Glow in the Dark – Capture the Flag Rules and Information

I. GENERAL RULES

1. The supervisor on duty reserves the right to remove any player from competition who has violated any Emory University Intramural Policy or Rule and/or endangered any player or IM staff member. Ejected players must leave the facility immediately. Any player or team that exhibits a pattern of troublesome behavior will be removed from intramural sports. Supervisors also have the authority to end a game.

2. Three (3) Unsportsmanlike Penalties will result in a team disqualification regardless of the score. Two (2) Personal Unsportsmanlike Penalties will result in the player leaving the game. Only a team's designated Captain is allowed to confer with the officials. There is a ZERO TOLERANCE policy for any unsportsmanlike behavior directed towards players, officials, and staff.

3. Participants are not allowed to play in a manner that is potentially dangerous or reckless. Safety for all our participants is our number one priority. Any action(s) that is deemed dangerous and/or reckless by the game's official or the Intramural Sport Supervisor will result in either an unsportsmanlike penalty or an ejection depending on the severity of the action. Intramural managers and players should consider this rule their warning not to play in a dangerous or reckless manner.

II. PLAYER ELIGIBILITY

1. Participation is limited to currently-enrolled, fee-paying students, Emory University faculty/staff members, spouses, and Alumni.

2. All players must have an Emory University ID or Government Issued photo ID (i.e. Driver's License) at each game to sign-in. ID Cards will be checked EVERY GAME.

3. All players MUST be listed on the registration list

4. **Varsity & Club Athletes**: Varsity players are not eligible to participate in similar intramural sports. Each team can have up to two club players in a similar sport. Teams who violate this policy will receive a forfeit loss for each game the violation has taken place and will be ineligible for the playoffs.

5. All players must wear gym shoes or molded rubber cleats. No street shoes, bare feet, sandals, metal or posted cleats will be allowed.

6. **No player may wear jewelry** including, but not limited to watches, bracelets, necklaces, earrings, and various body rings. Jewelry worn for medical and/or religious reasons must be taped down.

7. **No pockets**: Each player must wear pants or shorts without any pockets, belts, belt loops, or exposed drawstrings. Pants or shorts must be a different color than the flags. IF this requirement isn’t met, that specific player will not wear a flag-belt and can be tagged by 1-hand touch.
III. RULES

1. The playing field shall be 60 x 30 yards.

2. **Game Length:** A game will be 10 minutes. The clock will run continuously for the duration of the game even after scoring plays barring any injuries.

IV. TEAM COMPOSITION & SUBSTITUTIONS

1. **Game Time is Forfeit Time.** You must have the required number of players at game time in order to avoid a forfeit.

2. Players can compete on only one team, regardless of division. Teams can be comprised of all males, all females, or co-ed.

3. **Games are 5v5.** Five (5) players constitute a team. Four (4) players are required to avoid a forfeit. Teams may have a maximum of seven (7) players on their roster.

4. Substitutions can only occur after a scoring play or after an injury. Either team can make substitutions during this time.

V. EQUIPMENT & PLAYING AREA

1. All players must wear shirts, athletic shorts, and cleats or gym shoes. Bare feet or sandals will not be allowed.

2. The playing field shall be 60 x 30 yards.

3. There will be sidelines, end-lines, and a center line.

4. All Capture the Flag equipment will be provided by the Intramural Department.

5. All players will wear a flag-football flag belt around their waist. Players on the same team must wear the same color flag belts as their teammates.

6. 15” Foam Glow Sticks will be used as “Flags” on each side. [http://glowproducts.com/glowsticks/15inchsoftstick/](http://glowproducts.com/glowsticks/15inchsoftstick/)

7. Glow in the Dark accessories will be provided by Play Emory for all registered participants (Glow Glasses, Glow Necklaces, Glow Wristbands, and other glow in the dark accessories including the option to splatter glow in the dark gel and spray paint on clothes and selves).

VI. MATCH TIME, LENGTH, & SCORING

1. A 10-minute time limit has been established for each game.

2. A point is scored by capturing opponent’s flag and bringing it back to your own side. The “Flag” & “Flag” carrier must be completely on their side by crossing the midfield line.

3. Only the Intramural Official’s whistle starts and stops the clock. There will be a running clock throughout the game barring an official timeout (i.e. for injuries).
VII. BOUNDARIES

1. During play, all players must remain within the boundary lines when on the opponent’s side of the field. If a player runs out of bounds on the opponent’s side of the field, he/she will be deemed “frozen” at the spot where they went out of bounds.

2. A player must be completely on the opponent’s side of the field to have his/her flag-belt pulled and be “frozen”. Even though a player has one foot back in their own side of the field, they are safe from having their flag-belt pulled.

3. There will be a circle (3yd radius) surrounding the “Flag” that is to be captured. This circle serves as a boundary for defenders as they will not be allowed to “puppy-guard” the “Flag”. This circle does NOT serve as a neutral zone for offensive players to send it. Once a player from the opposing team has crossed into the neutral zone, defenders are now also allowed to crossover.

4. Defenders are not allowed to “puppy-guard” the opposing team’s “frozen” players.

VIII. GAMEPLAY

1. The object of the game is to capture your opponent’s “Flag” and bring it safely to your side of the field which is done by crossing the midfield line completely without getting your flag-belt pulled/removed by the opposing team. When this is achieved successfully, the team is awarded 1 point.

2. The “flag” cannot be thrown forward or backwards in any situation (i.e. pass to teammate, for faster advancement of opponent’s flag to your side, for faster advancement of your own flag to your side). Handoffs are allowed.

3. The “Flag” cannot be hidden by any team or player.

4. Flags must ALWAYS be returned to their rightful position and location by the team whose side it belongs to.

5. Players will be “frozen” when they are on their opponent’s side and their flag-belt is pulled/removed.

6. Teammates of “frozen” players can come and “unfreeze” them by tagging them with a high-five or a 1-hand touch on any part of their body as long as the tag occurs prior to the “live” player getting his/her flag pulled.

7. If a player’s flag is pulled prior to reaching the “frozen” player, the teammate cannot be “unfrozen” and both players are now “frozen” where they were tagged. A player can still be caught even after he/she “unfreezes” teammates.

8. A previously “frozen” player MUST walk back to their side of the field before resuming gameplay. After being “unfrozen” a player cannot be “frozen” again until he/she has completely returned to his/her own side and re-entered the opponent’s side of the field. After being “unfrozen” a player cannot attempt to “Capture the Flag” until they have completely crossed back over to their own side.

9. A player’s flag cannot be pulled on his/her team’s side.

10. The team with the most amount of points at the end of the 10 minute mark will be deemed as the winner.

11. Overtime: In the case of a tie at the end of the 10 minute mark, there will be a 5 minute overtime in which the first team to score will be the winner. If neither team scores at the end of the 5 minute overtime mark, the team with the most amount of “unfrozen” players will be deemed the winner. If both teams have the same amount of “unfrozen” players, a coin-toss will determine the winner of the game.
VIII. OFFICIATING THE GAME

1. All contests will have an Intramural Supervisor & two (2) officials present.

2. Participants are expected to play by an honor code and remove themselves from the court once out. The official’s, however, will have final ruling on frozen calls and out of bounds infractions. OFFICIAL'S DECISIONS ARE FINAL.