Florida Southern College Wellness Programs
Intramural 7 v 7 Flag Football League
Information Sheet

PLAY BEGINS:
League play begins on Sunday, September 15th, 2013

ENTRY INFORMATION:
The entry deadline is Friday, September 6th 2013. To register you must visit
http://www.flsouthern.edu/wellness/intramurals/forms.htm and follow registration links or visit directly

ENTRY FEES:
Intramural flag football is free. However, if you forfeit once your team will owe $25.00. If you forfeit again your team will owe $25.00 and be dropped from the league. If you forfeit during the playoffs your team will owe $50.00. All forfeits must be paid immediately. All team captains will receive notification if the team has forfeited.

LEAGUE INFORMATION:
The leagues offered are Men’s A, Coed and Women’s A These leagues are considered the competitive leagues. Intramurals will also be offering Men’s B. This league is considered more recreational type of league. If you have any questions about what league your team should sign up, please contact intramurals at arossow@flsouthern.edu or 863-680-4123.

LEAGUE TIMES:
All teams could play Sunday from Noon to 7pm and Wednesday from 4 to 7pm. All teams will be guaranteed 4 games but teams could have up to 6 games. Please note on the “comment” section of the online registration when your team can’t play. Game times will be given to please who request certain accommodations first. No one is guaranteed all requests but the intramural staff will do its best to schedule around your requests.

COED LEAGUE TIMES:
All coed teams could play Thursday from 4pm to 7pm. All teams will be guaranteed 4 games. Please note on the “comment” section of the online registration when your team can’t play. Game times will be given to please who request certain accommodations first. No one is guaranteed all requests but the intramural staff will do its best to schedule around your requests.

LOCATION:
All games will be played at Callahan Field (the intramural field)

MANDATORY CAPTAINS MEETING/PLAYOFF MEETING:
A mandatory captains meeting will be held at 4:00pm on Tuesday, September 10th, 2013 in the Dubose Conference Room (next door to the career center). Rules and policies will be reviewed at this meeting. Schedules will be distributed at the conclusion of the meeting. If the captain or a team representative fails to attend the meeting, they will have till the next morning to contact intramural sports about rescheduling a time for the meeting. All teams that don’t show up will be charged $10.00 before the team is allowed to play. Captains and teams are responsible for knowing when and where they play. The playoff meeting will take place at the end of the regular season. All team captains will be emailed the date, time and place of the playoff meeting. If a team is not present at the meeting, they WILL be automatically dropped from the playoffs.

QUESTIONS:
Questions please contact Alicia Rossow, Assistant Director of Wellness Programs and Intramural Sports at 863-680-4123 or arossow@flsouthern.edu. The intramural sports office is located in the HWC Gym.
Intramural flag football games will be conducted under the rules of the NIRSA – National Intramural/Recreational Sports Association – with the following modifications. NIRSA Flag Football rules will govern any rule not mentioned in the following.

**GENERAL INFORMATION**

1. All participants must have their current valid FSC ID card with them.
2. Jewelry, pockets, and metal cleats are not allowed.
3. All participants must arrive to the field 15 minutes before game time.

**ROSTERS:** Adding players to rosters is allowed in all team competition. The player must bring his/her FSC Id card to the team’s game to be added to the roster. The player must check in with the IM Staff and then they will be added to the roster. Players can be up to when playoffs start. Rosters are frozen after the teams last regular season game. After a player is added at the game-the following day the office will check to make sure the player is legal, if the player is found to be illegal the team will forfeit any games that the illegal player participated.

**ELIGIBILITY REQUIREMENTS: Intramurals are open to current FSC students, faculty, staff with FSC ID.**

All current full-time students, faculty and staff regularly enrolled in any department of Florida Southern College are eligible to enjoy all Intramural activities. Participants shall remain eligible until they graduate, withdraw or fail to comply with the rules of eligibility. This privilege may also be revoked/suspended by the Intramural Advisory Council or the Intramural Coordinator for cause. Participation in the Intramural program is entirely voluntary and is a privilege not a right. All full-time students (twelve or more hours per semester constitute a full-load) are eligible to enter into any intramural activities provided they do not break any other eligibility policies listed in this Article. Any part-time student is eligible to participate in Intramural activities provided he or she meets all of the following criteria:

- Is pursuing a degree during the year in which he/she is classified as a part-time student.
- Is enrolled in a departmental day course offered by the college to earn credit for graduation.
- Has accident medical insurance.
- Has paid the college activity fee.
- Received approval from the Intramural Coordinator.

Olympic athletes and professional athletes, current and former, are not eligible to participate in their respective sports. A varsity team member is defined as anyone participating in one or more scheduled contests (scrimmages do not count) after the first scheduled contest of the school year. The player’s ineligibility for that Intramural sport shall be in effect until July 1st. Red-shirt athletes may participate with their coach’s approval. Intramural teams are limited to a maximum of two red-shirt or club sport athletes per team.

If an Intramural employee determines that an individual is attempting to check in with false identification in order to participate in an Intramural activity, the ID will be confiscated and that individual will not be allowed to play. If it is determined the participant used improper identification, the team will forfeit any contest the person participated in. In addition, any individual caught trying to check in with an ID card that is not his/her own has jeopardized themselves and the owner of the ID to disciplinary action by the college.

Non-FSC students are not eligible to participate in the Intramural program. Any non-student found to be participating will cause the team he participated with to forfeit any contests he participated in. Additionally, the forfeited games will result in a Sportsmanship Score of zero being averaged into the team’s overall Sportsmanship Rating.

**SPORTSMANSHIP:**

In an effort to maintain a high quality of sportsmanship in our Intramural Sports program, the following sportsmanship expectations have been adopted.

**Team Sportsmanship Rating System:** The development of team and individual sportsmanship is of fundamental importance in all intramural sports activities. The Sportsmanship Rating System is intended to be an objective scale by which teams’ attitude and behavior can be assessed throughout the intramural sports league and playoff seasons. Behavior before, during, and after an intramural sport contest is included in the rating. The team manager is responsible for education and informing all players and spectators affiliated with his/her team about the system. To encourage acceptable conduct before, during, and after intramural sports contests, officials and/or supervisors shall make decisions whether to warn, penalize, or eject persons for poor sportsmanship. A team is responsible for the actions of the individual team members and spectators related to it. The team captain’s efforts in assisting officials/staff to calm difficult situations and to restrain troubled teammates are key to controlling team conduct.

Sportsmanship is vital to the conduct of every Intramural contest. In order to encourage proper conduct during games, officials, administrative personnel, and supervisors shall make decisions on whether to warn, penalize or eject players or teams for poor sportsmanship. These decisions are final. The Intramural Sports administrative staff will rule on further penalties as a result of unsportsmanlike conduct.
Each participant should choose his or her team members carefully, as all team members will suffer the consequences of any disciplinary action taken by the Intramural Sports.

**Rating Method:**
Each team in each contest shall be rated by the officials. The authority of the officials’ ratings exists prior to, during, and following all contests to which that official is assigned, and extends to all persons on, at, or near the playing site. Sportsmanship ratings shall be marked on the scoresheet.

In all cases, IM supervisors and the Intramural Sports administrative staff may provide input which may raise or lower the rating. Supervisors may amend any rating for inappropriate conduct by a team or its spectators before, during, or after a contest. Intramural Sports administrative staff members may amend a rating at any time for inappropriate conduct, use of an ineligible player, use of a suspended player, and/or inaccuracy in reporting.

**Rating Factors**
The following actions and behaviors by team members, spectators, and/or team followers can have a positive effect on a team’s sportsmanship rating:

- Team members cooperate with and demonstrate good sportsmanship toward members of both teams, spectators, officials, and all other IM staff.
- Team captain exhibits control over his/her team and spectators, converses reasonably and rationally with officials about rule interpretations/calls, and cooperates by providing any information requested by an IM official/staff.
- Team members participate in the spirit and intent of the intramural sport game rules and/or program policies. Team members accept judgment decisions made by the officials during the contest.
- Respect is shown for FSC Wellness staff, facilities and equipment.

The following actions and behaviors by team members, spectators, and/or team followers can have a negative effect on a team’s sportsmanship rating:

- Participants / spectators who continually complain about officials’ decisions and display dissention which may include derogatory or abusive remarks. Complaints include both verbal and nonverbal behavior. Excessive arguing between opposing teams / spectators might also lead to a lower rating.
- Team captain (spokesperson) exhibits little control over his/her team and spectators, converses in a dissenting manner with officials about rule interpretations/calls (discussion is allowed as long as it is done in a mature manner by the team captain), or does not cooperate with game officials or IM staff. Does not provide information requested by any intramural sports official/staff while performing duties.
- Having any technical fouls or penalties for unsportsmanlike conduct or having a player ejected for unsportsmanlike conduct.
- Taunting an opponent or opposing team spectator (trash talk).
- Public indecency, vulgarity, or obscenity including foul or profane language and obscene gestures, incidental or intentional, non-directed or directed at an opponent, official, teammate, supervisor, spectator, or Intramural Sports staff member.
- Physical abuse by participants / spectators in the form of fighting with an opponent, teammate, official, or staff member which occurred before, during, or after an Intramural Sports contest.
- Any threatening behavior (verbal and/or nonverbal) to any FSC Intramural Sports or Wellness center employee, participant, or spectator which occurred before, during, or after an Intramural Sports contest.
- Individuals / teams played after the consumption of alcohol / drugs. If the contest has begun when this is discovered, the player(s) will be immediately removed from the facility, and the contest will be forfeited to the opponent.
- Damage to or destruction of any FSC or FSC Wellness center facilities.

**Rating Scale**
Team sportsmanship is graded following each contest according to the following scale and criteria:
4 points (Normal Game): Excellent Sportsmanship
Players cooperate fully with the officials about rule interpretations and calls. The captain also has full control of his/her teammates. Team members and spectators were respectful of opponents and officials and encouraged each others efforts. At no time was this team disrespectful towards participants or officials.

3 points (Some Static): Acceptable Sportsmanship
Team members and spectators are respectful of opponents and officials except for one or two minor incidents which may or may not merit a warning from the game officials or supervisor.

2 points (Difficulty): Sportsmanship Needs Improvement
Team members or spectators are disrespectful of opponents or officials on a number of occasions which may or may not warrant a penalty. Captain exhibits minor control over his/herself and his/her teammates and spectators. Teams receiving multiple warnings or having a player ejected for an unsportsmanlike act should receive no higher than a "2" rating.

1 point (Harassment, Ejections): Unacceptable Sportsmanship
Teams constantly comment to the officials and/or opposing teams from the field and/or sidelines. The team captain exhibits little or no control over teammates or himself/herself. Majority of individuals on this team are disrespectful of opponents or officials on a regular basis. Teams which receive a second unacceptable rating ("1") in the same sport or activity are subject to immediate dismissal from league or tournament play.

0 points: Season Ending Rating
The following actions can result in an "F" sportsmanship rating:
Team is completely uncooperative and out of control before, during, or after intramural sports contest(s).
Team captain (spokesperson) exhibits poor control over self, the team, and/or the spectators.
Multiple ejections or blatant unsportsmanlike conduct that endangered participants, fans, officials, or supervisors.
Team fails to cooperate / comply with intramural sports administrative staff / University officials while performing their duties; falsely represents or withholds any requested information.
Teams which receive an "0" rating are subject to immediate dismissal from league or tournament play.

Team Sportsmanship & Playoff Eligibility
A team must have a "2.75" average or better sportsmanship rating during regular season league games to be eligible for the playoffs. The average sportsmanship rating will be calculated similar to the grade point / game ratio.

Playoff Tournament Sportsmanship
A team must maintain a "3" average or better sportsmanship rating during the playoffs.
Any team which receives an "0" sportsmanship rating during the playoffs will be immediately dismissed from further tournament play and subject to further disciplinary action (if necessary).
A losing team which receives a "1" or "0" sportsmanship rating in their final playoff game, is subject to further disciplinary action as a team in subsequent sports, as individuals when appropriate, or to the team captain.

Protests:
Protests will not be received or considered if they are based solely on a decision involving the accuracy of judgment on the part of a game official. Protests will be received and considered when concerning:
1) a misinterpretation of a playing rule;
2) a misapplication of a rule to a given situation;
3) failure to impose the correct penalty for a given violation;
4) matters of player eligibility.

To protest, the following procedures must be strictly observed.
1. Notification of intent to protest must be made at the point the matter in question occurs, and immediately before play continues. The coach or manager of the protesting team shall notify the officials that s/he wants to file a protest.
2. The sport supervisor on duty will then render a decision and play will continue.
3. If the captain wants to protest the decision rendered by the sport supervisor, then s/he must write a brief statement concerning the protest and submit it to the office. (see #4)
4. To file a formal protest, contact the sport supervisor. A protest must be submitted in writing to the Intramural Sports Coordinator office by noon of the business day following the incident. Eligibility protests should be made prior to or during the intramural contest. Player eligibility protests MUST be made by noon the business day following the contest.
5. Formal protests require a $5 deposit fee. If the protest is upheld, the fee shall be refunded. If the protest is rejected, the fee shall not be refunded.
6. The Intramural/Wellness Center Office does not assume responsibility for investigating the eligibility of all participants but will investigate any properly protested cases.

Weather Cancellation – In the event of inclement weather, decisions regarding playing conditions will not be made before one hour prior to the day’s first game. Teams should not assume that games are cancelled. The Office will try to contact captains if games have been cancelled. We will also post information on our Facebook group “Florida Southern College Intramurals” or intramural website. The office will also try to send emails out to all captains before the game is supposed to start.

Games will be postponed for the following weather related reasons:
- Lightning. All outside activities will be cancelled when lightning is seen or thunder is heard. We will wait a minimum of 30 minutes from the last observed lightning or thunder before resuming activities.
- Tornado/hurricane watch or warning is issued for the Lakeland area.
- When rain or hail makes an outside field unsafe.

If a contest is postponed due to weather, the coordinator will attempt to reschedule the game.

Captains: Each team shall designate to the Referee the team captain or captains. The captain’s first choice of any penalty option shall be irrevocable. Decisions involving penalties shall be made before any charged time-out is granted to either team. The team captain is responsible for all information contained in the Intramural manager’s packet.

Team Requirements:
1. A team shall consist of 7 players. A team can play with a minimum of 5 players.
2. The offensive team must have 4 players within 1 yard of the line of scrimmage at the time of the snap.
3. Substitutions are allowed between plays and time-outs.
4. All players must have checked in with the supervisor/scorekeeper and be recorded on the game sheet before they are allowed to participate.
5. The designated team area is located between the 20 yard lines, one yard off the sideline. This area is for all players and maximum of two coaches.

The playing field: Field dimensions are 80 yards by 40 yards with 10 yard end zones, yard markings every 20 yards. (Field Dimensions could change based on field condition)

Game balls: The official ball shall be pebble-grained leather or rubber covered and meet the recommendations of size and shape for regulation football. There are no requirements regarding ball pressure and markings. Men shall use the regular size while women shall use the men’s, intermediate, youth, or junior size. The referee shall be the sole judge of any ball offered for play and may change the ball during play at his/her discretion. During the game each team must use a legal ball of its choice when in possession.

Flags: Flags will be provided to each team on site. Shirts MUST be tucked in and flag belts must be worn on the outside of all clothing with the clip in the front. It is illegal to tie your flag belt in a knot OR to wrap it so it will not come off.

Equipment: All equipment is subject to the approval of the intramural staff on duty.
1. All players must wear shoes.
2. Rubber cleated shoes will be allowed. Screw-in cleats will be allowed, only if the screw is part of the cleat. Open toe, open heel or hard soled shoes will not be allowed. NO METAL CLEATS!!
3. Pants/and or shorts with belt loops and/or pockets are strictly prohibited. A player may not turn his/her shorts inside-out or tape his/her pockets in order to play.
4. Towels may not hang from a participant’s waist or otherwise interfere with the removal of a flag.
5. All flag must be free of knots. Penalty: Unsportsmanlike conduct and ejection from the game.
6. Equipment such as helmets, pads or braces worn above the waist, leg, and knee braces made of hard, unyielding substances, casts and all jewelry are strictly prohibited. Knee braces made of hard, unyielding substances covered on both sides with all edges overlapped and any other hard substances covered with at least ½ inch of slow recovery rubber or similar material will be allowed.
7. Teams must use flags provided by intramural sports. All team members must wear the same shade of color shirt. Shirts must be tucked in the players’ pants. Shirts may not have pockets.
JEWELRY POLICY
Captains will be given a warning before the game- that all jewelry should be taken off -it is up to the captain to inform his/her players before the game!
If after that: a player is caught with jewelry on- both team captains will get another warning and the specific player is subject to sport specific punishments (5 yard penalty)
If after the 2nd warning any player that is caught with jewelry will be ejected from the game (it doesn’t matter what team) and the game shall be a forfeit for the team with the 2nd illegal equipment penalty.

CAPTAIN’S MEETING, GAME TIME, AND SCORING INFORMATION
Coin Toss: The referee shall toss a coin and offer the winning Captain these options:
1. To defer his/her option until the second half.
2. To start on offense or defense.
3. To defer a specific goal.

Starting the game: The first and second half shall begin with the ball placed on the 14-yard line. There will be no kickoffs.
1. First & Second half = The clock will run continuously for the first 18 minutes of the half. With approximately 2 minutes remaining in the game the Referee shall stop the clock and inform both captains of the playing time remaining in the half. The clock will then start on the snap. The Back Judge will announce the time and status of the clock after every play. The remaining 2 minutes of the game will use a stopped clock. The clock will stop for:
   a. Incomplete legal or illegal forward pass – starts on the snap.
   c. Safety – starts on the snap of the next play.
   d. Team time-out – starts on the snap.
   e. First down – dependent on the previous play.
   f. Touchdown – starts on the snap (after the try).
   g. Penalty and administration –dependent on the previous play. (EXCEPTION: Delay of game – starts on the snap).
   h. Referee’s time-out – starts at his/her discretion.
   i. Touchback – starts on the snap.
   j. Team A is awarded a new series – dependent on the previous play.
   k. Team B is awarded a new series – starts on the snap.
   l. Either team is awarded a new series following a legal kick – starts on the snap.
   m. Inadvertent whistle – starts on the ready.
   n. Team attempting to consume time illegally- starts on the ready.
   o. Team attempting to consume time illegally- starts on the snap.
2. Half time = Three minutes

Forfeit procedure: Any team not ready to play at game time (scorecard completed, flags on, minimum number of players on the field) shall be penalized in the following manner: For every minute the team is late to start, the opposition receives 2 points
5 minutes after game time – the game is forfeited, 10-0, to the team ready to play.

Mercy Rule: At the time of the 2-minute warning in the second half, or any time after the beginning of the last two minutes, if the following occur a mercy rule will be in effect and the game shall end.
1. Men’s or women’s league 19 point spread.

Touchdowns: After any score the ball shall be placed in play at the opposing teams 14-yard line, unless moved by penalty. All touchdowns are 6 points.

Try-for-point: Ball in play from the 3 yard line = 1 point, from the 10-yard line = 2 points, from the 20 yard line = 3 points.
1. An intercepted pass or fumble during the try will automatically be whistled down.

Safety: When a safety is scored (2 points) the ball belongs to the scoring team at their own 14-yard line.

Time-outs: Each team is allowed two one-minute time-out per half. Time-outs do not carry over to overtime.

PLAY FLAG FOOTBALL
Starting the play: The offense must snap the ball within 25 seconds after the Referee has blown the whistle to put the ball in play.
Game Rules

1. The ball shall be placed on the 14 yard line after every touchdown.
2. A team shall have four consecutive downs to advance to the next zone line-to-gain (and earn a first down).
3. 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.
4. A new series of downs will be awarded when a team moves the ball into the next zone.
5. Flag Belt Removal
   a. When the flag belt is taken from the runner, the down shall end and the ball is declared dead. The spot of the ball is determined at the point where the clip of the flag belt becomes detached, not where the belt falls to the ground.
   b. If a flag belt inadvertently falls off, a one-hand tag between the shoulders and the knees constitutes a capture.
   c. A player may leave their feet to remove a flag.
   d. The ball becomes dead when:
      i. A legal de-flagging occurs.
      ii. The ball carrier touches the ground with any part of their body other than the hands or feet.
      iii. A fumble hits the ground.
      iv. A snap from the center touches the ground.
6. Each member of the offensive team is eligible to receive a pass unless the player voluntarily goes out of bounds during play.
7. The center, after assuming the position for the snap and adjusting the ball, may not move nor change the position of the ball in a manner simulating the beginning of a play. The ball must be snapped in one continuous motion, not necessarily between the center’s legs, from the spot designated by the ball maker. The ball may be moved with approval by the official due to poor field conditions. The player receiving the snap must be 2 yards from the line of. Penalty: illegal procedure.
8. Before the snap, all offensive players must come to a complete stop for at least 1 full second. Only one offensive player may be in motion, and may not be moving towards the opponent’s goal line at the time of the snap. If two or more players go in motion before the snap, then this is considered a shift and all players must come set for one full second prior to the snap.
9. For a legal catch, a pass receiver must come down with at least one foot in bounds.
10. Rush the defense must line up at least 1 yard from the line of scrimmage. This is true even when the offensive team is less than one yard from the end zone or the zone line-to-gain.
11. All offensive players must be momentarily within 15 yards of the ball. It must be clear who the seven offensive players are on each player. The intent of this rule is to eliminate the sleeper or hideout plays. These plays will result in a 10 yard penalty for illegal participation.
12. Fumbles
   a. Fumbles are dead when the ball touches the ground.
   b. The ball is put into play at the point where the ball first touched the ground.
   c. Any passed or fumbled ball that does not touch the ground may be advanced by any player catching the ball.
   d. A ball fumbled into the offensive team’s end-zone will result in a safety. If the ball is fumbled into the opponent’s end-zone the result is a touchback (opponent’s ball on their 14 yard line).
13. The ball is placed on the 14 yard line after a safety. The team scoring the safety will have possession of the ball.
14. The ball is placed on the 14 yard line after a touchback. The team puts the ball into play with a series of downs.
15. Tie score at the end of regulation - The field captains shall be brought together and a coin toss will be conducted. During the regular season, only one overtime period shall be played. During the playoffs, the overtime format will be repeated until a winner is declared. The winner of the toss shall be given the option of either offense or defense. If additional overtime periods are necessary, captains will alternate choices. Each team will be given 4 downs from the same 10 yard line to score a touchdown. If the first team scores, then the second team will have 4 downs to attempt to win or tie the game. If the defense intercepts the ball and returns it for a touchdown, the game will be over. If not, the ball will be placed at the 10 yard line to begin the series of four downs. Conversion attempts will be held as in regulation play. Each team is entitled to one time-out per overtime period.
16. No players may dive to gain extra yardage. If a player dives they will be marked down where they left their feet.
17. Offensive penalty ending the half or game should not be allowed an untimed down.

Screening

1. Blocking, as in regulation tackle football, is prohibited. A 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 a screen block is illegal. A blocker may use his/her hand or arm to break a fall or retain his/her balance. A player must be on his/her feet before, during, and after screen blocking. Penalty: personal foul, 10 yards.
Flag Belt Removal

1. In an attempt to remove the flag belt from the ball carrier, defensive players may contact the body of an opponent with his/her hands. A defensive player may not hold, push or knock the ball carrier down in an attempt to remove the flag.

2. No player shall attempt to steal the ball, trip an opponent, contact an opponent who is on the ground, make unnecessary contact with an opponent, deliberately dive or run into an opponent or tackle the ball carrier. *Penalty: personal foul, 10 yards (flagrant offenders will be ejected).*

Kicking the Ball

1. **Protected scrimmage kicks (punts)**
   a. Punts must be announced before the ball is ready for play. The kicking team must have 4 players on their line of scrimmage. Punts must be snapped from the center. The punter must be at least one yard off the line of scrimmage upon receiving the snap and must punt the ball immediately. There will be no movement by the offensive players until the ball is kicked. *Penalty: 5 yards.*
   b. Defensive players may not enter the neutral zone until the ball is kicked.
   c. The ball may be advanced by the receiving team after it has touched the ground. However, if the ball hits any player and then touches the ground, the ball is dead at that spot.
   d. Quick kicks and fake punts are illegal.
   e. Once the ball is punted, any player on the receiving team may block the punt. If the blocked punt is caught by any kicking team player behind the line of scrimmage, they may advance the ball. The receiving team may advance the blocked punt anywhere in the field of play.
   f. A kicking team player cannot kick the ball to himself/herself or any other kicking team player. *Penalty: Illegal kicking - 10 yards.*

Clarification

1. A defensive player may not remove an offensive player’s flag when the offensive player does not have the ball. Similarly, the defensive player may not remove the quarterback’s flag after the ball has been thrown. *Penalty: Illegal flag belt removal, 10 yds.*

2. A defensive player may not remove an offensive receiver’s belt prior to the receiver touching the ball. *Penalty: Defensive pass interference, 10 yards and automatic first down*

3. A defensive player must avoid running into the quarterback behind the line of scrimmage. If a defender contacts the passer’s hand or arm, whether or not he/she touches the ball, it is roughing the passer. *Penalty: 10 yards and automatic first down.*

4. A player may not fasten his/her flags to his/her uniform or belt other than prescribed in the rules. *Penalty: 10 yards and automatic disqualification.* The official will check the flags of each person who scores a touchdown or conversion. Following a touchdown or conversion, if a player removes their flag belt prior to being checked by the official the score will be nullified.

5. Pushing or chucking a receiver/defender is not allowed. *Penalty: Illegal use of hands, 10 yards*

6. An offensive player may not dive or hurdle over, through or into an opponent who is on their feet.

7. Any dead-ball penalty occurring after a conversion will be assessed on the next play from scrimmage at the 14 yard line.

8. An offensive player may not stiff arm or guard his/her flags by blocking them with their hands or the ball.

9. When an inadvertent whistle is blown by an official, the ball is dead at the point when the whistle was blown. The team against which the inadvertent whistle was blown has the option of accepting the play or replaying the down.

10. All players on the field must wear flags. Failure to do so will result in a five yard penalty, regardless of when it is discovered. If noticed after the ball has been snapped, then the player without a flag belt must be touched with one hand between the shoulders and the knees (after the ball has been snapped, a penalty cannot be assessed).

11. Spiking the ball is considered unsportsmanlike conduct. *Penalty: 10 yards.*

12. The offensive team is responsible for retrieving the ball after a play. The defensive team, if they choose, may bring the ball into the huddle.

13. The 25-second clock begins when the official signals "ready for play."

Summary of Foul and Penalties

**Loss of 5 Yards:**

1. Required equipment worn illegally.
2. Delay of game.
3. Illegal snap.
4. False start.
5. Encroachment.
6. Illegal procedure.
7. Illegal forward pass (5 yards from point of pass and loss of down).
8. Intentional grounding (5 yards from point of pass and loss of down).
9. Helping the runner: the runner shall not grasp a teammate or be grasped, pulled or pushed by a teammate.

**Loss of 10 Yards:**

1. Delaying the start of either half.
2. Two or more consecutive encroachments during same interval between downs. The initial encroachment-5 yards.
3. Illegal participation.
4. Offensive pass interference. (Loss of down)
5. Defensive pass interference. (Automatic 1st down)
6. Illegally secured belt on touchdown. (Revoke touchdown and loss of down).
7. Unsportsmanlike conduct.
8. Spiking the ball or not returning the ball to the official during the dead ball.
9. Attempt to steal the ball from the carrier.
11. Unnecessary contact of any sort.
12. Roughing the passer (Automatic 1st down)
13. Defensive use of hands.
14. Guarding the flag belt (and stiff arming).
15. Illegal batting.
16. Illegal flag belt removal.
17. Personal foul.
18. Flagrant unsportsmanlike conduct. (Disqualification)
19. Flagrant personal fouls. (Disqualification)
20. Intentionally tampering with flag belt. (Disqualification)
21. Illegal equipment.

**Co-Rec Modifications**

1. A team shall play with a maximum of four females and four males at a time. A minimum of six players is required to begin a game.
2. If a female throws, catches, or runs the ball across the goal line for a touchdown, the touchdown shall be worth nine points.
3. If a male passer completes a legal forward pass to a male receiver, the next legal forward pass completion must involve either a female passer or a female receiver for positive yards. Any foul, whether accepted or declined, shall have no effect on whether the next legal forward pass completion is “open” or “closed”.
   - Open - males are eligible to catch a pass.
   - Closed - male-to-male forward pass completions are illegal. This rule applies to the try.
4. If a down is erroneously declared open/closed, Team A may choose the result or replay the down.
5. If a team is 25 or more points ahead with 2 minutes or less to play, the game shall be over.

Questions? Please contact the Assistant Director of Wellness Programs and Intramural Sports or please check the intramural website for the intramural managers packet.