

Men's and Women's Flag Football Rules With Co-Rec Modifications

Note: All rules changes for this year are in this type.

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

Section 1. General Provisions

- Article 1. The Game:** The game shall be played between two teams of seven (7) players each with a Campus Recreation football. A minimum of 5 players will be required to avoid a forfeit. The game may be continued with less than 5 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. Supervision:** The game shall be played under the supervision of the Campus Recreation Staff Assistant and from two to four flag football officials. The officials are: referee, line judge, back judge, and field judge.
- Article 3. Team Captains:** Each team manager or 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. The captain's first choice of any option is irrevocable. Decisions involving penalties shall be made before any charged time-out is granted to either team.
- Article 4. Persons Subject to the Rules:** Team representatives, including players, non-players, substitutes, team managers, trainers, coaches, and spectators are subject to the rules of the game, and shall be governed by decisions of the officials and staff assistants assigned to the game.
- Article 5. Referee's Authority:** The referee has authority to rule promptly, and in the spirit of good sportsmanship, on any situation not specifically covered in the rules.
- Article 6. Game Official's Authority:** The game officials shall assume authority for the contest, including penalizing unsportsmanlike acts, 30 minutes prior to the scheduled game time, or as soon thereafter as they are able to be present. The official's jurisdiction extends through the Referee's declaration of the end of the 2nd half or overtime.

Section 2. The Field

- Article 1. Zone Markings:** The field shall be a rectangle area with lines and zones. The width of the field will be lined at 20-yard intervals from goal line to goal line.
- Article 2. Inbounds & Out-of-Bounds:** The lines bounding the sidelines and the end zones are out-of-bounds in their entirety, and the inbounds area is bound by the lines. The entire width of each goal line shall be part of the end zone.
- Article 3. Team Area:** On each sideline of the field a team box or area is designated between the 20-yard lines for the teams, coaches, and authorized team attendants. It is permissible for both team boxes to be on the same side of the field provided each team stays between the respective 20 and 35 yard lines.
- Article 4. Pylons:** Soft, flexible pylon flags or similar shall be placed at the inside corner of each of the intersections of the sidelines with the goal lines and the end lines.

Section 3. Game Equipment

- Article 1. The Ball:** The official ball shall be one provided by Campus Recreation. Men shall use a regulation-size football. Women and Co-Rec teams shall use an intermediate-size football.
- Article 2. Ball Spotters:** Two ball spotters are required. The first one, orange in color, will mark the **Team A** line of scrimmage. The second one, gold in color, will mark the **Team B** scrimmage line. The spotters will always be one yard apart.

Section 4. Players and Playing Equipment-Legal

- Article 1. Jerseys:** Players should wear jerseys of contrasting colors without pockets. 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 should wear shorts/pants that do not have belt loops, pockets, or exposed drawstrings. The pants or shorts should be a different color than the flags.
- Article 3. Flag Belts:** Each player on the field must wear a one-piece belt at the waistline with three flags permanently attached, one flag on each side and one in the center of the back. The flags should be a minimum of 2 inches wide and 14 inches long. The flags must be of contrasting color to the opponent's flags. Failure to wear a flag belt must be noticed by the Referee prior to the snap. It is a dead ball foul and enforced from the succeeding spot. There is no penalty for failure to wear a flag belt if noticed after the ball is snapped or kicked. Any belt containing knots shall be deemed illegal. *Penalty: Live ball foul, 5 yards from the succeeding spot.*
- Article 4. Shoes:** Shoes must be of canvas, leather or synthetic material which covers the foot attached to a firm sole of leather, rubber, or composition material which may have cleats or be cleat-less. **Screw-in cleats are allowed provided that the screw is part of the cleat and not of the shoe.** Cleats are limited to studs or projections, which do not exceed 1/2 inch in length and are made with non-abrasive rubber or rubber-like synthetic material that does not chip or develop a cutting edge. Hiking boots, steel toe boots, or sandals are not permitted.

Section 5. Players 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 by 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, nor may it contain any knots. Players may wear headbands no wider than 2 inches and made of non-abrasive materials. Rubber or cloth elastic bands may be used to control hair.
- 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 all players wear a mouthpiece.
- Article 6. Play Books:** Players can carry a play book inside their clothing as long as it is not made of an unyielding material. If it is taken onto the field it must stay with the player and cannot be thrown onto 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.

Section 6. Players Equipment-Illegal

- Article 1. Illegal Equipment:** The use of headgear that does not meet the standards in Rule 1, Section 5, Article 3, jewelry (including all earrings, eyebrow rings, nipple rings, naval rings, tongue rings, nose rings, bracelets, watches and necklaces), shoulder pads, body pads, casts, shoes with removable cleats (Exception: Screw-in cleats are allowed if the screw is part of the cleat), or any unyielding or dangerous equipment is prohibited. **Metal cleats are illegal.** Shirts or jerseys which do not remain tucked in are illegal. Any hood on a coat, sweatshirt, or shirt which does not remain tucked in is illegal. *Penalty: Live or dead ball, unsportsmanlike conduct, 10 yards.*
- Article 2. Additional Illegal Equipment:** Any slippery or sticky substance of a foreign nature on equipment or exposed part of the body is illegal. (NOTE: When any required player equipment is missing or when illegal equipment is found on any incoming substitute or any player, correction must be made before participation. An official's time-out shall be declared to permit prompt repair of equipment which becomes illegal or defective through use). Towels attached to a player's waist are illegal. Failure to wear required player equipment can be live ball or dead ball foul. *Penalty 5 yards*

RULE 2. DEFINITION OF PLAYING TERMS

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

Article 1. Live Ball/Dead Ball: A live ball is a ball in play. A ball becomes live when the ball is legally snapped and a down is in progress. A dead ball is a ball not in play. The ball is dead during the interval between downs.

Article 2. Loose Ball: A loose ball is a pass, fumble, or a kick. A loose ball that has not yet touched the ground is in flight. A grounded loose ball is one that has touched the ground. Any loose ball continues to be a loose ball until a player secures possession of it or until it becomes dead by Rule, whichever comes first.

Article 3. When Ball is Ready for Play: A dead ball is ready for play when the referee:

- a) If the clock is running, sounds the whistle and signals "ready for play";
- b) If the clock is stopped, sounds the whistle to "start the clock" or signals "ball ready for play".

Article 4. In Possession: A player is in possession of a live ball when he/she is both holding and controlling the ball. A team is in possession:

- a) When one of its players is in possession;
- b) While a punt is being attempted;
- c) While a forward pass thrown by one of its players is in flight;
- d) When it was last in possession during a loose ball.

Section 2. Bat

Article 1. Bat: A bat is intentionally slapping or striking the ball with the hand or arm.

Section 3. Catch, Interception, Simultaneous Catch, Touching

Article 1. Catch: A catch is an act of establishing player possession of a live ball in flight, and first contacting the ground inbounds or being contacted by an opponent in such a way that he/she is prevented from returning to the ground inbounds while maintaining possession of the ball.

A. If one foot first lands inbounds and the receiver has possession and control of the ball, it is a catch or interception even though a subsequent step or fall takes the receiver out-of-bounds.

B. A catch by any kneeling or prone inbounds player is a completion or interception.

C. A loss of the ball simultaneously with returning to the ground is not a catch or interception. **NOTE: If in doubt, it is a catch.**

Section 4. Down and Between Downs

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

Section 5. Encroachment

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

Section 6. Fighting

Article 1. Fighting is an attempt by a player or non-player to strike or engage an opponent in a combative manner unrelated to football. Such acts include, but are not limited to: attempts to strike an opponent with arms, hands, legs, or feet, whether or not there is contact.

Section 7. Foul

Article 1. A foul is a rule infraction for which a penalty is prescribed. **NOTE: If in doubt it is not a foul.**

Article 2. A flagrant foul is so severe or extreme that it places an opponent in danger of serious injury and/or involves violations that are extremely or persistently vulgar or abusive conduct.

Section 8. Fumble

Article 1. A fumble is a loss of player possession other than by handing, passing, or punting the ball.

Section 9. Goal Lines

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

Section 10. Handing the Ball

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

Section 11. Huddle

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

Section 12. Hurdling

Article 1. Hurdling is an attempt to jump over a player by a runner who has both feet or both knees foremost or jump over a player who is on his/her feet. **Hurdling does not include jumping over an opponent or teammate who has already fallen to the ground.**

Section 13. Kicks

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

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

Article 3. Punt: A punt is made by Team A under restrictions which prohibit either team from advancing beyond their scrimmage lines until the ball is punted. A punt is kicking the ball by the player who drops it and kicks it before it strikes the ground.

Section 14. Loss of a Down

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

Section 15. Muff

Article 1. A muff is an unsuccessful attempt to catch a ball, the ball being touched in the attempt.

Section 16. Neutral Zone

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

Section 17. Passer

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

Section 18. Passes

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

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

Section 19. Penalty

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

Section 20. Removing the Flag Belt

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

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

Section 21. Screen Blocking

Article 1. Screen blocking is legally obstructing an opponent without using any part of the body to initiate contact.

Section 22. Scrimmage

Article 1. Scrimmage Line: The scrimmage line for Team A (offense) is the yard line and its vertical plane which passes through the forward point of the ball. The scrimmage line for Team B (defense) is the yard line and its vertical plane which passes one yard from the point of the ball nearest its own goal line. **Team B's scrimmage line may extend into their own end zone.** An offensive player is on his/her scrimmage line when facing his/her opponent's goal line with the line of his/her shoulders approximately parallel there to and with his/her head or foot breaking the plane of the imaginary line drawn through the waistline of the snapper and parallel to the scrimmage line.

Article 2. Backfield Line: To be legally in the backfield a Team A player's head must not break the plane of the line drawn through the waistline of the nearest Team A player (except the snapper) on the line of scrimmage.

Section 23. Shift

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

Section 24. Tagging.

Article 1. Tagging: Tagging is placing one hand anywhere between the shoulders and knees of an opponent with the ball. The tagger may leave his/her feet to make the tag. Pushing, striking, slapping, and holding are not permitted. If the player trips the runner in his/her attempt to make a diving tag, it is a foul. *Penalty: Illegal Contact, 10 yards from the end of the run.*

Section 25. Team and Player Designations

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

Article 2. Ejected Player: An ejected player is one who is ejected from the game and playing area by a game official and/or staff assistant. He/she must leave the playing area immediately. He/she is ineligible for further intramural play until he/she talks to the Intramural Coordinator or his/her designate. Failure of the ejected player to leave the playing area within one minute, will result in the player's team forfeiting the contest. Forfeit fees will be lost accordingly.

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

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

Article 5. Player and Nonplayer: A player is any of the participants in the game at any particular time. A nonplayer is a coach, trainer, other attendant, a substitute, or a replaced player who does not participate by touching the ball, hindering an opponent, or influencing the play.

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

Article 7. Snapper: The snapper is the player who snaps the ball. He/she is a line player.

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

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

RULE 3. PERIODS, TIME FACTORS, SUBSTITUTIONS

Section 1. The Start of Each Period

Article 1. Each half shall start with a captains meeting. Three minutes before the start of the game the Referee shall toss a coin in the presence of the opposing field captains, after first designating which captain shall call the coin flip. The captain winning the toss shall have first choice of options for either the first or second half. The loser shall have the first choice of options for the half the winner of the toss did not select. The options for each half shall be:

- a) To choose whether his/her team will start on offense or defense.
- b) To choose the goal his/her team will defend. The captain, not having the first choice of options for a half, shall exercise the remaining option.
- c) The winner of the coin toss shall also be able to defer his/her option to the second half.

Article 2. Game time is forfeit time: Teams should report to the Intramural Sports Staff Assistant at least fifteen minutes prior to their scheduled game time. If only one team is present with enough players to legally begin the game, they shall be given the choice to:

- a) To take a win by forfeit; or
- b) Give the opposing team up to ten minutes to field a legal team

If the ten minute grace period is granted, the game clock shall be started at game time and the first half will be shortened by up to ten minutes. If the opposing team fails to field a legal team, a forfeit will be declared.

If no teams are present at game time a double forfeit will be declared.

Article 3. Start Each Half: Unless moved by penalty, the ball shall be snapped on the 14 yard line to start each half.

Section 2. Game Time

Article 1. Playing Time and Intermissions: The game is divided into 2 halves of twenty minutes each. The intermission between halves will be three minutes. In the case where overtime is used, there will be a one-minute intermission.

Article 2. Shortening Periods: Anytime during the game, the playing time of any remaining period or periods may be shortened by mutual agreement of the opposing captains and the Intramural Sports Staff Assistant.

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

- a) There was a foul by either team and the penalty was accepted;
- b) There was a double foul;
- c) There was an inadvertent whistle
- d) A touchdown was scored. The try-for-point is attempted unless the touchdown was scored during the last down of the second half and the point(s) would not affect the outcome of the game.

If a, b, or c occurs during the uncounted down, the procedure is repeated.

Exception: Periods will not be extended if foul specifies loss of down and is accepted. Any score by the team which fouled is cancelled.

Article 4. End of a Half: Following delay to ensure:

- a) No foul has occurred.
- b) No obvious timing error has occurred.
- c) No request for a coach-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.

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

Article 6. First 18 Minutes: During the first 18 minutes of each half, the clock will start on the snap. It will run continuously for the first 18 minutes of play unless it is stopped for an injury (start on ready) or a team time-out (starts on snap) or a referee's time out (starts on ready).

Article 7. 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 teams the time remaining in the game. The clock will start on the snap. It is recommended that the back judge announce the time remaining after every play inside of two minutes.

Article 8. Last Two Minutes: During the last 2 minutes of each half the clock will stop for a/an:

- 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 snap after the try). Try for point is untimed.
- 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) Either team is awarded a new series following a legal punt (starts on the snap).
- m) Team attempting to conserve time illegally (starts on the ready).
- n) Team attempting to consume time illegally (starts on the snap).
- o) Inadvertent whistle (starts on the ready).

Section 3. Tie Game

Article 1. Regular Season: In case of a game ending in a tie score, the game shall end and be declared a draw. **Overtime will not be played during the regular season.**

Article 2. Pre/Post Season Tournaments: In case of a game ending in a tie score, the officials shall bring all players and coaches of both teams to the center of the field. They will discuss overtime procedures and answer all questions prior to the coin toss. After the meeting, field captains shall remain for a coin flip 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.** Each team will be given 4 downs from the 10-yard line. The object will be to score a touchdown. If the first team which is awarded the ball scores, the second team will still have 4 downs to attempt to win the game. Tries (extra points) will be attempted and scored as indicated in Rule 8. If the defense intercepts the ball and returns it for a touchdown, they win the game. If they do not return the interception for a touchdown, the ball will be placed at the 10-yard line to begin their series of four downs.

Article 3. Fouls and Penalties: They are administered similar to the regular game. Team A shall be awarded a new series of 4 downs when the penalty for defensive pass interference or roughing the passer is accepted. Dead ball fouls following a touchdown are penalized on the try. Live ball fouls committed by either team after Team B gains possession during a try or an overtime shall be enforced at the succeeding spot. Dead ball fouls following a successful try will be penalized from the succeeding spot, the Team B 10 yard line, if accepted. **Note: The goal line shall always be the zone 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 an official's time-out whenever a touchdown, touchback, or safety is made, or when an excess time-out is allowed.

- Article 3. Discretionary Time-Out:** The Referee may declare an official time-out for any contingency not elsewhere covered by the Rules. If a time-out is for repair or replacement of player equipment which becomes illegal through play and is considered dangerous to other players, the Referee shall charge himself/herself. The Referee shall charge himself/herself when an injured player is designated.
- Article 4. Charged Time-Outs:** Each team is entitled to one charged time-out during each half without penalty. The time out can be requested by either a player or head coach. 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 carry over to succeeding periods. **No time-outs are allowed in the overtime period.** NOTE: The referee will communicate the number of team time-outs remaining for each team to the Team A and B Captains after each time-out is taken.
- Article 5. Length of Time-Outs:** A charged time-out requested by any player shall not exceed one minute and can be shortened if both teams are ready. Other time-outs may be longer only if the Referee deems it necessary to remove an injured player.
- Article 6. Coach-Referee Conference:** When a team requests a charged time-out for a misapplication or misinterpretation of a rule, the Referee will confer with the team captain or coach. The request must be made prior to the time the ball becomes alive following the play to be reviewed, unless the half has officially ended. If the official changes his/her ruling, it is an official's time-out. If the ruling is not changed, it is a charged time-out. If the team has used its one time-out, a delay of game penalty will be assessed.
- Article 7. Notification:** The Referee shall warn both teams five seconds before a charged time-out expires. The team then has 25 seconds to put the ball in play. When one time-out has been charged to a team in the half, the Referee shall notify both captains and both coaches.
- Article 8. Authorized Conferences:** There are two types of authorized conferences permitted during charged time-outs, television/radio time-outs, and following a score or try:
- One or more players and one or more coaches may meet directly in front of the team box within 5 yards of the sideline.
 - One coach may enter the field at his/her team's huddle on the inbounds hash mark to confer with his/her players.
- Article 9. Injured Player:** An injured or apparently injured player who is discovered by an official while the ball is dead, shall be replaced for at least 1 down unless the halftime or overtime intermission occurs. A player who is bleeding, has an open wound, or has **any** amount of blood on the uniform shall be considered an injured player. Such players may not return to the game until the bleeding has stopped and the wound properly covered, and soiled clothing has been treated with a bleach disinfectant.
- Article 10. Unconscious or Apparently Unconscious Player:** A time-out occurs when an unconscious or apparently unconscious player is determined by the game officials. The player may not return to play in the game.

Section 5. Delays

- Article 1. Unfair Tactics:** The referee may start or stop the clock whenever either team is trying to conserve or consume time by playing tactics that are obviously unfair. **PLAY.** During the fourth period Team A leads Team B 14-12 with the game clock running. A-3 false starts with 50 seconds remaining on the game clock. **RULING.** Enforce false start, if accepted. The Referee will order the game clock started on the snap due to Team A attempting to consume time.
- Article 2. Delay of the Game:** The ball must be put in play promptly and legally and any action or inaction by either team which tends to prevent this is delay of the game. This includes:
- Consuming more than 25 seconds in putting the ball in play after it is ready for play.
 - Putting the ball in play before it is declared ready for play.
 - Deliberately advancing the ball after it has been declared dead.
 - 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. *Penalty: 5 yards from spot of the snap.*

Section 6. Substitutions

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

Play. Co-Rec Team A has 9 players on the field. Male A9 realizes this and runs toward his end line to get off the field: a) He steps over the end line prior to the snap; or b). He steps over the end line after the ball is snapped. Ruling. Illegal Substitution. In a) Dead Ball Foul and b) Live Ball Foul.

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: Illegal Substitution, Dead ball foul, 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 or any muffed punt which is beyond the neutral zone; when an untouched punt comes to rest on the ground and no player attempts to secure it.
- f) When a forward pass strikes the ground or is caught simultaneously by opposing players.
- g) When a backward pass or fumble by a player touches the ground 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 a defensive player. **A flag belt is removed when the clip is detached from the belt, is torn into more than 1 piece, or the flag is torn off 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, by an opponent once the flag belt is no longer attached.
- k) When a passer is deflagged/tagged prior to releasing the ball. Note: If in doubt as to the release or not, the ball is released.

Play. QB A-1 is tagged or deflagged when: a) His/her arm is moving forward in an attempt to throw the ball; or b) The ball has already left the hand. Ruling. In a), A-1 is down at the spot of the tag or deflag. In b), the ball remains alive, since the ball left the passer's hand before he/she was tagged or deflagged.

- l) When a muff of a punt strikes the ground.
- m) When an official inadvertently sounds his/her whistles during a down or during a down in which the penalty for a foul is declined, when:
 1. The ball is in player possession - the team in possession may elect to put the ball in play where declared dead or replay the down.

2. The ball is loose from a fumble, backward pass, or illegal forward pass - the team in possession may elect to put the ball in play where possession was lost or replay the down.
3. During a legal forward pass or a punt - the ball is returned to the previous spot and the down replayed.
If a foul occurs during any of the above downs, an accepted penalty shall be administered as in any other play situation. When the foul is accepted, disregard the inadvertent whistle. Note: There is no time added to the game clock during a play if there is an inadvertent whistle.

Section 2. Out-of-Bounds

- Article 1. Player Out-of-Bounds:** A player or other person is out-of-bounds when any part of that player touches anything other than another player or a game official, who is on or outside the sideline or endline.
- Article 2. Player in Possession Out-of-Bounds:** A ball in player possession is out-of-bounds when the ball touches anything, other than another player or game official, which is on or outside a sideline or end line.
- Article 3. Loose Ball Out-of-Bounds.** A loose ball is out-of-bounds when it touches anything, including a player or game official, which is out-of-bounds.

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

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

- Article 1. A Down Is a Unit:** A down is a unit of the game which starts with a legal snap and ends when the ball next becomes dead. Between downs is any period when the ball is dead.
- Article 2. Series of Downs:** A team in possession of the ball shall have four consecutive downs to advance to the next zone by scrimmage. Any down may be repeated if provided for by the rules.
- Article 3. Zone Line-to-Gain:** The zone line-to-gain in any series shall be the zone in advance of the ball, unless distance has been lost due to penalty or failure to gain. In such case, the original zone in advance of the ball at the beginning of the series of downs is the zone line-to-gain. The most forward point of the ball, when declared dead between the goal lines, shall be the determining factor.
- Article 4. 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 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.

Section 2. Down and Possession After a Penalty

- Article 1. Penalty Resulting in First Down:** After a penalty which leaves the ball in possession of a team beyond its zone line-to-gain, or when a penalty stipulates a first down, the down and distance established by that penalty shall be first down with next zone line-to-gain.
- Article 2. Foul Before Change of Team Possession:** After a distance penalty between the goal lines incurred during a down and before any change of team possession during that down, the ball belongs to Team A. The down shall be repeated unless the penalty also involves loss of down, or leaves the ball on or beyond the zone line-to-gain. If the penalty involves loss of down, the down shall count as one of the four in that series.
- Article 3. Foul After Change of Team Possession:** After a distance penalty for a foul committed during a down and after team possession has changed during that down, the ball belongs to the team in possession when the foul occurred and the down and distance established by that penalty shall be first down with zone line-to-gain.
- Article 4. Penalty Declined:** If a penalty is declined, the number of the next down shall be whatever it would have been if that foul had not occurred.
- Article 5. Foul Between Downs:** After a distance penalty incurred between downs, the number of the next down shall be the same as that established before the foul occurred unless enforcement for a foul by Team B leaves the ball on or beyond the zone line-to-gain.

Article 6. Fouls by Both Teams: If offsetting fouls occur during a down, that down shall be repeated. Exception: If each team fouls during a down in which there is a change of team possession, the team last gaining possession may retain the ball, provided its foul was not prior to the final change of possession ("Clean Hands") and it declined the penalty for its opponent's foul.

Article 7. Rule Decisions Final: No rule decision may be changed after the ball is next legally snapped.

RULE 6. KICKING THE BALL

Section 1. Punt

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

Article 2. Punt: Prior to making the ball ready for play on the fourth down, the Referee must ask the Team A captain if he/she wants to punt. The Referee must communicate this decision to the Team B captain and the other officials. The Team A captain may request a punt on any down. After such announcement, the ball must be punted. Exception: If a) a Team A or B time-out is called, b) the period ends, or c) a foul occurs anytime prior to or during this down after the Team A's captain's decision which results in the kicking team having the right to repeat the down again.

<p>Play. 4th and 22. The Referee asks the Team A captain if he/she wants to punt or "go for it." The Team A captain delays his/her decision. RULING: The Referee can enforce "trying to consume time" and stop the game clock, if he/she thinks the Team A captain is using delaying tactics.</p>

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

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 and then caught by any K player behind the line of scrimmage line (first ball spotter-orange), they may advance. R may advance the punt anywhere in the field of play or the end zone. A K player cannot punt the ball to himself/herself or any other K player. Team K may punt the ball once only per down. *Penalty: Illegal Kicking, 10 yards.*

Article 6. Crosses K's 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 the receiving team. If it hits a player of the receiving team and then is caught in the air, it can be advanced by the receiving team. If caught by the kicking team (beyond R's scrimmage line), the ball is dead and belongs to K, and a new series begins for K.

Article 7. First Touching: If any player touches a punt after it crosses K's scrimmage line (first ball spotter-orange) and before it is touched there by any R player, it is referred to as "first touching." R may take the ball at that spot or may choose to have the ball put in play as determined by the action which follows first touching. The right of R to take the ball at the spot of first touching by K is cancelled if R touches the punt and there-after 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 the Goal Lines or at Rest: If a punt goes out-of-bounds between the goal lines or comes to rest inbounds untouched and no player attempts to secure it, the ball becomes dead and belongs to the receiving team at that spot.

Article 9. Punt Out-of-Bounds Behind the Goal Line: When any punt is on or behind the receiver's goal line (plane), it can be downed for a touchback (**14 yard line**) or it may be run out of the end zone.

Section 2. Kick Catch Interference

Article 1. While any free kick or protected scrimmage kick is in flight beyond K's scrimmage line, K shall not touch the ball nor obstruct R's path to the ball. This prohibition does not apply if the act is after the punt has been touched by R. K may catch, touch, muff, or bat a punt in flight beyond K's scrimmage line if no R player is in position to catch the ball. *Penalty: Kick Catch Interference, 10 yards.* R may choose a 10-yard penalty from the previous spot with K retaining the football and the down replayed, or accept an awarded catch from the spot of the foul.

Play. A free kick is in flight and a) K-1 touches the ball with R-1 in position to catch the ball, b) K-3 is in the path of R-2's attempt to catch the ball, c) K-4 deflags R-2 before he/she touches the ball. **Ruling.** In a), b), and c), kick catch interference.

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 **next to the orange ball spotter**. The ball may be moved with approval by the referee due to poor field conditions.

Article 2. Ball Responsibility: Team A (offense) players are responsible for retrieving the ball after a scrimmage down. The snapper will bring it from the huddle to the Team A scrimmage line (first ball spotter-orange). A towel may be placed under the ball regardless of weather 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 and until the snap, no player on **Team B** may encroach, touch the ball, nor may any player contact opponents or in any other way interfere with them. This includes standing in the neutral zone to give defensive signals, or shifting through the zone. After the snapper has placed his/her hand(s) on the ball, it is encroachment for any player to break the scrimmage line plane, except for the snapper's right to be over the ball. *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 **Team B**, the penalty will be 10 yards for the **subsequent encroachment fouls**.

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

Article 2. False Start: No **Team A** player shall make a false start. A false start includes any action that simulates the start of a snap. 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, False Start, 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/towel/orange ball spotter** 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 Snap, 5 yards.*

Section 3. Position and Action During the Snap

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

Article 2. Minimum Line Players: **Team A** 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 **Team A** player may be in motion, but not in motion toward the opponent's goal line at the snap. Other **Team A** players must be stationary in their positions without movement of the feet, body, head, or arms. **Team A** must have at least 4 players (5 players in Co-Rec) on their scrimmage line at the snap. A player in motion is not counted as one of the 4 or 5 on the scrimmage line. *Penalty: Illegal motion, 5 yards.*

Article 4. No Direct Snap: The player who receives the snap must be at least two yards behind the **Team A** scrimmage line. Direct snaps are illegal. *Penalty: Illegal Formation, 5 yards.*

Article 5. Shift: In a snap preceded by a huddle or shift, all **Team A** 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. No Restrictions: Any player may hand the ball forward or backward at anytime.

Section 5. Backward Pass and Fumble

Article 1. Anytime: A runner may pass the ball backward or lose player possession by a fumble at anytime except if intentionally thrown out-of-bounds to conserve time. *Penalty: Illegal Pass, 5 yards and loss of down. Referee will start the clock on the ready for play.* 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 him/herself.

Article 3. 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 4. 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.

Play. A-1 running with the ball at Team B's 3 yard line slips and fumbles the ball into the end zone. Ruling. Touchback. B's ball first and 5 on B's 15.

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's scrimmage line.

Play. A-1 runs with the ball beyond the scrimmage line and throws a backward pass from Team A's 31 yard line which is first touched and caught by A-6 at the Team A 33 yard line. Ruling. Legal play. The initial direction of a pass determines whether the pass is forward or backward. While a backward pass may have its flight path altered by wind or forward player momentum and subsequently be caught beyond the point of release, this does not change the status of the pass.

Play. QB A-1 throws a legal forward pass which is possessed by airborne A-2. Prior to returning to the ground, A-2 throws the ball forward or backward to A-3 who runs for a touchdown. Ruling. Legal play. The pass remains a pass until A-2 alights on the ground for a completion. Since A-2 is airborne, he/she may bat or throw the pass in any direction.

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

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

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

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

Section 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.

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

Article 2. Offensive Pass Interference: After the ball is snapped, and until it has been touched by a receiver, Team A 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, Team B 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.

RULE 8. SCORING PLAYS AND TOUCHBACK

Note: It is suggested that the referee communicate the current score to the team captains after each touchdown, try, safety. If there is a disagreement regarding the current or final score, the Referee will make the final decision after consulting with other officials and, if available, the scorekeeper.

Section 1. Mercy Rule

Article 1. 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 shall be over. If at anytime in the second half a team (Men's, Women's or Co-Rec) goes down by 45 or more the game is over. **Prior to applying the mercy rule, there must be a down free of any accepted live ball fouls.**

Article 2. After Two Minute Warning: If a team scores during the last two minutes of the second half extending the lead to 19 or more (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 a change of possession, the point value is 9. All other touchdowns will count 6 points.

Article 2. A Touchdown is scored when a runner advances from the field of play so that the ball penetrates the vertical plane of the opponent's goal line. It is a touchdown when a loose ball is caught by a player while the ball is on 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 1 point from the 3 yard line, 2 points from the 10 yard line, or 3 points from the 20 yard line by running or passing only shall be granted the team scoring a touchdown.

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.

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 or 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. However, this decision cannot be changed once either team commits a foul. 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.

Play. Team A scores a touchdown and elects to attempt a 1 point conversion. Then after calling a charged time-out, elects to change and attempt a 2 point conversion. Ruling. Legal.

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

Play. Team A during a try throws two forward passes which results in a score. Ruling. Since the penalty carries a loss of down, the try by Team A has ended with no points scored.

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:

- a) Carries the ball to or across that goal line.
- b) Imparts to the ball an impetus which forces it to or across that line.
- c) Incurs a penalty which leaves the ball on or behind the line.

Article 2. Force: The force imparted by a player who punts, 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 the ground or after striking a player of either team. However, the initial force is considered expended and a new force is provided if a loose ball is illegally kicked or batted or it is contacted again after coming to rest.

Section 5. Momentum, Safety, and Touchback

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

- a) A runner carries the ball from the field of play to or across his/her own goal line, and it becomes dead there in his/her team's possession;
EXCEPTION: When a defensive player intercepts a forward pass, fumble, backward 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 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 defending team at its own 14 yard line unless moved by a penalty.

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. The ball shall be snapped from the nearest 14 yard line, unless moved by a penalty.
- b) 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.
- c) 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.

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

Play. B-1 intercepts a pass in his/her end zone, (a) runs it out of the end zone and continues downfield for a touchdown or (b) runs around in his/her end zone and is deflagged. Ruling. (a) Touchdown. A player can run the ball out of his/her end zone. In (b), touchback. A's force put the ball into B's end zone.

Play. A-1 running for an apparent touchdown fumbles the ball on the Team B 3 yard line. The ball lands in the Team B end zone. Ruling. Touchback. The force which put the ball in the end zone was the fumble. The team whose goal line was involved shall put the ball in play on the 14 yard line by a snap.

RULE 9. CONDUCT OF PLAYERS AND OTHERS

Section 1. Unsportsmanlike Conduct

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

- a) Abusive or insulting language.
- 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.
- h) Participate while wearing illegal player equipment.

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

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, taunting, 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.

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

Section 2. Unfair Acts

Article 1. Refusal to Play or Halving the Distance: If a team refuses to play within two minutes after ordered by the Referee, or if play is interfered with by an obvious unfair or unsportsmanlike act not specifically covered by the Rules, or if a team repeatedly commits fouls which can be penalized only by halving the distance to its goal line, the Referee may enforce any penalty he/she considers equitable, including the awarding of a score. For refusal to play, or for repeated fouls, the Referee shall, after one warning, forfeit the game to the opponents.

Article 2. Unfair Acts: No player, substitute, coach or others subject to the rules shall use disconcerting words or phrases or commit any act not in accordance with the spirit of fair play for the purposes of confusing the opponent. *Penalty: unfair act, live ball foul, 10 yards.*

Section 3. Personal Fouls

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

- a) Strip or attempt to strip the ball from a player in possession by punching, striking or stealing (S38). **NOTE: A player who controls a pass with both feet off of the ground becomes a runner when the first part of the person touches the ground.**
- 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.

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. **If the rusher contacts the passer's hand or arm, whether or not he/she touches the pass, it is roughing the passer.** 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.* **NOTE: Roughness by an opponent beyond the scrimmage line could be illegal contact against a player who throws an illegal pass beyond the scrimmage line.**

Section 4. Blocking

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

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

- a) When he/she is behind a stationary opponent, take a position closer than a normal step from him or her.
- b) When he/she assumes a position at the side or in front of a stationary opponent, make contact with him/her.
- c) Take a position so close to a moving opponent that this opponent cannot avoid contact by stopping or changing direction. The speed of the player to be screened will determine where the screener may take his/her stationary position. This position will vary and may be one or two normal steps or strides from the opponent.
- d) After assuming his/her legal screening position, move to maintain it, unless he/she moves in the same direction and path of his/her opponent. If the screener violates any of these provisions and contact results, he/she has committed a personal foul. *Penalty: 10 yards.*

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

Article 4. Use of Hands or Arms by the Defense: Defensive players must go around the offensive player's screen block. The arms may not be used as a wedge, even if there is no holding or aggressive pushing. **The application of this rule depends entirely on the judgment of the official(s).** A blocker may use his/her arms or hands to break a fall or retain his/her balance. *Penalty: Personal Foul, 10 yards.*

Section 5. Flag Belt Removal

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

- a) Players must have possession of the ball before they can be legally deflagged by an opponent.
- b) When a runner loses his/her flag belt either accidentally, inadvertently (not removed by grabbing or pulling), or on purpose, play continues. The deflagging reverts to a one-hand tag by an opponent of the runner between the shoulders and knees (including hands and knees).
- c) In circumstances where a flag belt is removed illegally, play should continue with the option of the penalty or the play. *Penalty: Personal Foul, 10 yards or Pass Interference, 10 yards and an automatic first down.*
- d) Defensive player intentionally pulling a flag belt from an offensive player without the ball is illegal. *Penalty: Personal Foul, 10 yards.*
- e) Tampering with the flag belt in any way to gain an advantage including tying knots, using foreign materials, or other such acts is illegal. *Penalty: Unsportsmanlike Conduct, 10 yards from the previous spot, and player disqualification. If by Team A, loss of down. If by team B, automatic first down.*

<p>Play. A-1 carries the ball when B-1 and B-2 attempt to deflag A-1. B-1 and B-2 touch or grasp the flagbelt momentarily. A-1 continues to run a few steps and the flagbelt falls to the ground. Ruling. A-1 is down where the original deflag was attempted. B-1 and B-2 are deemed to have caused the deflag.</p>
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Section 6. Runner

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

- a) Swinging the hand or arm over the flag belt to prevent an opponent from deflagging.
- b) Placing the ball in possession over the flag belt to prevent an opponent from deflagging.
- c) Lowering the shoulders in such a manner which places the arm over the flag belt to prevent an opponent from deflagging.

Penalty: Flag Guarding, 10 yards.

Article 2. Stiff Arm: The runner shall be prohibited from contacting an opponent with extended hand or arm. This includes the use of a "stiff arm" extended to ward off an opponent attempting to deflag/tag. *Penalty: Personal Foul, 10 yards.*

Article 3. Helping the Runner: The ball carrier shall not grasp a teammate or be grasped, pulled, or pushed by a teammate. *Penalty: Helping Runner, 5 yards.*

Article 4. Obstruction of Runner: The defensive player shall not hold, grasp, or obstruct the forward progress of a ball carrier when in the act of removing the flag belt. *Penalty: Personal Foul 10 yards.*

Article 5. Charge: A runner shall not charge into nor contact an opponent in his/her path nor attempt to run between two opponents or between an opponent and a sideline, unless space is such as to provide a reasonable chance for him/her to go through without contact. If a runner in his/her progress has established a straight-line path, he/she may not be crowded out of that path, but if an opponent is able to legally establish a defensive position in that path, the runner must avoid contact by changing direction. *Penalty: Personal Foul, 10 yards.*

Section 7. Batting and Kicking

Article 1. Batting a Free Ball: Players shall not bat a loose ball other than a pass or fumble in flight. A backward pass in flight shall not be batted forward by the passing team. A ball in player possession shall not be batted forward by a player of the team in possession. Exception: The kicking team may bat an airborne punt beyond the Team A Scrimmage line toward their own goal line. *Penalty: Illegal Batting, 10 yards.*

Article 2. Illegal Kicking: No player shall intentionally kick a ball other than as a punt. NOTE: An illegal kick should be treated as a fumble *Penalty: Illegal Kicking, 10 yards.*

Section 8. Illegal Participation

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

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

Article 3. Illegal Participation: It is illegal participation:

- a) To have 8 (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.

Penalty: Illegal participation, 10 yards.

RULE 10. ENFORCEMENT OF PENALTIES

Section 1. Procedure After a Foul

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

- a) Dead Ball- A foul which occurs in the time interval after a down has ended and before the ball is next snapped.
- b) Live Ball- A foul which occurs during a down.
- c) Simultaneous with the Snap- An act which becomes a foul when the ball is snapped.

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

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

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

Article 5. Establish Zone Line-to-Gain:

- a) On a live ball foul mark off the penalty yardage first, then establish the zone line-to-gain.
- b) Penalties for fouls with succeeding spot enforcement which occur prior to the ready for play signal shall be administered before setting the zone line-to-gain for a new series.
- c) Penalties for fouls with succeeding spot enforcement which occur after the ready for play signal shall be administered after setting the zone line-to-gain for a new series.

<p>Play. Third and 2 on A 18. A-2 runs to the A 26. (a) A-2 flag guards at the A 25 and is deflagged at the A 35; or (b) A-2 is deflagged at the A 26. The Referee calls an unsportsmanlike conduct foul on A-2 prior to the ready for play signal. Ruling. (a) Penalize Team A 10 yards for flag guarding, A's ball third and 5 on A 15. (b) Penalize Team A 10 yards for the dead ball foul from the A 26, third and 4 on A 16. The zone line-to-gain has not been reached legally.</p>

Section 2. Types of Play and Basic Enforcement Spots

Article 1. Live Ball Fouls: Any live ball foul is penalized according to the all-but-one enforcement principle except:

- a) A foul which occurs simultaneously with a snap penalize at the previous spot.
- b) Non-player foul, unsportsmanlike foul, dead ball foul, penalize at the succeeding spot.

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

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

Article 4. Loose Ball Play: A loose ball play is action during:

- a) A punt, other than post-scrimmage kick fouls
- b) A legal forward pass
- c) A backward pass, including the snap, a fumble made by A from on or behind his/her scrimmage line is a loose ball foul.
- d) It includes the run which precedes a legal pass, punt, or fumble.

NOTE: When a foul occurs during a loose ball play, the basic enforcement spot is the previous spot, either the spot of the snap. **Exception: The penalty for roughing the passer on a completed forward pass will be enforced from the end of the last run when the run ends beyond Team A's scrimmage line and no change of possession has occurred.**

Article 5. Running Play: A running play is any action which is not a loose ball play.

a) Behind the line includes:

1. A run which is not followed by a loose ball behind the line.
2. A run which is followed by an illegal pass from behind the line.

b) Beyond the line it includes any run. A run ends when a runner loses possession, but related running play continues until the ball becomes dead or some player again gains possession.

If a foul occurs during a running play, the basic enforcement spot is the spot where the related run ends:

a) Where the ball becomes dead if the runner does not lose possession.

b) Where the player loses possession if his/her run is followed by his/her fumble or pass.

c) At the spot of the catch where the momentum rule is in effect.

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

Section 3. Special Enforcements

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

Article 2. Safety/Goal Line: If the offensive team throws an illegal forward pass from its end zone or commits any other foul on or behind its goal line for which the penalty is accepted, it is a safety. The goal line is the enforcement spot for fouls by the defense, when the offensive team's run ends in their end zone. For a defensive team foul, if the enforcement spot which is the basic spot, is on or behind the offended team's goal line any measurement is from the succeeding spot. Note: see rule 10-3-8 for enforcement of fouls after change of possession during a try or overtime.

Play. A 3rd and 14 on A-6. Passer A-1 runs back into his/her end zone. B-1 commits illegal contact. B-2 then deflags A-2 in the Team A end zone. **RULING.** A 3rd and 10 on A-10. Enforce at the goal line.

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

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

Article 4. Forfeiture of Game: An Intramural Sports Staff Assistant may forfeit any game. Their decision to do so is final.

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

Article 6. Foul on Score: If there is a foul by the offensive team, other than unsportsmanlike or nonplayer, during a down which results in a successful touchdown, or try, the acceptance of the penalty nullifies the score. If there is a foul by the defensive team (**including unsportsmanlike or non player**) during a down which results in a successful touchdown, the scoring team may choose to have the foul enforced at the succeeding spot (Try) or, after the Try, at the 14 yard line.

Article 7. Foul Prior to a Try: If after a touchdown and prior to the initial ready for play signal for the Try, either team commits any foul for which the basic spot of penalty enforcement is the succeeding spot (Try), the offended team may have the penalty enforced from the succeeding spot (Try), or after the Try, at the 14 yard line. **PLAY.**

QB A-1 scores a touchdown and then spikes the ball. **RULING.** The touchdown counts.

The Referee will ask the Team A Captain whether they wish to go for a 1, 2, or 3 point Try, after explaining that the 10 yard penalty will be enforced as part of the Try or at the 14 yard line. Once the Team A Captain makes a decision, penalize Team A 10 yards on the Try from the 3, 10, or 20 yard line, if they choose that option.

Article 8. Fouls during a try or overtime after Team B possession. Live ball fouls committed by either team after team B gains possession during a try or an overtime shall be enforced from the succeeding spot. If there are offsetting fouls whether on or both occur after team B possession, the down is not replayed. The fouls offset at the succeeding spot. Any scores are cancelled.

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

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

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

Article 12. Loss of Down Fouls: Fouls which include loss of down are those where Team A loses its right to repeat the down as:

- a) Illegal forward or backwards pass by Team A;
- b) Forward pass interference by Team A;
- c) Illegally secured flag belt.

Article 13. Automatic First Down Fouls: Fouls by Team B which give Team A an automatic first down are:

- a) Forward pass interference by Team B;
- b) Roughing the passer who has thrown from behind the Team A scrimmage line
- c) An illegally secured flag belt.

Co-Rec Modifications

The Game. The game shall be played between 2 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, or 4 of one sex and 2 of the other, 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. NOTE: If in doubt, continue the game. *Penalty: Illegal Participation, 10 Yards.*

The Ball: A regular or intermediate size football shall be used for all Co-Rec flag football games. Campus Recreation will provide the game ball.

Minimum Line Players: The offensive team must have at least 5 players on their scrimmage line at the snap. *Penalty: Illegal Procedure, 5 yards.*

Male Runner: A Team A male runner 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 has been touched by any player** beyond Team A's scrimmage line, (b) during a run by a female runner, and (c) after a change of possession. *Penalty: Illegal Advancement, 5 yards from the previous spot.*

Play. Male A-1 throws a forward pass to female A-2 beyond the neutral zone who then throws a backward pass to male A-3 who is behind Team A's scrimmage line. Male A-3 runs through the neutral zone for a 10 yard gain. Ruling. Legal play.

Play. Third and 5 on A 15. The play is "open." Male A-1 throws a legal forward pass to male A-3 who first touches the ball behind the Team A scrimmage line, juggles it through Team A's scrimmage line, and catches it beyond. Ruling. Legal play. A-3 becomes a runner when he possesses the ball. The next play is "closed."

Male to Male Completion and Illegal Forward Pass:

- 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 crew of officials erroneously indicates the "open/closed" status of a down, the play is nullified and the down will be 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 also 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) There are no restrictions concerning a male passer completing legal forward passes to a female receiver, or female to female, or female to male.
- f) Any foul, whether accepted or declined, shall have no effect on whether the next pass completion is "open" or "closed."
- g) A legal forward pass caught jointly by male and female teammates is considered a female reception.
- h) If a female passer completes a forward pass to a male receiver behind the team A scrimmage line and the male receiver runs beyond the scrimmage line.

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.

Play. Second and 7 on A 13. This down is "closed". Male A-1 completes a forward pass to female A-2 to the A 19. After the catch A-2 guards her flag belt at the A 22. Ruling. If accepted, enforce guarding the flag belt, 10 yards from the spot of the foul. It would be A's ball second and 8 on the A 12. All fouls carry their usual enforcement. The next play will be "open" since there was a male to female forward pass completion, and the ball became dead beyond the Team A's scrimmage line. Whether the foul is accepted or declined has no effect on "open" or "closed" restrictions.

Play. Second and 15 on A 25. The down is "closed" - the last forward pass completion was male to male. a) Male A-1 throws a forward pass caught by female A-2 at the A 23. Female A-2 runs to the A 26 and is deflagged; or b) Same play, except Female A-2 is deflagged at the A 24. Ruling. a) The next play is "open". Team A may legally throw a male to male forward pass completion. Team A gained positive yards. In b) there is not a foul. The next play is still "closed"-Team A may not legally throw a male to male pass completion. Team A did not gain positive yards. The dead ball spot was behind the Team A scrimmage line.

Play. The down is "closed". Female A-1 throws a legal forward pass at the A 26 to male A-6 who catches the ball behind his scrimmage line and: a) advances the ball beyond his scrimmage line for positive yards; or b) is deflagged behind his scrimmage line. Ruling. a) Illegal forward pass. Male A-6 advanced through the team A scrimmage line. Enforce the foul at the A 26 and the play remains "closed". b) Legal play. The next down is still "closed".

Touchdown Value: If a female player scores a touchdown, or if a female throws a legal forward pass that is caught for a touchdown by any Team A player the point value is 9. All other touchdowns shall count as 6 points.

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!

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