or arm to break a fall or to retain her balance. A player must be on her feet before, during, and after screen blocking. Teammates of a runner or passer may interfere for her by screen blocking, but shall not use interlocked interference by grasping or encircling one another in any manner. Defensive players must go around the offensive player's screen block and may not initiate contact with her opponent if she is splitting two offensive screen blocks. The arms and hands may not be used as a wedge to contact the opponent. The application of this rule depends entirely on the judgment of the official.

15. *Running with the Ball:* The runner shall be prohibited from contacting an opponent with extended hand or arm. This includes the use of a "stiff arm" extended to ward off an opponent attempting to de-flag/tag. The runner shall not grasp a teammate or be grasped, pulled or pushed by a teammate. A runner shall not charge into nor contact an opponent in her path nor attempt to run between two opponents or between an opponent and a sideline, unless the space is enough to provide a reasonable chance for her to go through without contact. If a runner in her progress has established a straight-line path, she may not be crowded out of that path. But if an opponent is able to legally establish a defensive position in that path, the runner must avoid contact by changing directions. *The defensive player* shall not hold, grasp, or obstruct the forward progress of a runner when in the act of removing the flag belt or making a legal tag.

16. *Flag Guarding*: Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove the flag belt. Examples of flag guarding include, but are not limited to:
  - a. Placing or swinging the hand or arm over the flag belt.
  - b. Placing the ball in possession over the belt.
  - c. Lowering the shoulders in such a manner, which places the arm over the flag belt.
  
17. *Flag Belt Removal*: Players must have possession of the ball before they can be de-flagged legally. When a runner loses her flag belt either accidentally, inadvertently (not removed by grabbing or pulling), or on purpose, play continues. The de-flagging reverts to a one-hand tag of the runner between the shoulders and knees. In circumstances where a flag belt is removed illegally, play should continue with the option of the penalty or the play. A defensive player intentionally pulling a flag belt from an offensive player without the ball is illegal. Tampering with the flag belt in any way to gain an advantage including tying, using foreign materials, or other such acts is illegal.
  
18. *Overtime*: In the event of a tie game during regular season play, the game will stand as a tie and each team will be credited with a win. During tournament, a coin toss will ensue to begin the tiebreaker. The winner of the coin toss will be given the options of offense, defense, or direction, with all other options being exercised by the opposing captain. The offensive team will start 1<sup>st</sup> and goal from their opponent's 10-yard line and will have 4 downs to score a touchdown. If they succeed in scoring, the offense will choose to go for a 1, 2, or 3 point try. Following the try or missed conversion, the defense (now offense) will then attempt to score from the *same* 10-yard line and will be able to attempt a try if they score. If they win or fail to tie their opponent, the game is over. If a tie still exists, another overtime is played until a winner is determined. In the event of a triple overtime (or more), teams must go for 2 or 3 on the point after touchdown.
  
19. *Onside Conversion*: A team may elect to attempt an onside conversion at any time in the second half if they score a touchdown unless they are leading by 19 or more points following the Try. An onside conversion attempt is taken at the 20 and is successful if they score a would-be touchdown in one play. If the team successfully completes an onside conversion, the scoring team receives the ball at their own 30-yard line. After an unsuccessful onside conversion, the ball shall be snapped by the opponent of the touchdown-scoring team at their opponent's 30-yard line. Neither team can score during an onside conversion attempt.

## **Summary of Fouls and Penalties**

### **Loss of 5 Yards**

1. Required Equipment Worn Illegally
2. Delay of Game (Dead Ball)
3. Substitution Rules Infractions
4. Infraction of Punt Formation
5. Encroachment (Dead Ball)
6. False Start (Dead Ball)
7. Illegal Snap (Dead Ball)
8. Offensive Player Not Within 15 Yards of Ball
9. Infraction of Scrimmage Formation
10. Player Out-of-Bounds When Ball is Snapped
11. Offensive Player Illegally in Motion
12. Player Receiving Snap Within 2 Yards of Scrimmage Line
13. Illegal Shift

14. Intentionally Throwing Backward Pass or Fumble Out-of-Bounds to Conserve Time (Loss of Down if by Team A)
15. Illegal Forward Pass (Loss of Down if by Team A)
16. Intentional Grounding (Loss of Down)
17. Helping the Runner

### **Loss of 10 Yards**

1. Illegal Player Equipment
2. Two or More Consecutive Encroachments During Same Interval Between Scrimmage Downs
3. Offensive Pass Interference (Loss of Down)
4. Defensive Pass Interference (Automatic First Down)
5. Illegally Secured Flag Belt on Touchdown (Loss of Down if by Offense) (Automatic First Down if by Defense)
6. Unsportsmanlike Player Conduct
7. Spiking, Kicking, or Throwing Ball During Dead Ball
8. Personal Fouls: i.e. (Strip or attempt to strip the ball, Unnecessary Contact of Any Nature, Hurdling, Drive or Run into a player, Tackling the runner, etc.)
9. Roughing the Passer (Automatic First Down)
10. Illegal Offensive Screen Blocking
11. Defensive Use of Hands
12. Illegal Flag Belt Removal
13. Guarding the Flag Belt
14. Stiff Arm
15. Obstructing or Holding the Runner
16. Batting a Loose Ball
17. Illegal Kicking
18. Illegal Participation

### **Disqualification (Red Card) Associated With Certain 10 Yard Penalties:**

1. Flagrant Unsportsmanlike Conduct by Players, Substitutes or Others Subject to the Rules
2. Intentionally Kicking at or Swinging an Arm, Hand or Fist at any Opposing Player
3. Flagrant Spiking, Kicking, Throwing Ball
4. Intentionally Contacting an Official or Supervisor
5. Flagrant Personal Fouls
6. Tackling the Runner
7. Intentional Tampering with Flag Belt-Offense (Loss of Down)
8. Intentional Tampering with Flag Belt-Defense (Automatic First Down)

**If you have any questions, contact Hayden in 145 RB (801-422-7597) or access our web page.  
iSports.byu.edu Have a fun season!**