
GAME TIME IS FORFEIT TIME!

Players:

There may be a maximum of 7 and a minimum of 5 players on the field at all times. All players must wear flags and shirts must be tucked in. The flags must be clipped so that they fall off when being tackled by the other team. Any securing of the flags so that they are difficult to remove is illegal. Officials will check flags after all touchdowns.

COED: Will be played between two teams of 8 players, (4M+4W). Teams with 7 players will have (4W + 3M or 4M + 3W). Six players are required to avoid a forfeit, (3W + 3M)

Team members **must** be listed on the team roster in the Intramural Office before playing. As a captain, you have up until your FIRST game to add players and make sure your roster is legitimate! To add a player, their waiver must be submitted at least one business day prior to the next contest (*example*: if your next game is on Sunday, the waiver must be **received** by 5:00 PM on Friday.)

Length of Game:

Two (2) 20-minute halves will be played with the clock stopping only during time-outs, injuries. Halftime will be two (2) minutes long. In the final two (2) minutes of the second half, the clock will stop on incomplete passes, out-of-bounds, penalties, changes of possession, and scores. There will be 30 seconds to put the ball in play after the official has placed it on the line-of-scrimmage.

Mercy Rule:

If after ten minutes in the second half one (1) team is ahead by 30 points, the official can declare the game to be over. If a team is ahead by 19 (25 for coed) or more points with 2 minutes remaining the official can declare the game to be over. This is at the official's discretion, since some teams may wish to continue regardless.

Time Outs:

Each team will have a maximum of one (1) timeouts per half, which will be one-minute in length.

Player Positioning:

Four (4) offensive players must be on the line-of-scrimmage at the time of the snap. Defense must align at least two players on the line-of-scrimmage at the snap of the ball (except on punts where no defender required on the line of scrimmage). Co-Ed requires five (5) offensive players on the line-of-scrimmage at the time of the snap.

Starting the Game:

A coin toss will precede the start of each game. The winner chooses to defer or choose offense or defense. The other team chooses what goal to defend. At the start of the game and after every touchdown/PAT the offense will start at their own 14-yard line and have 4 downs/chance to advance 6-yards for a first down.

Kickoff

There is no kicking in our kickoffs. The offense will start on their own 14-yard line and will be given 4 downs to advance 6-yards for a first down.

First Downs:

First downs are made by advancing past the first down markers which are 20 yards apart. The offensive team has four attempts to achieve a first down. If the offensive team fails to cross the next line in 4 attempts, the defensive team will take over at the line-of-scrimmage.

Punts:

A team may choose to punt on 4th down. Neither team may advance beyond their respective scrimmage line until the ball is kicked. If the punter mishandles and drops the snap on the 4th down, the ball is dead on the spot and the defensive team will regain possession. If the receiving team allows the punt to land on the field the ball will be ruled down at the point of contact.

Screen Blocking:

An Offensive Screen Block shall take place without contact. The screen blocker shall have their arms close to their sides or behind the back. Any use of hands, arms, elbows, legs, or body to initiate contact is illegal. Defensive players must go around the offensive player's screen block. The arms and hands may not be used as a wedge to contact the opponent.

Buffer Zone:

There is a one-yard buffer zone between the line-of-scrimmage and the offense. Any violation of the zone by offense or defense will result in a dead ball, and a 5 yd. penalty will result.

Point System:

TD = 6 pts.

Safety = 2 pts.

Note: If the Defense intercepts a pass during the extra point attempt and returns it for a TD, they will be awarded 3 points

PAT from 3 yard line = 1 pt.

PAT from 10 yard line = 2 pts.

PAT from the 20 yard line = 3 pts.

TD's for Co-Ed:

If a female scores a TD or throws a legal forward pass for a TD = 9 pts

Male to male TD = 6 pts.

Safety:

Anytime the offensive team is downed in their own endzone two points will be awarded to the defensive team. Also if the offensive commits a penalty in the end zone a safety will be awarded. The team that received the two points will then receive the ball on their own 14-yard line and proceed as the offensive team.

Tie Game:

If at the end of regulation, there is a tie, the ball will be placed at the 20-yard line and each team will be given four downs to score one touchdown. Extra points will be administered as in the regular game. The winner will be the team with the most points after each team has had one possession (which is considered one complete overtime). If the score is still tied, the process is repeated. A coin toss will determine the initial offense and defense. If Team A begins the first OT as defense they will begin the second OT as offense. Both teams use the same goal. However if Team A is on offense first and Team B intercepts a pass and returns it for a touchdown, the game will be declared over. If a game goes into double overtime extra point tries must be attempted from the 2 point conversion line.

Substitutions:

Substitutions are unlimited; however, they may only occur in the event of a dead ball.

Specific Rules

Flagbelts:

Flagbelts must be clipped in front so that there is a flag on each hip and one in the back. They should be clipped in such a way that the ends are not intertwined.

Fallen Flags:

If a flag should inadvertently fall off, a one hand touch will rule that player down.

Offensive Obstruction:

The ball carrier may not impede the efforts of the defender in his/her attempt to grab the flagbelt.

No flag guarding or stiff arm. Shirts must be tucked in.

General Obstruction:

A defensive player may not strip the flags of an offensive player who does not have the ball yet.

Diving:

Diving is allowed. However in diving a player can not cause contact with any other player.

Pushing Out of Bounds:

Pushing out of bounds is prohibited. The defense must be attempting to de-flag the runner and cannot intentionally push the runner out of bounds. Contact is not allowed!

Fumbles:

The ball is dead when it hits the ground. There are no forward fumbles. A dropped ball in your own end zone is a safety.

Snaps:

The ball must be snapped by a player on the line-of-scrimmage beginning from the ground position either through the legs or from the side. The player receiving the snap must receive the ball at least 2 yards behind the line of scrimmage.

Forward Pass:

Anyone is eligible to receive a forward pass but not if the quarterback is beyond the line-of-scrimmage. Only one forward pass is allowed per play, even if the forward pass is completed behind the line-of-scrimmage.

*****Unsportsmanlike Conduct***:**

Any conduct considered by the officials to be unsportsmanlike, such as the defense simulating the snap count, taunting, etc. In addition to being penalized by loss of yardage, teams will be subject to sportsmanship rating reductions.

CO-ED FOOTBALL

Only a female may run the ball from behind the line-of-scrimmage. A male quarterback may not advance the ball from behind the line-of-scrimmage. Once a male has obtained possession beyond the line-of-scrimmage (by forward pass), he can advance it. Co-ed requires five (5) offensive players on the line-of-scrimmage at the time of the snap.

- The quarterback may be either male or female.

THE OPEN/CLOSED RULE:

- Once a male completes a pass to a male, the next play becomes closed. (unless this play earns a first down)
- A closed play must involve a female in the pass either catching or throwing.*
- First downs also open the play. First downs are always open.
- A female carrying the ball across the line of scrimmage neither opens nor closes the play.

*Closed Play = cannot be a male to male pass

CLOSED PLAY PENALTY:

- completed male to male pass on a closed play results in an illegal forward pass.
- A male running the ball over the line of scrimmage is an illegal procedure.

Penalties and Infractions:

Offensive Team Infractions

5 yard penalties include:

- Illegal Procedure/Players (**PLAY IS DEAD**)
 - (motion, formation, # of time outs)
- Off sides/ false start (**PLAY IS DEAD**)
- Delay of game
- Illegal snap (**PLAY IS DEAD**)
- Illegal forward pass (**SPOT & LOSE DOWN**)
- Illegally tied belts

10 yard penalties include:

- Pass interference (**LOSS OF DOWN**)
- Flag guarding (**SPOT & LOSE DOWN**)
 - (untucked shirts)
- Roughing, tripping, holding, tackling
- Stiff arming
- Contact blocking
- **Unsportsmanlike Conduct**

Penalties and Infractions

Defensive Team Infractions

5 yard penalties include:

- Illegal procedure/players
 - (# of time outs, formation)
- Off sides/encroachment

10 yard penalties include:

- Pass interference (**AUTO 1ST DOWN**)
- Stripping the ball
- Roughing/ Illegal Contact (**SPOT FOUL**)
 - (tripping, holding, tackling, illegal block)
- **Unsportsmanlike**