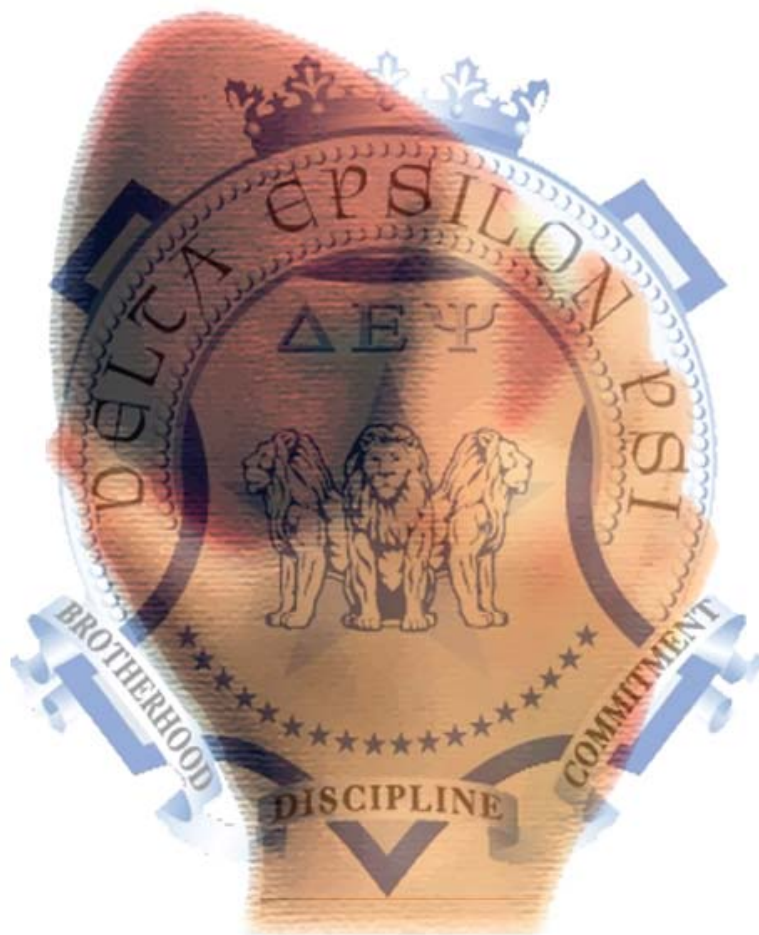


8TH ANNUAL

SUGAR FREE BOWL

RULE BOOK



DELTA EPSILON PSI

SATURDAY, NOVEMBER 20TH, 2010



8th Annual Sugar Free Bowl

Delta Epsilon Psi Fraternity, Inc.

SUGAR FREE BOWL SPORTSMANSHIP POLICY

No player, coach, or team follower shall:

- Use foul or derogatory language, threaten, or verbally abuse any other participant or Sugar Free bowl staff member before, during, or after the game. This includes trash talk.
- Participate in a game for which he/she is ineligible.
- Argue or talk back to the game official.
- Intentionally strike, push, or trip another person. Fighting is prohibited.
- Mistreat the facility, equipment, or supplies of the University of Texas.

Warning/Ejection:

- A warning/ejection system will be used to enforce the sportsmanship policy.
- Individuals will be issued a warning for unsporting behavior.
- A second penalty will result in an ejection.
- Ejections may be issued without warnings in specific situations, including all those that involve fighting.

Warning Ejection Game Forfeit

- Unsportsmanlike Conduct 2nd Penalty 3rd Penalty on one team
- Team captains are responsible for the conduct of their players, sidelines and spectators.
- Fighting is defined as a participant intentionally striking, pushing, slapping, punching, elbowing, tackling or committing any other malicious act toward any other person.
- Participants who fight will be ejected immediately and suspended from all further participation until a decision is made by the Sugar Free Bowl coordinators

Sportsmanship Ratings

- Ratings are given to teams after each contest by Sugar Free Bowl officials/supervisors.
- These ratings reflect behavior before, during, and after the contest. Ratings will be A, B, C, D, and F.
- In order for a team to qualify for post season play-offs, they must have a "B" average in sportsmanship during regular season round robin play.
- Teams may submit an appeal to change their grade to the Sugar Free Bowl Coordinators
- Any team receiving an "F" rating during the regular season will be declared ineligible for post-season tournament play. These teams have the option of submitting an appeal to the Sugar Free Bowl Coordinators.

Special contest situations:

- A team winning by default will receive an "A" rating. A team losing by default will receive a "B" rating.
- Special sportsmanship policies exist for play-offs. Teams must receive a "C" or higher rating in order to continue. Other conditions may be posted with the brackets.





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SUGAR FREE BOWL FLAG FOOTBALL RULES

Flag football games will be conducted under the rules of the NIRSA - National Intramural/Recreational Sports Association with the following modifications:

GENERAL INFORMATION

- All games are played at Whitaker Fields located at 51st and Guadalupe Streets.
- The captain must complete the scorecard prior to each game with first and last names of players.
- All men's and women's divisions play 7 on 7 flag football. The minimum required to play is 5. See attached coed modifications for coed player policies.

Captains

- Each team shall designate to the Referee the team captain or captains. The 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. The captain is required to sign the scorecard at the end of each game. The team captain is responsible for all information contained in the Sugar Free Bowl Captain's Packet.

The playing field

- Respective lines to gain (1st down) for each team in order are the 20, 40, 20. The point of the ball determines if it crosses the line. Hash marks will divide the width of the field into thirds, 15 yards each. When the spot of the ball is between the hash mark and sideline, the ball will be put in play on the hash mark creating a wide and short side. When the spot of the ball is between the hash marks, the ball will be put in play at the center of the field. The side and end lines are out of bounds. One foot must land in bounds for a legal catch. Players, coaches, and fans shall stay between the 20-yard lines at all times. Two ball spotters (small plastic cones) will be used during play. The ORANGE cone marks the offensive scrimmage line, the YELLOW cone the defensive line. The ball spotters will always be one yard apart.

Game balls

- Men shall use the regular size ball while women's and coed teams may use either the regular or intermediate size ball. Each team is responsible for providing their game ball.

Flags

- Flags will be provided to each team on site. Shirts must be tucked in and flag belts must be worn on the outside of all clothing with the clip in front!

Jerseys

- Teams shall wear the same color shirts that contrast with the opponents. Mesh jerseys will be provided on site.
- Jerseys may not be tied in a manner that creates any type of knot.





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Equipment

- All equipment is subject to the approval of the Sugar Free Bowl Staff.
- Players must wear shoes. Soccer/football type cleats, tennis, or Astroturf shoes are legal. All cleats must be less than inch.
- No sandals, boots, or metal/sharp plastic cleats will be allowed.
- Players may not wear pads/braces above the waist, casts/splints at any time, baseball caps or bandanas with knots.
- Players may wear kneepads, gloves, covered knee braces, headbands, knit caps, and plastic sunglasses.
- Players must wear athletic apparel with no exposed metal, no belt loops, and no pockets.
- Players may not wear any exposed jewelry of any type.

Coin Toss

- The Referee shall toss a coin and offer the winning Captain these options:
 - To defer his/her option until the second half.
 - To start on offense or defense.
 - To defend a specific goal.

Starting the game

- Each half shall begin with the ball placed on the 14-yard line.
- First half = 20 minutes running clock
- Half-time = 5 minutes
- Second half = 15 minutes running clock followed by a 10 play series.

No Show procedure

- Any team not ready to play at game time (scorecard completed, flags on, minimum number of players on the field) shall be penalized in the following manner:
 - Team not ready at game time--Ball and choice of goal awarded to the opposing team
 - 3 minutes after game time--ball moved to own 39-yard line. 1st down, line to gain is the 40.
 - 6 minutes after game time--ball moved to opponent's 20 and credit for a penetration
 - 9 minutes after game time--penalized one touchdown and a 3-point extra point (9pts)
 - 10 minutes after game time--the game is declared a no show, 9-0, to the team ready to play
 - Should the game begin after the 9-point penalty has been assessed, the team arriving late shall be given the ball at their 14-yard line, as if they had been scored upon. The second half option shall also be given to this team.





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Ten Play Series

- The game ending ten play series shall be conducted in the following manner:
 - A tone will sound signifying the end of the 15 minute second half and the beginning of the 10 play series.
 - At this point, the game shall continue with no interruption other than notification by the Referee that 10 plays remain. The team in possession at the tone shall retain possession of the ball and continue under normal rules.
 - Extra points, and downs on which a non-loss of down penalty is accepted, are not counted towards the 10-play total. Punts DO count as a play in the ten play series.
 - Exception: A game cannot end with a punt on the tenth play of the 10 play series. If a team punts on the 10th play, the receiving team will be allowed to run one play from scrimmage and then, barring penalty or inadvertent whistle, the game shall be over.
 - In the event the Referee misses the 15-minute tone, the 10 play series will begin as soon as the error is discovered. However, if 10 minutes has elapsed and the error is not noticed, the game shall be considered over even though the 10 plays were not counted.

Mercy Rule

- At the time of the 15-minute tone in the 2nd half, or any time after the 10 play series has begun, if the following occur a mercy rule will be in effect and the game shall end.
 - Men's or women's leagues 19 point spread.
 - Coed leagues – 25 point spread.

Touchdowns

- After any score, the ball shall be placed in play at the opposing team's 14-yard line, unless moved by penalty. All touchdowns are 6 points.
- To be ruled a touchdown; the ball must be on or over the goal line.
- The player scoring the touchdown must raise his/her arms so the nearest official can deflag the player.

Try-for-point

- Ball in play from the 3-yard line = 1 point, from the 10-yard line = 2 points, from the 20-yard line = 3 points
- An intercepted pass or fumble during the try that is returned for a touchdown = 3 points.
- If Team A commits a foul, or Team B commits a foul following a change in possession, the try is over.

Safety

- When a safety is scored (2 points) the ball belongs to the scoring team at their 14-yard line

Penetrations

- A penetration shall be scored whenever a ball is declared dead and legally in possession of a team on or beyond the opponent's 20-yard line. Only one penetration may be scored per possession by a team. A live ball penalty bringing the ball back outside the 20-yard line does not count as a penetration since the ball was not legally dead inside the 20-yard line. If time expires on 4th down for the offensive team which is behind their own 20-yard line, the defensive team gains possession and shall be awarded a penetration even though time has expired.





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Overtime Procedure

- There will be only one coin toss.
- Field captains will alternate choices if additional overtime periods are played.
- The winner of the toss shall be given options of offense, defense, or direction.
- Both teams will go the same direction in overtime. Each team gets one time-out.
- Each team will be given a series of downs (4 downs) from the same 10-yard line.
- If the first team which is awarded the ball scores, the second team will still have 4 downs to attempt to win the game. If the defense intercepts the ball and returns it for a touchdown they will win the game. Try for points will still be attempted in a normal manner by any team who scores a touchdown.
- **Overtime will only be played in BOTH pool play and regular season**

Time-outs

- Each team is allowed one 30-second time-out per half and one 30-second time out during the 10 play series. Time-outs DO NOT carryover from 1st half to 2nd half or to the 10 play series.
- No time-outs shall be called during the final 5 minutes of the 1st half. Any time-out called before the 5-minute warning is nullified once the warning is sounded.
- A time-out may be called at any time during the second half.

Substitutions

- Players may substitute at any time between downs provided they are ready to play.

STARTING THE PLAY

The snap

- The offense must snap the ball within 25 seconds after the Referee has blown the whistle to put the ball in play.
- The snapper shall pass the ball back from its position on the ground with quick and continuous motion of the hands. They do not have to pass the ball between the legs. Both of their feet must be behind the line.
- Following the ready whistle, no defensive players may break the plane of the restraining line until the snap.
- No offensive player shall make a false start or any action that simulates the start of play.
- The player receiving the snap must be at least 2 yards behind the scrimmage line.

Line of scrimmage sets

- All players are subject to motion, position, and illegal procedure rules.
- The offense must have at least 4 players not in motion on their scrimmage line at the snap.
- The offense must bring all players within 15 yards of the ball at some point after the ready for play whistle and prior to the snap.
- One player may be in motion, but not forward motion, at the snap.
- Following a huddle or shift, each offensive player must come to a full stop for one second before the snap.





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Zone-Line-to-Gain and New Series

- The offense team has 4 consecutive downs to advance the ball across the next zone line-to-gain.
- A new series is awarded:
 - To the offense if the line-to-gain is reached or a penalty which carries an automatic first down is accepted.
 - To the defense if the offense fails to reach the line-to-gain after four consecutive down.
 - To either team if a change of possession or a kick occurs during the down.

Hand-offs

- Any player may hand the ball forward or backward at any time.
- There are no sneak hand offs.
- If the ball is tossed or there is air time between the ball and the catch, then passing rules will apply.
- There are no restrictions on handing the ball during punt returns or following changes in possession.

Passing the ball

- All players are eligible to touch or catch a pass. Backward passes are unlimited
- A pass is any exchange of the ball that involves air time. This can be a forward or backward, overhand pass, underhand pitch, or any other toss or flip of the ball.
- Only one forward pass may be thrown per scrimmage down, but NOT on kicks, punts, or interceptions.
- These passes are illegal - when either of the passer's feet is beyond the line when he ball leaves the hand, the ball is intentionally grounded, the passer catches their own untouched pass, when there is more than one forward pass during a scrimmage down, if a forward pass is thrown after a change in team possession.
- A player may pass the ball backward at any time. NOTE: Backward passes that hit the ground in play are dead at the spot. Backward passes that go out of bounds belong to the offense unless the ball goes out of bounds behind a goal line, and then the play will result in a touchback or safety.
- The pass begins when the ball is released from the passer's hand. The ball is dead if the passer is deflagged before the release.
- The initial direction of a pass determines whether a pass is forward or backward.
- If a forward or backward pass is caught simultaneously by opposing players, the ball becomes dead, is considered a completed pass, and belongs to the offensive team.
- Interceptions in a team's own end zone may be advanced out or downed for a touchback.
- Momentum rule: When a Team B player intercepts a forward pass or catches a legal kick between his/her 5 yard line and the goal line, and his/her momentum carries him/her into the end zone and becomes dead, the ball is placed at the spot where possession was gained





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Ending the play:

- The ball becomes a dead when:
 - The whistle blows. (On inadvertent whistles, the team may replay the down or take the ball at the spot.)
 - It goes out of bounds.
 - Any part of the runner's body other than a hand or foot touches the ground.
 - Ball in possession is considered part of the hand.
 - After any score.
 - Any kick or punt comes to rest on the ground and no player attempts to secure it, or a muff hits the ground.
 - A forward or backward pass or snap hits the ground. (Dead at spot on backward pass and snap)
 - The flag belt is removed legally. (If the belt falls off, one hand touch between shoulders and knees)
 - If a player or ball from an adjoining field interferes with the result of a play the official shall stop play and offer the team in possession the option of replaying the down or taking the ball at the spot of interruption.

Punting the ball

- On fourth down, the Referee will ask the offensive captain if he/she wants to punt.
- There are no fake punts.
- If the offense wants to change their decision to punt or not, they must call a time-out.
- Neither K nor R may advance beyond their respective scrimmage lines until the ball is kicked. After receiving the snap, the kicker must kick immediately and in a continuous motion. The kicker may not kick the ball to him or herself or any other member of the kicking team. Defensive players may jump in an attempt to block the kick.
- If a punt touches a player on either team and then hits the ground it is dead and belongs to R. If a punt hits an R player, and is then caught in the air by R it can be advanced. If a punt hits an R player, and is caught in the air by K it belongs to K at that spot
- If a punted ball goes out of bounds anytime before being touched, or comes to rest between the goal lines it shall belong to R at that spot.
- There are no fair catches. The punting team may not interfere with the receiving team's ability to catch the ball. If the punting team touches the ball first, the receiving team can take the ball at that spot or the result of the play.





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FOULS AND PENALTIES

Personal Fouls

- Note: Flag Football is NOT a CONTACT sport. However, incidental contact will occur.
- Players may not commit any of the following personal fouls.
- Punch, strike, strip, steal or attempt to steal the ball from a player in possession.
- Trip, clip or hurdle any player.
- Contact an opponent who is on the ground, or after the ball is declared dead.
- Throw the runner to the ground.
- Deliberately drive or run into a defensive player or lower the shoulder
- Commit any unnecessary roughness.
- Tackle a runner by grasping or encircling with the hands or arms.
- Rough the Passer (automatic first down) - applies only to the player throwing a legal forward pass behind the offensive line of scrimmage. If a defender contacts the passer in any fashion, whether or not he/she touches the pass, it is roughing the passer
- Aid the runner, grab, push or pull a team mate with the ball
- Stiff arm an opponent
- Guard flags by blocking them with the hands, ball or otherwise denying the defense the chance to pull.
- Use hands or body to block an opponent
- Pulling the flag from an opponent who does not have the ball.
- Tying the flag belt in a knot or any other tampering with the flag belt. (Also results in player ejection)

Legal and Illegal Offensive Screen Blocking

- Offensive players may protect the runner by screening.
- The offensive screen block shall take place without contact and the screener may maintain a position (moving or stationary) between the defensive player and the runner.
- The screen blocker shall have his/her arms at their sides or behind their back. Any use of arms, elbows or legs to initiate contact during an offensive player's screen block is illegal. A blocker may use a hand or arm to break a fall or retain balance. Players must remain on their feet before, during, and after screen blocking. No part of the screener's body, except their feet, may be in contact with the ground.
- Defensive players must avoid the offensive player's screen block, and may not use their arms or hands as a wedge to contact offensive blocker.
- Illegal contact between the blocker/rusher will be called against the player determined to have initiated contact (similar to "block/charge" in basketball).

Pass Interference

- Pass interference is defined as bumping, pushing, or unnecessary contact with an opponent OR restricting a player from access to a pass while on offense or defense. Players may not wave their hands in the face of an opponent.
- Offensive screen blocking beyond the line of scrimmage when a forward pass crosses the line is illegal.





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Penalty Enforcement

- The officials will present the options to the captain of the offended team.
- There are 5 and 10 yard penalties. (see attached chart)
- Enforcement will be from one of 4 spots – the line of scrimmage (previous spot), the spot of the foul, the end of the run, or the spot where the ball will next be snapped or kicked (succeeding spot).

COED MODIFICATIONS

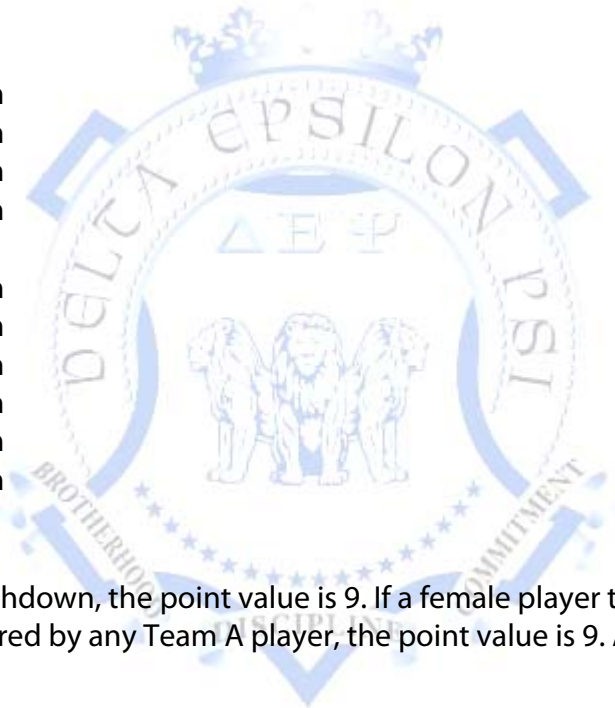
All previously listed rules apply to coed games in addition to those listed below.

Number of players

- Number of players is 8 on 8. Minimum to play is 6.

Coed Player Combinations

- **Full Team of 8 Players**
 - 4 Men; 4 Women
 - 3 Men; 5 Women
 - 2 Men; 6 Women
 - 1 Men; 7 Women
- **Team Playing Short**
 - 4 Men; 3 Women
 - 4 Men; 2 Women
 - 3 Men; 4 Women
 - 3 Men; 3 Women
 - 2 Men; 5 Women
 - 2 Men; 4 Women



Touchdown

- If a female scores a touchdown, the point value is 9. If a female player throws a legal forward pass, and a touchdown is scored by any Team A player, the point value is 9. All other touchdowns are 6 points.

Substitutions

- Substitutions must be man for man or woman for woman only, unless it will bring the ratio of male and female players to 4 and 4.

Punts

- Males or females may return punts.

Starting the play

- The offense must have at least 5 players, not in motion, on their scrimmage line at the snap.





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Male runners

- A male runner cannot advance the ball through the scrimmage line.
- There are no restrictions concerning runs by a female.
- Once the line of scrimmage has been legally penetrated, all advancement restrictions are eliminated (i.e., a female runner may advance beyond the line and then pitch to a male who is still behind the line and he may advance with no restriction.)
- After a change of team possession any male runner may advance the ball without restriction, as in an interception or punt return.

Male to Male forward pass completions

- During the offensive team's possession there may not be 2 consecutive legal forward pass completions on downs from a male passer to a male receiver.
- The term **CLOSED** means a male player may not complete a legal forward pass to a male.
- The term **OPEN** means any player can complete a pass to any other player
- If a male passer completes a legal forward pass to a male, the next legal forward pass completion must involve either a female passer or receiver **for positive yards**. If the female is deflagged before gaining positive yards, the next play remains closed
- If a male receiver catches a pass from a female passer behind the line of scrimmage and then advances beyond the line of scrimmage the penalty will be an illegal forward pass, 5 yards from the spot of the pass and loss of down.
- In order for a closed play to become open, the direction of the pass involving a female **MUST** be forward.

