1. Each participant must present a valid XID card in order to be eligible to participate.

2. Each team will be limited to either one former varsity athlete or two club sport members.

3. Each Men’s and Women’s team will consist of seven players. Each team must have a minimum of five players present at game time to begin a game. Each Co-Rec team will consist of eight players (four men and four women). Each Co-Rec team must have a minimum of six players present to begin a game (three men and three women, four men and two women or four women and two men). Co-Rec teams with seven players will be either four men and three women or four women and three men.

4. Each team is advised to bring their own football; however, some footballs will be available for checkout. Men’s teams will use a regulation-sized football, while Women’s and Co-Rec teams will have the option to use junior-sized footballs. Flag belts will be provided for teams.

5. Teams are required to wear matching colored shirts that include individual numbers on the back. Teams will wear their respective color selected during registration. During the game participants must keep their shirts tucked in at all times. Participants must wear shorts or pants without pockets or belt loops. Pockets may not be turned inside out or taped down.

6. All players must wear shoes. Tennis, running, soft-soled and football shoes are permitted. Metal and baseball-style spikes and cleats with metal exposed are prohibited.

7. No pads or braces may be worn above the waist. Leg and knee braces made of hard, unyielding material must be covered on both sides and all edges must be lined with appropriate slow-recovery padding.

8. Players may not wear baseball-style caps or other rigid headwear. Knit and stocking caps are permitted. Players may wear a headband no wider than two inches and made of non-abrasive cloth, elastic, fiber, soft leather or rubber. Bandanas with knots are prohibited. Rubber or cloth elastic bands may be used to control hair.

9. No jewelry or any other item deemed dangerous by the Intramural Staff may be worn. Any player wearing exposed permanent jewelry (e.g., body piercings) will not be permitted to play.

**Game factors, time and length**

1. Each game will consist of four 10-minute periods with a running clock. The clock will stop during the last two minutes of the fourth quarter. The clock will start on the snap of the ball following the first and third periods. Between the first and second and between the third and fourth periods, the teams will change goals. Team possession, number of down and zone line-to-gain will remain unchanged.

2. Game time is forfeit time. Each team must have the minimum number of players signed in and ready to play at the scheduled game.
time. If there is fewer than the required number of players, the opposing captain has the option of taking the win or waiting for the minimum number of players to show. In the event that he or she decides to wait, that decision is irreversible and game clocks will be adjusted accordingly. If a team chooses to wait, it will be required to wait until the opposing team has the minimum number of players present or until a maximum of 10 minutes. Play will start as soon as the opposing team has the minimum number of players present.

3. The winner of a coin toss will have the option to start on offense or defense, defend a specific end zone or defer these options until the second half. The remaining options will be given to the opposing captain. Unless moved by penalty, play starts at the beginning of each half with the ball placed on the offensive/receiving team’s 14-yard line.

4. Each team will be permitted two timeouts per half. Unused timeouts will not carry over between halves. No timeout will exceed one minute in length.

5. If a team is ahead by 19 or more points (25 or more points for Co-Rec) when the official announces the two-minute warning in the fourth quarter or at any time after the two-minute warning, the game will end.

6. If the score remains tied at the end of regulation play, an overtime period will be played. An overtime period consists of a series of downs by each team from the 10-yard line, the object of which is to score a touchdown. If the score remains tied after one overtime period, play will proceed to a second period or as many as needed to determine a winner. All overtime periods are played toward the same goal line. Possession at the beginning of the overtime period will be determined by a coin toss:
   - If the team scores during the first series, the opponent will have a chance to attempt a touchdown
   - If the defensive team secures possession during a series, the ball is dead, and the series is over

7. A quarter or half may be extended by an untimed down when there was during the last timed down a foul by either team, and the penalty was accepted, double foul, inadvertent whistle, touchdown scored or foul that results in a safety.

**NOTE:** A period will not be extended for a foul that specifies a loss of down.

### Scoring

1. All touchdowns are six points (except during Co-Rec play, where female scores or passes for a touchdown equal nine points). The player scoring the touchdown must raise his or her arms so the nearest official can de-flag the player. If the official determines that the flag belt has been secured illegally, the touchdown is disallowed, the player is disqualified and a penalty will result.
2. A touchdown scoring team will be awarded the chance to attempt a Try for one point (from the three-yard line), two points (from the 10-yard line) or three points (from the 20-yard line). Once the offensive captain has declared his or her choice, he or she may change the decision only when a charged timeout for either team is taken. A team’s choice cannot be changed if a penalty should occur.

3. A safety results when a runner carries the ball from the field of play to or across his or her own goal line, and it becomes dead there in his or her team’s possession. A safety results in two points for the defensive team as well as possession from their own 14-yard line.

**series of downs and zone line-to-gain**

A team in possession of the ball will have four consecutive downs to advance to the next zone line-to-gain. There will be four different zone lines: at each 20-yard line, the 40-yard line and the goal line. Each spot will be determined by the most forward point of the ball.

**dead ball, fumbles and out-of-bounds**

1. The ball will be declared dead when
   • a forward pass strikes the ground or is caught simultaneously by opposing players,
   • a backward pass or fumble by a player strikes the ground,
   • a runner has a flag belt removed legally by a defensive player,
   • a runner is legally touched with one hand between the shoulders and knees, including the hand and arm, once the flag belt is no longer attached,
   • a snap hits the ground,
   • the passer is de-flagged before releasing the ball or
   • the passer does not release a forward pass within seven seconds after the snap.

2. A fumble or backward pass is dead at the point it hits the ground. The ball goes to the team that last had possession. A fumble by the defense into the opposing team’s end zone will result in a touchback.

3. A ball in player possession is out-of-bounds when either the ball or any part of the runner touches the ground or anything else, except a player or game official, which is on or outside a boundary line. If the runner inbounds bumps into or is touched by a player or an official on the sidelines out-of-bounds, the ball is still in play.

**snapping and passing**

1. The ball must be snapped backward and off the ground. The ball need not be snapped between the center’s legs, but the center cannot have his or her feet over the scrimmage line. In a legal snap, the movement must be a quick and continuous motion of the hand or hands backward. Once the ball leaves the ground, the defense may rush.

2. The player who receives the snap must be at least two yards behind the offensive scrimmage line.

3. Each offensive player must momentarily be at least five yards inbounds before the snap.
4. One offensive player may be in motion but not in motion toward the opponent’s goal line. The player must be behind the line of scrimmage when the ball is snapped. A player in motion is not counted as one of the players on the scrimmage line. Only one offensive player may be in motion at a given time.

**Penalty:** For illegal motion: Loss of five yards from the previous spot

5. After the snapper has made his or her final adjustment of the ball, no player may break the plane of his or her scrimmage line.

**Penalty:** For encroachment: Loss of five yards from the previous spot

6. Offensive players are responsible for retrieving the ball after each scrimmage down. The snapper will bring the ball from the huddle to the scrimmage line. A towel may be used to help keep the ball dry and must be placed behind the deepest offensive player at the start of each play from scrimmage.

7. All offensive players must be motionless for one second preceding the snap, except for a player moving parallel to or away from the scrimmage line.

**Penalty:** For illegal motion: Loss of five yards from the previous spot

8. An offensive player that shifts (other than going legally in motion) must stop for one full second before the snap.

**Penalty:** For illegal shift: Loss of five yards from the previous spot

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

10. **Co-Rec Only:** An offensive male runner cannot advance the ball through the scrimmage line. However, there are no restrictions

- during a run by a male runner once the ball is beyond the scrimmage line,
- during a run by a female runner or
- after a change of team possession.

**Penalty:** For illegal procedure: Loss of five yards from the previous spot

11. 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 the offensive scrimmage line when the ball leaves the passer’s hand. Only one forward pass can be thrown per down.

12. A forward pass is counted as a completion or interception as long as the first part of the person to make contact with the ground after the catch — usually one foot — touches inbounds.

13. A forward pass is illegal if

- the passer’s foot is beyond his or her scrimmage line when the ball leaves his or her hand,
- thrown after team possession has changed during the down,
- intentionally grounded to save a loss of yardage,
- a passer catches his or her untouched forward pass or
- it is the second forward pass during a down.

**Penalty:** For illegal forward pass: Loss of five yards from the spot and loss of down if prior to change of possession

14. After the ball is snapped and until it has been touched, there will be no offensive pass interference beyond the offensive scrimmage line when the legal forward pass crosses the
offensive scrimmage line.

Penalty: For offensive pass interference: Loss of 10 yards from the previous spot

15. After the passer releases a legal forward pass and until it is touched, there will be no defensive pass interference beyond the scrimmage line while the ball is in flight and crosses the scrimmage line.

Penalty: For defensive pass interference: Loss of 10 yards from the previous spot

16. If a forward pass is caught simultaneously by members of opposing teams, the ball becomes dead and belongs to the team that snapped the ball at the spot of the catch.

17. In Co-Rec play, if a male passer completes a forward pass to a male receiver, the next forward pass completion must involve either a female passer or a female receiver for positive yards. This rule applies to the Try. Any foul, whether accepted or declined, will have no effect on whether the next forward pass completion is “open” or “closed.”

Penalty: For illegal forward pass: Loss of five yards from where the second consecutive male-to-male pass was released and loss of down.

18. In Co-Rec play, if a female passer completes a forward pass to a male receiver behind the offensive scrimmage line and any offensive male in possession of the ball runs beyond the scrimmage line, it is an illegal forward pass.

Penalty: For illegal forward pass: Loss of five yards from the spot of the pass and loss of down.

blocking and rushing

1. Screen blocking is permitted and will take place without contact. The screen blocker will have his or her hands and arms at his or her side or behind his or her back. Any use of the hands, arms, legs, elbows or body to initiate contact by an offensive player is illegal. A player must be on his or her feet before, during and after screen blocking.

2. Defensive players must go around the offensive player’s screen block. The arms and hands may not be used as a wedge to contact the opponent.

3. There are a few rushing restrictions:
   - No player will make contact with an opponent deemed unnecessary
   - There will be no clipping or tripping
   - There will be no bumping the receiver. The defensive player must play the ball and will not interfere with the receiver. However, defensive and offensive players are equally entitled to a passed ball
   - Pulling or removing the flag belt from an offensive player as the ball is snapped or before a pass reception with the obvious intent of confusing the offensive player as an eligible pass receiver or ball carrier is illegal
   - A defensive player may not bump or push a runner out-of-bounds
   - Offensive charging is not permitted. The ball carrier may not run through a defensive player but must attempt to evade the defensive player. The runner is allowed to spin in order to avoid being de-flagged as long as he or she does not charge during the spin
The ball carrier will not guard his or her flags by blocking with hands or the ball, thereby denying an opponent the opportunity to pull or remove the flag belt. Penalty: Flag guarding, 10 yards from the spot of the foul

Stiff arming by the ball carrier is illegal. Holding or swinging the arm near the flag to ward off attempts to seize the flag is illegal and results in flag guarding

Defensive players may not steal or strip the ball from an offensive player once he or she has control

The flag belt is to be fastened around the waist by use of the end clip. Any tampering to secure the flags so as to make them more difficult to pull is illegal and will result in ejection from the game. Penalty: Unsportsmanlike conduct, 10 yards from the previous spot, loss of down and player disqualification

Players and coaches are to position themselves between the 20-yard line markers on their team’s sideline.

Defensive players must make a definite effort to avoid charging into a passer after the ball has been thrown. No defensive player will contact the passer.

The offensive team may put the ball in play with a punt on any play, but it must notify the defensive team. There are no quick kicks

The snap must be received by the kicker at least five yards back, and the kick must be executed behind the scrimmage line within a reasonable time. There are no fake punts

After receiving the snap, the kicker must kick the ball immediately and in a continuous motion

No player may cross the line of scrimmage until the ball has been kicked

If the kicked ball goes out-of-bounds between the goal lines or comes to rest in bounds untouched and no player attempts to secure it, the ball is dead and belongs to the receiving team at that spot

A punt that touches anything while the ball is on or behind the receiving team’s goal line can be downed by the receiving team as a touchback

A player of the receiving team who is within the boundary lines and who is so located that he or she could have caught a kick which is beyond the scrimmage line while such a kick is in flight must be given an unmolested opportunity to catch the kick.

Penalty: For kick catch interference: Loss of 10 yards

The defensive team may attempt to block a punt as long as team members do not cross the plane of the defensive restraining line. A blocked punt that is caught behind the line of scrimmage (on the offender’s side) may be advanced by the offense

When a punt, which has crossed the line of scrimmage, 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 on the receiving team and then is caught in the

kicking

1. It is a touchback when the kicking team’s punt breaks the plane of the receiving team’s goal line.

2. Prior to putting the ball in play on fourth down, the offensive team must declare whether it chooses to go for a first down or punt. If the offensive team chooses to kick, the ball must be kicked:
air, it can be advanced by the receiving team. If it is caught by the kicking team (after the ball contacts a receiving team player), the ball is dead and belongs to the kicking team, and a new series begins for the kicking team.

**conduct**

1. No player or non-player will commit acts of unsportsmanlike conduct. Examples include but are not limited to
   - refusal to comply or abide by the request or decision of an official,
   - using words similar to offensive audibles and quarterback cadence prior to the snap in an attempt to interfere with the offensive team’s signals or movements,
   - intentionally kicking at the ball other than during a punt and
   - participating while wearing illegal player equipment.

**Penalty:** For unsportsmanlike conduct: Loss of 10 yards; disqualification if flagrant

2. When the ball becomes dead in possession of a player, he or she will not
   - intentionally kick the ball,
   - spike the ball into the ground or
   - throw the ball high into the air.

**Penalty:** For unsportsmanlike conduct: Loss of 10 yards; disqualification if flagrant

3. There will be no unsportsmanlike conduct by players, substitutes, coaches or others subject to the rules. Examples include but are not limited to
   - attempting to influence a decision by an official,
   - disrespectfully addressing an official,
   - indicating objections to an official’s decision,
   - holding an unauthorized conference or being on the field illegally,
   - using profanity, taunting, insulting or vulgar language or gestures,
   - intentionally contacting a game official (DQ) and
   - leaving the team area and entering the playing field during a fight (DQ).

**Penalty:** For unsportsmanlike conduct: Loss of 10 yards; disqualification if flagrant

4. The second unsportsmanlike foul by the same player or non-player results in ejection. A third unsportsmanlike foul by the same team results in a forfeit.
penalty enforcement

1. A foul is a rule infraction for which a penalty is prescribed. Types of fouls are
   - Dead Ball (occurs in the time interval after a down has ended and before the ball is next snapped),
   - Live Ball (occurs during a down) and
   - Simultaneous with the Snap (an act that becomes a foul when the ball is snapped).

2. When a foul occurs, the Referee will, at the end of the down, notify both Captains. He or she will inform the Captain of the offended team regarding the rights of penalty acceptance or declination and will indicate to him or her the number of the ensuing down, distance to be gained and status of the ball for each available choice. The distance penalty for any foul may be declined, while any extra stipulations are still assessed (ex: automatic first down).

3. Establishing the Zone Line-to-Gain
   - On a live ball foul, penalty yardage will be marked before establishing the zone line-to-gain
   - Penalties for fouls with succeeding spot enforcement that occur prior to the ready-for-play signal will be administered before setting the zone line-to-gain box for a new series
   - Penalties for fouls with succeeding spot enforcement that occur after the ready for play signal will be administered after setting the zone line-to-gain box for a new series

types of plays and enforcement spots

1. Any live ball foul is penalized according to the All-But-One Enforcement principle except
   - a foul that occurs simultaneous with snap is penalized from the previous spot or
   - a non-player, unsportsmanlike foul, or dead ball foul is penalized from the succeeding spot.

2. The All-But-One Enforcement philosophy is based on the premise that a team is given the advantage of the distance gained without the assistance of a foul. It is assumed that the only foul that 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. This one foul is penalized from the spot of the foul (with the exception of roughing the passer).

3. Whenever the ball is live, one of two 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, this determines the basic spot of enforcement.

4. A loose ball play is a play during
   - a punt, other than a post-scrimmage kick,
   - a legal forward pass,
   - a backward pass, including the snap, or fumble made by the offensive team from on or behind its scrimmage line or
   - the run or runs that precede such a legal pass, punt, or fumble.
5. If a foul occurs during a loose ball play, the basic enforcement spot is the previous spot, the spot of the snap.

6. A running play is any action that is not a loose ball play:
   - Behind the line it includes a run not followed by a loose ball behind the line and a run followed by an illegal pass from behind the line
   - Beyond the line it includes any run. A run ends when a runner loses possession, but the related running play continues until the ball becomes dead or some player again gains possession

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

**Special penalty enforcement**

1. A penalty 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 distance, the ball is placed halfway between the enforcement spot and the goal line.

2. If the offensive team throws an illegal forward pass from its end zone or commits any other foul for which the penalty is accepted and measurement is from on or behind its own goal line, it is a safety. For a defensive team foul, if the enforcement spot is on or behind the offended team’s goal line, any measurement is from the succeeding spot.

3. After kick catch interference, the receiving team may choose a 10-yard penalty from the previous spot with the kicking team retaining the football and the down replayed, or they may accept an awarded catch at the spot of the foul.

4. If there is a foul by the offensive team — other than unsportsmanlike or non-player — during a down that results in a successful touchdown, the acceptance of the penalty nullifies the score. If there is a foul by the defensive team during a down that results in a successful touchdown, the scoring team may choose to have the foul enforced at the succeeding spot or, after the Try, at the 14-yard line.

5. When a foul occurs after a touchdown and before the ball is ready for play, the foul is enforced at the succeeding spot where the ball will next be snapped for the Try.

6. If there is a foul by the offensive team — other than unsportsmanlike or non-player — during a down that results in a successful Try, the acceptance of the penalty nullifies the score. If there is a foul by the defensive team during a down that results in a successful Try, the penalty will be enforced from the succeeding spot.

7. It is a double foul if both teams commit fouls — other than unsportsmanlike or non-player — during the same live ball period in which there is
   - no change of team possession,
   - a change of team possession, and the team in possession at the end of the down fouls prior to the final change of possession or
   - a change of possession and the team in final possession accepts the penalty for its opponent’s foul.

**In the previous examples the penalties offset, and the down is replayed.**
8. When two or more live ball fouls are committed by the same team, only one penalty may be chosen except when a foul(s) for unsportsmanlike or non-player conduct occurs. In such cases, the penalty/penalties for the unsportsmanlike and non-player foul(s) is/are administered from the succeeding spot as a dead ball foul(s).

9. Penalties for dead ball fouls are administered separately and in the order of occurrence. Dead ball fouls are not coupled with live ball fouls or other dead ball fouls to create double or multiple fouls. All unsportsmanlike and non-player fouls should be penalized separately.

10. Fouls by the offensive team that include loss of down are
    • illegal backward passes,
    • illegal forward passes (including intentional grounding) and
    • illegally secured flag belts.

11. Fouls by the defensive team that give the offensive team an automatic first down are
    • roughing the passer and
    • illegally secured flag belts.

---

**4 v 4 flag football**

The following are alterations to the previously described rules intended to be used in 4v4 flag football competition.

**The Game, Players and Equipment**

1. Each Men’s and Women’s team will consist of four players. Each team must have a minimum of three players present at game time to begin a game.

2. Each team is advised to bring their own football; however, some footballs will be available for checkout. Men’s teams will use a regulation-sized football, while Women’s teams will have the option to use junior-sized footballs. Flag belts will be provided for teams.

**Game Factors, Time and Length**

1. Each game will consist of two 15-minute halves with a running clock. The clock will stop during the last minute of each half.

2. The playing field will be 40 yards in length from goal line to goal line and 30 yards in width. To begin a game or half and following a try, touchback or safety, each team will snap the ball from its own 7-yard line unless moved by penalty.

3. Each team will be permitted one timeout per half. Unused timeouts will not carry over between halves. No timeout will exceed one minute in length.
4. If a team is ahead by 19 or more points when the official announces the one-minute warning in the second half or at any time after the two-minute warning, the game will end.

Scoring

A safety results when a runner carries the ball from the field of play to or across his or her own goal line, and it becomes dead there in his or her team’s possession. A safety results in two points for the defensive team as well as possession from their own 7-yard line.

Series of Downs and Zone Line-to-Gain

A team in possession of the ball will have three consecutive downs to advance the ball to midfield, and another three downs to score a touchdown. Each spot will be determined by the most forward point of the ball.

Snapping and Passing the Ball

1. An offensive team runner may not advance the ball through the line of scrimmage. There are no restrictions after a change of possession or once a legal forward pass has been touched beyond the offensive scrimmage line.

Penalty: Loss of three yards from the previous spot

2. The offensive team must have a minimum of one player on the line of scrimmage at the snap.

Rushing

1. Defensive rushers must begin at least 5 yards from the line of scrimmage.

Penalty: Loss of three yards from the previous spot

Kicking

There will be no kicking in 4v4 flag football.

Penalty Enforcement

All 10-yard penalties (from 7v7) will be marked as five yards, and all five-yard penalties (from 7v7) will be marked as three yards.