



DEPARTMENT OF THE ARMY
US ARMY INSTALLATION MANAGEMENT COMMAND
HEADQUARTERS, U.S. ARMY GARRISON FORT MEADE
4551 LLEWELLYN AVENUE
FORT GEORGE G. MEADE, MARYLAND 20755-5000

AMIM-MEW-CR (RN 215-1aa)

MEMORANDUM FOR 2021 Intramural Flag Football Participants and Officials

SUBJECT: 2021 Intramural Flag Football By-Laws/Rules

1. COVID-19 Precautions for the season

a. Facemasks are mandatory to be worn by unvaccinated players on the playing field and on the sidelines.

b. Players will socially distance him/herself by at least six (6) feet on the field and on the sidelines as best as possible.

c. Hand sanitizer and disinfectant wipes will be available at the playing field. It is suggested that players bring their own hand sanitizer to have on hand.

d. Clean flag belts and pinnies/jerseys will be provided by the Fitness Center for each team at the beginning of the game.

(1) If belts need to be reused for an additional game, they will be disinfected by a Fitness Center Staff Member.

e. No more than 45 individuals are authorized to be at the playing field at any time for a game.

f. Coaches/Team Captains will be required to wear a facemask and socially distance at the beginning of the game for the coin toss with the Officials.

2. RULES: The 2021-2022 NIRSA Official Flag Football Rules and National Federation Football Rules with the following exceptions will govern all competition:

a. The team roster for participants in the 2021 Fort George G. Meade Intramural Flag Football will be limited to 16 participants.

(1) The Unit Commander and or 1SG must sign all rosters. Roster changes/updates will be granted but require Commander's signature and a new copy furnished to the Sports Specialist immediately.

(2) Updated rosters must be submitted to the Sports Specialist at Gaffney Fitness Center no later than 1500 on a game day.

b. Obscene or profane language or physical abuse by a team, or an individual player,

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will not be tolerated. The officials have the authority to eject team members for violation of the two above. Player ejection from the game must leave the immediate area/facility within two minutes of officials may declare the game a forfeit. Players ejected from a specific game will leave the football field immediately (line of sight and sound) and will not be eligible to play in the next scheduled game.

c. Players will conduct themselves in a sportsmanlike manner during and after each game. The Sports Specialist will make the determination to suspend a participant from further competition for any serious infraction or proven unsportsmanlike conduct detrimental to the best interest of the DoD and Fort George G. Meade military community. The period of suspension and/or withdrawal of participation privileges will be determined according to the severity of the infraction.

d. Players involved in a physical fight during, before, or after a game will be suspended for the duration of the 2021 Intramural Flag Football Season.

e. Teams are required to have seven (7) players; however, a team may start the game with five (5) players.

(1) When playing with seven (7) players, four (4) players must be on the line. If at any time due to injury, player ejection, etc., a team with less than five (5) players will be required to forfeit the remainder of the game.

(2) Borrowing players from other teams is prohibited.

f. Games will begin with a coin toss. The winning team will have three options:

(1) Offense: if chosen, the ball will be placed on the 14-yard line. The losing team of the coin toss will have the choice of which goal to defend.

(2) Defense

(3) Defer their option to the second half.

g. Players not in the game MUST remain behind the white line.

h. Uniform

(1) Jerseys and flags will be provided. Players must always wear flag belts.

(2) Flags must be a different color than a player's pants or shorts.

(3) Rubber molded cleats or sneakers are the only authorized playing shoes. Metal cleats are NOT permitted.

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(4) Elbow, forearm, kneed pads, and soft foring gloves are the only protective padding permitted.

(5) Cold weather or soft hats are allowed. No headwear with hard substance are allowed.

(6) tear away jerseys or jerseys that have been altered in any manner which produce a knot le a protrusion or creates a tear-away jersey are illegal.

(7) Pants or shorts with any belts, belt loops, pockets, or exposed drawstrings are illegal.

(8) 100% NO pockets on any lower body garments.

(9) No jewelry will be worn during games with the exception of medical alert tags, which will be taped to the body. Fitbits/fitness trackers may not be worn during games.

i. Punts

(1) If a team declares a punt, there will be no kicking/punting of the ball. The ball will automatically go to the receiving team.

(2) If the offensive team crosses over the 40 yard line (midfield) and declares a punt, the receiving team will receive the ball at the 14 yard line.

(3) If the offensive team does not cross over the 40 yard line (midfield) and declares a punt, the receiving team would receive the ball on the opposite end of the field (across mid-field) on the 30 yard line.

j. Offense

(1) All players must wear flags to be eligible.

(2) Offensive blocking is allowed on or behind the line of scrimmage. The hands, forearm, or elbow cannot be moving forward faster than the shoulder.

(3) Blocking below the waist is prohibited. Double team blocking is allowed only on or behind the line of scrimmage.

(4) Chucking to a potential receiver is NOT allowed after 5 yards down the field.

(5) Running the ball up the middle is allowed, but only after the line of scrimmage has disintegrated (not longer an established line).

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(6) Direct snaps are illegal (except on declared kicks) and the quarterback must take the ball at least 3 yard back, with the following exceptions: (a) during the last two minutes of the SECOND HALF the quarterback can take a direct snap to stop the clock BUT must inform the referee that they are stopping the clock; AND (2) the offensive team must have 4 players on the offensive line during the snap.

(7) The snap does not have to be between legs and can be flipped backwards to the QB. No head slaps.

(8) If a female scores (throwing, rushing, or catching) a touchdown, the point value is 9.

(9) If a female scores on an extra point attempt, the pint values remain the same (1 or 2 points).

(10) extra points aver a scores: 3-yard line = 1 point run or pass; 10-yard line = 2 points run or pass.

k. Defense

(1) Defense players are allowed to rush up the middle of the offensive line, but not over the center (protected) or through an offensive player.

(2) Defensive players can use their hands to brush off offensive players, but “bull rushing” is not allowed. It is recommended that defensive players make an effort to run around an offensive player and not through the player.

(3) The defense can score 2 points on a try after a touchdown by the offense, via an intercepted pass or a ball that has not touched the ground.

(4) If flags fall off during a play, a player can be downed by being touched by an opposing player below the shoulder and above the knee with one hand.

(5) If a player willingly begins/starts a play without a flag, a 5-yard penalty will be assessed by the officials.

l. Timeouts

(1) Each team is allowed two (2) timeouts per half. Timeouts do not carry over to over time. Each team is awarded one time out during overtime.

m. Game Timing

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(1) Each game will consist of two 20-minute halves (18-minute running and 2-minute stop clock).

n. 17 Point Rule (Mercy Rule)

(1) If a team is ahead by 17 or more points in the first half, there will be no 2-minute stop clock. If a team is ahead by 17 or more points in the second half at the 2-minute mark, the game will be stopped and declared over.

o. Tie Breakers

(1) Tie breakers from the 10-yard line, 4 downs to score, alternate possessions.

(2) Visiting team will have the option on the coin toss.

(3) If no winner, alternate team will choose the option.

(4) Defense can score 2 points on interception/loose ball in air and run back.

(5) The first overtime, teams will have the option to go for either 1 or 2 extra points, the 2nd overtime and after teams must go for the 2 extra points.

p. Forfeits

(1) In league or championship play, the game will be forfeited when one team fails to show at the designated starting time. Teams must have five (5) players to start.

(2) Any team that forfeits two games in the season will be eliminated from further league for championship competition and Unit Commander will be notified.

(3) Picking up players from other teams to fulfill the required number of players is NOT permitted. All eligible players must be listed on the current roster with the Sports Specialist.

(4) A 10-minute grace period will be for the **first game only** (clock will be running).

q. Down Marker

(1) During the first half of the game, the HOME team is responsible to provide a player, coach, or spectator to hold and operate the Down Marker.

(2) During the second half of the game, the AWAY team is responsible to provide a player, coach, or spectator to hold and operate the Down Marker.

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3. Inclement Weather

(1) In case of inclement weather, please check the informational page on www.quickscores.com/ftmeadesports after 1600 on day of scheduled game.

4. Point of contact for this memorandum is Colleen Ganzelli, Sports Specialist, at 301-677-3318 or colleen.h.ganzelli.naf@mail.mil.

Colleen H. Ganzelli
FGGM MWR Sports Specialist