Updated 7/30/15 M.H.
MONTCLAIR STATE UNIVERSITY CAMPUS RECREATION
Intramural Flag Football Rules

All MSU School Policies are in effect, including Student Code of Conduct.
All MSU Campus Recreation “Intramurals 101” policies are in effect.

ALL GAMES ARE TO BE PLAYED ON SPRAGUE FOOTBALL FIELD

ELIGIBILITY:

1. All team sports are broken down into 4 different leagues which include: Men’s, Women’s, Organization, and Open. The Organization league is open to all MSU-affiliated Clubs and Organizations who register using the $60 team fee. There will be two specific divisions for Greek Fraternities and Sororities. The Open league is a league without restriction placed on gender, gender identity, or gender expression. Each player can only join one team per league (i.e. A player is allowed to play in one Open league and one Women’s/Men’s league). In leagues with multiple divisions, such as basketball, players are permitted to play in Men’s A or Men’s B only. All individual/doubles sports will feature Men’s/Women’s/Open Singles and Doubles.

2. Team Sports: A team’s roster is formed throughout the regular season. All players participating in a game must be listed on that game’s scoresheet. The players who are listed will be entered onto that team’s roster. Names of individuals can be added to the original roster, prior to the new team member playing, by listing that player’s name as well as his/her ID number on the scoresheet. A player must play in at least one regular season game to be eligible to participate in the playoffs. Rosters can have a maximum of 16 players.

3. Assumption of Risk, Waiver and Release from Liability Form: This must be signed and filled out by all players participating in the activity, in the main office at the time of payment, prior to the start. The waiver only needs to be completed once for the season, if players are added to the roster at any point during the season, that player(s) must fill out the waiver before participating.

4. Checking ID’s: Before a contest, event, or activity, all members of a team shall present to the scorekeeper their pictured Montclair State University ID card. The scorekeeper shall then verify the participant’s identity and so note on the scoresheet. Those players listed on the scoresheet and verified by a scorekeeper are considered to have participated in that contest. Should a participant arrive at the contest after it has started, the participant assumes the responsibility to have his/her identity verified by the scorekeeper. Should a player not be verified by a scorekeeper, that individual shall be considered an ineligible player.

5. Forgotten ID Policy: If a player forgets his or her ID, that player is ineligible to participate in the SRC activity.

6. The captain is the representative of his/her team and may address an official and/or director on matters of interpretation or to obtain essential information, if it is done in a courteous manner. Any player may address an official to request a time-out or permission to leave the playing field or court.

7. A player must play in at least one regular season game in order to be eligible to participate in playoff games.

PLAYERS:

8. A team can be comprised of a maximum of 16 players. Each team will have seven (7) players on the field at a time.

9. A minimum of five (5) players is required to start the game.

10. Players are not allowed to wear jewelry of any kind.

TIME:
RULE 1. THE GAME, FIELD, PLAYERS, AND EQUIPMENT

Section 1. General Provisions

Article 1. The Game. The game shall be played between 2 teams of 7 players each on rectangular field with a Campus Recreation football. A minimum of 5 players will be required to start the game and avoid a forfeit. The game may be continued with less than 5 players as long as the team has a chance to win. *Penalty: Illegal Participation, 10 yards.*

Article 2. Supervision. The game shall be played under the supervision of the Campus Recreation Supervisor and from two to three flag football officials. The officials are: referee, line judge, and back judge.

Article 3. Team Captains. Each team manager or coach shall designate to the officials, the team captain(s). If more than one player is designated, a speaking captain must be selected to make decisions. The captain's first choice of any option is irrevocable. Decisions involving penalties shall be made before any charged time-out is granted to either team.

Article 4. Persons Subject to the Rules. Team representatives, including players, substitutes, team managers, trainers, coaches, and spectators are subject to the rules of the game, and shall be governed by decisions of the officials and staff assistants assigned to the game.

Article 5. Referee's Authority. The officials have authority to rule promptly, and in the spirit of good sportsmanship, on any situation not specifically covered in the rules.

Article 6. Game Official's Authority. The game officials shall assume authority for the contest, including penalizing unsportsmanlike acts, 30 minutes prior to the scheduled game time, or as soon thereafter as they are able to be present. The official's jurisdiction extends through the Referee's declaration of the end of the game and period immediately following the contest.

Section 2. The Field

Article 1. Zone Markings. The field shall be a rectangle area with lines and zones. The width of the field will be lined at 20-yard intervals from goal line to goal line.

Article 2. Inbounds & Out-of-Bounds. The lines bounding the sidelines and the end zones are out-of-bounds in their entirety, and the inbounds area is bound by the lines. The entire width of each goal line shall be part of the end zone.

Article 3. Team Area. On each sideline of the field a team box or area is designated between the 20-yard lines for the teams, coaches, and authorized team attendants. *Substitutes from each team must be between the two 20 yard line markers.*

Article 4. Pylons. Soft, flexible pylon flags or similar shall be placed at the inside corner of each of the intersections of the sidelines with the goal lines and the end lines.

Section 3. Game Equipment

Article 1. The Ball. The official ball shall be one provided by Campus Recreation. Men shall use a regulation-size football. Women teams shall use an intermediate-size football. Co-Rec teams shall use either regulation or intermediate-size footballs.

Article 2. Ball Spotters. Two ball spotters are required. The first will mark the offensive line of scrimmage (orange). The second will mark the defensive scrimmage line (yellow). The spotters will always be one yard apart.

Section 4. Players and Playing Equipment-Legal

Article 1. Jerseys. Players should wear jerseys of contrasting colors without pockets, numbered on the front or the back. Jerseys must be either long enough to remain tucked into the pants or short enough so that a minimum of four inches between the bottom of the shirt and the top of the pants. Jerseys must remain tucked in the entire game.

Article 2. Shorts/Pants. Each player must wear shorts or pants without any belts, belt loops, pockets, or exposed drawstrings. The pants or shorts must be a different color than the flags.

Article 3. Flag Belts. Each player on the field must wear a one-piece belt at the waistline with three flags permanently attached, one flag on each side and one in the center of the back. The flags should be a minimum of 2 inches wide and 14 inches long. The belt must have a spring loaded clip. Any belt containing knots shall be deemed illegal. *Penalty: Live ball foul, 5 yards from the previous spot.*
Article 4. Shoes. Shoes must be of canvas, leather or synthetic material which covers the foot attached to a firm sole of leather, rubber, or composition material which may have cleats or be cleatless. **CLEATS ARE LIMITED TO STUDS OR PROJECTIONS WHICH DO NOT EXCEED 1/2 INCH IN LENGTH AND ARE MADE WITH NONABRASIVE RUBBER OR RUBBER-LIKE SYNTHETIC MATERIAL WHICH DOES NOT CHIP OR DEVELOP A CUTTING EDGE.**

Article 5. Mouth and Tooth Protector. It is strongly recommended that a mouth piece be worn by all players.

Article 6. Gloves. Players may wear gloves which must consist of a soft, pliable, and non-abrasive material.

Article 7. Headwear. Players may wear a knit or stocking cap. Caps may not have a bill, nor may it contain any knots. Players may wear headbands no wider than 2 inches and made of non-abrasive materials. Rubber or cloth elastic bands may be used to control hair. Players may wear pliable and non-rigid sunglasses.

Article 8. Players may carry a play book inside their clothing as long as it is not made of any unyielding material *and is not visible*. *If carried on the field, a player must keep it rather than throw it on the ground.*

Section 5. Players Equipment-Illegal

**Article 1. Illegal Equipment.** The use of headgear that does not meet the standards in Rule 1, Section 4, Article 7, jewelry (including earrings, bracelets, and necklaces), shoulder pads, body pads, shoes with removable cleats (regardless of material), or any unyielding or dangerous equipment is prohibited. Players may use an ace bandage no more than two turns thick in any given area. It can be anchored at each end by tape not to exceed two turns. Metal cleats are not legal. Shirts or jerseys which do not remain tucked in are illegal. Any hood on a coat, sweatshirt, or shirt which does not remain tucked in is illegal.

**Article 2. Additional Illegal Equipment.** Any slippery or sticky substance of a foreign nature on equipment or exposed part of the body is illegal. (NOTE: When any required player equipment is missing or when illegal equipment is found on any incoming substitute or any player, correction must be made before participation. An official's time-out shall be declared to permit prompt repair of equipment which becomes illegal or defective through use). Towels attached to a player’s waist are illegal. *Penalty: Unsportsmanlike Conduct, 10 yards.*

**RULE 2. DEFINITION OF PLAYING TERMS**

**Section 1. Ball-Live, Dead, Loose, Possession**

**Article 1. Live Ball.** A live ball is a ball in play and a dead ball is a ball not in play. A pass or fumble which has not yet touched the ground is a live ball in flight and, therefore, can be caught and advanced by either team.

**Article 2. Loose Ball.** A loose ball is a live ball not in player possession. A loose ball play is action during:

A) Punt
B) Legal Forward Pass
C) A backward pass, including the snap, or fumble made by A from or behind their scrimmage line (first ball spotter - orange)
D) The run or runs which precede such legal pass, punt, or fumble.

**Article 3. When Ball is Ready for Play.** A dead ball is ready for play when the referee: a) if time is in, sounds the whistle and signals "ready for play", b) if time is out, sounds the whistle to "start the clock" or signals "ball ready for play".

**Article 4. In Possession.** "In possession" is an abbreviation meaning "in possession of a live ball". A player is in possession when he/she is both holding and controlling the ball. A team is in possession: a) when one of its players is in possession, b) while a punt being attempted, c) while a forward pass thrown by one of its players is in flight, d) when it was last in possession during a loose ball.

**Section 2. Bat**

**Article 1. Batting.** Batting is intentional striking, slapping, or redirecting with the hand or arm: a) a loose ball, or b) a ball in player possession by a player of the team in possession.
Section 3. Catch, Interception, Simultaneous Catch, Touching

Article 1. Catch and Interception. A catch is an act of establishing player possession of a live ball in flight. A catch of an opponent's pass or fumble before it hits the ground is an interception. If a player attempts a catch or an interception while in the air, the player must contact the ground inbounds with the ball in his/her possession prior to touching out-of-bounds, unless an opponent's contact causes him/her to first touch out-of-bounds. Catching is always preceded by touching of the ball; thus, if touching causes the ball to become dead, securing possession of the ball has no significance.

a) If one foot first lands inbounds and the receiver has possession and control of the ball, it is a catch or interception even though a subsequent step or fall takes the receiver out-of-bounds.
b) A catch by a kneeling or prone inbounds player is a completion or an interception.
c) A loss of ball simultaneously with returning to the ground is not a catch or interception.
d) When in question, the catch or interception is a completion.

Article 2. Simultaneous Catch or Recovery. A simultaneous catch or recovery is a catch or recovery in which there is joint possession of the live ball by opposing players inbounds.

Article 3. Touching. Catching is always preceded by touching the ball; thus if touching causes the ball to become dead, securing possession of the ball has no significance. Touching refers to any contact with the ball.

Section 4. Down and Between Downs

Article 1. A down is a unit of the game which starts, after the ball is ready for play, with a snap and ends when the ball next becomes dead. Between downs is the interval during which the ball is dead.

Section 5. Encroachment

Article 1. Encroachment is a term to indicate a player is illegally in the neutral zone. An entering substitute is not considered to be a player for encroachment restrictions until he/she is on his/her team's side of the neutral zone. Any entering substitute is not considered to be a player for encroachment restrictions until he/she is on his/her team's side of the neutral zone. Penalty: 5 yards.

Section 6. Fighting. Fighting is an attempt by a player or nonplayer to strike or engage an opponent in a combative manner unrelated to football. Such acts include, but are not limited to: attempts to strike an opponent with arms, hands, legs, or feet, whether or not there is contact.

Section 7. Foul. A foul is a rule infraction for which a penalty is prescribed. NOTE: IF IN DOUBT, IT IS NOT A FOUL.

Section 8. Fumble. A fumble is a loss of player possession other than by handing, passing, or punting the ball.

Section 9. Goal Lines

Article 1. Each goal line is a vertical plane separating the end zone from the field of play. The plane of the goal line extends beyond the sideline.

Section 10. Handing the Ball

Article 1. Handing the ball is transferring player possession from one teammate to another without throwing or kicking it.

Section 11. Huddle

Article 1. A huddle is two or more offensive players grouped together after the ball is ready for play and before assuming scrimmage formation prior to the snap.

Section 12. Hurdling

Article 1. Hurdling is an attempt to jump over a player by a runner who has both feet or both knees foremost or jump over a player who is on his/her feet. Hurdling does include jumping over an opponent or teammate who has already fallen to the ground. A player may safely juke a defender, but this will be at the discretion of the official.
Section 13. Kicks

Article 1. Kicker. The kicker is any player who punts or place kicks. The kicker is a runner until he/she actually kicks the ball. Players of his/her team are known as kickers and any opponent is a receiver.

Article 2. Legal and Illegal Kicks. A legal kick is a punt by a player of the team in possession when such a kick is permitted by Rule. Kicking the ball in any other manner is illegal. Any kick continues to be a kick until it is caught by a player or becomes dead.

Article 3. Punt. A punt is kicking the ball by the player who drops it and kicks it before it strikes the ground.

Section 14. Loss of a Down

Article 1. Loss of a down is an abbreviation meaning: "loss of the right to repeat the down".

Section 15. Muff. A muff is an unsuccessful attempt to catch a ball, the ball being touched in the attempt. If a kick or punt return is muffed by the receiver, the ball is dead at the spot of the muffed punt.

Section 16. Neutral Zone

Article 1. The neutral zone is defined from the forward point of the football one yard to the Team B scrimmage line and extended to each sideline. It is established when the ball is ready for play.

Section 17. Passer

Article 1. The passer is the player who has thrown a legal forward pass. He/she remains the passer while the ball is in flight or until participating in the play.

Section 18. Passes

Article 1. Passing. Passing the ball is throwing it. A pass continues to be a pass until caught, intercepted, or the ball becomes dead. The initial direction determines whether a pass is forward or backward.

Article 2. Forward and Backward Pass. A forward pass is a pass thrown beyond the line of scrimmage with its initial direction toward the opponent's endline. A backward pass is a live ball thrown with its initial direction toward or parallel with the passer's end line. A pass continues to be a pass until it is caught or strikes the ground. A backward pass that hits the ground is ruled the same as a fumble. It will be dead at the spot where it strikes the ground.

Section 19. Penalty

Article 1. A penalty is a loss imposed by Rule upon a team which has committed a foul.

Section 20. Removing the Flag Belt

Article 1. Flag Belt Removal (Capture). When the flag belt is clearly taken from the ball carrier the down shall end and the ball is declared dead. An opponent who removes the flag belt from the ball carrier should immediately hold the flag belt above his/her head to assist the official in locating the spot where the capture occurred. If a flag belt inadvertently falls to the ground, a one hand tag between the shoulders and knees constitutes a capture. A player may leave his or her feet to remove the belt.

Article 2. Contact. In an attempt to remove the flag belt from a ball carrier, an opponent may contact the body and shoulders of an opponent with their hands, but not the face or any part of their neck or head. An opponent player may not hold, push, or knock the ball carrier down in an attempt to remove the flag belt.

Section 21. Screen Blocking

Article 1. Screen blocking is legally obstructing an opponent without contacting him/her with any part of the screen blocker's body.

Section 22. Scrimmage

Article 1. Scrimmage. A scrimmage is the interplay of two teams during a down in which play begins with a snap and ends when the ball next becomes dead.

Article 2. Scrimmage Line. The scrimmage line for Team A (offense) is the yard line and its vertical plane which passes through the forward point of the ball. The scrimmage line for Team B (defense) is the yard line and its vertical plane which passes one yard from the point of the ball nearest its own goal.
Article 3. **Backfield Line.** To be legally in the backfield a Team A player's head must not break the plane of the line drawn through the waistline of the nearest Team A player (except the snapper) on the line of scrimmage.

**Section 23. Shift**

**Article 1. A Shift.** A shift is the action of one or more offensive players who, after a huddle or after taking set positions, move to a new set position before the ensuing snap.

**Section 24. Spots Used in Penalty Enforcement**

**Article 1. Basic Spot.** The basic spot is the application of the "3 and 1" principle regarding penalty enforcement.

a) The basic spot on legal forward pass plays is the previous spot and fouls by the team in possession behind the basic spot are spot fouls.

b) The basic spot on running plays is the spot where the run ends, and fouls by the team in possession behind the basic spot are spot fouls.

c) The basic spot on kick plays before a change of possession is the previous spot, and fouls by the team in possession behind the basic spot are spot fouls.

**Article 2. Dead Ball Spot.** The dead ball spot is the point where the ball last became dead.

**Article 3. Enforcement Spot.** An enforcement spot is the point where the penalty for a foul is enforced.

**Article 4. Inbounds Spot.** The inbounds spot is the intersection of the inbounds line and the yard line passing through the dead ball spot, or the spot where the ball is left in a side zone by a penalty.

**Article 5. Out-of-Bounds Spot.** The out-of-bounds spot is the point where the ball becomes dead because of going or being declared out-of-bounds.

**Article 6. Previous Spot.** The previous spot is where the ball was last snapped or free kicked.

**Article 7. Spot of the Foul.** The spot of the foul is the point where the foul occurs. If out-of-bounds between the goal lines, it shall be the intersection of the inbounds line and the yard line extended through the spot of the foul.

**Article 8. Spot Where Run Ends.** The spot where a run ends is where the runner loses possession or where the ball becomes dead in his/her possession.

**Article 9. Succeeding Spot.** The succeeding spot, as related to a foul, is the point where the ball would next be snapped if a foul had not occurred. The succeeding spot is the 14 yard line for the team that next snaps when:

a) the foul is by the defense during a down in which there is a successful touchdown.

b) there is a foul by either team following a touchdown and prior to the try-for-point.

c) a foul by B occurs during a successful try.

d) there is a foul by either team following a foul-free successful try-for-point following a try during which there is a foul but the penalty is declined.

e) a non-player or unsportsmanlike foul is penalized.

**Section 25. Tagging.**

**Article 1. Tagging.** Tagging is placing one hand anywhere between the shoulders and knees of an opponent with the ball. The tagger may leave his/her feet to make the tag. Pushing, striking, slapping, and holding are not permitted. If the player trips the runner in his/her attempt to make a diving tag, it is a penalty.

**Section 26. Team and Player Designations**

**Article 1. Disqualified Player.** The disqualified player is one who becomes ineligible from further participation in the game.

**Article 2. Ejected Player.** An ejected player is one who is ejected from the game and playing area by a game official and/or staff assistant. He/she must leave the playing area immediately. He/she is ineligible for further intramural play until he/she meets with the Director of Recreational & Competitive
Sports. Failure of the ejected player to leave the playing area within one minute, will result in the player's team forfeiting the contest. Forfeit fees will be lost accordingly.

Article 3. Line Player and Backfield Player. A line player is any player on his/her line of scrimmage when the ball is snapped; a backfield player is any person who is legally behind that line when the ball is snapped.

Article 4. Offensive and Defensive Team. The offensive team is the team in possession, or the team to which the ball belongs. The defensive team is the opposing team.

Article 5. Player. A player is any of the participants in the game at any particular time.

Article 6. Runner. The runner is the player in possession of a live ball or simulating possession of a live ball.

Article 7. Snapper. The snapper is the player who snaps the ball.

Article 8. Substitute. A substitute is a replacement for a player or a player vacancy.

Article 9. Team A and B. Team A is the team which puts the ball in play. The opponent of Team A is Team B.

Section 27. Tripping

Article 1. Tripping is the use of the lower leg or foot or arm extended to obstruct an opponent (including the runner) below the knee.

Section 28. Yard Line

Article 1. A Yard Line is a line in the field of play parallel to the end line and between the goal lines.

RULE 3. PERIODS, TIME FACTORS, SUBSTITUTIONS

Section 1. The Start of Each Period

Article 1. Five minutes before the start of the game the officials will hold a captains meeting. Possession will be determined by a game of Rock, Paper, Scissors between the captains of each team. The captain that wins RPS shall have first choice of options for either the first or second half. The loser shall have the first choice of options for the half the winner of the toss did not select. The options for each half shall be:

a) to choose whether his/her will start on offense or defense;

b) to choose the goal his/her team will defend. The captain, not having the first choice of options for a half, shall exercise the remaining option.

Article 2. Game time is forfeit time. Teams should report to the Intramural Sport Director at least fifteen minutes prior to their scheduled game time.

Section 2. Game Time

Article 1. Playing Time and Intermissions. The game is divided into two halves of twenty (20) minutes each. The intermission between halves will be 5 minutes. In the case where overtime is used, there will be a 1 minute intermission.

Article 2. Unusual Situation/Shortening Periods. Anytime during the game, the playing time of any remaining period or periods may be shortened by mutual agreement of the opposing captains and the Intramural Sports Supervisor. When weather conditions are construed to be hazardous to life or limb of the participants the crew of officials is authorized to delay or suspend the game.

Article 3. Extension of Periods. A half must be extended by an untimed down, except for unsportsmanlike or nonplayer fouls, if during the last timed down, one of the following occurred:

a) there was a foul, other than unsportsmanlike or non-player or fouls which specify a loss of down, by either team and the penalty was accepted. In the latter case, any score by the team which fouled is cancelled;

b) there was a double foul;

c) there was an inadvertent whistle;

d) a touchdown was scored, the try-for-point is attempted unless the touchdown was scored during the last down of the second half and the point(s) would not affect the outcome of the game.

If a, b, or c occurs during the uncounted down, the procedure is repeated. NOTE: The period shall not be extended further when the defense fouls during a successful Try and the offended team accepts the results of the play with enforcement of the penalty from the succeeding spot.
Article 4. **End of a Half.** Following delay to ensure:
   a) No foul has occurred.
   b) No obvious timing error has occurred.
   c) No request for a coach-official conference has occurred.
   d) No other irregularity has occurred.
   The official shall hold the ball in one hand overhead to indicate the period has officially ended.

Article 5. **Game Timer.** Time will be kept by the back judge.

Article 6. **Tie Game.** In case of a game ending in a tie score, the two field captains shall be brought together and game of RPS will be played to determine the options as in the start of the game. There will be only one game of RPS during the overtime. Field captains will alternate choices if additional overtime periods are played. The winner of the toss shall be given options of offense, defense, or direction. All overtime periods are played toward the same goal line. Each team will be given 4 downs from the 10-yard line. The object will be to score a touchdown. If the first team which is awarded the ball scores, the second team will still have 4 downs to attempt to win the game. Tries (extra points) will be attempted and scored as indicated in Rule 8. If the defense intercepts the ball and returns it for a touchdown, they win the game. If they do not return the interception for a touchdown, the ball will be placed at the 10-yard line to begin their series of four downs.

Article 7. **Fouls and Penalties.** They are administered similar to the regular game. Team A shall be awarded a new series of 4 downs when the penalty for defensive pass interference or roughing the passer is accepted. Dead ball fouls following a touchdown are penalized on the try. Live ball fouls committed by either team after Team B gains possession during a try or overtime shall be enforced at the succeeding spot. Dead ball fouls following a successful try will be penalized from the succeeding spot, the Team B 10 yard line, if accepted. The goal line shall always be the zone line-to-gain in overtime.

Article 8. **First 38 Minutes.** During the entire first half and for the first 18 minutes of the second half, the clock will start on the initial snap of the half. It will run continuously for the first 38 minutes of play unless it is stopped for an injury (starts on the ready) or a team timeout (starts on the snap) or an official's timeout (starts on the ready).

Article 9. **Two Minute Warning.** Approximately 2 minutes before the end of each half the official shall stop the clock and inform both captains of the playing time remaining in the game. The clock will start on the snap. It is recommended that the back judge announce the time remaining after every play inside of two minutes.

Article 10. **Last Two Minutes.** During the last 2 minutes of the game the clock will stop for a:
   a) Chang of possession-depends on previous play
   b) First down-depends on play achieving first down
   c) Inadvertent whistle- starts on the ready
   d) Incomplete legal or illegal forward pass- starts on the snap
   e) Out of Bounds- starts on the snap
   f) Official’s timeout- starts at the official’s discretion
   g) Penalty- dependent on the previous play. (Exception: Delay of game- starts on the snap)
   h) Safety- starts on the snap
   i) Team timeout- starts on the snap.
   j) Team attempting to conserve time illegally- starts on the ready
   k) Team attempting to consume time illegally- starts on the snap
   l) Team B is awarded a new series- starts on the snap
   m) Touchback- starts on the snap
   n) Touchdown- starts on 1st scrimmage snap (not the try)
   o) When free kick strikes the ground after first touching- starts on the snap

Section 3. **Time Outs**

Article 1. **How charged.** The Referee shall declare a time-out when he/she suspends play for any reason. Each time-out shall be charged either to the Referee or to one of the teams.

Article 2. **Referee’s Time-Outs.** The Referee shall declare an official's time-out whenever a touchdown, touchback, or safety is made, or when an excess time-out is allowed.
Article 3. Discretionary Time-Out. The Referee may declare an official time-out for any contingency not elsewhere covered by the Rules. If a time-out is for repair or replacement of player equipment which becomes illegal through play and is considered dangerous to other players, the Referee shall charge himself/herself. The Referee shall charge himself/herself when an injured player is designated.

Article 4. Charged Time-Outs. Each team is entitled to one charged time-out during each half without penalty. If the ball is dead and a team has not exhausted its charged time-outs, the Referee shall allow a time-out and charge that team. Unused time-outs do not carryover to succeeding periods. No time-outs are allowed in the overtime period.

Article 5. Length of Time-Outs. A charged time-out requested by any player or head coach shall not exceed one minute. Other time-outs may be longer only if the Referee deems it necessary to remove an injured player.

Article 6. Coach-Referee Conference. When a team requests a charged time-out for a misapplication or misinterpretation of a rule, the Referee will confer with the team captain or coach. The request must be made prior to the time the ball becomes alive following the play to be reviewed, unless the half has officially ended. If the official changes his/her ruling, it is an official's time-out. If the ruling is not changed, it is a charged time-out. If the team has used its one time-out, a delay of game penalty will be assessed.

Article 7. Warning and Notification. The Referee shall warn both teams five seconds before a charged time-out expires. The team then has 25 seconds to put the ball in play. When one time-out has been charged to a team in the half, the Referee shall notify both captains and/or head coaches and all officials.

Article 8. Authorized Conferences. There are two types of authorized conferences permitted during charged time-outs and following a score or try:
   a) One or more players and one or more coaches may meet directly in front of the team box within 5 yards of the sideline.
   b) One coach may enter the field at his/her team's huddle on the inbounds hash mark to confer with his/her players.

Article 9. Injured Player. An injured or apparently injured player who is discovered by an official while the ball is dead, shall be replaced for at least 1 down unless the halftime or overtime intermission occurs. A player who is bleeding, has an open wound, or has an excessive amount of blood on the uniform shall be considered an injured player. Such players may not return to the game until the bleeding has stopped and the wound properly covered, and soiled clothing has been treated with a bleach disinfectant.

Article 10. Unconscious or Apparently Unconscious Player. A time-out occurs when an unconscious or apparently unconscious players is determined by game officials. The player may not return to play in the game.

Section 4. Delays

Article 1. Unfair Tactics. The referee may start or stop the clock whenever either team is trying to conserve or consume time by playing tactics that are obviously unfair. Penalty: 5 yards from line of scrimmage.

Article 2. Delay of the Game. The ball must be put in play promptly and legally and any action or inaction by either team which tends to prevent this is delay of the game. This includes:
   a) consuming more than 25 seconds in putting the ball in play after it is ready for play,
   b) putting the ball in play before it is declared ready for play,
   c) deliberately advancing the ball after it has been declared dead,
   d) conducting a coach-referee conference after all permissible charged time-outs for the coach's team have been used, and during which the Referee is requested to reconsider the application of a rule and no change results,
   e) failure to kick the ball immediately after receiving the snap on a punt. Penalty: 5 yards from spot of the snap.

Section 5. Substitutions

Article 1. Eligible Substitutes. A substitution Infraction can either be a dead ball or live ball foul. If it is a dead ball foul, it is five yards from the succeeding spot. No substitute shall enter during a down.
Between downs any number of eligible substitutes may replace players provided the substitution is completed by having the replaced players off the field before the ball becomes alive. An incoming substitute must enter the field directly from his/her team area. A replaced player must leave the field at the sideline nearest his/her area prior to the ball being snapped. An entering substitute shall be on his/her team's side of the neutral zone when the ball is snapped or free kicked. Penalty: Substitute Infraction, 5 yards. If it is a dead ball foul, 5 yards from the succeeding spot.

Article 2. Legal Substitutions. During the same dead ball interval, no substitute shall become a player and then withdraw, and no player shall withdraw and then re-enter as a substitute unless A PENALTY IS ACCEPTED, a dead ball foul occurs, there is a charged time-out, or period ends. Penalty: Substitute Infraction, 5 yards from previous spot.

RULE 4. BALL IN PLAY, DEAD BALL, OUT-OF-BOUNDS

Section 1. Ball in Play - Dead Ball

Article 1. Dead Ball Becomes Live. A dead ball, after having been declared ready for play, becomes a live ball when it is snapped or free kicked legally.

Article 2. Ball Declared Dead. A live ball becomes dead and an official shall sound the whistle or declare it dead:

a) when it goes out-of-bounds.

b) when any part of the runner other than a hand or foot touches the ground.

c) when a touchdown, touchback, safety, or successful try is made.

d) when the ball strikes the ground following first touching by K.

e) when a player of the kicking team catches a punt which is beyond the neutral zone; when an untouched punt comes to rest on the ground and no player attempts to secure it.

f) when a forward pass strikes the ground or is caught simultaneously by opposing players.

g) when a backward pass or fumble by a player touches the ground. A ball snapped from scrimmage, which hits the ground before or after getting to the intended receiver, is dead at the spot where it hits the ground. NOTE: If in doubt, the snap close to the ground remains alive.

h) when a forward pass is legally completed, or a loose ball is caught by a player on, above, or behind the opponent's goal line.

i) when a runner has a flag belt removed legally by an opponent. A flag belt is removed when the clip is detached from the belt by an opponent. NOTE: If in doubt, the flag belt has been pulled.

j) when a runner is legally tagged with one hand between the shoulders and knees, including the hand and arm, by an opponent once the flag belt is no longer attached.

k) when a passer is deflagged/tagged prior to releasing the ball. Note: If in doubt as to the release or not, the ball is released.

l) when a muff of a punt strikes the ground.

m) when an official inadvertently sounds his/her whistles during a down or during a down in which the penalty for a foul is declined, when:

1. The ball is in player possession - the team in possession may elect to put the ball in play where declared dead or replay the down.

2. The ball is loose from a fumble, backward pass, or illegal forward pass - the team in possession may elect to put the ball in play where possession was lost or replay the down.

3. During a legal forward pass or a punt - the ball is returned to the previous spot and the down replayed.

If a foul occurs during any of the above downs, an accepted penalty shall be administered as in any other play situation. When the foul is accepted, disregard the inadvertent whistle. Note: There is no time added to the game clock during a down with an inadvertent whistle.

Section 2. Out-of-Bounds
Article 1. **Player Out-of-Bounds.** A player or other person is out-of-bounds when any part of that player touches anything other than another player or a game official who is on or outside a boundary line.

Article 2. **Player in Possession Out-of-Bounds.** A ball in player possession is out-of-bounds when the ball touches anything, other than another player or game official, which is on or outside a sideline or end line.

Article 3. **Loose Ball Out-of-Bounds.** A loose ball is out-of-bounds when it touches anything, including a player or game official, which is out-of-bounds.

**RULE 5. SERIES OF DOWNS, NUMBER OF DOWNS, AND TEAM POSSESSION AFTER PENALTY**

Section 1. A Series - How Started, How Broken, Renewed

Article 1. **A Down Is a Unit.** A down is a unit of the game which starts with a legal snap and ends when the ball next becomes dead. Between downs is any period when the ball is dead.

Article 2. **Series of Downs.** A team in possession of the ball shall have four consecutive downs to advance to the next zone by scrimmage. Any down may be repeated if provided for by the rules.

Article 3. **Zone Line-to-Gain.** The zone line-to-gain in any series shall be the zone in advance of the ball, unless distance has been lost due to penalty or failure to gain. In such case, the original zone in advance of the ball at the beginning of the series of downs is the zone line-to-gain. The most forward point of the ball, when declared dead between the goal lines, shall be the determining factor.

Article 4. **Measurement of Distance.** The most forward point of the ball, when declared dead between the goal lines, shall be the determining point in establishing distance gained or lost by either team in a down.

Article 5. **Awarding a New Series.** A new series of downs shall be awarded when a team moves the ball into the next zone on a play free from penalty; or a penalty against the opponents moves the ball into the next zone; or either team has obtained legal possession of a ball as a result of a penalty, kick from scrimmage, touchback, pass interception, or failure to gain the zone in advance of the ball.

Section 2. Down and Possession After a Penalty

Article 1. **Penalty Resulting in First Down.** After a penalty which leaves the ball in possession of a team beyond its zone line-to-gain, or when a penalty stipulates a first down, the down and distance established by that penalty shall be first down with next zone line-to-gain.

Article 2. **Foul Before Change of Team Possession.** After a distance penalty between the goal lines incurred during a down and before any change of team possession during that down, the ball belongs to Team A and the down shall be repeated unless the penalty also involves loss of down, or leaves the ball on or beyond the zone line-to-gain. If the penalty involves loss of down, the down shall count as one of the four in that series.

Article 3. **Foul After Change of Team Possession.** After a distance penalty for a foul committed during a down and after team possession has changed during that down, the ball belongs to the team in possession when the foul occurred and the down and distance established by that penalty shall be first down with zone line-to-gain.

Article 4. **Penalty Declined.** If a penalty is declined, the number of the next down shall be whatever it would have been if that foul had not occurred.

Article 6. **Foul Between Downs.** After a distance penalty incurred between downs, the number of the next down shall be the same as that established before the foul occurred unless enforcement for a foul by Team B leaves the ball on or beyond the zone line-to-gain.

Article 7. **Foul Between Series.** A scrimmage following a penalty incurred after a series ends and before the next series begins shall be a first down but the zone line-to-gain shall be established before the penalty is enforced.

Article 8. **Fouls by Both Teams.** If offsetting fouls occur during a down, that down shall be repeated. Exception: If each team fouls during a down in which there is a change of team possession, the team last gaining possession may retain the ball, provided its foul was not prior to the final change of possession and it declined the penalty for its opponent's foul.

Article 9. **Rule Decisions Final.** No rule decision may be changed after the ball is next legally snapped or free kicked.
RULE 6. KICKING THE BALL

Section 1. Punt

Article 1. Legal Punt. A legal punt is a kick made in accordance with the rules. Quick kicks are illegal. Penalty: Illegal Kick, 10 yards.

Article 2. Punt. Prior to making the ball ready for play on the fourth down, the Referee must ask the Team A captain if he/she wants to punt. The Referee must announce this decision to all Team A and B Players and the other officials. The Team A captain may request a punt on any down. After such announcement, the ball must be kicked. Exception: If a) a Team A OR B time-out is called, or b) a foul occurs anytime prior to or during this down after the Team A's captain's decision which results in the kicking team having the right to repeat the down again. No direct snaps are permitted during punts. Penalty: 5 yards.

Article 3. Formation and Snap. Neither K nor R may advance beyond their respective scrimmage line until the ball is punted. Penalty: Illegal Procedure, 5 yards.

Article 4. Punting the Ball. After receiving the snap, the kicker must punt the ball immediately and in a continuous motion. Penalty: Delay of Game, 5 yards.

Article 5. Eligible. When a punt which has crossed kicker's scrimmage line touches a player from either team and then hits the ground, the ball is dead and belongs to the receiving team. If it hits a player of the receiving team and then is caught in the air, it can be advanced by the receiving team. If caught by the kicking team, the ball is dead, belongs to K, and a new series begins for K. Team K may punt the ball once only per down.

Article 6. First Touching. If any kicker touches a punt before or after it crosses kicker's scrimmage line (first ball spotter-orange) and before it is touched there by any R player, it is referred to as "first touching". R may take the ball at that spot or may choose to have the ball put in play as determined by the action which follows first touching. The right of R to take the ball at the spot of first touching by K is cancelled if R touches the punt and thereafter during the down commits a foul or if the penalty is accepted for any foul committed during the down.

Article 7. Punt Out-of-Bounds Between the Goal Lines or at Rest. If a punt goes out-of-bounds between the goal lines or comes to rest inbounds untouched and no player attempts to secure it, the ball becomes dead and belongs to the receiving team at that spot.

Article 8. Punt Behind the Goal Line. When any punt is on or behind the receiver's goal line (plane), it can be downed for a touchback (14 yard line) or it may be run out of the end zone.

Article 9. There are no longer any restrictions regarding who may advance a punt in the Co-Rec game.

Section 2. Kick Catch Interference

Article 1. Interference While any punt in flight beyond kicker's scrimmage line, K shall not touch the ball nor obstruct R's path to the ball. This prohibition does not apply if the act is after the kick has been touched by R. Penalty: Kick Catch Interference, 10 yards. R may choose a 10-yard penalty from the previous spot with K retaining the football and the down replayed, or accept an awarded catch from the spot of the foul.

Play: A punt in flight and (a) K3 is in the path of R2's attempt to catch the ball, or (b) K4 tags or deflags R2 before he/she touches the ball. RULING: In (a) and (b), kick catch interference. Penalty: Kick Catch Interference, 10 yards.

Section 3. Signals

Article 1. Signal. Players shall ignore any signals given by the kickers or receivers. The ball remains alive. There is no foul.

RULE 7. SNAPPING, HANDING, AND PASSING THE BALL

Section 1. The Scrimmage

Article 1. The Start. All plays from scrimmage must be started by a legal snap from a point on the inbounds line. The ball may be moved with approval by the referee due to poor field conditions.
Article 2. Ball Responsibility. Team A (offense) players are responsible for retrieving the ball after a scrimmage down. The snapper will bring it from the huddle to the Team A scrimmage line (first ball spotter-orange). A towel may be placed under the ball.

Article 3. Stances. Players may use a 2, 3, or 4 point stance.

Section 2. Prior To The Snap

Article 1. Encroachment. After the snapper has placed his/her hand(s) on the ball, it is encroachment for any player to break the scrimmage line plane, except for the snapper's right to be over the ball. This includes standing in the neutral zone to give defensive signals, or shifting through the zone. After the snapper has made his/her final ball adjustment, it is encroachment for any player to break the scrimmage line plane, except for the snapper's right to be over the ball. Penalty: Dead Ball Foul, Encroachment, 5 yards from the previous spot.

During the interval between scrimmage downs when two or more consecutive encroachment fouls are committed by the defensive team, the penalty will be 10 yards for the second encroachment foul.

Play. After the ball is marked ready for play by the Referee, B-4 charges into the neutral zone beyond B's scrimmage line (second ball spotter-gold), to give Team A a first down. Ruling: Dead ball foul for encroachment, 5 yards. The penalty is declined by Team A. Team B is informed by the Referee that if this occurs again during the same dead ball interval, a 10 yard penalty will be enforced, if accepted.

Article 2. False Start. No offensive player shall make a false start. A false start includes simulating a charge or start of a play. An infraction of this rule may be penalized whether or not the ball is snapped and the penalty for any resultant encroachment shall be cancelled. Penalty: Dead Ball Foul, Illegal Procedure, 5 yards from the previous spot.

Article 3. Snap. The snapper, after assuming the position for the snap and adjusting the ball, may neither move nor change the position of the ball in a manner simulating the beginning of a play until it is snapped. An infraction and the penalty for any resultant encroachment or contact foul by an opponent shall be cancelled. When over the ball the snapper shall have his/her feet behind his/her scrimmage line (first ball spotter-orange). The snapper shall pass the ball back from its position on the ground between the legs with a quick and continuous motion of the hand(s). The ball shall leave the hand(s) in this motion. Penalty: Dead Ball Foul, Illegal Procedure, 5 yards.

Section 3. Position and Action During the Snap

Article 1. Legal Position. Any time at or after the ball is ready for play, each Team A player must momentarily be within 15 yards of the ball before the snap. Penalty: Illegal Procedure, 5 yards.

Article 2. Minimum Line Players. The offensive team must have at least 4 players on their scrimmage line (first ball spotter) at the snap. The remaining players must be either on their scrimmage line or behind their backfield line. All players must be inbounds. Penalty: Illegal Formation, 5 yards. NOTE: If in doubt, the player is on the scrimmage line.

Article 3. Motion. One offensive player may be in motion, but not in motion toward the opponent's goal line at the snap. Other offensive players must be stationary in their positions without movement of the feet, body, head, or arms. The offensive team must have at least 4 players on their scrimmage line at the snap. A player in motion is not counted as one of the 4 on the scrimmage line. Penalty: Illegal motion, 5 yards.

Article 4. Illegal Snap. The snapper may not snap the ball to him/herself. The player who receives the snap must be at least two yards behind the offensive scrimmage line. Direct snaps are illegal. Penalty: Illegal Procedure, 5 yards.

Article 5. Shift. In a snap preceded by a huddle or shift, all offensive players must come to a complete stop and remain stationary in legal position without movement of feet, body, head, or arms for at least one full second before the snap. Penalty: Illegal Shift, 5 yards.

Section 4. Handing the Ball

Article 1. Anytime. Any player may hand the ball forward at any time.

Section 5. Backward Pass and Fumble
Article 1. Anytime. A runner may pass the ball backward or lose player possession by a fumble at anytime except if intentionally thrown out-of-bounds to conserve time. Penalty: Illegal Pass, 5 yards and loss of down. NOTE: If in doubt, the pass is backward.

Article 2. Caught or Intercepted. A backward pass or fumble may be caught in flight inbounds by any player and advanced.

Article 3. Simultaneous Catching by Opposing Players. If a backward pass or fumble is caught simultaneously by members of opposing teams, the ball becomes dead at the spot of the catch and belongs to the offensive team.

Article 4. Out-of-Bounds. A backward pass or fumble which goes out-of-bounds between the goal lines belongs to the team last in possession at the out-of-bounds spot. If out-of-bounds behind a goal line it is a touchback or safety.

Article 5. Ball Dead When it Hits Ground. A backward pass or fumble which touches the ground between the goal lines is dead at the spot where it touches the ground and belongs to the team last in possession unless lost on downs.

Section 6. Legal and Illegal Forward Pass

Article 1. Legal Forward Pass. All players are eligible to touch or catch a pass. During a scrimmage down and before team possession has changed a forward pass may be thrown provided the passer's feet are behind Team A's scrimmage line when the ball leaves the passer's hand. Only one forward pass can be thrown per down. NOTE: If in doubt, the passer is behind the Team A's scrimmage line.

Article 2. Illegal Forward Pass. A forward pass is illegal if:

a) the passer's foot is beyond Team A's scrimmage line when the ball leaves his/her hand.
b) thrown after team possession has changed during the down.
c) intentionally thrown to the ground or out-of-bounds to save loss of yardage.
d) there is more than one forward pass per down.
e) if a passer catches his/her untouched forward pass.

Penalty: Illegal pass, 5 yards from the spot of the foul and a loss of down if by Team A before team possession changes during a scrimmage down.

Article 3. After Illegal Forward Pass. When an illegal forward pass touches the ground or goes out-of-bounds, the ball becomes dead and belongs to the passing team at the spot from where the pass was thrown, unless a new series of downs has been created. In such case, the ball belongs to the passing team if after the enforcement of the penalty, the ball is left in advance of the zone line-to-gain, or belongs to the opponents if the ball, after the penalty, did not make the next zone line-to-gain and the foul occurred during the fourth down. If a player catches an illegal forward pass, the ball continues in play until declared dead.

Section 7. Completed or Intercepted Passes

Article 1. Pass Caught or Intercepted. A forward pass is completed when caught by a member of the passing team inbounds. A forward pass is intercepted when caught by a member of the defending team inbounds. It is counted as a completion as long as the first part of the person to make contact with the ground after the catch touches inbounds.

Article 2. Simultaneous Catch by Opposing Players. If a legal forward pass is caught simultaneously by members of opposing teams the ball becomes dead and belongs to the team that snapped the ball.
Section 8. Incomplete Passes

Article 1. Becomes Dead. When a legal forward pass touches the ground or anything out-of-bounds, it becomes dead, is ruled as an incomplete pass.

Section 9. Forward Pass Interference

Article 1. Interference. During a down in which a legal forward pass is thrown, contact which interferes with an eligible receiver who is beyond the neutral zone is pass interference unless it occurs when two or more eligible receivers make a simultaneous and bona fide attempt to reach, catch, or bat a pass. *Hindering an opponent's vision without making an attempt to catch, intercept or bat the ball is pass interference, even though no contact was made.* It is also pass interference if an eligible receiver is deflagged/tagged prior to touching the ball on a pass thrown beyond Team A's scrimmage line.

Article 2. Offensive Pass Interference. After the ball is snapped, and until it has been touched by a receiver, the offensive team shall not interfere beyond the line of scrimmage. *Penalty: Offensive Pass Interference, 10 yards from the previous spot and loss of down.*

Article 3. Defensive Pass Interference. After the pass is thrown, and until it is touched, the defense shall not interfere beyond the line of scrimmage while the ball is in flight. *Penalty: Defensive Pass Interference, 10 yards from the previous spot and automatic first down.* If the pass interference by either player is intentional or unsportsmanlike, his/her team shall be penalized an additional 10 yards.

Article 4. Not Interference. *Action by Team B which is not a foul and which is obviously away from the direction of the pass is not defensive pass interference.*

RULE 8. SCORING PLAYS AND TOUCHBACK

*Note: It is suggested that the referee communicate the current score to the team captains and all officials after each touchdown, try and safety.*

Section 1. Mercy Rule

Article 1. Two Minute Warning. If a team is 19 or more points ahead when the Referee announces the two minute warning for the second half the game shall be over.

Article 2. After Two Minute Warning. If a team scores during the last two minutes of the second half extending the lead to 19 or more the game shall end.

Section 2. Touchdown

Article 1. A Touchdown shall be scored for the team to which the ball legally belongs, when a down is completed and any part of the ball is on, above, or behind the opponent's goal line.

Article 2. Player Responsibility. The player scoring the touchdown must raise his/her arms so the nearest official can deflag the player. If the player is not deflagged with one pull, and the official determines the flag belt has been secured illegally, the touchdown is disallowed. The player is disqualified. *Penalty: Personal Foul, 10 yards from the previous spot.* If by Team A, loss of down. If by Team B, automatic first down.

Section 3. Try (=1, 2, or 3 points)

Article 1. One or Two or Three Points. An opportunity to score one point from the 3 yard line, two points from the 10 yard line, or three points from the 20 yard line while time is out shall be granted a team scoring a touchdown. There shall be one scrimmage play unless changed by penalty. *Note: If a touchdown is scored on the last timed down of the 2nd half, the try is not attempted, unless it will affect the outcome of the game.*

Article 2. Referee's Responsibility and Defense Scores 2 Points. The Referee must speak to the field captain only, asking him/her whether the try shall be from the 3, 10, or 20 yard line. Once the Team A captain makes the choice, he/she may change the decision only when a charged Team A or B time-out is taken. A team's choice cannot be changed if a penalty should occur. Enforcement of yardage penalties does not change the value of the try. The points shall be awarded if the try results
in what would have been a touchdown. If Team B intercepts a pass or fumble during the try and returns it for a touchdown, they score 3 points.

**Article 3. Foul During Try.** If a double foul occurs during the down, the down shall be replayed. When a distance penalty is incurred by Team A during a successful try, the down will be repeated if accepted. However, if a Team A penalty carries a loss of down, the try has ended and will not be repeated. No points are scored for Team A, if accepted.

**Article 4. Next Play.** After a try, the next play shall be snapped by the opponent of the scoring team at their own 14 yard line, unless moved by penalty.

**Section 4. Force and Responsibility**

**Article 1. Responsibility.** The team responsible for a ball being on, above, or behind a goal line is the team whose player carries the ball to or across that goal line or imparts to the ball an impetus which forces it to or across that line; or incurs a penalty which leaves the ball on or behind that line.

**Article 2. Force.** The force imparted by a player who kicks, passes, snaps, or fumbles the ball shall be considered responsible for the ball's progress in any direction even though its course is deflected, or reversed, after striking a player on either team. However, the initial force is considered expended and a new force is provided if a loose ball is illegally kicked or batted or it is contacted again after coming to rest.

**Section 5. Momentum, Safety, and Touchback**

**Article 1. Safety = 2 Points.** It is a safety when:

a) A runner carries the ball from the field of play to or across his/her own goal line, and it becomes dead there in his/her team's possession;

   EXCEPTION: When a **defensive** player intercepts a forward pass, fumble, backwards pass, or catches a punt between his/her 5 yard line and the goal line and his/her original momentum carries him/her into the end zone where the ball is declared dead in his/her team's possession or it goes out-of-bounds in the end zone, the ball belongs to the **defensive team** at the spot where the pass was intercepted or the kick was caught. This is known as the momentum rule.

b) A player forces a loose ball from the field of play to or across his/her goal line by his/her kick, pass, fumble, snap, muff, or bat, and the ball subsequently becomes dead there in his/her team's possession. This includes when the ball is declared dead on or behind their goal line. However, it does not apply to a legal forward pass which becomes incomplete.

c) A player on offense commits any foul for which the penalty is accepted and measurement is from a spot in his/her end zone; or throws an illegal forward pass from his/her end zone and the penalty is declined in a situation which leaves him/her in possession at the spot of the illegal pass and with the ball having been forced into the end zone by the passing team.

d) After a safety, the ball shall be snapped by the scoring team at their own 14 yardline, unless moved by penalty.

**Article 2. Touchback.** It is a touchback when:

a) A punt is downed behind R's goal line unless R chooses a spot of first touching by K.

b) The ball is out-of-bounds behind a goal line (except from an incomplete forward pass), when the ball becomes dead in possession of a player on, above or behind the player's own goal line, or when the ball becomes dead not in possession on, above or behind the team's own goal line, and the attacking team is responsible.

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**Play.** B-1 intercepts a pass in his/her own end zone and is deflagged/tagged attempting to run the ball out of the end zone. **Ruling.** Touchback, B's ball. B-1 must take the ball from the field of play across its own goal line to have a safety situation.

**Play.** B-1 intercepts a pass in his/her end zone, (a) runs it out of the end zone and continues downfield for a touchdown or (b) runs around in his/her end zone and is deflagged. **Ruling.** (a) Touchdown. A player can run the ball out of his/her end zone. In (b), touchback. A's force put the ball into B's end zone.
Play. A-1 running for an apparent touchdown fumbles the ball on the Team B 3 yard line. The ball lands in the Team B end zone. Ruling: Touchback. The force which put the ball in the end zone was the fumble. The team whose goal line was involved shall put the ball in play on the 14 yard line by a snap.

RULE 9. CONDUCT OF PLAYERS AND OTHERS

Section 1. Unsportsmanlike Conduct

Article 1. Non-contact Player Acts. No player or nonplayer shall commit any of the following non-contact acts during a period or intermission. Examples include, but are not limited to:

a) refusal to comply or abide by the request or decision of an official;
b) using words similar to the offensive audibles and quarterback cadence prior to the snap in an attempt to interfere with Team A's signals or movements;
c) intentionally kicking at the ball, other than during a punt;
d) leaving the field between downs to gain an advantage unless replaced or with permission of the official;
e) intentionally kicking at an opposing player;
f) intentionally swinging an arm, hand or fist at any opposing player;
g) leaving the field between downs to gain an advantage unless replaced or with permission of the official;

Penalty: Unsportsmanlike Conduct, 10 yards, and if flagrant, the offender shall be disqualified. (Unsportsmanlike ejection)

Article 2. Dead Ball Player Fouls. When the ball becomes dead in possession of a player, he/she shall not:

a) intentionally kick the ball.
b) spike the ball into the ground.
c) throw the ball high into the air.
d) fail to return the ball to the huddle.

Penalty: Unsportsmanlike Conduct 10 yards, and if flagrant, the offender shall be ejected. (Unsportsmanlike ejection)

Article 3. Prohibited Acts. There shall be no unsportsmanlike conduct by players, substitutes, coaches, or others subject to the Rules. Examples include, but are not limited to:

a) attempting to influence a decision by an official.
b) disrespectfully addressing an official.
c) indicating objections to an official's decision.
d) holding an unauthorized conference, or being on the field illegally.
e) using profanity, insulting or vulgar language or gestures.
f) intentionally contacting a game official physically during the game by persons subject to the rules.
g) fighting an opponent.
h) leaving the team area and entering the field during a fight.

Penalty: Unsportsmanlike Conduct, 10 yards, and if flagrant, the offender shall be disqualified. (Unsportsmanlike ejection)

Article 4. Second Unsportsmanlike Foul. The second unsportsmanlike foul by the same player or nonplayer results in disqualification.

Article 5. Third Unsportsmanlike Foul. A team that receives three unsportsmanlike penalties in the same game will be disqualified and the game will be terminated.

Section 2. Unfair Acts

Article 1. If a team refuses to play within two minutes after ordered by the Referee, or if play is interfered with by an obvious unfair or unsportsmanlike act not specifically covered by the Rules, or if a team repeatedly commits fouls which can be penalized only by halving the distance to its goal line, the Referee may enforce any penalty he/she considers equitable, including the awarding of a score. For refusal to play, or for repeated fouls, the Referee shall, after one warning, forfeit the game to the opponents.
Article 2. Unfair Acts. No player, substitute, coach or others subject to the rules shall use disconcerting words or phrases or commit any act not in accordance with the spirit of fair play for the purposes of confusing the opponent. Penalty: unfair act, live ball foul, 10 yards.

Section 3. Personal Fouls

Article 1. Player Restrictions. No player or nonplayer shall commit a personal foul during any period or intermission. Any act prohibited hereunder or any other act of unnecessary roughness is a personal foul. No player shall:

a) Strip or attempt to strip the ball from a player in possession by punching, striking, or stealing.

Note: A player who controls a pass with both feet off the ground becomes a runner when the first part of the person touches the ground.

b) Contact an opponent who is on the ground.

c) Throw the runner to the ground.

d) Hurdle any other player.

e) Contact an opponent either before or after the ball is declared dead.

f) Make any contact with an opponent which is deemed unnecessary of any nature including using fists, locked hands, elbows or any part of the forearm or hand, except according to Rule.

g) Deliberately drive or run into a defensive player.

h) Position themselves on the shoulders or body of a teammate or opponent to gain an advantage

i) Tackle the runner by grasping or encircling with the hand(s) or arm(s) and taking the opponent toward the ground as in tackle football. (DQ)

j) Fighting an opponent (DQ). NOTE: Each player will be assessed one flagrant personal foul for fighting. Penalty: 10 yards-flagrant offenders will be disqualified. In 1J the offender shall be disqualified.

Article 2. Roughing the Passer. Defensive players must make a definite effort to avoid charging into a passer after it is clear the ball has been thrown. 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 end if the forward pass is thrown from beyond Team A's scrimmage line (first ball spotter). Penalty: Roughing the Passer, 10 yards, automatic first down.

Section 4. Blocking

Article 1. Offensive Screen Blocking. The offensive screen block shall take place without contact. The screen blocker shall have his/her hands and arms at his/her side or behind his/her back. Any use of the hands, arms, elbows, legs, or body to initiate contact during an offensive player's screen block is illegal. A blocker may use his/her hand or arm to break a fall or to retain his/her balance. A player must be on his/her feet before, during, and after screen blocking. Penalty: Personal Foul, 10 yards.

Article 2. Screen Blocking Fundamentals. A player who screens shall not:

a) when he/she is behind a stationary opponent, take a position closer than a normal step from him or her;

b) when he/she assumes a position at the side or in front of a stationary opponent, make contact with him/her;

c) take a position so close to a moving opponent that this opponent cannot avoid contact by stopping or changing direction. The speed of the player to be screened will determine where the screener may take his/her stationary position. This position will vary and may be one or two normal steps or strides from the opponent;

d) after assuming his/her legal screening position, move to maintain it, unless he/she moves in the same direction and path of his/her opponent. If the screener violates any of these provisions and contact results, he/she has committed a personal foul. Penalty: 10 yards.

Article 3. Blocking and Interlocked Interference. Teammates of a runner or passer may interfere for him/her by screen blocking but shall not use interlocked interference by grasping or encircling one another in any manner. Penalty: Personal Foul, 10 yards.

Article 4. Use of Hands or Arms by the Defense. Defensive players must go around the offensive player's screen block. The arms may be used as a wedge and the hands may be used, if there is no holding or aggressive pushing. The application of this rule depends entirely on the judgment of the official. A
Section 5. Runner

Article 1. Guarding the Flag Belt. Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove the flag belt. Flag guarding includes:

a) swinging the hand or arm over the flag belt to prevent an opponent from deflagging.

b) placing the ball in possession over the flag belt to prevent an opponent from deflagging.

c) lowering the shoulders in such a manner which places the arm over the flag belt to prevent an opponent from deflagging.

Penalty: Flag Guarding, 10 yards.

Article 2. Stiff Arm. The runner shall be prohibited from contacting an opponent with extended hand or arm. This includes the use of a "stiff arm" extended to ward off an opponent attempting to deflag/tag.

Penalty: Personal Foul, 10 yards.

Article 3. Helping the Runner. The ball carrier shall not grasp a teammate or be grasped, pulled, or pushed by a teammate.

Penalty: Helping Runner, 5 yards.

Article 4. Obstruction of Runner. The defensive player shall not hold, grasp, or obstruct the forward progress of a ball carrier when in the act of removing the flag belt.

Penalty: 10 yards.

Article 5. Charge. A runner shall not charge into nor contact an opponent in his/her path nor attempt to run between two opponents or between an opponent and a sideline, unless space is such as to provide a reasonable chance for him/her to go through without contact. If a runner in his/her progress has established a straight line path, he/she may not be crowded out of that path, but if an opponent is able to legally establish a defensive position in that path, the runner must avoid contact by changing direction.

Penalty: Personal Foul, 10 yards.

Section 6. Batting and Kicking

Article 1. Batting a Free Ball. Players shall not bat a loose ball other than a pass or fumble in flight. A backward pass in flight shall not be batted forward by the passing team. A ball in player possession shall not be batted forward by a player of the team in possession. Exception: The kicking team may bat a grounded punt beyond the Team A Scrimmage line toward their own goal line.

Penalty: Illegal Batting, 10 yards.

Article 2. Illegal Kicking. No player shall intentionally kick a ball other than a punt. NOTE: an illegal kick shall be treated like a fumble.

Penalty: Illegal Kicking, 10 yards.

Section 7. Illegal Participation

Article 1. Blocked or Pushed Out-of-Bounds. Prior to a change of possession, no player of the offensive team or the kicking team shall go out-of-bounds and return during the down unless blocked out-of-bounds by an opponent.

Article 2. Hinder An Opponent. No replaced player or substitute shall hinder an opponent, touch the ball, influence the play, or otherwise participate.

Article 3. Illegal Participation. It is illegal participation:

a) To have 8 or more players participating at the snap or free kick.

b) If an injured player is not replaced for at least one down; unless the halftime or overtime intermission occurs.

c) To use a replaced player or substitute in a substitution or pretended substitution to deceive opponents at or immediately before the snap or free kick.

d) For a player to be lying on the ground to deceive opponents at or immediately before the snap or free kick.

e) For a disqualified player to re-enter the game.

f) For a replaced player or substitute to hinder an opponent, touch the ball, influence the play, or otherwise participate.

g) If, prior to a change of possession, a Team A or K players goes out-of-bounds and returns during the down to participate, unless blocked out-of-bounds by an opponent. If a player is blocked out-
of-bounds by an opponent and returns inbounds during the down, he/she shall return at the first opportunity. During the down, no player shall intentionally go out-of-bounds and return.

h) *When any player, replaced player, or substitute enters during a down.*

*Penalty: Illegal participation, 10 yards.*

**Section 8. Flag Belt Removal**

**Article 1.** There are some tenets or basic rules which are established for flag football because of legal and illegal removal of the flag belt. These follow:

a) Players must have possession of the ball before they can be legally deflagged.

b) When a runner loses his/her flag belt either accidentally, inadvertently (not removed by grabbing or pulling), or on purpose, play continues. The deflagging reverts to a one hand tag of the runner between the shoulders and knees (including hands and knees).

c) In circumstances where a flag belt is removed illegally, play should continue with the option of the penalty or the play. *Penalty: Personal Foul, 10 yards.*

d) Defensive player intentionally pulling a flag belt from an offensive player without the ball is illegal. *Penalty: Personal Foul, 10 yards.*

e) Tampering with the flag belt in any way to gain an advantage including tying knots, using foreign materials, or other such acts is illegal. *Penalty: Unsportsmanlike Conduct, 10 yards from the previous spot, loss of down, and player disqualification.* If by Team A, loss of down.

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**RULE 10. ENFORCEMENT OF PENALTIES**

**Section 1. Procedure After a Foul**

**Article 1. Definitions** A foul is a rule infraction for which a penalty is prescribed. Types of fouls are:

A. *Dead Ball* - a foul which occurs in the time interval after a down has ended and before the ball is next snapped.

B. *Live Ball* - a foul which occurs during a down.

C. *Simultaneous with the Snap* - an act which becomes a foul when the ball is snapped.

**Article 2. Captain's Choice.** When a foul occurs during a live ball, the official shall, at the end of the down, notify the offended captain of his/her options. If the penalty is declined or there is a double foul, there is no loss of distance. The distance penalty for any foul may be declined. A captain's first choice of any option may not be revoked.

**Article 3. Dead Ball Foul.** When a foul occurs during a dead ball either between downs or prior to a free kick or snap, the officials shall not permit the ball to become alive. The penalty for any foul between downs, any non-player foul, or any unsportsmanlike foul, is enforced from the succeeding spot. If a dead ball foul occurs after the last play of any half, the penalty shall be measured from the succeeding spot. The succeeding spot is where the ball would next be snapped or free kicked if a foul had not occurred.

**Article 4. Live Ball/Dead Ball Foul.** When a live ball foul is followed by a dead ball foul by the opponent, the penalties are administered separately and in the order of occurrence. When the same team commits a live ball foul followed by one or more dead ball fouls, all fouls may be penalized.

**Article 5. Establish Zone Line-to-Gain.**

a) On a live ball foul mark off the penalty yardage first, then establish the zone line-to-gain. However, with a dead ball foul, establish the zone line-to-gain first, and then mark off the penalty yardage.

b) Penalties for fouls with succeeding spot enforcement which occur prior to the ready for play signal shall be administered before setting the zone line-to-gain for a new series.

c) Penalties for fouls with succeeding spot enforcement which occur after the ready for play signal shall be administered after setting the zone line-to-gain for a new series. *Note: During overtime the zone line-to-game is always the goal line.*
Play. Third and 2 on A 18. A-2 runs to the A 26. (a) A-2 flag guards at the A 25 and is deflagged at the A 35; or (b) A-2 is deflagged at the A 26. The Referee calls an unsportsmanlike conduct foul on A-2 prior to the ready for play signal. Ruling. (a) Penalize Team A 10 yards for flag guarding, A's ball third and 5 on A 15. (b) Penalize Team A 10 yards for the dead ball foul from the A 26, third and 4 on A 16. The zone line-to-gain has not been reached legally.

Section 2. Types of Play and Basic Enforcement Spots

Article 1. Live Ball Foul. Any live ball foul is penalized according to the all-but-one enforcement principle except:
   a) A foul which occurs simultaneously with a snap or free kick- Penalize at the previous spot.
   b) Non-player foul, unsportsmanlike foul, dead ball foul, Penalize at the succeeding spot.

Article 2. All-But-One Enforcement Principle. Enforcement philosophy is based on the fact that a team is given the advantage of the distance which is gained without assistance of a foul. It is assumed that the only foul which would give this aid is a foul by the offense behind the basic spot. Therefore, all fouls but this one, that is a foul by the offense behind the basic spot, are penalized from the basic spot. Exception: Roughing the passer. This one foul is penalized from the spot of the foul.

Article 3. Two Types of Plays. Whenever the ball is alive, 1 of 2 types of plays is in progress, either a loose ball play or a running play. The type of play has no significance unless a foul occurs. If a foul does occur, the officials must know whether it was during a loose ball play or during a running play. This determines the basic spot of enforcement.

Article 4. Loose Ball Play. A loose ball play is action during:
   1. a punt
   2. a legal forward pass
   3. a backward pass, including the snap, a fumble made by A from on or behind his/her scrimmage line is a loose ball foul. It includes the run which precedes a legal pass, kick, or fumble.

NOTE: When a foul occurs during a loose ball play, the basic enforcement spot is the previous spot, the spot of the snap.

Exception 1: The penalty for roughing the passer on a completed forward pass will be enforced from the end of the last run when the run ends beyond the neutral zone and no change of possession has occurred.

Exception 2: A post scrimmage kick (PSK) foul is an R foul that occurs on R’s side of the neutral zone prior to the end of the kick during a punt that ends beyond the neutral zone and K does not have possession of the ball when the kick ends. The PSK spot is the spot where the kick ends. R retains the ball after the penalty enforcement from the PSK spot when a PSK foul occurs. R fouls behind the PSK spot are spot fouls. The spot where the kick ends is R’s 14 if the kick ends in R’s end zone.

Play. K-1’s kickoff is rolling along the ground when: (a) K-1 commits an illegal contact foul at the R-19 yard line. Ruling. The foul is during a loose ball play since the kickoff had not been possessed by either team. The enforcement spot is the previous spot which is the spot of the kickoff.

Article 5. Running Play. A running play is any action which is not a loose ball play.
   a) Behind the line includes:
      1. A run which is not followed by a loose ball behind the line.
      2. A run which is followed by an illegal pass from behind the line.
   b) Beyond the line it includes any run. A run ends when a runner loses possession, but related running play continues until the ball becomes dead or some player again gains possession.

If a foul occurs during a running play, the basic enforcement spot is the spot where the related run ends:
   a) Where the ball becomes dead if the runner does not lose possession.
   b) Where the player loses possession if his/her run is followed by his/her fumble or pass.
   c) At the spot of the catch where the momentum rule is in effect.

Play. Third and 2 on A 38. QB A-1 runs two yards beyond the Team A scrimmage line and throws an illegal forward pass from the 40 yard line. Ruling. Fourth and 5 on A 35. All illegal forward passes are treated as running plays. Penalize from the spot of the pass where the run has ended.
Section 3. Special Enforcements

Article 1. Half the Distance. A measurement cannot take the ball more than half the distance from the enforcement spot to the offending team's goal line. If the penalty is greater than this, the ball is placed halfway from the enforcement spot to the goal line.

Article 2. Safety/Goal Line. If the offensive team throws an illegal forward pass from its end zone or commits any other foul on or behind its goal line for which the penalty is accepted, it is a safety. For a defensive team foul on or behind the offended team's goal, measurement is from the goal line. For a defensive team foul, if the enforcement spot which is the basic spot, is on or behind the offended team's goal line any measurement is from the succeeding spot. Note: see 10-3-11 for enforcement of fouls after change of possession during a try or overtime.

Play. Team B intercepts a pass in their own end zone, Team A commits an illegal contact foul, and team B then is deflagged/tagged. Ruling. Option for Team B: decline the illegal contact foul and accept a touchback, first and 6 on the 14, or accept the illegal contact foul and it will be first and 16 on B 24, measured from the succeeding spot, the B 14.

Article 3. Disqualified Player. A disqualified player must always leave the game immediately.

Article 4. Forfeiture of Game. A Referee and/or Campus Recreation Supervisor may forfeit any game. Their decision to do so is final.

Article 5. Kick Catch Interference. R may choose a 10 yard penalty from the previous spot with K retaining the football and the down is replayed, or they may accept an awarded catch at the spot of the foul.

Article 6. Foul on Score. If there is a foul by the offensive team, other than unsportsmanlike or nonplayer, during a down which results in a successful touchdown, or try, the acceptance of the penalty nullifies the score. If there is a foul by the defensive team, other than unsportsmanlike or nonplayer, during a down which results in a successful touchdown or try-for-point, the penalty will be enforced from the succeeding spot.

Article 7. Foul Prior to a Try. When a foul occurs after a touchdown and before the ball is ready for play for the try, the enforcement is at the succeeding spot, usually the 3 or 10 yard line.

ARTICLE 8. FOULS DURING A TRY OR OVERTIME AFTER TEAM B POSSESSION. LIVE BALL FOULS COMMITTED BY EITHER TEAM AFTER TEAM B GAINS POSSESSION DURING A TRY OR AN OVERTIME SHALL BE ENFORCED FROM THE SUCCEEDING SPOT. IF THERE ARE OFFSETTING FOULS WHETHER ONE OR BOTH OCCUR AFTER TEAM B POSSESSION, THE DOWN IS NOT REPLAYED. THE FOULS OFFSET AT THE SUCCEEDING SPOT. ANY SCORES ARE CANCELLED.

Article 9. Double Fouls. When both teams commit live ball fouls during the same live ball period and a) there is no change of team possession, or b) there was a change of team possession and the team in possession at the end of the down had fouled prior to final change of possession, or c) there is a change of possession and the team in final possession accepts the penalty for its opponents foul, it is a double foul. In a), b) and c) the penalties cancel and the down is replayed.

Exception 1: If each team fouls during a down in which there is a change of team possession, the team last gaining possession may retain the ball, provided its foul is not prior to the final change of possession and it declined the penalty for its opponents foul(s), other than unsportsmanlike or nonplayer. This exception is commonly referred to as the principle of “clean hands.” NOTE: This rule does not apply to double fouls during a Try or overtime period. EXCEPTION 2: PSK foul. Team R must decline Team K fouls, other than unsportsmanlike or nonplayer.

Article 10. Multiple Live Ball Fouls. When two or more live ball fouls are committed by the same team, only one penalty may be chosen except when a foul(s) for unsportsmanlike conduct occurs. In such cases, the penalty/penalties for the unsportsmanlike conduct is administered from the succeeding spot as a dead ball foul.

Article 11. Multiple Dead Ball Fouls. Penalties for dead ball fouls are administered separately and in order of occurrence. Dead ball fouls are not coupled with live ball fouls or other dead ball fouls to create double or multiple fouls. Penalize all unsportsmanlike fouls separately and in addition to those occurring during a down by the same team.

Article 12. Fouls During a Try or Overtime After Team B Possession. Live ball fouls committed by either team after Team B gains possession during a try or an overtime shall be enforced at the succeeding spot. If there are offsetting fouls whether one or both occur after team b possession, the down is not replayed. The fouls offset at the succeeding spot. Any scores are cancelled.
Article 13. Loss of Down Fouls. Fouls which include loss of down are those where Team A loses its right to repeat the down as: (a) illegally backward pass, (b) illegal forward pass by Team A, (c) forward pass interference by Team A, and (d) illegally secured flag belt.

Article 14. Automatic First Down Fouls. Fouls by Team B which give Team A an automatic first down are: (a) forward pass interference by Team B, (b) roughing the passer who has thrown from behind the Team A scrimmage line, and (c) an illegally secured flag belt.

SPORTSMANSHIP
Good sportsmanship is essential for the overall success and enjoyment of REC Sports programs. “Good Sportsmanship” means the understanding and practice of the rules of the game, respect for persons on the opposing team, respect the game officials, supervisors and for all in attendance, maintaining a positive attitude, and keeping the game in perspective.
Acts of unsportsmanlike conduct will not be tolerated. This includes verbal or physical abuse of opponents, officials and supervisors. Any participant found violating this rule/code of conduct will be ejected from the activity and asked to leave the playing area, before the game resumes.

REC RATING

Outstanding Sportsmanship Rating
- Team members demonstrate a willingness to contribute to sportsmanlike atmosphere.
- All team members show control over their own actions and omissions.
- Team members follow all game rules in both spirit and intent.
- Any fouls committed by the team are not to intimidate or gain advantage.
- No unsportsmanlike penalties or yellow or red cards are assessed.

Acceptable Sportsmanship Rating
- Team members cooperate with and demonstrate good sportsmanship toward members of both teams, spectators and all intramural officials and/or staff.
- The designated game captain exhibits control over their team and spectators, converses reasonably and rationally with officials about rule interpretations/calls and cooperates by providing any information requested by any intramural official/staff.
- Team members participate in the spirit and intent of the intramural game rules and/or program policies. Team members accept judgment decisions made by the officials during the contest.
- No flagrant unsportsmanlike penalties or red cards are issued and/or no player/spectator ejections occur before, during or after the intramural contest. A team (players/spectators) does not receive three yellow cards or warnings.
- Respect shown for intramural facilities/equipment.

Unacceptable Sportsmanship Rating
A team can receive an unacceptable rating from, but not limited to:
- Three or more yellow cards or unsportsmanlike penalties in any one contest towards one team (players/spectators).
- A flagrant unsportsmanlike or red card issued and/or player/spectator ejection(s) occur before, during or after the intramural contest.
- Technical fouls for unsportsmanlike conduct, multiple unsportsmanlike penalties given and/or any excessive celebration/taunting.
- Participants/spectators complain about official’s decisions and/or show dissension. Complaints may be voiced verbally or "non-verbally”.
- Arguing between opposing teams/spectators may also lead to an unacceptable rating.
- Team members are playing with participant(s) who are currently suspended from participating on their IM team, and/or Intramural Program.
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- Any participant who plays under an assumed name.
- Public indecency or obscenity.
- Individuals/teams playing after the consumption or suspicion of consumption of alcohol/drugs. If the contest has begun, player(s) will immediately be removed from the contest.
- Verbal or physical abuse and/or the threat of, by participant(s)/spectator(s) in the form of fighting, baiting, and/or wrestling with an opponent and/or teammate before, during or after an intramural contest.
- Any threatening behavior (verbal and/or non-verbal) towards any intramural employee before, during or after an intramural contest.
- Damage/destruction of facilities/equipment.
- Any violation of MSU policies and procedures governing the conduct of students.

Consequences for Unacceptable Rating

- Team is suspended until manager/captain meets with Intramural Coordinator of that sport or his/her designee.
- Manager/captain shall be held responsible to initiate the meeting in a timely manner to ensure availability of Assistant Director (preferably several days before team is scheduled).
- Teams will forfeit any games scheduled on subsequent days prior to the meeting. During the meeting the manager/captain will be notified of the suspended status of their player(s).
- The eligibility of players from both teams will be reviewed. Any infraction that causes an Unacceptable Rating may also be subject to review by the Dean of Students.

Season Ending Sportsmanship Rating

Any Unacceptable Sportsmanship Rating could lead to a Season Ending Sportsmanship Rating upon review by the Director of Campus Recreation.

Ejection Policy

As in all Campus Recreation sports contests, if a participant is ejected from a contest, he/she is immediately ineligible for further access or competition in any Campus Recreation program or facility until cleared by the Assistant Director of Recreational & Competitive Sports. It is the participant’s responsibility to schedule an appointment with the Assistant Director of Recreational & Competitive Sports to review his/her behavior and subsequent eligibility to continue in the Campus Recreation Sports Program. Any unsportsmanlike conduct by players or fans may cause a team to be disqualified from further competition. In addition, players, coaches, and spectators may not harass the officials (verbally or physically) after the contest has ended. Offender(s) are subject to the same penalties and procedures as players being ejected from the contest.

*All rules are subject to change at a moment's notice and are at the discretion of the Intramural Sports Director. If any participant argues with an official or Director, they may be ejected from the game and/or the field space. If any issues occur, Campus Police may be called.
SUMMARY OF PENALTIES

Loss of 5 Yards:
1. Delay of Game (Dead Ball)
2. Encroachment (Dead Ball)
3. False Start (Dead Ball)
4. Helping the Runner
5. Illegal Forward Pass (Loss of Down)
6. Illegal Shift
7. Illegal Snap (Dead Ball)
8. Illegally Conserving or Consuming Game Time
9. Infraction of the Scrimmage Formation
10. Infraction of the Punt Formation- Kickers
11. Infraction of the Punt Formation- Line Players
12. Intentional Grounding (Loss of Down)
13. Intentionally Throwing a Backwards Pass or Fumble Out-of-Bounds (Loss of down if by Team A)
14. Offensive Player Illegally in Motion
15. Offensive Player Not Within 15 Yards of the Ball
16. Player Out-of-Bounds When Ball is Snapped
17. Player Receiving the Snap Within 2 Yards of the Scrimmage Line
18. Required Equipment Worn Illegally
19. Substitution Rules Infraction

Loss of 10 Yards:
1. Batting a Free Ball
2. Contact Before or After Ball is Dead
3. Contact with Opponent on Ground
4. Defensive Forward Pass Interference (Automatic First Down)
5. Defense Illegal Use of Hands
6. Deliberately Drive or Run Into any Player
7. Flag Guarding
8. Hurdling any Player
9. Illegal Flag Belt Removal
10. Illegal Kicking
11. Illegal Offensive Screen Blocking
12. Illegal Participation
13. Illegal Player Equipment
14. Illegally Secured Belt on Touchdown (Loss of Down if by Offense) (Automatic first down if by defense)
15. Illegal Substitute/Replace Player
16. Interlocked Interference
17. Kick Catch Interference
18. Offensive Forward Pass Interference (Loss of Down)
19. Obtain Position Upon Shoulders or Body of Teammate or Opponent
20. Obstruction or Holding of Runner
21. Pretend, Unfair Substitution
22. Quick Kick
23. Roughing the Passer (Automatic First Down)
24. Spiking, Kicking, or Throwing During Dead Ball
25. Stiff Arm
26. Strip or attempt to strip the ball
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27. Tackle Runner
28. Throwing Runner to Ground
29. Two or More Consecutive Encroachments During Same Interval Between Downs
30. Unsportsmanlike Player Conduct
31. Unnecessary Contact of Any Nature
32. Unsportsmanlike Conduct by Coaches, Substitutes or Others subject to the Rules

Disqualification Associated With Certain 10-Yard Penalties:

1. Flagrant Unsportsmanlike Player Conduct
2. Flagrant Spiking, Kicking, Throwing, or Not Returning Ball to Official
3. Flagrant Unsportsmanlike Conduct by Coaches, Players, Substitutes or others subject to the Rules
4. Flagrant Personal Fouls
5. Intentional Tampering With Flag Belt-Offense (Loss of Down)
6. Intentional Tampering With Flag Belt-Defense (Automatic First Down)
7. Intentionally Kicking or Swinging an Arm, Hand, or Fist at any Opposing Player
8. Intentionally Contacting an Official
9. Tackle the Runner