



DEPARTMENT OF THE AIR FORCE  
HEADQUARTERS AIR MOBILITY COMMAND  
JOINT BASE MCGUIRE-DIX-LAKEHURST

## 2025 Intramural Flag Football By-Laws

21 MAY 2025

MEMORANDUM FOR INTRAMURAL FLAG FOOTBALL COACHES

FROM: 87 FSS/FSVS

SUBJECT: Intramural Flag Football By-Laws

1. **Purpose:** The purpose of the Intramural Flag Football League is to encourage participation, enhance sportsmanship, promote good physical conditioning, and improve esprit de corps.
2. **Eligibility:**
  - 2.1. Open to all Military, DOD personnel, Dependents 18 years of age or older, assigned or attached to Joint Base MDL. All individuals, military, DoD civilian, and contractors must participate with their unit of assignment.
  - 2.2. Individuals TDY for 30 days or more must participate with the assigned unit for the duration of that TDY. Individuals must present a valid Military ID and a copy of his/her orders to the Intramural Sports Director.
  - 2.3. Members of a team that forfeit out of the league will be permitted to join the Player's Pool if, and only if, their team has **NOT played more than 50% of the season games.**
  - 2.4. Individuals assigned to a unit that does not field a team in the league will be placed in the players' pool. Individuals must submit a letter of release from their squadron to the Intramural Sports Director before they will be placed in the players' pool. The release letter must be signed by his/her Commander/1st Sergeant authorizing them to be placed in the players' pool.
  - 2.5. Individuals assigned to a unit that has a team in the league and plays for any other team is defined as an illegal player.
  - 2.6. Teams found to have illegal players on their roster shall forfeit all games that the player participated.
  - 2.7. **It is the responsibility of the coaches to ensure the eligibility of all players.**
  - 2.8. Individuals who are placed on a team from the players' pool are to remain on that team for the duration of the season. **If that team forfeits out during the season, having played 50 % of the games, the member will not be placed back into the players' pool, nor can any other team gain this member. The season is over for this member.**
3. **Team Rosters:** Rosters must be submitted to the Intramural sports coordinator's hands prior to the first scheduled game. Team rosters must be typed, without exception, and must include everyone's full name, rank, organization, and duty section. **Failure to submit a team roster will be a loss for each game played until it is submitted.**

3.1. Teams are also required to submit an Alpha Roster from your squadron/unit before your first scheduled game.

3.2. Teams may consist of as many players as desired by the squadron/ unit, if the squadron/ unit enter more than one team into the league, it must be specific to what team A or B the players' is assigned too. Players assigned to team A cannot participate in a game as a member of team B, and vice versa. Any such roster changes would deem the players involved illegal players. Only coaches or assistant coaches can make changes to the roster.

3.3. Roster changes must be submitted to the Intramural sports coordinators, in writing, no later than 1300 hrs. the following duty day of the game. Notifying the sports office that a player has played in a game that was not on your roster prior to that game (**This simply means that if you had a game Monday night and Amn Smith played for you but was not on your roster you have until Tuesday at 1000hrs to update your roster**). Roster changes cannot be made after halfway through the regular season.

4. **Postponements:** To ensure the league is conducted appropriately, postponements will be kept to an absolute low. Postponements will be made for inclement weather, military necessity, base alerts, and mobility exercises.

4.1. Requests for postponements must be due to official military commitments that limit more than 50% of the squadron from participating in scheduled games.

4.2. The team coach will notify the Intramural sports coordinators NLT 1300 hrs. the day before the games.

4.3. All requests for postponements will include the nature of the emergency, percentage of players involved, conflicting dates and time, etc. and be endorsed by the Commander/1<sup>st</sup> Sergeant.

*Note:* Leaves, recreational tours, permissive TDY's and unit social events are not legitimate reasons for postponement. The written notification **MUST** be in the Intramural sports coordinators hands NLT 1200 hrs. the day of the game.

4.4. The Intramural Sports Director may postpone scheduled for weather related conditions prior to 1500hrs the day of the game. After 1500hrs, the head umpire will make the decision to postpone/cancel at the field. If you are **NOT** notified of a cancellation, you are to report as scheduled.

4.5. Failure to comply with any of the policies will result in a forfeit.

5. **Conduct and Sportsmanship:**

5.1. Sportsmanship can be defined as abiding by the rules of the game, decision of officials, and accepting victory or defeat graciously.

5.2. Unsportsmanlike conduct by a player or coach will not be tolerated.

5.2.1. This includes any unsportsmanlike conduct in the general vicinity of the sports fields will be treated the same as an EJECTION.

5.2.2. First Offense: Will result in the automatic disqualification from his/her teams next 2 scheduled games.

5.2.3. Second Offense: Will result in the disqualification of that player for the duration of the season.

6. **Forfeits:**

6.1. If a team does not have at least 7 defensive players present at the scheduled start time of the game, or (after by-law # 6.2 goes into effect). The game will be declared a forfeit, and the opposing team will be awarded a 6-0 win.

- 6.2. There will be a 5-minute grace period for the FIRST game only! If after 5 minutes have gone by and a team still fails to have 7 players. A forfeit will be declared. **Teams should make every opportunity to be ready to play by the scheduled game.**
- 6.3. The Referee or any member of the Fitness Center staff may declare a contest forfeited for reason of gross unsportsmanlike conduct. The Umpire or Fitness Center Staff member will provide a written report of the incident to the Intramural Sports Director NLT Noon the next duty day.
- 6.4. If a team forfeits two consecutive contests, or three in a season, they will automatically be disqualified from further competition for the remainder of the season.

## 7. Protests:

- 7.1. Any team wishing to make a protest must verbally protest and ensure the protest is annotated into the White Hat Referee during the game or at the conclusion. If it is not, the protest is **VOID**.
- 7.2. A letter delivered to the Intramural Sports Director by Noon the next duty day must be submitted to follow up all protests.
- 7.3. All written protests must include: The date, time, and teams. The names of the officials for that game. All other essential information pertaining to the protested matter.
- 7.4. Judgement calls by a referee or umpire are final and cannot be protested.

## 8. General Rules of Play:

- 8.1. Playing Field - The playing field will be 80 yards long and 40 yards wide with 10-yard end zones. The field will be divided into four zones and the ball will be placed on the 20-yard line at the start of each half and after a touchdown or point after. The offensive team will receive four downs to make it to the next zone.
- 8.2. Playing Time - The game will be played in two 20-minute halves with five minutes between halves (halftime). Each team is allowed two (one-minute) time-outs during each half and one during any overtime period. There will be no carryover of time-outs. The clock will run continuously except for time-outs and during the final two minutes of the game. If one team is ahead of the other by 17 points or more at or during the final two minutes, the game will be considered complete.
- 8.3. Overtime Period - When the game ends in a tie score, the referee shall present the options to the field captains. The ball shall be placed at the selected 20-yard line. The object is to score a touchdown. Each team will have 4 downs to score a TD and the extra point. If both teams score a TD, both sides will continue with another 4 downs each. If neither team scores a touchdown. Whichever teams move the ball closest to the goal line will be the winner. If the first team is intercepted during their four (4) downs. The game is over and the defensive team wins.
- 8.4. Number of Players - Each team will consist of eight (8) players. Start with a minimum of seven (7).
- 8.5. Equipment - Molded cleats or touch football shoes should be worn. No one will wear shoes not designed for football or play barefoot. The ball may not be kicked barefooted. A team's jersey must be similar in color and have unduplicated numbers. The pants/shorts must be a different color from the flag and cannot have belt loops or pockets. Watch caps, stocking caps, and headbands are permitted. **NO JEWELRY**. Pants or Shorts must be without pockets. Anyone with pockets will not be permitted to play.
- 8.6. Toss and Options - At the beginning of the game, the referee shall toss a coin and the team winning the toss will have the option to RECEIVE, DEFEND a GOAL, or DEFER to the

second half. These options rotate between teams until all options are depleted. Unless deferred, at the start of the second half, the team that lost the opening conference shall be given the same options as at the start of the game.

- 8.7. Team Formation - The offense team must have at least five (5) players on the line of scrimmage at the snap.
- 8.8. Defensive players lining up on the line of scrimmage must be at least 1 yard off the line with no part of their hands touching the ground.
- 8.9. No bull rush - Any defensive player lining up over the center must be at least 3 yards off.
- 8.10. Yardage and Downs - The playing field is divided into four 20-yard zones. A team has four downs in which to advance ball into the next zone.
- 8.11. Putting the Ball in Play - The offensive team is allowed 25 seconds to put the ball in play from the line of scrimmage. The time starts when the referee marks the ball ready for play.
- 8.12. Forward Pass - Only one forward pass per down will be allowed. Any number of lateral or backward passes may be used.
- 8.13. Spot Pass - On a punt the player receiving the football can catch the ball or pick it up from the ground. His next move must be a throwing motion. If the player runs forward and then throws a pass. That is a penalty. A 5-yard procedure penalty will be called. If the pass is caught the play the receiver must be de-flagged. If the ball is incomplete. The ball will place at the change of position. If the ball is intercepted it's live and can be run back for a touchdown.
- 8.14. Eligible Receivers - All players are eligible receivers.
- 8.15. Downed Ball - Each player will wear two flags on a belt. The flags will be placed directly over each hip and in line with each trouser leg seam. The ball carrier is considered "tackled" when either flag is pulled free. The ball is dead and downed at the point of the "tackle". The "tackler" will immediately extend the flag directly over his/her head.
- 8.16. Loss of Flags - A penalty will be assessed if a player is without possession of flags at the snap. If a flag of the ball carrier inadvertently falls to the ground, a one-hand touch between the shoulders and the knees constitutes a removal of the flag.
- 8.17. Protecting Flags - Players shall not protect the flag by swinging the arms, tucking the flag in the belt, or placing arms over the flags.
- 8.18. Stiff-Arming- A player is prohibited from "stiff-arming" an opponent.
- 8.19. Fumbles - All fumbles that touch the ground shall be declared dead and the ball belongs to the team fumbling the ball at the spot the player loses possession of the ball. On the snap from the center, if the ball touches the ground before anyone gains possession, the ball is dead at the spot.
- 8.20. Charging and Tackling - A runner shall not charge into nor contact an opponent in his/her path, nor attempt to run between two opponents, or between an opponent and the sideline, unless the space is such as to provide a reasonable chance for him/her to go through without contact. If an opponent has legally established a defensive position in a runner's path, the runner must change direction to avoid contact.
- 8.21. Tackling - Penalty is an automatic ejection unless deemed accidental by the refs.
- 8.22. Screen Blocking – No screen blocking. No downfield blocking and no interlocking blocking.
- 8.23. Protected Scrimmage Kicks - Quick kicks are illegal. Whenever the offensive team wants to kick from scrimmage, the team captain must request a free kick from the referee. Failure to request a free kick from the referee will result in delay of game penalty. Upon requested free kick, the referee will notify the defense an actual kick will be made. The defensive team must have five men on the line of scrimmage until the kick has been made. None of the offensive players may be in motion towards the line of scrimmage until the ball has been kicked.

- 8.24. Dead Ball - The ball is dead as soon as it touches the ground in all cases except during kicks. During kicks, if the ball hits the ground untouched, it is not dead until it comes to a rest without anyone making a play on it. The ball is also dead as soon as an official blows his whistle.
- 8.25. Kick Off after Safety - After safety, the ball is placed on the 20-yard line by the team scored upon.
- 8.26. Substitutions - Any number of substitutions may enter the game but must be made before the ball is snapped. Substitutions do not have to report to the officials and no time is charged.
- 8.27. Blood Rule - Anyone who is injured and is bleeding must leave the game. He may re-enter after the injury is treated or clothing is changed. If no substitutions are available, continue with play until substitution is made.
- 8.28. Ejection of Players - Officials' judgment of player ejection will be final.
- 8.29. If a player, manager, or coach is ejected, that person will be out of sight and out of sound immediately. If the order of ejection is not obeyed within one minute, the official shall declare the game a forfeit
- 8.30. The player, manager, or coach ejected is suspended for two additional games, and will serve suspension immediately.
- 8.31. Onside Kick (not an actual kick) – When a team scores and is losing, that losing team has the option to go for an onside kick after the extra point attempt. The onside kick will start on the 20-yard line and must get to the other 20-yard line (40 yards) on one play. If the losing team gains the 40 yards on the onside kick it will be 1<sup>st</sup> down. If the losing team somehow scores a TD it will count as 6 points. If the losing team elects to go for the onside kick and does not get to the opponent's 20 or beyond, it's the defense's ball wherever the play ended.
- 8.32. Game Scoring:
- 8.32.1. Touchdown 6 points
- 8.32.2. Field Goal, from 10-yard line 3 points
- Once a team has established possession on the defensive side 40-yard line or beyond, they will have the option to play for 3 pts (field goal) at any time on any down. Coach or team captain will communicate to the official his/her decision to play for 3 pts. Once the ball is marked the decision can only be changed by taking a time-out. A team's decision cannot be changed should a penalty occur on the attempt.
- If a penalty occurs during the 3-point field goal, they will not lose possession but must play from where the penalty is marked. If the defense intercepts the ball and returns it the full length of the field, it will be 6 pts. If the offense fails to convert the 3-point field goal, the defense will gain possession at the original spot that took place before the offense decided to go for a 3-point field goal.
- 8.32.3. PAT, from 5-yard line 2 points
- 8.32.4. PAT, from 3-yard line 1 points
- 8.32.5. Safety 2 points
- 8.32.6. Conduct - Unsportsmanlike conduct, swearing or foul language, obscene gestures, or objective actions by coaches, players, or team fans, either on or off the field, will not be tolerated by the officials. The second offense of this nature against the same individual shall be penalized by their immediate disqualification.
- 8.33. Called Game - If the game is called because of military alert, the game will be resumed at the specific point it ended. Officials will note the quarter, time remaining, score, and all other pertinent information.

- 8.34. Inadvertent Whistle - When an official sounds the whistle inadvertently during a down with no penalty, or during a down in which the penalty for a foul is declined, the ball is dead and:
- 8.35. When the ball is in player possession, the team in possession may elect to put the ball in play where declared dead or replay the down.
- 8.36. When during a legal forward pass or a protected scrimmage kick, the ball is returned to the previous spot and the down replayed.
- 8.37. Safety Concerns - Warming up and stretching prior to games is mandatory. Mouthpieces are highly encouraged. They are available through the Base Exchange or the dental clinic. All players are also encouraged to be familiar with the safety conditions surrounding the playing area.
- 8.38. Penalties – The following is a breakdown of the penalties called in a game. The next to last penalty may cause an ejection. Judgment of the head umpire. The last penalty for tackling is an automatic ejection.

<b>Penalties</b>	<b>Yardage</b>	<b>From</b>	<b>Auto 1st Down</b>
Offsides	5	Line of Scrimmage	N (RTD)
False Start	5	Line of Scrimmage	N (RTD)
Illegal Stance	5	Line of Scrimmage	N (RTD)
Delay of game	5	Line of Scrimmage	N (RTD)
Illegal Snap/Procedure	5	Line of Scrimmage	N (RTD)
Hands to the Face	10	Line of Scrimmage	N (RTD)
Block in the Back	10	Line of Scrimmage	N (RTD)
Unnecessary Roughness	10	Line of Scrimmage	N (RTD)
Illegal Contact	10	Line of Scrimmage	N (RTD)
Off Pass Interference	10	Line of Scrimmage	N (LOD)
Roughing the QB	10	Line of Scrimmage	Y
Def Pass Interference	10	Line of Scrimmage	Y
Defense Holding	10	Spot Foul	N (RTD)
Screening (Blocking Down Field)	10	Spot Foul or Ball Carrier Spot if behind the penalty	N (RTD)
Stiff Arm / Bull Rush	10	Line of Scrimmage	N (RTD)
Flag Guarding	10	Spot Foul	N (RTD)
Diving for Flag Pull	10	End of Play	N (RTD)
Ball Handler Leaving Feet	10	Spot Foul	N (RTD)

Illegal Forward Pass	10	Line of Scrimmage	N (LOD)
Abusive Language	10	End of Play	N
Unsportsmanlike Conduct	15	End of Play	Y
Tackling	15	Spot Foul	Y
(RTD) Repeat the Down			
(LOD) Loss of Down			

9. **Ties in League Standings:** In the event of a tie at the end of the season, standings determination will be based on head-to-head match ups. If the tied teams split the head-to-head games, the team with the greater combined total points in the two games will have the higher seed. If the point total was the same, a coin toss between the coaches will decide the higher seed.

#### 10. Post Season Tournament:

- 10.1. There will be a single elimination tournament at the end of the regular season, teams with a .500 or better will advance to the playoffs. The rules for the tournament will remain the same as the regular season.
- 10.2. A player must play in one regular season game to be eligible for the playoffs.

#### 11. Awards:

- 11.1. One team award will be awarded to the JB MDL Champions.

12. **Safety:** Each participant should ensure that proper warm-up is conducted prior to participating in any contest. Coaches should ensure safety is the priority for the team members and proper equipment and techniques are used to ensure player safety.

13. **Open Clause:** The Intramural Sports Director shall review and modify these Bylaws as necessary to ensure the integrity of this program. Anything not covered in these bylaws will be at the discretion of the Intramural Sports Director and the Fitness Center Director or their designated representative.

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