

University of Nebraska
Campus Recreation

**ACIS Regional Championships
FLAG FOOTBALL RULES-MANAGERS
MEN'S, WOMEN'S, & CO-REC**

NOTE: ALL RULE CHANGES FOR THIS SEASON ARE TYPED IN THIS STYLE.

**RULE 1. THE GAME, FIELD, PLAYERS, AND EQUIPMENT
Section 1. General Provisions**

Article 1. The Game-Men, Women.

The game shall be played between two teams of seven (7) players each. Five players are required to start the game and avoid a forfeit. The game may be continued with less than five players as long as the team has a chance to win. Note: if in doubt, continue the game. *Penalty: Illegal Participation, 10 Yards.*

Article 2. The Game-Co-Rec Rule Only.

The co-rec game shall be played between two teams of 8 players, 4 men and 4 women. Teams with 7 players shall be 4 men and 3 women or 4 women and 3 men. Six players, 3 men and 3 women, 4 men and 2 women, or 4 women and 2 men, are required to start the game and avoid a forfeit. The game may be continued with less than 6 players as long as the team has a chance to win. If in doubt, continue the game. *Penalty: Illegal Participation, 10 Yards.*

Article 3. Supervision.

The game shall be played under the supervision of the ACIS Staff and from three to four flag football officials. The officials are: referee, line judge, back judge, and field judge.

Article 4. Team Captains.

Each coach shall designate to the referee, the team captain(s). If more than one player is designated, a speaking captain must be selected to make decisions

Article 5. Persons Subject to the Rules.

Team representatives, including players, substitutes, team managers, trainers, coaches, spectators, and other persons affiliated with the team are subject to the rules of the game and shall be governed by decisions of the referee.

Article 6. 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.

Article 7. 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 second half or overtime.

Section 2. The Field

Article 1. Zone Markings (N2.3).

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. Goal Line (N2.5).

The entire width of each goal line shall be part of the end zone.

Article 3. Team Area (N2.6).

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. If teams cannot agree on sidelines, the referee shall conduct a coin toss.

Article 4. Pylons (N2.7).

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.

Teams may use their own footballs, provided they meet NIRSA guidelines. Men shall use a regulation-size football. Women's and Co-Rec teams shall use an intermediate-size football. Teams will be responsible for the location of their ball at all times. Officials reserve the right to remove any balls deemed illegal, or unfit for play. If teams do not have their own ball, there will be one provided by the tournament staff.

Article 2. Ball Spotters.

Two ball spotters are required. The first will mark the offensive line of scrimmage. The second will mark the defensive scrimmage line. The spotters will always be one yard apart.

Section 4. Players and Playing Equipment-Required

Article 1. Jerseys.

Players must wear jerseys of contrasting colors without pockets. Players of the same team must wear the same color or similar colored jerseys. 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.

Article 2. Shorts/Pants.

Players must wear shorts/pants without belt loops, pockets, or exposed drawstrings.

Article 3. Flag Belts.

Each player must wear a one-piece belt, without any knots, 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 flags must be of contrasting color to the opponent's flags. Any belt containing knots shall be deemed illegal. The belt must have a spring loaded clip. Penalty: Live ball foul, 5 yards from the succeeding spot. Failure to have the flag belt legally attached at the snap, penalty: 5 yards from 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 or may not have cleats. **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. A TURF OR ATHLETIC SHOE MUST BE WORN IN COOK PAVILION.**

Article 5. Penalty

Failure to wear required equipment-Penalty: Live or Dead Ball Foul. 5 yards

** TAMPERING WITH THE FLAG BELT IN ANY WAY TO GAIN AN ADVANTAGE INCLUDING TYING, USING FOREIGN MATERIALS, OR OTHER SUCH ACTS IS ILLEGAL. PENALTY: PERSONAL FOUL, 10 YARDS FROM THE PREVIOUS SPOT, AND PLAYER DISQUALIFICATION. IF BY A, LOSS OF DOWN. IF BY B, AUTOMATIC 1ST DOWN.*

Section 5. Players and Playing Equipment-Optional

Article 1. Ace Bandage

Players may use an ace bandage no more than two turns thick in any given area. It can be anchored at each end with tape not to exceed two turns.

Article 2. Gloves.

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

Article 3. Headwear.

Players may wear a knit or stocking cap. Caps may not have a bill, though they may have a knit ball on top. 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.

Article 4. Knee Pads

Players may wear soft, pliable basketball or wrestling knee pads on the leg, knee, and/or ankle.

Article 5. Mouth and Tooth Protector.

It is strongly recommended that a mouth piece be worn by all players.

Article 6. Playbooks. Players may carry a playbook in their clothing as long as it is not made of an unyielding material and it is not visible. If carried on the field, a player must keep it rather than throw it to the ground.

Players may wear a soft, pliable wrist/forearm band that contains plays.

Article 7. Sunglasses.

Players may wear pliable and non-rigid sunglasses.

Article 8. Face Shield

Players may wear a face shield molded to the face with no protrusions to protect against facial injury.

Section 6. Players Equipment-Illegal

Article 1. Illegal Equipment.

A player wearing illegal equipment shall not be permitted to play. This applies to any equipment which, in the opinion of the referee, is dangerous or confusing. The use of any item that does not meet the standards in Rule 1, Section 4 & 5, jewelry of any kind, towels attached at the waist, shoulder pads, body pads worn above the waist, or any unyielding or dangerous equipment is prohibited. Any hood on a coat, sweatshirt, or shirt which does not remain tucked in is illegal. Leg and knee braces made of hard, unyielding material, unless covered on both sides and all edges overlapped, and any other hard substances unless covered with at least ½" of closed cell, slow recovery rubber or other similar material.

Section 7. Players Equipment-Missing or Illegal

When any required player equipment is missing or when illegal equipment is found on any incoming substitute or player, correction must be made before participation. An official's time-out shall be declared to permit proper repair of equipment which becomes illegal or defective through use.

RULE 3. PERIODS, TIME FACTORS, SUBSTITUTIONS

Section 1. The Start of Each Period

Article 1. Coin Toss.

Three minutes prior to the start of the game the referee shall designate which captain shall call the fall of the coin, then toss the coin in the presence of both captains.

The captain winning the toss shall have the choice of options for the first half or shall defer the option to the second half. The options for each half shall be:

- a) to choose 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. Forfeit time.

Teams should report to the Playing Field at least fifteen minutes prior to their scheduled game time. Game time is forfeit time unless a special concession has been made by the tournament staff.

Section 2. Game Time

Article 1. Playing Time and Intermissions.

The game is divided into two halves of twenty-two minutes each. The intermission between halves will be three (3) minutes. In the case where overtime is used, there will be a one-minute intermission.

Article 2. Unusual Situations.

Anytime during the game, the playing time of any remaining period or periods may be shortened or the game terminated by mutual agreement of the opposing captains and the officials or solely by tournament supervisory staff.

Article 3. Extension of Periods.

A half must be extended by an un-timed down if, during the last timed down, one of the following occurs:

- a) there was a foul (other than unsportsmanlike, non-player, and loss of down fouls) 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) if 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 or impact playoff qualifying.

If a, b, or c occurs during an un-timed down the procedure is repeated. NOTE: the period will not be extended further when the defense fouls during a successful try and the offended team accepts the result of the play with enforcement of the penalty from the succeeding spot. Apply the "extension of periods" rule prior to enforcing the Mercy Rule.

Article 4. Game Timer.

Time will be kept on a stopwatch operated by the back judge.

Article 5. First 20 Minutes of Each Half.

During the first 20 minutes of each half, the clock will run unless it is stopped for an injury (starts on the ready) or a team time-out (starts on the snap) or a referee's time-out (starts on the ready).

Article 6. Two Minute Warning.

Approximately 2 minutes before the end of each half the referee shall stop the clock and inform both captains of the playing time remaining in the game. The back judge will announce the time remaining after every play inside of two minutes. The clock will start on the snap.

Article 7. Last Two Minutes.

During the last 2 minutes of the game the clock will stop for a:

- a) Incomplete legal or illegal forward pass-starts on the snap.
- b) Out-of-bounds-starts on the snap.
- c) Safety-starts on the snap.
- d) Team time-out-starts on the snap.
- e) First down-depends on play achieving first down.
- f) Touchdown-starts on 1st scrimmage snap (not the try).
- g) Penalty-dependent on the previous play. (Exception: Delay of game-starts on the snap).
- h) Referee's timeout-starts at referee's discretion.
- i) Touchback-starts on snap.
- j) Team A is awarded a new series-depends on previous play.
- k) Team B is awarded a new series – starts on the snap.
- l) Inadvertent whistle-starts on the ready.
- m) Consuming time illegally-starts on the snap.
- n) Conserving time illegally-starts on the ready.

Article 8. Correct Timing Errors.

The referee shall have the authority to correct obvious timing errors if discovery is prior to the second live ball following the error unless the period has officially ended.

Article 9. Ending a Half.

Following a delay to ensure:

- a) No foul has occurred.
- b) No obvious timing error has occurred.
- c) No request for a coach-referee conference has occurred.
- d) No other irregularity has occurred.

The referee shall hold the ball in one hand overhead to indicate the period has officially ended.

Section 3. Tie Game

Article 1. Mandatory Meeting.

If a game ends in a tie score, the two field captains and both teams shall be brought to the middle of the field. They will discuss the tie-breaker procedures and answer all questions prior to the coin toss. After this meeting, the captains will stay while the remaining players and coaches return to their team box.

Article 2. Coin Toss.

A coin will be flipped by the referee to determine the options as in the start of the game. There will be only one coin flip 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.

Article 3. Tie Breaker.

Unless moved by penalty, each team will start first and goal from the Team B 10 yard line. Each team will be given 4 downs. If the first team which is awarded the ball scores, the second team will still have a chance at possession. Tries (extra points) will be attempted and scored as indicated in Rule 8. If the defense intercepts the ball or recovers the ball is called dead and the series is over. The ball will be placed at the 10-yard line to begin their series of four downs. Each team is entitled to one time out during overtime

Article 4. Fouls and Penalties.

They are administered similar to the regular game. Team A shall be awarded a new series of 4 downs when an automatic first down penalty 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 an overtime shall be enforced at the succeeding spot, the Team B 10 yard line, if accepted. NOTE: The goal line shall always be the line to gain in overtime.

Section 4. 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 a time-out for repair or replacement of player equipment which becomes illegal through play.

Article 3. Charged Time-Outs.

Each team is entitled to two charged time-out during each half. 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.

Article 4. 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.

Article 5. 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 allotted time-outs, a delay of game penalty will be assessed.

Article 6. 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 two time-outs have been charged to a team in the half, the Referee shall notify the both captain and all officials.

Article 7. 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 8. 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.

Article 9. Unconscious or Apparently Unconscious Player.

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 healthcare professional.

Section 5. Delays

Article 1. 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.

Section 6. Conserving or Consuming Time

Article 1. Illegally Conserving or Consuming Time.

The referee may order the game clock started or stopped whenever, in his opinion, either team is trying to conserve or consume playing time by tactics which are obviously unfair. Note: If in doubt, apply conserving/consuming time.

Section 7. Substitutions

Article 1. Eligible Substitutes.

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 team's side of the neutral zone at the time of the snap. *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 Alive.

A dead ball, after having been declared ready for play, becomes a live ball when it is snapped 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 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 or is caught simultaneously by opposing players. 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, 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, once the flag belt is no longer attached.
- l) 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.
- m) when a muff of punt strikes the ground.
- n) *K's punt breaks the plane of R's goal line.*
- o) *B secures possession during a Try or overtime.*
- p) 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 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.

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 which 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 6. KICKING THE BALL

Section 1. Legal Punt

Article 1. Legal Punt.

A legal punt 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 fourth down, the Referee must ask the Team A captain if he/she wants a punt. The Referee must announce this decision to all 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 time-out is called, b) the period ends, or c) a foul occurs anytime prior to or during this down after the Team A captain's decision which results in the kicking team having the right to repeat the down again, the Referee must ask the Team A captain whether or not he/she wants a punt and communicate this to Team B.

Article 3. Formation and Snap.

Neither K or R may advance beyond their respective scrimmage line until the ball is punted. *Penalty: Illegal Procedure, 5 yards from previous spot.*

Article 4. Punting the Ball.

After receiving the snap, the kicker must kick the ball immediately and in a continuous motion. *Penalty: Illegal Procedure, 5 yards.*

Article 5. After Being Punted.

Once the ball is punted, any R player may block the kick. If the blocked punt hits the ground, it is dead at that spot. *If the punt is blocked by any R player behind K's scrimmage line and then caught by any K player behind K's scrimmage line (1st ball spotter – orange), K may run and/or throw a pass. R may advance the punt anywhere in the field of play. A K player cannot punt the ball to himself/herself or any other K player. K may punt the ball once only per down. Penalty: Illegal Kicking, 10 yards.*

Article 6. Crosses Scrimmage Line.

When a punt which has crossed K's scrimmage line touches a player from either team and then hits the ground the ball is dead and belongs to R. If it hits an R player and then is caught in the air, it can be advanced by R. If caught by K, the ball is dead and belongs to K. A new series begins for K.

Article 7. First Touching.

If any K player touches a punt after it crosses the scrimmage line and before it is touched by R, 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 8. Punt Out-of-Bounds Between 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 9. Punt Behind the Goal Line.

When a punt breaks the plane of R's goal line, it is a touchback unless R chooses the spot of 1st touching by K.

Section 2. Kick Catch Interference

Article 1. Interference.

While any punt is in flight beyond K's scrimmage line, K shall not touch the ball or R, nor obstruct R's path to the ball, unless the punt has been touched by R. K may catch, touch, muff, or bat a punt in flight beyond K line of scrimmage if no R player is in position to catch the ball. *Penalty: Interference, 10 yards.* R may choose a 10-yard penalty from the previous spot with K retaining the ball and the down replayed, or they may accept an awarded catch at the spot of the foul.

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.

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 small towel may be placed under the ball, regardless of weather or field conditions.*

Article 3. Stances.

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

Section 2. Prior To The Snap

Article 1. Encroachment.

Following the ready for play, 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 his hands 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. *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.

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 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.

Anytime on or after the ball is marked ready for play, each A player must momentarily be at least 5 yards inbounds before the snap. Penalty: Illegal Procedure, 5 yards.

Article 2. Minimum Line Players.

The offensive team must have at least 4 players (Co-Recreational rules require 5 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. *Penalty: Illegal motion, 5 yards.*

Article 4. Illegal Snap.

The snapper may not snap the ball to himself. 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.

A player may hand the ball forward or backward at any time.

Section 5. Male Runner

Article 1. Co-Recreation Rule Only.

A Team A male ball carrier cannot advance the ball through Team A's scrimmage line. There are no restrictions:

- a) During a run by a male runner once the ball is beyond the Team A or K scrimmage line.
- b) During a run by a female runner.
- c) After a change of possession.

Penalty: Illegal procedure, 5 yards from previous spot.

Section 6. 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. A player may not throw an untouched backward pass to himself. *Penalty: 5 yards from the spot of the pass and loss of down if by Team A before possession changes.*

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 7. 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 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. Illegal Forward Pass - Co-Recreation Rule Only.

- a) The term "closed" means a male player may not throw a forward pass completion to any other male player. The term "open" means any player can complete a forward pass to any other player.
- b) If the officiating crew erroneously indicates "open/closed" status, the play is nullified and repeated.
- c) During the offensive team's possession there may not be 2 consecutive forward pass completions from a male passer to a male receiver. This rule applies to the try.
- d) 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. The spot where the ball becomes dead by Rule must be beyond the Team A scrimmage line. There is no foul for a female receiver being tagged or deflagged behind the Team A scrimmage line. The next legal forward pass completion remains "closed."
- e) A legal forward pass caught jointly by a male and female is considered a female reception
- f) There are no restrictions concerning a male passer completing legal forward passes to a female receiver, or female to female, or female to male.

Comment [CK1]: Check with Zac

g) Any foul, whether accepted or declined, shall have no effect on whether the next pass completion is "open" or "closed."

Penalty: Illegal Forward Pass, 5 yards from the spot where the second consecutive male to male completed forward pass is released, and a loss of down.

ARTICLE 4. ILLEGAL FORWARD PASS – CORECREATION ONLY.

IF A FEMALE PASSER COMPLETES A FORWARD PASS TO A MALE RECEIVER BEHIND THE TEAM A SCRIMMAGE LINE ON EITHER AN "OPEN" OR "CLOSED" PLAY, AND ANY TEAM A MALE RUNS THROUGH THE SCRIMMAGE LINE, IT IS AN ILLEGAL FORWARD PASS, 5 YARDS FROM THE SPOT OF THE PASS, AND LOSS OF DOWN.

Article 5. 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 8. 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 9. 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 10. Forward Pass Interference

Article 1. Interference.

During a down in which a legal forward pass crosses Team A's scrimmage line, 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. *The player must place 1 or both hands in front of the opponent's face or wave his/her hand(s) or arm(s) near the opponent's face.* 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. Note: Hindering an opponent's vision is pass interference even though no contact may have occurred.

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 B which is not a personal foul and which is obviously away from the direction of the forward pass is not defensive pass interference.

Article 5. Catchable/Uncatchable.

Whether a pass is catchable or uncachable has no bearing on offensive and defensive forward pass interference.

RULE 8. SCORING PLAYS AND TOUCHBACK

Section 1. Mercy Rule

Article 1. Second Half.

If a team is 45 or more points ahead by halftime or anytime after the second half begins, the game shall be over.

Article 2. Two Minute Warning.

If a team is 19 or more points (25 or more in co-rec) ahead when the referee announces the two minute warning for the second half the game will be over.

Article 3. After Two Minute Warning.

If a team scores during the last two minutes of the second half extending the lead to 19 or more (25 or more in co-rec) the game shall end.

Section 2. Touchdown**Article 1. Touchdown Values.**

During a Co-Rec game if a female scores a touchdown or if a female throws a legal forward pass and a touchdown is scored by any team A player (prior to change of possession), the point value is 9. All other touchdowns will count 6 points.

Article 2. How Scored.

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 3. 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**Article 1. One, Two, or Three Points.**

An opportunity to score one, two, or three points (from the 3, 10, 20 yard lines respectively) while time is out shall be granted a team scoring a touchdown. There shall be one scrimmage play unless changed by penalty.

Article 2. Referee's Responsibility and Defense Scores 3 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 Before Team B Possession.

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 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 defense 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) When a safety is scored the ball belongs to the scoring team at its own 14 yard line.

Article 2. Touchback.

It is a touchback when:

- a) R downs a punt that touches anything while the ball is on or behind R's goal line
- 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.
- c) K downs a punt that touches anything while the ball is on or behind R's goal line, or if no one attempts to secure the ball.
- d) After a touchback, the ball shall be snapped from the nearest 14 yard line unless moved by penalty.

Article 3. Try Begins and Ends.

The Try begins when the ball is marked ready for play. The Try ends when B secures possession, the Try is successful, or the ball becomes dead by rule.

Article 7. Touchback.

It is a touchback when K's punt breaks the plane of R's goal line.

RULE 9. CONDUCT OF PLAYERS AND OTHERS

Section 1. Unsportsmanlike Conduct

Article 1. Non-contact Player Acts.

No player or non-player 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 by the request of an official;
 - b) any acts of unfair play;
 - c) using disconcerting acts or words prior to the snap in an attempt to interfere with A's signals or movements;
 - d) intentionally kicking at any opposing player;
 - e) intentionally kicking at the ball, other than during a legal kick;
 - 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 Referee;
- Penalty: Unsportsmanlike Conduct, 10 yards, and if flagrant, the offender shall be disqualified for the remainder of the tournament.*

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.

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

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.

Article 4. Second Unsportsmanlike Foul.

The second unsportsmanlike foul by the same player or non-player results in disqualification and may include elimination from the tournament at the discretion of the tournament director.

Article 5. Three Unsportsmanlike Fouls in a Game.

A team that receives three unsportsmanlike conduct penalties in a game will be required to meet with the Tournament Director about further eligibility in the Tournament.

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.

Section 3. Personal Fouls

Article 1. Player Restrictions.

No player 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) punch, strike, strip, steal, or attempt to steal the ball from a player in possession.
- b) trip an opponent.
- c) contact an opponent who is on the ground.
- d) throw the runner to the ground.
- e) hurdle any other player.
- f) contact an opponent either before or after the ball is declared dead.
- g) 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.
- h) deliberately drive or run into a defensive player.
- i) clip an opponent.
- j) position himself/herself on the shoulders or body of a teammate or opponent to gain an advantage.
- k) 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.

Penalty: 10 yards-flagrant offenders will be disqualified. In 1K 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.*

Article 3. 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 4. 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 5. 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: 10 yards.*

Article 6. 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 judgement of the official. A blocker may use his/her arms or hands to break a fall or retain his/her balance. *Penalty: Personal Foul, 10 yards.*

Section 4. Runner

Article 1. Flag Belt Removal.

- a) Players must have possession of the ball before they can be deflagged legally by an opponent.
- b) When a runner loses his belt either accidentally or inadvertently, or on purpose, play continues. The deflagging reverts to a one hand touch of the runner between the shoulders and knees by the opponent.
- c) In circumstances where a belt is removed illegally play should continue with the option of the penalty or the play.
- d) An opponent intentionally pulling a flag belt from an opponent without the ball is illegal.
- e) Tampering with the flag belt in any way to gain an advantage is illegal. *Penalty Personal Foul, 10 yards and player disqualification. If by Team A, loss of down. If by Team B, automatic first down.*
- f) A nonplayer deflags or interferes with a runner. *Penalty: Personal foul, 10 yards. The Referee will award a touchdown and disqualify the nonplayer.*

Article 2. 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 3. 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 4. 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 5. 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.*

Section 5. Batting and Kicking

Article 1. Batting a Loose 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. 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. Batting a Ball in Player Possession.

A ball in player possession shall not be batted forward by a player of the team in possession. *Penalty: Illegal Batting, 10 yards.*

Article 3. Illegal Kicking. No player shall intentionally kick a ball other than a punt. *Penalty: Illegal Kicking, 10 yards.*

Section 6. Illegal Participation

Article 1. Illegal Participation.

It is illegal participation:

- a) To have 8 (co-rec 9) or more players participating at the snap.
 - 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.
 - d) For a player to be lying on the ground to deceive opponents at or immediately before the snap.
 - e) For a disqualified player to re-enter the game.
 - f) 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.
 - g) When any player, replaced player, or substitute enters during a down
- Penalty: Illegal participation, 10 yards.*

SUMMARY OF PENALTIES

Loss of 5 yards:

1. Required Equipment Worn Illegally
2. Delay of Game (Dead Ball)
3. Eligible Substitutions
4. Legal Substitutions
5. Punt Formation and Snap
6. Punting the Ball
7. Encroachment (Dead Ball)
8. False Start (Dead Ball)
9. Illegal Snap (Dead Ball)
10. *Illegal Formation*
11. *Minimum Line Players*
12. Illegal Motion
13. Illegal Snap
14. Illegal Shift
15. Illegal Advancement (CoRec)
16. Intentionally throwing a backward pass or fumble out-of-bounds (Loss of down if by A)
17. Illegal Forward Pass (Loss of down if by A)
18. Intentional Grounding (Loss of Down)
19. Illegal Forward Pass 2 consecutive male to male forward pass completions (Loss of Down, Co-Rec Only)
20. Illegal Forward Pass-Male Catches Pass and Runs beyond Scrimmage Line (Loss of Down, Co-Rec Only)
21. Help the Runner

Loss of 10 Yards:

1. Illegal Player Equipment
2. Quick Kick
3. Kick Catch Interference
4. Two or More Consecutive Encroachments During Same Interval Between Downs
5. Offensive Forward Pass Interference (Loss of Down)
6. Defensive Forward Pass Interference (Automatic First Down)
7. Illegally Secured Belt on Touchdown or Otherwise (Loss of Down if by A)(Automatic 1st down if by B)
8. Unsportsmanlike Player Conduct
9. Spiking, Kicking, Throwing, or Not Returning Ball to Official During Dead Ball
10. Unsportsmanlike Conduct by Coaches, Substitutes, or Others subject to the Rules
11. Strip or Attempt to Strip Ball
12. Throw Runner to the Ground
13. Hurdle any Player
14. Contact before or after the ball is dead
15. Unnecessary Contact of any Nature
16. Drive or Run into an Opponent
17. Position Upon Shoulders or Body of a Teammate
18. Tackle the Runner
19. Fight an Opponent
20. Roughing the Passer (Automatic 1st Down)
21. Illegal Offensive Screen Blocking
22. Interlocked Interference
23. Defensive Use of Hands
24. Illegal Flag Belt Removal
25. Guarding the Flag Belt
26. Stiff Arm

27. Obstruction or Holding of Runner
28. Batting a Loose Ball
29. Illegal Kicking
30. Illegal Participation
31. Illegal Substitute/Replace Player
32. Pretend, Unfair Substitution

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 at or Swinging an Arm, Hand, or Fist at any Opposing Player
8. Intentionally Contacting an Official
9. Tackle the Runner

Miscellaneous

Participants should be aware there is a risk of injury in participation of intramural sports due to the inherent nature of the activity. Individuals are encouraged to have a physical examination and to obtain adequate health and accident insurance prior to participation. Individuals participate in intramural activities at their own risk!