



Each player must meet one of the following conditions to sign-in:

1) Present their own, valid WildCard before each contest to be eligible to participate.

OR

2) Present a government-issued photo ID and community member pass to be eligible to participate.

NO EXCEPTIONS!

All Intramural Sports participants are responsible for their own medical expenses. Any participant unsure of their physical condition should check with their family physician or the Student Health Center before participating in Intramural Sports.

Game time is forfeit time.

The officiating will be done by officials who are in absolute control of the game. Teams are responsible for keeping their spectators under control. Misconduct of spectators, players or coaches can result in assessment of an unsportsmanlike penalty, ejection or forfeiture of the game. Spectators must also remain in the area designated by the officials. The officials shall have the power to make decisions on any matters or questions not specifically covered in the rules.

This is a rule Addendum to the NIRSA Flag Football Rules. The NIRSA Flag Football Rules will govern play for any rules not mentioned in the following Intramural Sports rules.

I. The Game, Field, Players, and Equipment

1.1 General Provisions

1.1.1 The Game The game shall be played between two teams of seven players each. Five players are required to start the game and avoid a default; three players to avoid a forfeit.

1.1.2 Eligibility All players must have checked in with the supervisor and be recorded on the game sheet before they are allowed to participate.

1.1.3 Persons Subject to the Rules Players, nonplayers, and spectators affiliated with the team are subject to the rules of the game and shall be governed by decisions of officials assigned to the game.

1.1.4 Referee's Authority The Referee has authority to rule promptly, and in the spirit of good sportsmanship, on any situation not specifically covered in the rules. The Referee's decisions are final in all matters pertaining to the game.



1.2 The Field

1.2.1 Field Layout The field dimensions are 80 yards by 40 yards with 10-yard end zones. The playing field is divided into four 20-yard zones. Both 14 yard lines shall be marked with an "X" on the hash mark.

1.2.2 Inbounds/Out-of-Bounds The lines bounding the sidelines and the end zones are out-of-bounds.

1.2.3 Team Box and Spectator Area Each team box is a designated area for players. Each box is marked between the 20-yard to 20-yard line and two yard from the sideline. Players must stay within this team box. The spectator area is designated five yards from the sideline and extends from 20-yard line to 20-yard line.

1.3 Game Equipment

1.3.1 The Ball Each team must use the football provided or bring their own. The official ball shall be pebble-grained leather or rubber covered and meets the recommendations of size and shape for regulation football. There are no requirements regarding ball pressure and markings. Games involving only men shall use a regular sized ball. The regular, intermediate, youth or junior size football shall be used for all other games. The referee shall be the sole judge of any ball offered for play and may change the ball during play at their discretion. During the game each team must use a legal ball of its choice when in possession.

1.4 Player Equipment-Required

1.4.1 Jersey Jerseys may not have pockets, holes, or a button placket. All team members must wear the same shade of color shirt and of contrasting color of the opposing team. Jerseys must be either:

A. Long enough so they remain tucked in the pants/shorts the entire down, or

B. Short enough so there is a minimum of 4" from the bottom of the jersey to the player's waistline. The referee shall use a fist to measure the distance between the waistline and the bottom of the jersey.

Note: Teams must bring their own jerseys. Pinnies or jerseys will not be provided.

1.4.2 Pants/Shorts Each player must wear pants or shorts that are a different color than the flags. Pants or shorts may not be turned inside out if there are "dog ears" and pockets may not be taped.

1.4.3 Flag Belt Each player shall wear a one piece quick release, belt, without any knots, at the waistline with 3 flags permanently attached, 1 flag on each side and 1 in the center of the back.

1.4.4 Shoes All players must wear shoes made of canvas, leather or synthetic material, which cover the entire foot. Cleats may be worn but must be made with nonabrasive rubber or rubber-type synthetic material that does not chip or develop a cutting edge.



1.5 Player Equipment-Optional

1.5.1 Headwear

A. Players may wear a knit stocking cap. The cap must have no bill.

B. Players may wear a single-colored headband no wider than 2"

1.5.2 Sunglasses Players may wear pliable and non-rigid sunglasses.

1.5.3 Play Book Players may carry a play book inside their clothing as long as it is not made of unyielding material. Players must keep the playbook on them and may not throw it on the ground.

1.6 Player Equipment-Illegal

1.6.1 Illegal Equipment A player wearing illegal equipment shall not be allowed to play. Types of equipment that shall be declared illegal include:

A. Headwear containing any hard, unyielding, stiff material, including billed hats, or items containing exposed knots, such as bandanas.

B. Jewelry.

C. Pads or braces worn above the waist.

D. Shoes with ceramic, screw-in, detachable cleats, or any projecting metal.

E. Shirts or jerseys that do not remain tucked in. Any hood on a coat, sweatshirt, or shirt that does not remain tucked in. Jerseys that have been altered in any manner that produces a knot-like protrusion or creates a tear-away jersey. Jerseys that have an arm opening more than 4" below the armpit.

F. Pants or shorts with any belt(s), belt loop(s), pocket(s), holes, or exposed drawstrings.

H. Leg and knee braces made of hard, unyielding material, unless covered on both sides and all edges.

I. Towels and hand warmers may not hang from a participant's waist.

II. Periods, Time Factors, Substitutions

2.1 Start of Each Half

2.1.1 Coin Toss The captain winning the toss shall have the choice of options for the first half or shall defer their option to the second half. The options are:

A. To choose whether their team will start on offense or defense.

B. To choose the goal their team will defend.

The captain not having the first choice of options for a half shall exercise the remaining option.

2.1.2 Start 1st and 2nd halves Unless moved by penalty or field dimensions have been shortened, the ball shall be snapped on the 14 yard line to start the 1st and 2nd halves.



2.2 Game Time

2.2.1 Playing Time and Intermissions Playing time shall be 40 minutes, divided into two halves of 20 minutes each. The clock will run continuously for the first 19 minutes of the first half and 18 minutes of play of the second half unless stopped for charged time out, officials' time out, or injury. Half-time will be five minutes.

2.2.2 Extension of Periods A half must be extended by an untimed down, if 1 of the following occurred during a down in which time expires:

A. There was a foul by either team and the penalty is accepted, except for:

1. Unsportsmanlike or nonplayer fouls
2. Fouls that specify loss of down
3. Fouls on a scoring play that are enforced following the TRY or
4. Fouls for which enforcement by rule result in a safety

Note: For loss of down fouls, any score by the team that fouls is cancelled.

B. There was a double foul.

C. There was an inadvertent whistle.

D. If a touchdown was scored, the Try is attempted unless the touchdown is 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 untimed down, the procedure is repeated.

2.2.3 Running Clock The clock shall start on the snap. It will run continuously for the first 19 minutes of the first half and 18 minutes of the second half unless it is stopped for a team time out (clock starts on the snap) or official's time out (clock starts on the ready for play).

2.2.3 Stopped Clock During last 1 minute of first half or last 2 minutes of second half the clock will stop for one of the following reasons:

A. Incomplete legal or illegal forward pass- clock starts on the snap.

B. Out-of-bounds-clock starts on the snap.

C. Safety- clock starts on the snap.

D. Team time-out - clock starts on the snap.

E. First down- clock restart is dependent on previous play.

F. Touchdown-clock starts on snap (after Try).

G. Penalty and administration-clock restart is dependent on the previous play (except delay of game-clock starts on snap)

H. Referee's time out- clock starts at their discretion.

I. Touchback-clock starts on the snap.

J. A is Awarded a new series – clock restart is dependent on the previous play.

K. B is awarded a new series – clock restarts on the snap.

L. Either team is awarded a new series following a legal punt – clock restarts on the snap.



M. Team attempting to conserve time illegally (includes intentional grounding and a backward pass thrown intentionally out of bounds) - clock starts on whistle.

N. Team attempting to consume time illegally-clock starts on snap.

O. Inadvertent whistle – clock restarts on the ready

2.3 Tie Game

2.3.1 Overtime During the regular season, there will be no overtime period. During playoffs, overtime will continue until a winner is determined.

2.3.2 The Coin Toss There will be only one coin flip during the overtime. The winner of the toss shall be given options of offense, defense, or direction. The loser of the toss shall make a choice of the remaining options. If additional overtime periods are played, captains will alternate choices. ALL OVERTIME PERIODS ARE PLAYED TOWARD THE SAME GOAL LINE.

2.3.3 Tie Breaker Unless moved by penalty, each team will start first down and goal from the 10-yard line. The team will have four downs to score, unless awarded first down automatically, or a penalty allows for repeating the down. If the defense secures possession, the ball is dead and the series is over. Each team is entitled to an offensive possession. Each team is entitled to one time-out per overtime period.

2.3.4 Fouls and Penalties The goal line shall always be the zone line-to-gain in overtime.

2.4 Time Outs

2.4.1 Charged Time-outs Each team is entitled to two charged time-outs per game.

2.4.2 Length of Time-outs A charged time-out requested by any player which is legally granted shall be one minute and can be shortened if both teams are ready.

2.4.3 Injured Player An injured or apparently injured player, who is discovered by an official while the ball is dead and the clock is stopped, shall be replaced for at least one down unless the halftime or overtime intermission occurs. A player who is bleeding, or has an open wound, or has blood on their uniform shall be considered injured.

2.4.4 Concussion Any player who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate health care professional.

2.5 Delays

2.5.1 Delay of Game The ball must be put in play promptly and legally. Any action or inaction by either team, which tends to prevent this, is delay of game. This includes:



- A. Failure to snap within 25 seconds after the ball is whistled ready for play.
- B. Putting the ball in play before it is whistled ready for play.
- C. Deliberately advancing the ball after it is declared dead.

2.5.2 Illegally Conserving or Consuming Time When a team attempts to conserve or consume time illegally, the Referee shall order the clock started or stopped.

2.6 Substitutions

2.6.1 Eligible Substitutions 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 is snapped. An incoming substitute must enter the field directly from their team area. A replaced player must leave the field immediately at the sideline nearest their team area prior to the ball being snapped. An entering substitute shall be on their team's side of the neutral zone when the ball is snapped.

2.6.2 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 timeout or a half ends.

III. Ball in Play, Dead Ball, Out-of-Bounds

3.1 Ball in Play-Dead Ball

3.1.1 Dead ball Becomes Live A dead ball, after having been declared ready for play, becomes a live ball when it is snapped legally.

3.1.2 Ball Declared Dead A live ball becomes dead and an official shall sound the whistle or declare it dead when one of the following occurs:

- A. The ball goes out-of-bounds,
- B. Any part of the runner other than a hand(s) or foot (feet) touches the ground.
- C. A touchdown, touchback, safety, or successful Try is made.
- D. The ball strikes the ground following 1st touching by K.
- E. K catches a punt that is beyond the neutral zone or when an untouched punt comes to rest on the ground and no player attempts to secure it.
- F. A forward pass strikes the ground or is caught simultaneously by opposing players
- G. A backward pass or fumble player strikes the ground or is caught simultaneously by opposing players.
- H. 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. A runner has a flag belt removed legally by an opponent. A flag belt is removed when the clip is detached from the belt, the belt is torn into more than 1 piece, or the flag is torn off the belt (flag only).



- J. When a runner is legally tagged with one hand between the shoulders and knees, including the hand and arm.
 - K. A passer is deflagged/tagged prior to releasing the ball.
 - L. A muff of a punt strikes the ground
 - M. K's punt breaks the plane of R's goal line.
 - N. B Secures possession during a Try or overtime.
 - O. A prosthetic device becomes dislodge from a player who is in possession of the ball.
 - P. An official sounds their whistle inadvertently during a down or during a down in which the penalty for a foul is declined and the status of the ball is as follows:
 - 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, illegal kick, 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. The ball is in flight during a legal forward pass or a punt. The ball is returned to the previous sport 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.

IV. Series of Downs, Number of Down, and Team Possession after Penalty

4.1 Series

4.1.1 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.

4.1.2 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 an accepted penalty against the opponents involves an automatic first down; or after enforcement of a penalty against, A, the ball is in advance of the zone line-to-gain; or either team has obtained legal possession of a ball as a result of a penalty, punt, touchback, pass interception, or failure to gain the zone in advance of the ball..

4.2 Down and Possession After a Penalty

4.2.1 Penalty Resulting in a 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 the next line-to-gain.



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

4.2.3 Rule Decisions Final A Rules decision may not be changed after the ball is next legally snapped..

V. Kicking the Ball

5.1 Punting

5.1.1 Punt Prior to making the ball ready for play on the fourth down, the Referee must ask the A team captain if they want to punt. The team captain may request to punt on any down. The referee must announce this decision to all A and B players and all officials. After such announcement, the ball must be punted, unless a charged time-out is called, a foul occurs, or an inadvertent whistle is blown.

5.1.2 Crossing the Scrimmage Line Neither the Kicking team nor Receiving team may advance beyond their respective scrimmage line until the ball has been punted.

5.1.3 Punting the Ball After receiving the snap, the kicker must punt the ball immediately in a continuous motion.

5.1.4 After being Punted Once the ball is punted, any receiving team player may block the kick. If the blocked punt touches the ground, the play is dead at that spot. If the punt is blocked by any receiving team player and then caught by any kicking team player behind the line of scrimmage, they may advance the ball. The receiving team may advance the punt anywhere in the field. A kicking team player cannot punt the ball to himself/herself or any other kicking team player. The kicking team may only punt once per down.

VI. Snapping, Handing, and Passing the Ball

6.1 The Scrimmage

6.1.1 The Start All plays must be started by a legal snap next to the orange ball spotter, which is on or between the hash marks.

6.1.2 Ball Responsibility The offensive team is responsible for retrieving the ball after a down.

6.2 Prior to the snap

6.2.1 Encroachment Following the ready for play whistle, and until the snap, no player on defense may encroach, touch the ball, nor may any player contact opponents or interfere with them in any other way. This includes standing in or shifting through the neutral zone.

6.2.2 False Start No offense player shall make a false start or simulate the 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.

6.2.3 Snap The snapper, after assuming 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 play until the snap. When over the ball, the snapper shall have their feet behind the scrimmage line. The snapper shall pass the ball from its position on the ground/towel/orange ball spotter with a quick and continuous motion of the hand(s). **NOTE: The snapper may have one or both knees on the ground during the snap.**

6.3 Position and Action During the Snap

6.3.1 Legal Position Anytime on or after the ball is marked ready for play, each offensive player must momentarily be at least 5 yards inbounds before the snap.

6.3.2 Minimum Line Players The snapper is the only offensive player required to be on their scrimmage line (1st ball spotter) at the snap.

6.3.3 Motion Only 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.

6.3.4 No Direct Snap The player receiving the snap must be at least two yards from the offensive line of scrimmage.

6.3.5 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.

6.4 Handing the Ball

6.4.1 Anytime Any player may hand the ball forward or backward at any time.

6.5 Backward Pass and Fumble

6.5.1 When Legal A runner may pass the ball backward or lose player possession by a fumble anytime except if intentionally thrown out of bounds to conserve time.

6.5.2 Caught or Intercepted A backward pass or fumble in flight may be caught or intercepted by any other player inbounds and advanced.

6.5.3 Ball Dead when It Hits the Ground A backward pass or fumble that touches the ground is dead. If the backward pass/fumble touches the ground between the goal lines, the ball belong to the offensive team:

- A. at the spot where it touches the ground if it is behind the spot of the pass or fumble, or
- B. at the spot of the pass or fumble if it touches the ground beyond the spot of the pass or fumble.



6.6 Legal and Illegal Forward Pass

6.6.1 Legal Forward Pass All players are eligible to touch or catch a pass. During a scrimmage down and team possession has changed, a forward pass may be thrown provided the passer's feet are behind on or behind the plane of the offensive scrimmage line when the ball leaves the passer's hand. Only one forward pass is allowed per down. Note: A play involving a run across the line of scrimmage and then back behind the line of scrimmage where a forward pass is thrown is a legal play.

6.6.2 Illegal Forward Pass A forward pass is illegal:

- A. If the passer's foot is beyond the plan of the offense's scrimmage line when the ball leaves their hand
- B. If thrown after team possession has changed.
- C. If intentionally thrown to the ground or out-of-bounds to save loss of yardage or to conserve time
- D. If a passer catches their untouched forward pass
- E. If there is more than one forward pass per down

6.7 Completed or Intercepted Passes

6.7.1 Simultaneous Catch by Opposing Players If a forward pass is caught simultaneously by members of opposing teams inbounds, the ball becomes dead at the spot of the catch and belongs to the offensive team.

6.8 Forward Pass Interference

6.8.1 Interference During a down in which a legal forward pass crosses the offensive's scrimmage line, contact that interferes with an eligible receiver who is beyond the offensive's scrimmage line is pass interference unless it occurs when 2 or more eligible receives make a simultaneous and bona fide attempt to reach, catch or bat a pass. It is also pass interference if an eligible receiver is deflagged prior to touching a forward pass thrown beyond A's scrimmage line.

VII. Scoring Plays and Touchback

7.1 Mercy Rule

7.1.1 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 (See Co-Rec Rules).

7.1.2 After the Two Minute Warning If a team scores during the last two minutes of the second half causing a score difference of 19 or more points, the game shall end at that point.

7.1.3 Half time mercy rule - The game will end at halftime or any point thereafter if one team reaches a lead of 50+ points.

7.2 Player Responsibility The player scoring must raise their arms so the nearest official can deflag the player. If the player is not able to be deflagged and



the official determines the flag belt has been secured illegally, the score is disallowed, the offending team is penalized, and the player is disqualified.

7.3 Touchdown

7.3.2 Touchdown Values If a non-male player scores a touchdown, the point value is 9. If a non-male player throws a legal forward pass and a touchdown is scored by any player on the same team, prior to a change of team possession, the point value is 9. All other touchdowns are 6 points.

7.4 Try Value: 1, 2, or 3 points

7.4.1 Team's Choice Once the scoring captain makes the choice of 1, 2 or 3 points, the decision may only be changed when either team takes a charged time-out. A penalty does not allow for a change in point value, nor does awarded or lost yardage affect the point value.

7.4.2 One, Two, or Three Points An opportunity to score one point from the three yard line, two points from the ten yard line, or three points from the twenty yard line by running or passing only shall be granted to the team scoring a touchdown.

Note: If a touchdown is scored on the last timed down of the second half, the Try is not attempted, unless it will affect the outcome of the game or playoff qualifying.

7.4.3 Try Begins and Ends The Try begins when the ball is marked ready for play. The Try ends when the defense secures possession, the Try is successful, or the ball becomes dead by Rule. The defense cannot score during the Try.

7.4.4 Next Play After the Try, the ball shall be snapped by the opponent of the scoring team at their own 14 yard line, unless moved by penalty or to begin overtime.

7.5 Momentum, Safety, and Touchback

7.5.1 Safety Value: 2 points It is a safety when one of the following occurs:

A. A runner carries the ball from the field of play to or across their own goal line and the ball becomes dead in their team's possession. This includes when a player's fumble or backward pass from inside their own end zone lands or goes out of bounds between the goal lines.

B. A player punts, passes, fumbles, snaps, muffs, or bats a loose ball from the field of play to or across their goal line and the ball subsequently become dead there in their team's possession.

C. A player on offense commits any foul for which the penalty is accepted and measurement is from a spot in their end zone; or throws an illegal forward pass from their end zone and the penalty is decline in a situation that leave them 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 yard line, unless moved by penalty.



7.5.2 Touchback It is a touchback when 1 of the following occurs:

- A. The kicking team's punt break the plan of R's goal line.
- B. The ball is out of bounds behind a goal line (except from an incomplete forward pass), then the ball becomes dead in the 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.
- C. After a touchback, the ball shall be snapped from the nearest 14-yard line, unless moved by a penalty.

VIII. Conduct of Players and Spectators

8.1 Unsportsmanlike Conduct

8.1.1 Noncontact Player Acts No player or nonplayer shall commit acts including, but not limited to, the following:

- A. Refusal to comply with or abide by the request of decision of an official
- B. Using words similar to the offensive's audible or quarterback cadence prior to the snap in an attempt to interfere with the offense's signals or movements
- C. Intentionally kicking the ball, other than a punt
- D. Leaving the field between downs to gain an advantage unless replaced or with permission of the Referee
- E. Participating while wearing illegal player equipment

8.1.2 Dead Ball Fouls When the ball becomes dead in the possession of a player, they shall not:

- A. Intentionally kick the ball,
- B. Spike the ball into the ground, or
- C. Throw the ball high into the air.

8.1.3 Prohibited Acts There shall be no unsportsmanlike conduct by players or nonplayers. Examples include, but are not limited to, the following:

- 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 or taunting, insulting or vulgar language or gestures
- F. Intentionally contacting a game official (DQ)
- G. Leaving the team box and entering the playing field during a fight (DQ)

8.1.4 2nd Unsportsmanlike Foul The second unsportsmanlike foul by the same player or nonplayer results in disqualification.

8.1.5 4th Unsportsmanlike Foul The 4th unsportsmanlike foul by the same team results in their forfeiture of the game.



8.2 Personal Fouls

8.2.1 Restrictions No player or nonplayer shall commit a personal foul during a period or an intermission. Any other act of unnecessary roughness is a personal foul. Any player or nonplayer commits a personal foul when they take any of the following actions:

- A. Strip or attempt to strip the ball from a runner by punching, striking, or grabbing the ball
- B. Throws the runner to the ground
- C. Hurdles an opponent
- D. Contacts an opponent either before or after the ball is dead
- E. Make contact of any nature which is deemed unnecessary including using fists, locked hands, elbows, or any part of the forearm or hand, except according to the rules.
- F. Dives or runs into an opponent
- G. Positions themselves on the shoulders or body of a teammate or opponent to gain an advantage
- H. Tackles the runner by grasping or encircling with the hand(s) or arm(s) and taking the opponent toward the ground as in tackle football
- I. Fights an opponent (DQ). NOTE: Each player who participates in the fight will be assessed 1 flagrant personal foul for fighting
- J. Be in the restricted area (within 2 yards of the sideline) and cause unintentional contact with a game official (nonplayers only).

8.2.2 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 forward legally. No defensive player shall contact the passer who is standing still or fading back as they are considered out of the play after the pass. Roughing the passer restriction do not apply if the forward pass is thrown from beyond the offensive's' scrimmage line.

8.2.3 Offensive Screen Blocking The offensive screen block shall take place without contact. The screen blocker shall have their hands and arms at their side or behind the back when screen blocking. 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 their hand or arm to break a fall or to retain their balance. A player must be on their feet before, during, and after the screen.

8.2.4 Screen Blocking Fundamentals A player who screens shall not do any of the following:

- A. Take a position closer than a normal step when behind a stationary opponent.
- B. Make contact when assuming a position at the side or in front of a stationary opponent
- C. Take a position so close to a moving opponent that their opponent cannot avoid contact by stopping or changing direction. The speed of the player to be screen will determine where the screener may take their



stationary position. This position will carry and may be 1 to 2 normal steps or strides from the opponent.

D. After assuming their legal screening position move to maintain it, unless they move in the same direction and path as their opponent. If the screen violates any of these provision and contact results, they have committed a personal foul

8.2.5 Use of Hands or Arms by the Defense Opponents must go around the offense player's screen block. The arms and hands may not be used as a wedge to displace the opponent. A defender may use their arms or hands to break a fall or retain their balance.

8.3. Runner

8.3.1 Flag Guarding A runner shall not flag guard by using their hands, arms, or the ball to cause contact between the runner and an opponent that denies the opponent the opportunity to pull or remove the flag belt. Examples of flag guarding include, but are not limited to, the following:

- A.** Placing or swinging the hand or arm over the flag belt
- B.** Placing the ball in possession over the flag belt
- C.** Lowering the shoulders in such a manner which places the arm over the flag belt

8.3.2 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.

8.3.3 Obstructing the Runner An opponent shall not hold, grasp, or obstruct the forward progress of a runner when in the act of removing the flag belt or making a legal tag.

8.3.4 Charge A runner shall not charge into nor contact an opponent in their path nor attempt to run between 2 opponents or between an opponent and a sideline, unless the space is such as to provide a reasonable change for them to go through without contact. If a runner in their progress has establish a straight line path, they may not be crowded out of the path, but if an opponent is able to legally establish a defensive position in the path, the runner must avoid contact by changing direction.

IX. Summary of Co-Rec Rules

9.1 The Game The game shall be played between two teams of eight players, with no more than 4 members of any gender per team. Teams with seven players shall be no more than 4 members of any gender. Teams with six players, shall have no more than 3 members of any gender to start the game and avoid a forfeit.

9.2 The Ball A regular, intermediate, youth, or junior size ball may be used.

9.3 Running the ball An offensive male runner cannot advance the ball across the line of scrimmage. There are no restrictions:

- A.** Once the ball has been touched by any player beyond the offensive scrimmage line.



- B. During a run by a runner who is non male.
- C. After a change of team possession.
- D. After a legal forward pass.

9.4 Illegal Reception

9.4.1. The term “open” means any player can complete a legal forward pass to any other player. The term “closed” means a player who is a male may NOT complete a legal forward pass to any other player who is a male. NOTE: All illegal forward pass fouls are classified as fouls during a running play.

Thus illegal forward passes do not change the open/closed status of a down.

9.4.2 The 1st down of each half or overtime possession shall be open. The 1st down of a new series following a team change of possession shall be open.

9.4.3 If the crew of officials erroneously indicate the open/closed status of a down, the play is nullified and the down will be repeated.

9.4.4 During the offensive team’s possession there may not be 2 consecutive legal forward pass completions from a player who is a male to a receiver who is a man. This rule applies to the try.

9.4.5 If a passer who is a male completes a legal forward pass to a receiver who is a male, the next legal forward pass completion must involve either a passer who is a non-male or receiver who is a non-male for positive yards. The spot where the ball becomes dead by rule must be beyond the offensive’s scrimmage line. There is no foul for a receiver who is a non-male being tagged or deflagged behind the offensive’s scrimmage line. The next legal forward pass completion remains closed.

9.4.6 A legal forward pass caught jointly by teammates who are male and non-male is considered a reception by a non-male.

9.4.7 There are no other restriction concerning a passer who is a male completing legal forward passes to a receiver who is a non-male, or a non-male to a non-male, or a non-male to a male.

9.4.8 If a receiver who is a male catches a pass from a passer who is a male on a closed play, it is a foul for Illegal Reception. Whether the penalty is accepted or declined, the next down shall remain closed.

9.4.9 Any other foul, whether accepted or declined, shall have no effect on whether the next legal forward pass completion is open or closed.

9.5 Mercy Rule

9.5.1 If a team is ahead by 25 points or more at the two minute warning, the game is complete.

9.5.2 If a team becomes ahead by 25 or more points within the last two minutes of the second half, the game is complete.

9.6 Touchdown Value A touchdown involving a non-male receiver/runner crossing the goal line or throwing a legal forward pass is worth 9 points.



X. Fouls and Penalties Summary

FOULS AND PENALTIES SUMMARY

	Page	Rule	Section	Article	Official's Signal
Loss of 5 Yards					
1. Failure to Wear Required Player Equipment	21	1	4	5	23
2. Delay of Game (Dead Ball)	35	3	5		7, 21
3. Illegally Consuming Time	35	3	6		19
4. Illegal Substitution	36	3	7	1, 2	22
5. Illegal Procedure	42	6	1	3, 4	19
6. Encroachment (Dead Ball)	45	7	2	1	7, 18
7. False Start (Dead Ball)	45	7	2	2	7, 19
8. Illegal Snap (Dead Ball)	45	7	2	3	7, 19
9. Illegal Formation	46	7	3	1, 4	19
10. Illegal Motion	46	7	3	3	20
11. Illegal Shift	46	7	3	5	20
12. Illegal Advancement (Co-Rec)	47	7	5		19
13. Illegal Backward Pass (Loss of Down)	47	7	6	1	35, 9
14. Illegal Forward Pass (Loss of Down if by A)	49	7	7	2	35, 9
15. Intentional Grounding (Loss of Down)	49	7	7	2C	36, 9
16. Illegal Reception: Man to Man Forward Pass Completion on a Closed Play (Loss of Down) (Co-Rec)	49	7	7	3	19, 9
17. Help the Runner	62	9	4	4	44
Loss of 10 Yards					
1. Unsportsmanlike Conduct, Illegal Player Equipment	22	1	6		27
2. Illegal Kick, Quick Punt	42	6	1	1	31
3. Kick Catching Interference	43	6	2		33
4. Two or More Encroachment Fouls During the Interval Between Downs	45	7	2	1	7, 18
5. Offensive Pass Interference	51	7	10	2	33
6. Defensive Pass Interference	52	7	10	3	33
7. Unsportsmanlike Conduct	57	9	1	1-3	27
8. Personal Foul, Strip or Attempt to Strip the Ball	59	9	3	1A	38
9. Personal Foul, Throw Runner to the Ground	59	9	3	1B	38

(continued)



FOULS AND PENALTIES SUMMARY (CONTINUED)

	Page	Rule	Section	Article	Official's Signal
Loss of 10 Yards (continued)					
10. Personal Foul, Hurdle any Player	59	9	3	1C	38
11. Personal Foul, Contact Before or After the Ball Is Dead	59	9	3	1D	38
12. Personal Foul, Unnecessary Contact of any Nature	59	9	3	1E	38
13. Personal Foul, Drive or Run Into an Opponent	59	9	3	1F	38
14. Personal Foul, Position Upon Shoulders or Body of a Teammate	59	9	3	1G	38
15. Personal Foul, Nonplayer Contact with Official in Restricted Area	59	9	3	1J	38
16. Roughing the Passer (Automatic 1st Down)	60	9	3	2	34, 8
17. Personal Foul, Illegal Contact	60	9	3	3,4	38
18. Personal Foul, Interlocked Interference	60	9	3	5	38
19. Illegal Flag Belt Removal	61	9	4	1C	38
20. Guarding the Flag Belt	61	9	4	2	24
21. Personal Foul, Illegal Contact	62	9	4	3	38
22. Holding	62	9	4	5	42
23. Illegal Batting	62	9	5	1, 2	31
24. Illegal Kicking	62	9	5	3	31
25. Illegal Participation	63	9	6		28
Disqualification Associated With Certain 10 Yard Penalties					
1. Personal Foul, Tampering with the Flag Belt (Loss of Down if by A) (Automatic 1st Down if by B)	53, 61	8,9	4,4	1,1E	38, 47 8, 9
2. Flagrant Unsportsmanlike Conduct	57	9	1	1-3	27, 47
3. Unsportsmanlike Conduct, Intentionally Contacting an Official	57	9	1	3F	27, 47
4. Unsportsmanlike Conduct, Leaving the Team Box and Entering the Field During a Fight	57	9	1	3G	27, 47
5. Flagrant Personal Fouls	59	9	3	1	38, 47
6. Personal Foul, Tackling the Runner	59	9	3	1H	38, 47
7. Personal Foul, Fighting an Opponent	59	9	3	1I	38, 47
8. Personal Foul, Nonplayer Deflagging or Interfering With a Runner	61	9	4	1F	38, 5, 47