

**Any intramural policies not mentioned here may be found in the Intramural Handbook. Unless specifically mentioned below, play is governed by NIRSA flag football rules. By participating in Intramural Sports, the participant agrees to abide by all Intramural rules and policies.**

### 1. Sportsmanship

1.1 Campus Recreation uses a 0.0-4.0 sportsmanship scale.

1.2 In order to qualify for playoffs, teams must obtain a 3.0 or higher sportsmanship average during the regular season.

<b>4.0</b>	<ul style="list-style-type: none"> <li>Always respectful to officials and opposing team.</li> <li>Does not argue or complain with or about the officials.</li> <li>Does not comment about officials' calls.</li> </ul>
<b>3.0</b>	<ul style="list-style-type: none"> <li>Usually respectful to officials and opposing team.</li> <li>Minimal arguing/complaining about officials' calls.</li> <li>One yellow sportsmanship card issued.</li> </ul>
<b>2.0</b>	<ul style="list-style-type: none"> <li>Disrespectful to officials and opposing team (i.e., taunting, profanity, etc.).</li> <li>Several instances of arguing or complaining.</li> <li>Multiple yellow sportsmanship cards or one red sportsmanship card issued.</li> <li>One ejected player.</li> </ul>
<b>1.0</b>	<ul style="list-style-type: none"> <li>Excessive arguing or complaining.</li> <li>Any contact or provocation of officials or opposing team members.</li> <li>Multiple red sportsmanship cards issued.</li> <li>Any player involved in a fight.</li> </ul>
<b>0.0</b>	<ul style="list-style-type: none"> <li>Team and/or players are out of control.</li> <li>Multiple persons on team fighting.</li> <li>Very disrespectful to officials.</li> <li>Destruction or abuse of UC property.</li> <li><b>A team that receives a "0" rating will be suspended from competition until its captain meets with the Assistant Director or Coordinator of Intramural Sports. The team may be removed from competition.</b></li> </ul>

### 2. Eligibility/Rosters

2.1 To be eligible for UC Intramural Sports, an individual must possess a membership to the UC Campus Recreation Center *\*AND\** be either a current UC student (actively taking UC classes), faculty, or staff member.

2.1.1 *Full time Uptown students are automatically members of the UC Campus Recreation Center.*

2.1.2 *Part time, co-op, branch students, and faculty/staff must purchase a membership at the Campus Recreation Center to be eligible for intramural play. For membership information please visit the Campus Recreation Center Member Services Desk.*

2.2 A captain may not add players to his or her roster once playoffs have begun.

2.3 A 4-on-4 flag football team may have up to 12 people on its' roster.

2.4 Per sport, per season, individuals may play on one (1) non-coed AND one (1) coed team.

### 3. Players

3.1 Each team may have a maximum of four (4) players on the field at one time.

3.2 Each team may have a maximum of 12 players on the roster.

3.3 Additional players may be added until the start of the second half.

3.4 A team may begin a game with a minimum of 3 (three) players. A team may not continue to play with less than 3 players.

- 3.4.1 *A coed team playing with three (3) players on the field must have either two (2) males and one (1) female –OR- two (2) females and (1) male on the field. Coed teams may not play with three (3) or more players of the same gender on the field at any time.*
- 3.5 Players may freely substitute between downs or during a timeout.

### 3. Equipment

- 4.1 **Jewelry is not allowed at any time.**
- 4.2 Teams are encouraged to provide their own jerseys, however jerseys are available for checkout for teams. All jerseys must be tucked in at all times no exceptions.
- 4.3 Each player must wear pants or shorts without any belt(s), belt loop(s), pocket(s) or exposed drawstrings.
- 4.4 All other clothing must also not have any pocket(s), loop(s), or exposed drawstrings. Hoodies are not allowed.
- 4.5 No helmets or any type of hard or padded headgear, tied bandana, or baseball cap may be worn. Stocking caps are legal, provided there are no knots or exposed strings.
- 4.6 Casts are not permitted. No pads or braces are allowed above the waist. Players who wear a knee brace with exposed metal or metal hinges are required to cover it with at least one-half inch of closed cell slow recovery rubber or other material of the same minimum thickness and physical properties. Kneepads of a soft pliable nature (e.g., basketball or volleyball pads) will be allowed below the waist.
- 4.7 Towels attached at the player's waist are illegal.
- 4.8 It is strongly recommended that all players wear a mouthpiece.
- 4.9 Shoes
  - 4.9.1 Each player must wear closed-toed shoes. They must be made of a soft pliable upper material (canvas, leather or synthetic), which covers the foot, attached to a composition bottom.
  - 4.9.2 No combat or hiking boots or hard-soled shoes.
  - 4.9.3 Shoes that have metal, ceramic, screw-in, sharp points or detachable cleats are illegal.
- 4.10 Flag Belts
  - 4.10.1 Intramural sports will provide all flag belts.
  - 4.10.2 Flag belts may not be tied or knotted. Penalty – Automatic ejection, loss of down/automatic 1st down.
  - 4.10.3 Flag belts worn must be a different color than the player's shorts or pants and must be unobstructed (i.e. shirt not tucked in).
- 4.11 Game Ball
  - 4.11.1 A team may elect to bring its' own ball to use during its' offensive possessions. Otherwise, intramural sports will provide a ball. The ball must meet regulation requirements. All male leagues must use a regular size football. Coed and female leagues may use men's, intermediate, youth, or junior size footballs.
  - 4.11.2 The team that is currently on offense is responsible for retrieving the ball.

### 4. Facilities

- 4.1 The field will be 60 yards long: two (2) 20-yard zones plus two (2) end zones of 10 yards. The field will be approximately 25 yards wide.
- 4.2 The perimeter lines of the field, denoted by cones, will be considered out-of-bounds.

### 5. Time Considerations

- 5.1 Game Timing
  - 5.1.1 At 10 minutes after the scheduled game time, teams that do not meet the minimum requirements of rule 3.4 will forfeit the game.
  - 5.1.2 Penalties for teams that are late are as follows:
    - 5.1.2.1 Up to five (5) minutes late = seven (7) point penalty, opposing team receives ball to start both halves.
    - 5.1.2.2 Six (6) to (9) minutes late = 14 point penalty, opposing team receives ball to start both halves.
    - 5.1.2.3 The opposing captain may elect not to take the free points.
  - 5.1.3 A legal game shall consist of two (2) 20-minute halves with a halftime of three (3) minutes.
  - 5.1.4 The clock runs continuously during the first 38 minutes of play except for:
    - 5.1.4.1 Officials' timeouts
    - 5.1.4.2 Injuries
    - 5.1.4.3 Team timeouts

- 5.1.5 The clock will stop in the last two (2) minutes of the 2nd half for the situations listed in 7.1.2 AND all incomplete passes, first downs, player out of bounds, change of possession, extra point attempts, and penalties (similar to high school rules).
- 5.1.6 Halves will be extended if either team accepts a penalty on the last play of the half, there is a double foul, inadvertent whistle, or a touchdown is scored as time expires.
- 5.2 Play Clock
  - 5.2.1 Each team will be permitted 25 seconds to put the ball in play after the "ready for play" signal is given by the referee (Penalty - Delay of game).
  - 5.2.2 Within the last two (2) minutes of the game, the first delay of game infraction will be a loss of down. A second delay of game will carry a loss of possession.
- 5.3 Timeouts - Each team is allowed three (3) 30-second timeouts per game.
- 5.4 Overtime
  - 5.4.1 There is NO overtime in the regular season.
  - 5.4.2 A captain's meeting and coin toss will be conducted prior to overtime. The winner will choose either offense, defense, or direction. The loser shall make a choice from the remaining options.
  - 5.4.3 Both teams will play towards the same end zone during all overtime periods.
  - 5.4.4 An overtime period consists of one series of three (3) downs for each team, starting at the opponent's 10-yard line, 1st and goal. If after each period, the score is still tied, play will proceed to another overtime period. The team that was on offense second in the last period is on offense first in the next period.
  - 5.4.5 After all overtime touchdowns, teams will choose to go for one (1), two (2), or three (3) points during the extra point attempt.
  - 5.4.6 On and after the third overtime period, teams may no longer attempt a one (1)-point extra point.
  - 5.4.7 Teams receive one (1) 30-second timeout for the entirety of all overtime periods. Timeouts do not carry over from the first two (2) halves.
  - 5.4.8 On an interception during the series of downs:
    - 5.4.9 If it is returned for a touchdown, the game is over.
    - 5.4.10 If the ball is not returned for a touchdown, the play is whistled dead, and the next team begins its' series of downs (if necessary).
    - 5.4.11 On an interception during an extra point attempt, the ball is blown dead at the time of interception and the next series will begin (if necessary).

## 6. Scoring, Plays in the End Zone, Mercy Rule

- 6.1 Touchdowns
  - 6.1.1 All touchdowns are worth six (6) points.
  - 6.1.2 To be ruled a touchdown; the ball must be on or over the goal line (e.g., if a runner's body is in the end zone but s/he was deflagged while the ball was on the yard line, it is not a touchdown).
  - 6.1.3 After each touchdown, the player scoring the touchdown must immediately allow the game official to pull off her/his flag belt. This is done to ensure that the belt is not secured in an illegal manner. Penalty: Player ejection, loss of down, no score.
- 6.2 Extra Points
  - 6.2.1 Following a touchdown, the scoring team will opt to go for a one (1) point attempt from the 3-yard line, a two (2) point attempt from the 10-yard line, OR a three (3) point attempt from the 20-yard line.
  - 6.2.2 Once the captain informs the official which option he or she would like, s/he may change the decision only by taking a timeout.
  - 6.2.3 If the offense commits a foul that carries a loss of down penalty on the extra point attempt, the try is finished and will not be repeated.
  - 6.2.4 If the defense intercepts a forward or backward pass during an extra point attempt, the ball is considered dead and the try will be considered finished.
  - 6.2.5 Following a successful or unsuccessful conversion, the ball will be placed at the opponent's 10-yard line and a change of possession occurs.
- 6.3 Plays in the End Zone and Fumbles
  - 6.3.1 A fumble or backward pass by the offense which first hits the ground in its' own end zone is a safety.
  - 6.3.2 A penalty committed by the offense in its' own end zone is a safety.
  - 6.3.3 If the ball is ruled dead after a runner carries the ball from the field of play to or across his/her own goal line, it is a safety.
  - 6.3.4 Exception: A player from the defensive team who intercepts a pass between the 5-yard line and goal line and whose original momentum carries him/her into the end zone is not subject to a safety if the ball is ruled dead in his/her possession. The ball belongs to the defensive team at the spot where the pass was intercepted.

- 6.3.5 A team that intercepts a pass in its own end zone may advance the ball out of the end zone. It is a touchback if the interceptor is deflagged before leaving his/her own end zone.
- 6.3.6 If there is a foul by the defensive team during a down that results in a successful touchdown, the scoring team may choose to have the foul enforced at the succeeding spot or at the 10 yard line.
- 6.4 Mercy Rule
  - 6.4.1 If a team is up by 19 or more points with two (2) minutes or less remaining in the second half, the game is over.

## 7. Series of Downs

- 7.1 Downs
  - 7.1.1 The team in possession of the ball shall have three (3) consecutive downs to advance to the next zone line-to-gain. If the team does not advance the ball to the next zone line-to-gain after three (3) downs, the captain will need to elect to go for it or punt. On a punt, the ball is not kicked. Instead, it is placed at the opponent's own 10-yard line.
  - 7.1.2 A new series of downs shall be awarded when a team moves the ball into the next zone.
  - 7.1.3 The field, 40 yards long, will be marked with special significance to the goal line: the 20 (mid line) and end zones.
- 7.2 Line-to-gain
  - 7.2.1 The zone line-to-gain in any series shall be the zone (next orange cone) in advance of the ball, unless such distance has been lost due to penalty or failure to gain. In such case, the original zone (orange cone) in advance of the ball at the beginning of the series of downs is the zone line-to-gain.
  - 7.2.2 The most forward point of the ball, when declared dead between the goal lines shall be the determining factor.
  - 7.2.3 After change of possession, all penalties shall be enforced prior to determining line-to-gain.

## 8. Serve & Receive

- 8.1 A serve is contact with the ball to initiate play. The server may hit the ball with one hand, fist or arm while the ball is held, or after it is released by the server.
- 8.2 A serve must be contacted within 10 seconds after the official's signal to serve, otherwise a side-out is issued.
- 8.3 A replay will be called if a server releases the ball than catches it or drops it to the ground.
- 8.4 The ball may be served anywhere behind the back line between the sidelines extended. It is illegal to step on or cross the end line before striking the ball during a serve.
- 8.5 Players may not block or spike a served ball completely above the height of the net.
- 8.6 Prior to the ball being served, all players (except the server) must be in bounds. Once the ball is served, players may move anywhere on the court.
- 8.7 If a ball contacts the net (inside the antennas) and lands in play on the opposing side, the ball is considered live.

## 9. Kicking the Ball

- 9.1 Kickoffs
  - 9.1.1 There are no kickoffs. A coin toss will determine the possession at the beginning of each half.
  - 9.1.2 The team choosing the ball will begin play at their 10-yard line with the 20 yard line to gain.
- 9.2 Punts
  - 9.2.1 On punts, the ball will not be kicked. Instead, it will be placed on the opponent's 10-yard line, and a new series of downs will begin.

## 10. Snapping, Handling, Blitzing, and Passing the Ball

- 10.1 Prior to the Snap
  - 10.1.1 The snap must be a continuous motion between the snapper's legs, or flipped back by a player standing sideways while keeping the point of the ball on the ground. The player receiving the snap must be at least two (2) yards behind the scrimmage line. Penalty: Illegal procedure, 3 yards.
  - 10.1.2 An offensive team must have one (1) player on the line of scrimmage.
  - 10.1.3 Three and four point stances are legal.
  - 10.1.4 False Start - No player of the offensive team shall make a false start. A false start is any movement simulating the start of play. Penalty: Dead ball foul, false start, 3 yards from the previous spot.
  - 10.1.5 Scrimmage Lines
  - 10.1.6 The offensive scrimmage line is the yard line and its vertical plane that passes through the forward point of the ball.

- 10.1.7 The defensive scrimmage line is the yard line and its vertical plane that passes one (1) yard from the point of the ball nearest its own goal line.
- 10.1.8 Encroachment - After the snapper has made his/her final adjustment of the ball, it is encroachment for any defensive player to break the plane of his/her scrimmage line. Penalty: Encroachment, dead ball foul, 3 yards from the previous spot. 5 yards for two (2) or more consecutive encroachment fouls.
- 10.1.9 All offensive players must be motionless for one (1) second preceding the snap, except for a player moving parallel to or away from the line of scrimmage. A team may have only (1) player in motion at any given time.
- 10.1.10 An offensive player that moves/shifts (other than going legally in motion) must stop for one (1) full second before the snap. Penalty: Illegal shift, 3 yards from the previous spot.
- 10.1.11 All offensive players must be within 15 yards of the ball before the snap.
- 10.2 Handing the Ball - Any player may hand off the ball forward or backward at any time.
- 10.3 Passing and Receiving
  - 10.3.1 All players are eligible to touch or catch a pass. Only one forward pass can be thrown per down.
  - 10.3.2 A forward pass is illegal:
    - 10.3.2.1 If thrown after team possession has changed during the down.
    - 10.3.2.2 If a passer catches his/her untouched forward pass.
    - 10.3.2.3 If more than one (1) forward pass is thrown per down.
    - 10.3.2.4 Penalty: Illegal forward pass, 3 yards from the spot of the pass, loss of down, if prior to change of possession.
  - 10.3.3 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.
  - 10.3.4 Once the ball is snapped, the offense has five (5) seconds to throw the ball. If the quarterback has possession of the ball after five (5) seconds, the play will be blown dead.
  - 10.3.5 The initial direction of a pass determines whether a pass is forward or backward.
  - 10.3.6 After the ball is snapped, and until it has been touched, there shall be no offensive pass interference beyond the scrimmage line when the legal forward pass crosses the scrimmage line. Penalty: 5 yards from the previous spot.
  - 10.3.7 After the passer releases a legal forward pass and until it is touched, there shall be no defensive pass interference beyond the offensive team's line while the ball is in flight. Penalty: 5 yards from the previous spot and an automatic first down.
  - 10.3.8 A pass may be touched by any number of offensive players prior to being caught.
  - 10.3.9 Simultaneous catch - If a pass is caught simultaneously by opposing players, the ball becomes dead, is considered a completed pass, and belongs to the offensive team.
- 10.4 Blitzing – Due to rule 10.3.4, there is no longer any blitzing. The defense may not cross the line of scrimmage prior to a pass.
- 10.5 Running the Ball
  - 10.5.1 The offense may not advance the ball through their own line of scrimmage. There are no restrictions during changes of possession or once a legal forward pass is caught beyond the offensive line of scrimmage.
  - 10.5.2 This rule also applies to an offensive team that catches a legal forward pass behind its' own line of scrimmage (players cannot then advance the ball past offensive line of scrimmage).

## 11. Dead Ball

- 11.1 A live ball becomes a dead ball as provided in the rules or when an official sounds the whistle, even inadvertently, or otherwise declares the ball dead.
- 11.2 A ball is declared dead:
  - 11.2.1 When it goes out of bounds.
  - 11.2.2 When any part of the runner's body other than the hand or foot touches the ground. The ball in possession is considered part of the player's hand.
  - 11.2.3 When a touchdown, touchback, safety or successful try-for-point is made.
  - 11.2.4 When a forward pass strikes the ground or is caught simultaneously by opposing players.
  - 11.2.5 When a backward pass or fumble by a player strikes the ground is dead at the spot where it hits the ground.
  - 11.2.6 When a runner has a flag legally removed by a defensive player. When a runner is legally touched with one hand between the shoulders and knees, including the hand and arm, in cases where the flag belt comes off without any obvious contact.
  - 11.2.7 When the passer is deflagged before releasing the ball.
  - 11.2.8 A snap from center that bounces into the hands of the quarterback or punter becomes dead at the point it hits the ground. A ball that is snapped over the head of the quarterback or punter becomes dead where the ball hits the ground.
  - 11.2.9 When a defensive player intercepts a ball during an extra point attempt.
- 11.3 Fumbles - A fumble or backward pass is dead at the point it hits the ground. In each case possession goes to the team that last had possession. Just touching the ball is not sufficient for legal possession.

## 11.4 Out of Bounds

- 11.4.1 A ball in player possession is out-of-bounds when either the ball or any part of the runner touches the ground or a player or game official on or outside a boundary line.
- 11.4.2 A player who is catching a forward pass is considered out-of-bounds when any part of his/her person contacts that area declared out-of-bounds. One foot in bounds is needed for a legal reception.

## 12. Personal Fouls, Blocking, and Other Penalties

### 12.1 Personal fouls (5 yard penalty) include:

- 12.1.1 Punching, striking, stripping or attempting to steal the ball from a player in possession.
- 12.1.2 Using fist, foot, knee or leg to contact an opponent.
- 12.1.3 Tackling the ball carrier by grasping or encircling with the hand(s) or arm(s) and taking the opponent toward the ground as in tackle football. The tackler will be ejected from the game.
- 12.1.4 Illegal contact.
- 12.1.5 Hurdling.
- 12.1.6 Unnecessary roughness.
- 12.1.7 Roughing the passer (automatic first down) - applies only to the player throwing a pass behind the offensive scrimmage line. If the defender contacts the passer's arm, whether or not he/she touches the pass, it is roughing the passer.

### 12.2 The runner may not:

- 12.2.1 Be aided by a teammate (grasped, pushed or pulled). Penalty: Helping runner, 3 yards.
- 12.2.2 Stiff-arm an opponent. Penalty: Personal foul, 5 yards.
- 12.2.3 Guard their flags by blocking with arms or hand or other body part, thereby denying an opponent the opportunity to pull or remove the flag belt. Penalty: Flag guarding, 5 yards.

### 12.3 Blocking and screening

- 12.3.1 Blocking is prohibited. A player may not use his/her hands, arms or body to block or ward off an opponent. Penalty: Personal foul, 5 yards.
- 12.3.2 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 hands and arms at their sides or behind their back. Any use of the 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 the feet, may be in contact with the ground. Penalty: Illegal contact, 5 yards.
- 12.3.3 Defensive players must go around the offensive player's screen block. Defenders may not use their hands or arms to gain an advantage in going around the offensive blocker. Penalty: Personal foul, 5 yards.
- 12.3.4 The runner may not straight arm or lower the shoulder into an opponent. Penalty: Personal foul, 5 yards.
  - 12.3.4.1 Illegal contact between the blocker/rusher will be called against the player determined to have initiated the contact (similar to block/charge in basketball). Penalty: Personal foul, 5 yards. Repeated illegal contact will not be tolerated and will result in ejection.

### 12.4 Flag removal

- 12.4.1 Deflagging (removal of the flag by a player) is allowed only under special circumstances similar to tackling in football. Players must have possession of the ball before they can be legally deflagged.
- 12.4.2 When a runner loses his/her flag belt either accidentally or inadvertently (not removed by grasping or pulling), play continues. To down the player, a defender must tag the runner with one hand between the shoulders and the knees.
- 12.4.3 In circumstances where a flag belt is removed illegally, play should continue with the option of the penalty or the play. Penalty: Personal foul, 5 yards.
- 12.4.4 Intentionally pulling or removing a flag belt from an offensive player without the ball by a defensive player is prohibited. Penalty: Personal foul, 5 yards.
- 12.4.5 Tampering with the flag belt in any way to gain an advantage including tying, using foreign materials, or other such acts. Penalty: Player ejection, unsportsmanlike conduct (red card), 5 yards from the previous spot and loss of down.

### 12.5 Illegal participation

- 12.5.1 Unless blocked or pushed out of bounds, no player of either team shall participate by touching the ball or hindering an opponent after having been out of bounds during the down.
- 12.5.2 No replaced player or substitute shall hinder an opponent, touch the ball, influence the play, or otherwise participate.
- 12.5.3 It is illegal participation:
  - 12.5.3.1 To have more than 4 players participating at the snap.
  - 12.5.3.2 If an injured player is not replaced for at least one (1) down; unless halftime or intermission occurs.

12.5.3.3 To use a replaced player or substitute in a substitution or pretended substitution to deceive opponents at or immediately before the snap.

## 13. Coed Rules

- 13.1 The game shall be played between 2 teams of 4 players, 2 men and 2 women. Teams with 3 players shall be 2 men and 1 woman or vice versa.
- 13.2 The ball used will be intermediate, youth or junior, unless otherwise agreed on by both captains.
- 13.3 All other previous coed rules have been removed.

## 14. Penalty Summary

Loss of Three (3) Yards	Loss of Five (5) Yards
<ol style="list-style-type: none"><li>1. Illegal Equipment (Jewelry, pockets, etc.)</li><li>2. Illegal Substitution</li><li>3. Delay of Game</li><li>4. False Start</li><li>5. Encroachment</li><li>6. Illegal Snap</li><li>7. Illegal Procedure</li><li>8. Illegal Motion</li><li>9. Illegal Shift</li><li>10. Less than the required number of players on the scrimmage line at the snap.</li><li>11. Player receiving snap within two (2) yards of scrimmage line.</li><li>12. Illegally handing the ball forward*</li><li>13. Illegal forward pass*</li><li>14. Aiding the runner</li><li>15. Offensive player not within 15 yards of ball</li></ol>	<ol style="list-style-type: none"><li>1. Illegally secured flag belt (Offense)*@</li><li>2. Illegally secured flag belt (Defense)**@</li><li>3. Illegal participation</li><li>4. Offensive pass interference</li><li>5. Defensive pass interference</li><li>6. Straight/stiff arm, flag guarding, illegal flag belt removal.</li><li>7. Personal foul</li><li>8. Unsportsmanlike conduct</li><li>9. Roughing the passer**</li><li>10. Illegal kicking of the ball</li></ol> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"><p><b>Key:</b></p><ul style="list-style-type: none"><li>* Loss of Down</li><li>** Automatic First Down</li><li>@ Player ejection</li></ul></div>

**A player may be ejected from the game if any of the above infractions are deemed flagrant by the official.**

**Inside 2 minutes of the second half, infraction committed by:**

1. Team on offense: First delay of game of game (loss of down)
2. Team on offense: Second delay of game (loss of possession)
3. Team on defense: First delay of game (automatic 1st down for offense)
4. Team on defense: Second delay of game (loss of 1 player/rest of game)