Flag Football Rules

Any rule and situation not specifically covered are subject to the current version of the National Intramural Recreational Sports Association (NIRSA) Flag Football rules and the judgement and discretion of the intramural sports staff.

All rules are subject to change at the discretion of the Intramural Sports Office, and the Intramural Sports Office has the final decision on all situations covered and not covered by the rules.

Rule 1: Player Eligibility & Registration

Player Eligibility

- ✓ Currently enrolled (at least half-time), fee-paying Tennessee Tech University students as well as faculty and staff of the University with a current, active membership to the fitness center may participate in intramural leagues, tournaments, and contests.
- ✓ Prior to each contest and event, participants must check in with a member of the IM staff.
- ✓ **Players can compete for only one (1) team in each single-gendered league** and, if applicable, **one (1) co-rec league.** Once he or she checks-in for one (1) team, that player **CANNOT** transfer to another team in that league for the duration of the season.
- ✓ **For postseason eligibility, a player must have participated in at least one (1) regular season game.**
- ✓ Current varsity athletes cannot participate in their sport or related sport. Former varsity athletes cannot participate in their sport or related sport for one calendar year (365 days) after their official affiliation with a college or university team has ended.
- ✓ Current professional athletes cannot participate in their sport or related sport. Former professional athletes cannot participate in their sport or related sport for five (5) years after their official affiliation with a professional team has ended.
- ✓ Intramural Sports Professional staff shall make the final decision on eligibility issues.

Registration

- ✓ Teams should register by the deadline by registering on the Fusion Play App.

Rule 2: League Format & Team Composition

League Format

- ✓ A pool play section shall precede the postseason tournament. The overall number of registered teams will determine the number of pools and number of teams in each pool.
- ✓ League standings will determine a team's eligibility for the postseason tournament. The following criteria will determine the League standings: (1) Winning Percentage, (2) Wins, (3) Sportsmanship, (4) Point Differential, (5) Games Played, and (6) Coin Toss.

Leagues (Subject to Change Depending on Number of Teams)

- ✓ **Men's**
  - Elite
  - Recreation

- ✓ **Women's**
  - Recreation
- ✓ **Co-Ed**
  - Elite
  - Recreation

Team Composition

- ✓ Each team will have a maximum of seven players on the field at one time (Co-rec is 8v8 4m&4f)
- ✓ A minimum of five players are required to start the game.
- ✓ Each team shall designate a captain to serve as the point of contact between the team and IM staff.

Rule 3: Defaults, Forfeits, Grace Periods, & Protests

Defaults

- ✓ A default is a game not played without penalty (e.g. dropped from the league).
- ✓ To receive a default, the team captain or representative must notify the Intramural Sports Office by **2:00 PM on the day of the contest.**
- ✓ Sportsmanship Rating will be as followed:
  - Winning Team = 8
  - Defaulting Team = 5
- ✓ To verify that the request is legitimate, the team captain or representative must notify the Intramural Sports Office via e-mail or in person.

Forfeits

- ✓ A forfeit is defined as one of the following:
  - Failing to field a team for an intramural contest without contacting the Intramural Sports Office before 2:00pm on the day of contest.
    - The final score shall be 21-0.
  - Receiving three (3) or more conduct warnings before, during, and after an Intramural contest.
    - If the forfeiting team is ahead, the final score shall be 21-0 in favor of the opposing team.
    - If the non-forfeiting team has the higher score, the game shall end with the existing score.
  - Defaulting two (2) games during pool play.
- ✓ If a team forfeits its first (1st) game of the season, that team may be dropped from the league and replaced with a team on the waiting list.
- ✓ Sportsmanship Rating will be as followed:
  - Winning Team = 8
  - Forfeiting Team = 2
- ✓ A second (2nd) forfeiture may result in removal from the league.

Grace Period

- ✓ If at least one (1) team member is present at game time, the team will be granted a five-minute (5:00) grace period.
- ✓ Once a team reaches the minimum number of players to start the game, the team must start when directed by IM staff.
- ✓ A team may not wait for additional players once the minimum number of players have arrived.
- ✓ If the team has not reached the minimum number of players required to play at the end of the grace period, a forfeit will be declared.

Protests

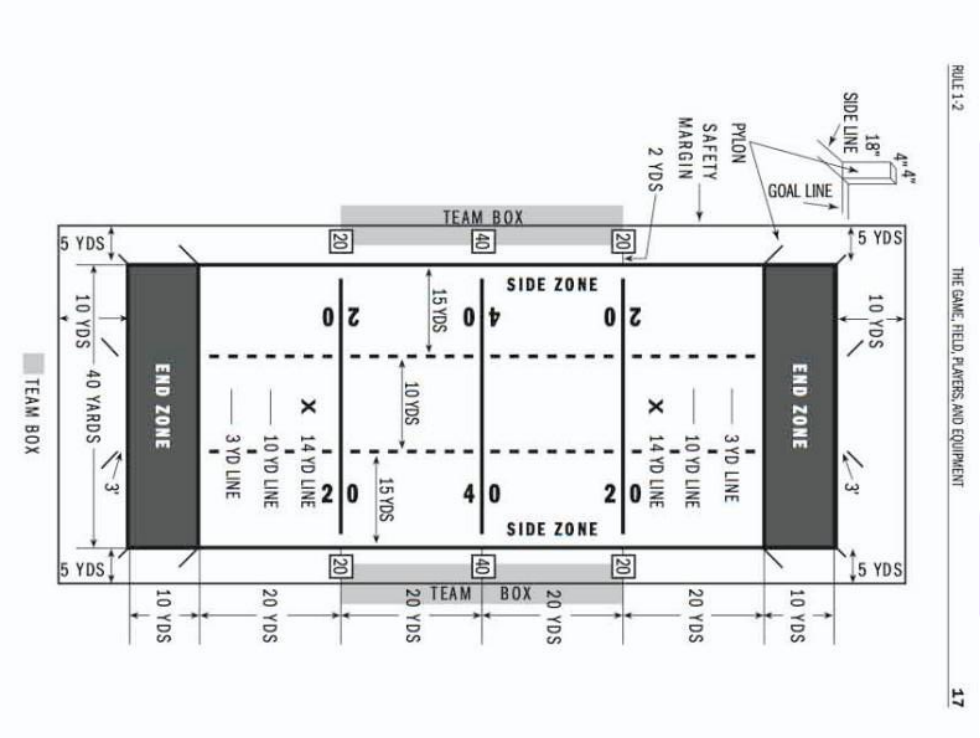
- ✓ Intramural Sports Graduate Assistants and Professional Staff will consider protests.

- ✓ During the contest, teams may protest (a) the misinterpretation or the misapplication of a rule or (b) a scoring error. The protest must be submitted immediately, and, if the protest is denied, a timeout will be charged to the protesting team.
- ✓ Protests regarding the judgement of the game officials will not be recognized.
- ✓ When protesting player eligibility:
    - *Regular season*: The eligibility of any player may be protested at any point during the regular season (e.g. before, during, and after the contest; anytime during office hours)
    - *Postseason Tournament:* Player eligibility must be protested before the end of the contest. **Protests made after the end of the game will not be recognized.**

Rule 4: Playing Area & Equipment

Playing Area

- ✓ All games will be played on the Intramural Fields.
- ✓ The following field diagram is the regulation field for contests. Actual measurements may differ due to field conditions.



Team Benches

- ✓ Team benches will be located on opposite sides of the playing field. Team fans and spectators must occupy their team's side of the field.

Game Ball

- ✓ Intramural sports staff reserve the right to declare any ball legal or illegal for play and request that a team use a ball deemed legal.
- ✓ Game balls will be provided, but a team may provide their own ball as long as it is deemed legal.

Team Jerseys

- ✓ Opposing teams must wear distinguishing colors. Team color selection will be made during team registration.

Clothing & Equipment

- ✓ All attire and equipment are subject to the approval of Intramural Sports staff. Any clothing or equipment that is deemed unsafe or illegal must be removed prior to competition.
- ✓ IM staff reserves the right to ask participants to remove or conceal clothing that, in the opinion of IM staff, displays offensive or demeaning language or imagery.

- ✓ Proper athletic attire is required. Non-athletic clothing including but not limited to jeans, dress pants, dresses, khakis, and blouses is prohibited.
- ✓ **Shirts**
  - **<u>During play, a player's shirt must be tucked inside their shorts or pants.</u>**
  - **If the sleeves are cut, the arm openings of the shirt shall not exceed four (4) inches.**
- ✓ **Pants & Shorts**
  - **A player must wear pants or shorts of a different color than his or her flag belt.**
  - **<u>Players must wear pants WITHOUT pockets, belt loops, or exposed drawstrings.</u>**
  - **<u>Taping of pockets, belt loops, and holes is NOT allowed.</u>**
  - **Pants & shorts that have been ripped or have become illegal through play must be removed.**
- ✓ Footwear
  - Players are required to wear athletic shoes (e.g. basketball shoes, running shoes, tennis shoes).
  - Molded rubber cleats and screw-in cleats with studs are allowed. Spiked cleats and screw-in metal cleats are prohibited.
  - Footwear including but not limited to boots, open-toed shoes, crocks, and sandals is strictly prohibited.
- ✓ Jewelry
  - Religious or medical items are not considered jewelry and must be taped against the body.
  - Participants must remove all watches and necklaces prior to each contest.
  - **<u>All Air Pods/Ear Buds/Headphones are PROHIBITED during IM Contests.</u>**
- ✓ Headwear
  - Players may wear knit or stocking caps, headbands, and hair control devices made with soft and non-abrasive material.
  - Headwear including but not limited to baseball caps, hard plastic hair devices, bobby pins, and safety pins is strictly prohibited.
- ✓ Pads/Braces
  - Players may wear leg & knee braces covered with soft, pliable material and free of any sharp edges.
  - Casts and other equipment made of hard, unyielding materials may not be worn above the waist.
- ✓ Towels
  - Towels cannot be worn on the waist or interfere with removal of the flag belt.
  - Towels shall be placed between the ball spotters before each snap.
- ✓ Playbooks
  - Players may carry a playbook made of soft, pliable material.
  - The playbook must be carried on a player's person at all times.
  - Playbook wristbands are legal.
- ✓ Blood
  - Participants that are bleeding, have an open wound, and/or have an excessive amount of blood on the uniform will be directed to leave the game.
  - The bleeding must be stopped, the open wound must be covered, and/or the bloody uniform must be changed/cleaned before the player can return to the game.

<u>Rule 5: Timing & Scoring</u>

Timing

- ✓ Before the start of the game, the officials will meet with each captain and conduct a coin flip or (Rock, paper, scissors). The winner of the coin flip has four choices:
  - (1) Start on offense
  - (2) Start on defense
  - (3) Direction/defend a specific goal

- (4) Defer the choice until the second half (the opposing team will now select offense, defense, or direction/defend a specific goal for the first half.)

- ✓ The game will consist of two (2) twenty-minute (20:00) halves with a three-minute (3:00) halftime.
- ✓ With the exception of timeouts, the clock will run continuously for the entire first (1st) half and the first (1st) eighteen minutes (18:00) of the second (2nd) half.
- ✓ Two Minute (2:00) Warning
  - The clock shall stop for the Two Minute (2:00) Warning. If the Two Minute (2:00) Warning occurs during a play, the Two Minute (2:00) Warning will be declared at the conclusion of the play.
  - During the last two minutes (2:00) of the game, the clock will stop and start in accordance with NIRSA Flag Football rules and TN Tech Intramural policies and procedures. After the administration of penalties, the clock status and start will be contingent on the result of the previous play.
    - *Clock starts on the "Ready for Play" whistle*
      - Officials' time out
      - First (1st) Down
      - Illegally attempting to conserve time
      - Inadvertent whistle
    - *Clock starts on the snap*
      - Incomplete forward pass
      - Out of bounds
      - Safety
      - Touchdown
      - Touchback
      - Change of possession

Scoring

- ✓ Touchdowns
  - All touchdowns are six (6) points.
  - Touchdowns may be scored in the following ways:
    - While in possession of a runner, the ball breaks the plane separating the goal line from the field of play.
    - During a passing play, the receiver catches the pass and lands with one foot within the end zone. The ball must have broken the plane of the goal line.
    - A simultaneous catch during a passing play with the ball crossing into the end zone.
- ✓ Safety
  - A safety is two (2) points and is awarded when a team playing on the offensive side of the ball causes the ball to become dead in its own end zone.
  - A safety may occur in the following ways:
    - A runner causes the ball to become dead on or past his or her own goal line.
      - Exception: The player's momentum after intercepting a pass or catching a punt cannot cause a safety.
    - A player muffs, punts, passes, fumbles, snaps, or bats into his or her own end zone, and the ball becomes dead in the end zone.
    - An offensive penalty is committed in the end zone, and the defense accepts the penalty.
- ✓ Conversion Attempts
  - After scoring a touchdown, the offensive team has a choice among three conversion attempts.
    - One (1) Point – Try from the 3-yard line
    - Two (2) Points – Try from the 10-yard line
    - Three (3) Points – Try from the 20-yard line

- If the offense received an additional attempt due to penalty, they may not choose a different conversion attempt.
    - E.g., the offense chooses a one-point (1pt) attempt. The offense scores, but an illegal contact penalty is enforced. After enforcement, the attempt is replayed from the twenty-yard (20yd) line. The offense may not choose a three-point (3pt) attempt and shall have a one-point (1pt) attempt from the twenty-yard (20yd) line.

✓ Onside Conversion
- What is an onside conversion?
    - An onside conversion is an attempt to receive the ball back after you attempt an extra point.
    - The team has one (1) attempt to "score" from the 20-yard line.
- When Allowed?
    - Can elect to attempt an onside conversion any time in the second (2^{nd}) half after they score a touchdown unless they are leading by 19 or more points following the try.
- Team Choice
    - Following the try, the team can elect to attempt an onside conversion from the 20-yard line (3pt try line).
    - Once a team select to try the onside conversion, the decision cannot be changed unless they take a time-out.
- Beginning & Ending
    - The onside conversion begins when the ball is marked ready for play.
    - The onside conversion ends when after one of the following:
        - Team B secures the ball
        - The onside conversion is successful
        - The ball becomes dead.
    - Neither Team Can Score during the onside conversion
- Next Play
    - If successful:
        - Team A will retain the ball from the opponent's 30-yard line, unless moved by penalty.
    - If unsuccessful:
        - Team B will receive the ball at the opponent's 30-yard line, unless moved by penalty.

Overtime

✓ Since overtime is not played during pool play, games may end in a tie.

✓ During the postseason tournament, the overtime procedure is as follows:
- To start overtime, a coin toss will be conducted. The winner of the coin toss has the choice of offense, defense, or direction. If additional overtime periods are played, the first (1^{st}) offensive series will be rewarded to the first (1^{st}) defensive team of the last overtime period.
- Both teams shall attempt to score in the same direction. Unless moved due to penalty, each team shall start at the ten-yard (10yd) line and will have a series of four (4) downs to score. Teams may only receive another set of downs due to penalty.
- The offensive team's series is over when the defense intercepts a pass.
- When a team scores, they may try for one-point (1pt) from the 3-yard line, two points (2pt) from the ten-yard (10yd) line, or three-points (3pt) from the 20-yard line.
- If a team is leading after the end of an overtime period, that team shall win the game.

Timeouts

✓ Each team will receive three (3) sixty-second (0:60) time-outs during regulation.

✓ Teams will receive one (1) sixty-second (0:60) time-out per overtime. Timeouts will not carry over from regulation and from preceding overtime periods.

- ✓ To prevent miscommunication, players currently on the field must request a time-out. Time-out requests from the bench will not be recognized.
- ✓ Game stoppages due to blood, injury, and unexpected events are official timeouts and will not be charged to either team.

Mercy Rule

Point Differential	Time Remaining	Result
Forty (40) or more points	Twenty minutes (20:00) or less in 2nd half	End of Game
Thirty (30) or more points	Ten minutes (10:00) or less in the second half	End of Game
Twenty-One (21) or more points	Two minutes (2:00) or less in the 2nd half	End of Game

Rule 6: Playing Rules

Beginning an Offensive Series

- ✓ After the opening coin toss, the offensive team will start at their own 14-yard line.
- ✓ There are no kickoffs in flag football. Following a scoring play and conversion attempt, touchback, or safety, unless moved by penalty, the ball will be put in play from the 14-yard line.

Series of Downs

- ✓ The team in possession of the ball will have four (4) downs to advance the ball to the next zone line-to-gain.

Zone Line-To-Gain

- ✓ The zone line-to-gain in any series shall be the nearest zone line in advance of the ball.
- ✓ The zone line-to-gain is set after the referee signals that the ball is ready for play.
- ✓ Penalties may lengthen or shorten the distance to the zone. In those cases, the original zone line-to-gain set by the referee's ready for play remains the zone line-to-gain.

Gaining a New Series

- ✓ A team gains a first (1st) down and a new series when the ball crosses or touches the zone line-to-gain.
- ✓ Once the first (1st) down has been established by the referee's ready for play whistle, and the ball is in advance of the pervious zone line-to-gain, the team may not gain another first (1st) down by crossing the previous zone line-to-gain.

Play Clock

- ✓ **The offensive team has twenty-five seconds (0:25) to snap the ball after the ready for play whistle.**

Ball Responsibility

- ✓ The offensive team must retrieve the ball after each play.
- ✓ The defensive team is not required to aid the offense in retrieving the ball.

Snap & Line of Scrimmage

- ✓ Snap
  - o While over the ball, the snapper must have their feet behind the scrimmage line (1st ball spotter – orange cone). The snapper must pass the ball back from its position on the ground with a quick and continuous motion with the hand(s).
  - o **There are no direct snaps, and the player receiving the snap must be two yards (2yds) deep.**
- ✓ Line of Scrimmage
  - o There is an offensive and defensive line of scrimmage separated by one yard (1yd).
  - o The defensive line of scrimmage may extend into the defense's end zone.
  - o The snapper is the only person required to be on the offensive line of scrimmage. No defender is required to be on the defensive line of scrimmage.

- A player is deemed on the line of scrimmage when he or she faces the opponent's goal line with the line of his/her shoulders approximately parallel and with his/her head or foot breaking the plane of the imaginary line drawn through the waistline of the snapper.

Legal Positioning

- ✓ Anytime on or after the ball is marked ready for play, each offensive player must momentarily be at least five yards (5yds) inbounds towards the orange ball spotter before the snap.
- ✓ If a defensive player covers an offensive player positioned within five yards (5yds) of the sideline, it is not a foul.

Blocking & Rushing

- ✓ Screen Blocking
  - Offensive players must use screen blocking to delay or impede rushing defensive players.
  - Similar to screening in basketball, blockers position themselves in the path of a rusher to redirect or impede the rusher.
  - When screen blocking,
    - The screen blocker must stay within their body frame and have hands at side, across the chest, or behind the back.
    - Any extension of the hands, arms, legs, or body to initiate contact is illegal.
    - The screen blocker must be on his/her feet before, during, and after the screen block.
    - The blocker cannot take a position so close to a moving opponent that the opponent cannot avoid contact by stopping or changing direction.
- ✓ Rushing
  - When rushing, the defender cannot create contact with the hands or body.
  - The "swim move", pushing with the hands, and charging into the blocker are illegal.

Passing & Catching the Ball

- ✓ Hand offs
  - Any player may hand the ball forward or backward at any time.
- ✓ Forward pass
  - One (1) legal forward pass may be thrown per down by the offense.
  - A forward pass is legal when the following is true:
    - Both of the passer's feet are behind the offensive line of scrimmage (Orange ball spotter) when the ball leaves the hand(s).
    - The pass occurs before a change of possession.
    - It is the first (1st) and only forward pass made during the down.
  - *NOTE: An offensive player may run across the line of scrimmage, run back behind the line of scrimmage and throw a forward pass. The offensive player may also toss the ball backward to another player behind the line of scrimmage who can then throw a forward pass. These situations must still satisfy the provisions regarding a legal forward pass.*

- ✓ Backward Pass
  - A backward pass is a pass that is thrown backward or parallel to the line of scrimmage. There are no restrictions on the number and location of backward passes.
- ✓ Catch/Interception
  - All players are eligible to receive a pass.
  - A player must have control of the ball and one (1) foot or other body part on the ground inbounds before any part of the body lands out of bounds.
  - If an interception occurs in the end zone, the player may return it out of the end zone. If the player is de-flagged while running in the end zone, it is a touchback.
  - Interceptions during a conversation attempt cause the ball to become dead immediately.
- ✓ Simultaneous Catch

- A simultaneous catch or recovery is a catch in which there is joint possession of a live ball by opposing players who are inbounds. The ball will be blown dead at that spot, and possession will be awarded to the offense.

Fumbles

- ✓ A fumble is a loss of player possession from something other than by handing, passing, or punting the ball.
- ✓ A fumbled ball is dead as soon as the ball touches the ground.
- ✓ If the ball is fumbled backwards, the ball will be dead at the spot where it touches the ground.
- ✓ If the ball is fumbled forward, the ball is dead at the spot where the fumble occurred. The offensive team will retain possession, and an illegal forward pass penalty will be administered.
- ✓ A ball fumbled forward or backward that has not hit the ground can be recovered and advanced by either team.

Wearing Flag Belts

- ✓ All players are required to have their flag belt properly secured at the beginning of each play.
- ✓ If an offensive player fails to have his/her flag belt properly secured, the ball becomes dead when the runner is touched (one hand) between the shoulders and knees. The defensive team may accept the result of the play or penalize the offense for failure to wear required equipment.
- ✓ **When a runner loses his or her flag after the snap, play will continue until a defensive player touches the runner with ONE (1) hand between the shoulders and the knees.**
- ✓ Tampering with the flag belt in any way to gain an advantage (e.g. tying, using foreign material, etc) is flagrant unsportsmanlike conduct, **and the player shall be ejected**.

Punting

- ✓ The offense must declare their intention to punt before the referee's ready for play whistle.
- ✓ The offense may punt on any down.
- ✓ Once the offense declares to punt, the team may only change the decision after a charged time-out to either team or an accepted penalty in which the down is to be replayed.
- ✓ During the punt,
  - The kicking team must have one (1) player on the line of scrimmage.
  - The kicker must catch and kick the ball immediately in one continuous motion.
  - The kicker may not punt barefoot.
  - Neither team may advance beyond their respective scrimmage line until the ball is kicked.
- ✓ Once the ball is punted, any of the receiving players may block the kick.
- ✓ It is a touchback when the punt breaks the plane of the goal line. The receiving team cannot return a punt out of the end zone.
- ✓ There are no fair catches. However, no member of the kicking team may interfere with the attempt of the receiving team to catch a kick.
- ✓ If a punt is muffed by the receiving team and caught in the air by the kicking team, it is dead at that spot and the kicking team retains possession, gaining a new series. If caught in the air by the receiving team, they may advance the ball. If the muffed kick hits the ground, it is dead at the spot, and the receiving team gains possession.

Inadvertent Whistle

- ✓ When an official sounds their whistle inadvertently during a legal pass, while a snap is in flight, or while a kick is in flight, the down will be replayed.
- ✓ If an inadvertent whistle occurs when a player is in possession or during a backward pass, the team in possession may choose either (a) to accept the result of the play where it is blown dead or (b) to replay the down.

Rule 7: Common Penalties and Enforcement

Delay of Game

- ✓ **Penalty: dead ball foul, five yards (5yds) from the previous spot**
- ✓ The ball must be put in play properly and legally, and any action or inaction by either team that interrupts the game may be considered an infraction. These actions include but are not limited to:
    - Interrupting the twenty-five second (0:25) count for any reason, except for a time-out allowed by the referee.
    - Consuming more than twenty-five seconds (0:25) before putting the ball in play after the ready for play.
    - Deliberately advancing a dead ball.

Encroachment

- ✓ **Penalty: dead ball foul, five yards (5yds) from the succeeding spot**
- ✓ Following the ready-to-play whistle and prior to the snap, defensive players may not encroach, touch the ball, contact opponents or interfere with them in any other way.
- ✓ After the snapper has placed his/her hand(s) on the ball, it is encroachment for any defensive player to break the defensive scrimmage line (gold ball spotter) plane.
- ✓ Defensive players do not have the opportunity to jump across their line of scrimmage and "get back" before the ball is snapped. It is a foul as soon as the player initially enters the neutral zone.

False Start

- ✓ **Penalty: dead ball foul, five yards (5yds) from the succeeding spot**
- ✓ No offensive player shall simulate the start of a play.

Illegal procedure

- ✓ **Penalty: live ball foul, five yards (5yds) from the previous spot**
- ✓ The player who receives the snap cannot be less than two yards (2yds) behind the offensive scrimmage line.
- ✓ Any time at or after the ball is ready for play, each offensive player must momentarily be at least five yards (5yds) inbounds towards the orange ball spotter before the snap.

Illegal Motion

- ✓ **Penalty: live ball foul, five yards (5yds) from the previous spot**
- ✓ When the ball is snapped, only one (1) offensive player may be in motion parallel with the line of scrimmage.
- ✓ Other offensive players must be stationary in their positions without movement of their feet, body, head, or arms at the snap.

Illegal Shift

- ✓ **Penalty: live ball foul, five yards (5yds) from the previous spot**
- ✓ An illegal shift is the action of one (1) or more offensive players who, after the huddle or after taking set positions, move to a new set position one second (0:01) before the ensuing snap.
- ✓ If two (2) or more players shift/go in motion simultaneously prior to the snap, both must come to a complete stop one second (0:01) prior to the snap.

Failure to Wear Required Equipment

- ✓ **Penalty: live ball foul, five yards (5yds) from the previous spot**
- ✓ A player cannot wear illegal pants or shoes.
- ✓ A player is not wearing a flag belt prior to the snap or, after the snap, intentionally removes the flag belt.

Flag Guarding

- ✓ **Penalty: live ball foul, ten yards (10yds) from the spot of the foul**
- ✓ Runners shall not use their hands, arms, body, or the ball to prevent an opponent from legally attempting to de-flag the runner.

Illegal Pass

- ✓ **Penalty: live ball foul, five yards (5yds) from the spot of the foul & loss of down**
- ✓ An illegal pass shall be penalized in the following situations:
    - The passer's foot is beyond the orange ball spotter when the ball is released.
    - A forward pass after a change of possession

- The ball is intentional thrown into the ground or out of bounds to avoid a loss of yardage.
- The passer catches his or her own untouched forward pass.
- More than one (1) forward pass per down

Roughing the Passer

- ✓ **Penalty: live ball foul, ten yards (10yds) from the previous spot or end of the run**
- ✓ A defensive player shall not contact the arm of the passer during the pass and before the ball is released.
- ✓ No defensive player shall contact the passer who is standing still or fading back as he/she is considered out of the play after the pass. Roughing the passer restrictions do not apply if the forward pass is thrown from beyond the offensive line of scrimmage.

Kick Catching Interference

- ✓ **Penalty: live ball foul, ten yards (10yds) from the previous spot**
- ✓ Until the receiving team touches the ball, the kicking team may not touch the ball or a player of the receiving team.
- ✓ The kicking team may not obstruct a receiving team player's attempt to catch a punt.
- ✓ Exception: The kicking team may contact the punt if no receiving player is in the vicinity.

Personal Foul – Offense

- ✓ **Penalty: live ball foul, ten yards (10yds) from the spot of the foul**
- ✓ A runner may not extend a hand or arm to ward off a defender.
- ✓ A player may not hurdle (jump over) a standing defender.
- ✓ De-flagging an opponent before he or she touches a pass.
- ✓ Holding, tripping, or running into an opponent.
- ✓ **The ball carrier may dive or spin around defenders to avoid de-flagging; however, the ball carrier must remain in control of his/her body during such moves and may not initiate contact.** The charging and blocking principles in basketball shall be applied to these situations.
- ✓ Tampering with the flag belt to gain an advantage (Automatic Ejection).
- ✓ If the foul is intentional or unsportsmanlike, the player will be ejected.

Personal Foul – Defense

- ✓ **Penalty: live ball foul, ten yards (10yds) from the end of the run**
- ✓ A player may not hurdle (jump over) a standing defender.
- ✓ Holding, tripping, or running into an opponent.
- ✓ De-flagging an opponent before he or she touches a pass.
- ✓ Attempting to steal or strip the football from an offensive player.
- ✓ Tackle the runner by grasping or encircling with hand(s) or arm(s) and taking the opponent toward the ground as in tackle football (automatic ejection).
- ✓ **If a defensive player contacts a ball carrier, and, in the opinion of the referee, the ball carrier would have scored in the absence of the illegal contact, a touchdown shall be awarded.**
- ✓ If the foul is intentional or unsportsmanlike, the player will be ejected.

Pass Interference

- ✓ **Penalty: live ball foul, ten yards (10yds) from the previous spot**
- ✓ Interference restrictions start when a legal forward pass crosses the orange ball spotter, and those restrictions end when any player on the field touches the ball.
- ✓ A player is guilty of pass interference when he or she intentionally uses their hands or arms to obstruct the vision of the player attempting to catch the ball and is not making a legitimate attempt to bat, intercept, or deflect the pass.
- ✓ It is pass interference if an eligible receiver is de-flagged/tagged prior to touching a legal forward pass thrown past the orange ball spotter.
- ✓ An unsportsmanlike conduct shall be assessed for flagrant defensive pass interference, and an additional ten yards shall be assessed.

Unsportsmanlike Conduct

- ✓ **Penalty: dead ball foul, ten yards (10yds)**
- ✓ Some examples of unsportsmanlike conduct:
  - Disrespectfully addressing or contacting an official
  - Refusing to comply with the reasonable request of an official
  - Indicating objections to an official's call with verbal and non-verbal behavior
  - Spiking, kicking, or throwing the ball high into the air
  - Profanity, taunting, and vulgar gestures
  - Physically contacting an official (automatic disqualification)
- ✓ All unsportsmanlike conduct penalties are assessed as dead ball fouls.
- ✓ If any of the above acts are deemed flagrant, the offender shall be ejected.
- ✓ **Players that receive two (2) unsportsmanlike penalties in a single game will be ejected and ineligible for participation of any sport or game until he or she meets with an Intramural Sports Professional Staff member.**
- ✓ Teams that receive three (3) unsportsmanlike conduct penalties in a single contest shall forfeit the game.

Co-Rec Rules and Modifications

Team Composition

- ✓ 8v8
- ✓ Four (4) females and four (4) males or more females than males on the field

Male runner

- ✓ Team A male runner cannot advance the ball through Team A's scrimmage line. There are no exceptions:
  - During a run by a male runner once the ball has been touched by any player beyond the Team A or K scrimmage line
  - During a run by a female runner
  - After a change of team possession
  - After a legal forward pass

  Penalty: Illegal Advancement, Five yards (5yds) from the previous spot.
  NOTE: See Illegal Forward Pass – Co-Rec Rule

Illegal Forward Pass

- ✓ The term "**closed"** means a male player may **NOT** complete a legal forward pass to any other male player. The term **"open"** means any player can complete a legal forward pass to any another player.
  NOTE: All illegal forward pass fouls are classified as fouls during a running play. Thus, illegal forward passes do not change the "open/closed" status of a down.
- ✓ The first (1st) down of each half or overtime possession shall be **"open."** The first (1st) down of a new series following a change of team possession shall be **"open."**
- ✓ If the crew of officials erroneously indicate **"open/closed"** status of a down, the play is nullified and the down will be repeated.
- ✓ During the offensive team's possession there may not be two (2) consecutive legal forward pass completions from a male passer to a male receiver. This rule applies to the Try.
- ✓ If a male passer completes a legal forward pass to a male receiver, the next legal forward pass completion must involve either a female passer or female receiver for positive yards. The spot where the ball becomes dead by rule must be beyond the Team A scrimmage line. There is NO foul for a female receiver being tagged or deflagged behind the Team A scrimmage line. The next legal forward pass completion remains **"closed."**
- ✓ A legal forward pass caught jointly by male and female teammates is considered a female

reception.

- ✓ There are no other restrictions concerning a male passer completing legal forward passes to a female receiver, or female to female, or female to male.
- ✓ If a male receiver catches a pass from a male passer on a closed play, it is a foul for Illegal Male Reception. Whether the penalty is accepted or declined, the next down shall remain closed.
- ✓ Any other foul, whether accepted or declined, shall have no effect on whether the next legal forward pass completion is "open" or "closed."
  Penalty: Illegal Male Reception, Five yards (5yds) from the previous spot, and a loss of down. The next down is closed.
- ✓ If a female passer completes a forward pass to a male receiver behind the Team A scrimmage line on either an "open" or "closed" play and any Team A male runner advances beyond this scrimmage line, it is an illegal forward pass. This is because a male cannot "run" the ball.
  Penalty: Illegal Forward Pass, Five yards (5) from the spot of the pass and loss of down

Ejections

- ✓ When two (2) members of a team are ejected, that team shall forfeit the contest.
- ✓ Ejected players must leave the Fitness Center and/or Intramural Fields immediately and cannot return to play **ANY** sport/game/competition until he/she has been cleared for participation by a professional staff member of the Intramural Sports Office.