

LEAGUES OFFERED	Men's Competitive, Men's Recreational, Women's Competitive, Women's Recreational, Co-Rec Competitive, Co-Rec Recreational
REGULAR SEASON	The regular season will consist of 5 weeks for competitive leagues and 6 weeks for recreational leagues.
FREE AGENTS	Participants looking to join a team are able to through two methods; joining through the IMLeagues website registering as a free agent or attending the Free Agent Meeting in the SWRC Arena Conference Room during the date listed on the website. The in person meeting in the SWRC Arena Conference Room will assist both those looking for a team as well as those looking to create a team.
GAME SITES	All games will be played at either Southwest Fields or UVS Field which are located adjacent to Southwest Recreation Center.
GAME	Each game will last two 20-minute halves with stop clock procedures in the last 30 seconds of each half.
MERCY RULE	The game will end in the second half if a team is ahead by 19 points (Men's/Women's) or 25 points (Co-Rec) within the thirty second warning or 50 or more points at any time during the second half.
OVERTIME	In the regular season, there will be no overtime. Overtime rules will be explained in the Playoff Information Handout.
TIMEOUTS	Each team is awarded two timeouts per game including during overtime.
FORFEITS	GAME TIME IS FORFEIT TIME. A minimum of 3 players are needed to start both single gender and co-rec. In Co-Rec, one of the three players must be opposite in gender from the other two.
EQUIPMENT	Teams must wear the same shade of color shirt (numbers not needed). Pants or shorts must be worn without belt(s), belt loop(s), pocket(s) , holes, or exposed drawstrings. Headwear must consist of soft, yielding material without bills or knots. No metal spikes or cleats are allowed. No jewelry. Medical Alert tags may be worn, but must be taped down. Players are required to bring an alternate white jersey to every game.
PLAYOFFS	All teams earning a .500 or better record and 4.0 sportsmanship average or higher will be automatically eligible for playoffs. Teams under .500 or below 4.0 sportsmanship must email the league coordinator by the end of the regular season to participate in playoffs.
PLAYOFF SCHEDULES	The Playoff Selection Draft will be held online on IMLeagues.com. Please check the Playoff Information Sheet at recsports.ufl.edu for more information.
CHAMPIONSHIPS	Intramural Championship shirts will be awarded to the winning team for each bracket. A maximum of 6 shirts per team.
RULES REVIEW	<p>NIRSA Rules govern all rules not covered in Intramural Sports rules http://recsports.ufl.edu/images/uploads/docs/4-on-4_Flag_Football_Rules.pdf</p> <ul style="list-style-type: none"> • Quarterback cannot cross the line of scrimmage; once seven seconds in reached the play is blown dead • There must be at least one legal forward pass each down • Only the center is required to be on the line of scrimmage • All five yard penalties are instead three yards; all ten yard penalties are five yards
CO-REC RULES REVIEW	<ul style="list-style-type: none"> • There are no restriction in regards to open and closed plays; all plays are considered open • Touchdowns involving a female receiver/runner crossing the goal line or throwing a legal forward pass are worth 9 points • Teams with three players must consist of two males and one female or two females and one male

REGISTRATION PROCESS

1. **Register your IMLeagues Account**
 - a. Go to <https://www.recsports.ufl.edu>.
 - b. Under the Intramural Sports tab, click on **IMLeagues**.
 - c. Sign on using your **Gatorlink username and password**.
 - d. Complete the required information and click **Sign In**.
 - e. Click the **University of Florida** link at the top of the page.

2. **Signing Up A Team For An Intramural Sport**
 - a. Log in to your IMLeagues account using your Gatorlink username and password.
 - b. Click the **Create Team** button at the top right of your Use Homepage **OR** click on the **University of Florida** link and go to the school's homepage on IMLeagues.
 - c. Select **4-on-4 Flag Football** and the League and Division you wish to play in (if registration has not opened yet, you may organize your team in the Waitlist. Once registration opens you must log in and move your team from the Waitlist to desired Division).
 - d. Click **Create Team**.
 - e. View the "Captain's Training Video" embedded via YouTube and review Flag Football Sport Rules.
 - f. Complete the "Flag Football Captain's Quiz".
 - g. You must obtain an 80% or higher on this quiz to be eligible to register. An unlimited number of attempts are allowed.
 - h. Once you pass, enter all necessary information and click Submit.
 - i. If registration has not opened and your team has been added to the wait list, once league registration opens you must move your team to desired Division.
 - i. Log in to your IMLeagues.com account.
 - ii. Select your Flag Football team from the "Teams" section on your homepage.
 - iii. A red banner will appear at the top of the next screen prompting you to "click here" to view open spots in Divisions.
 - iv. Review open Divisions and select "Move to Division".

3. **Joining An Intramural Sports Team**
 - a. Create a Team (for team captains only)
 - i. Invite members to the team
 - ii. If team member has **already registered** on IMLeagues, search for his/her name and invite him/her, all invited members must accept the invitation to be added to your team
 - iii. If team member is **not registered** on IMLeagues, scroll down to the "Invite by Email Address" box an input his/her email address.

4. **Join a Team**
 - a. Click the orange **Join Team** icon button at the top of your homepage.
 - b. Select **4-on4 Flag Football** and the League and Division which your desired team is registered.
 - c. A list of teams playing in that division will load, select the team you wish you join by clicking the orange **Join Team** icon.
 - d. Agree to the waiver and fill in all necessary information.
 - e. A message will be sent to the captain of the team you asked to join, once the captain has given approval you will be added to the roster.

You may organize your team early on the Waitlist (training, quiz and adding team members). However, once registration opens you MUST move your team from the Waitlist to desired Division; otherwise your team will remain on the waitlist and not be scheduled for play.

****Note:** IMLeagues offers a live support button on the top right corner of all pages, should you encounter any difficulties