

INTRAMURAL ELIGIBILITY RULES

(Revised 7-19-10)

1. Injuries and Insurance: Students, faculty and staff are reminded that their participation in intramural sports and free-time recreation activities is completely voluntary and the intramural/Free-time Recreation staff assumes no liability or responsibility during participation. It is strongly recommended that all participants have a satisfactory health status and appropriate personal accident insurance coverage for any injury which might occur during participation in these activities. Insurance is available for students through the Esry Health Center.
2. In the event of an injury, the injured player is required to sit out one play and then re-enter the game at the referee's discretion. In the event of a serious injury, the player is required to sit out the rest of the game.
3. A student must be currently enrolled for at least one hour of credit at Missouri Western State University to be eligible for intramural participation. A faculty or staff member is eligible as long as they are officially recognized by the college as faculty or staff.
4. Any person who has been red-shirted or a member of a freshman, junior varsity or varsity athletic team in the fall or spring at any college or university is ineligible to participate in that specific intramural activity or related activity. They may not participate in the activities listed above until one year following their last collegiate play attempt. Only ONE former varsity athlete is allowed on any one intramural team. If the team has a former athlete on it, the team must play in the upper division if there is one. For further clarification contact the Intramural Office. An individual is considered to be a member of a varsity squad if he practices with the team, his name appears on a roster for a regular season game or if he plays spring ball.
5. A player may not transfer from one team to another during a particular activity once they have played in the first game. At the start of a new activity, he/she is then able to transfer to a new team. If the participants name appears on two rosters, the individual must commit themselves to one of the teams before they play.
6. A player ejected from a game may not play again in that activity and he/she may not be substituted for in the game they were ejected. If a player is ejected from two contests throughout the year, he/she may not participate in Intramurals again.
7. Additional names may be added to the roster as an activity progresses, provided the names are added to the roster 24 hours before the player participates in their first game. All additions to rosters must be done before the start of the second game. This rule may only be appealed if a team loses a player to an injury. The injured persons name will come off the roster and a player can be added. The intramural director has the right to add individuals to a team of her choice in case a single individual does not have a team but wants to play.
8. Team names must be clean, unobtrusive, inoffensive and unbiased. If a team is turned in with an unsuitable name they will be pulled from play.

OFFICIAL NIRSA FLAG FOOTBALL RULES

THE GAME, FIELD, PLAYERS AND EQUIPMENT

General Rules

1. The game should be played between 2 teams of 7 players each. Five players are required to avoid a forfeit.
2. The game shall be played under the supervision of 2 to 4 officials.
3. A speaking captain must be selected to make all decisions and shall be the only one who addresses the officials.
4. Team representatives, including players, substitutes, replaced players, coaches, trainers, and other persons affiliated with the team are subject to the rules of the game, and shall be governed by decisions of officials assigned to the game.

The Field

1. The field should be a minimum of 40 yards in width, and contain four (4) twenty (20) yard zones with a ten (10) yard end zone on each end.
2. A one (1) yard wide line should be marked at each end at the three and ten yard lines in the middle of the field. These lines shall be used for the extra point try when a team scores a touchdown.

Game and Player Equipment (Legal)

1. Football - The official ball shall be pebble-grained leather or rubber covered and shall meet the recommendations of size and shape for a regulation football. Men shall use the regular size while women shall use the intermediate, junior, or youth size. The referee shall be the sole judge of any ball offered for play and may change the ball during play at his/her discretion.
2. Spot discs - Two ball spotters (rubber disks) are required. One, which shall mark the offensive scrimmage line. The second will mark the defensive scrimmage line, one yard away from the offensive line of scrimmage.
3. Jerseys - Players of opposing teams must wear contrasting colored jerseys, and/or pinnies.
4. Pants / Shorts - Each player must wear pants or shorts without any belt(s), belt loop(s), or exposed drawstrings. The pants or shorts must be a different color than the flags.
5. Flag belt - Each player 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.
Penalty: Dead Ball Foul - Failure to have flag belt legally attached prior to the snap, 5 yards from the succeeding spot.
6. Gloves - Players may wear gloves which must consist of a soft, pliable and nonabrasive material
7. Headwear - Players are not permitted to wear bandanas. Players may wear knit stocking caps, or elastic headbands. Hats may not have a bill.
8. Shoes - Shoes with cleats must be made of soft pliable plastic or rubber. No exposed metal cleats are permitted. (See illegal player equipment)

Game and Player Equipment (Illegal)

1. A player wearing illegal equipment shall not be permitted to play. This applies to any equipment, which, in the opinion of the Referee, is dangerous or confusing. Types of equipment or substances which shall always be declared illegal include:
 - A. Headgear containing any hard, unyielding, or stiff material, including billed hats.
 - B. Jewelry
 - C. Pads or braces worn above the waist.
 - D. Shoes with metal, ceramic, screw-in, or detachable cleats. Any team found wearing illegal equipment will be penalized 15 yards, and the second warning results in a forfeit.
 - E. Shirts or jerseys, which do not remain, tucked in. Any hood on a coat, sweatshirt, or shirt, which does not remain tucked in.
 - F. Pants or shorts with any belt(s), belt loop(s), pocket(s) or exposed drawstring(s).
 - G. Leg and knee braces made of hard, unyielding material, unless covered on both sides and all edges overlapped, and any other hard substance is covered with at least 1/2 inch of closed cell slow recovery rubber or other material of similar thickness and physical properties.
 - H. Towels attached at the player's waist (flag only).
2. An official time out shall be declared to permit prompt repair of equipment, which becomes illegal or defective through use (except for illegal shoes).

DEFINITIONS OF PLAYING TERMS

Catch - A catch is an act of establishing player possession of a live ball in flight.

Clipping – Clipping is running or diving into the back, or throwing or dropping the body across the back of the leg or legs of an opponent, or pushing an opponent in the back.

Encroachment - Encroachment is a term to indicate a defensive 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.

Fair Catch – A signal made by receiving person of a punt in which the receiver cannot run after catching the ball and the ball is immediately down when caught.

Foul – A foul is a rule infraction for which a penalty is assessed.

Fumble - A fumble is a loss of player possession other than by handing passing or kicking the ball.

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

Hurdling - Hurdling is an attempt by a player to jump with one or both feet or knees foremost over a player who is on his/her feet.

Interception - A catch of an opponent's pass or fumble in flight is an interception.

Live Ball - A pass or fumble, which has not yet touched the ground, is a live ball in flight and therefore can be caught and advanced by either team.

Neutral Zone - The neutral zone is the area between the offensive and defensive line of scrimmage that has been established by the spot cone markers and extends to each sideline. It is established when the ball is ready for play.

Pass (Forward and Backward) - A forward pass is a pass thrown with its initial direction toward the opponent's end line. A backward pass is a pass thrown with its initial direction parallel with or toward 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.

Penalty – A penalty is a loss imposed by rule upon a team that has committed a foul.

Protective Scrimmage Kick – A punt in which prohibits either team from advancing beyond their scrimmage lines until the ball is kicked.

Punting - A punt is kicking the ball by a player who drops it and kicks it before it hits the ground.

Screen Blocking - Screen Blocking is legally obstructing an opponent without initiating contact with him/her with any part of the screen blocker's body.

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 a player trips the runner in his/her attempt to make a diving tag, it is a penalty.

Tripping – Tripping is the use of the lower leg or foot to obstruct an opponent, including the runner, below the knee.

PERIODS, TIME FACTORS, SUBSTITUTIONS

1. **Game time is forfeit time.**
2. Captains Choice and Pinnies – The second team on the scoresheet shall be the home team and have the choice in the first half or the second half (either a 20 yard line start or defense). Whichever team chooses to start on offense or defense, the other team chooses the direction. The third choice is the Pinnies and can either be worn by either the visiting team or the team which shows up last (referees discretion)
3. Length of game - Playing Time shall be 40 minutes, divided into two halves of 20 minutes each. The intermission between halves shall be 2 minutes. When overtime is used, there will be a 3 minute intermission
4. Shortened Periods - Before the start of the game, playing time may be shortened by mutual agreement of the field captains and the Referee. Anytime during the game, the playing time of any remaining period(s) may be shortened by mutual agreement of the opposing captains and the Referee.
5. Extended Periods - A half may be extended by an untimed down when, during the last timed down, one of the following occurred:
 - A. If there was a foul by either team and the penalty is accepted.
 - B. If there was a double foul.
 - C. If there was an inadvertent whistle and the down is to be replayed.
 - D. If a touchdown was scored, the try is attempted unless the touchdown is scored during the last down of the second half and the point(s) would not affect the outcome of the game or playoff qualifying.
6. Continuous Clock - The Clock will start when the ball is legally snapped. It will run continuously for the **first 19 minutes** unless it is stopped for:
 - A. Team time-out (clock resumes on snap of next play)
 - B. Referee's time-out (clock resumes on official's ready to play whistle)
7. 2-Minute Warning - Approximately 2 minutes before the end of each half the Referee shall stop the clock and inform both captains of the playing time remaining in that half. The Back Judge will announce to the captains the remaining time and status of the clock after every play during the final 2 minutes.

8. Stopped Clock - **During the final 1 minute of each half** the clock will stop for the following and resume on the snap of the next play unless otherwise noted:
- A. Incomplete Pass
 - B. Out-of-Bounds
 - C. Score (touchdown or safety)
 - D. Team time-out
 - E. Fair Catch
 - F. Penalty and administration
 - G. Referee's Time-out - starts at his/her discretion
 - H. Touchback
 - I. Change of Possession
 - J. Team attempting to conserve time illegally
9. Timing Errors - The Referee shall have the authority to correct obvious timing errors if discovery is prior to the second live ball following the error unless the period had officially ended.
10. Tie Game - In case of a playoff game ending in a tie score, (regular season does not have over time) the officials must bring all players and coaches of both teams to the center of the field. They will discuss the tiebreaker procedures and answer all questions prior to the coin toss. After this meeting the field captains will stay while the remaining players and coaches return to their respective sidelines.
- A. A coin will be flipped or odd/even choice by the captain will determine the options as in the start of the game. The winner of the toss shall be given the options of offense, defense, or direction. The loser of the toss shall make a choice of the remaining options. **Each overtime period begins with a coin toss or odd/even choice.**
- B. ALL OVERTIME PERIODS ARE PLAYED TOWARD THE SAME GOAL LINE.**
- C. Unless moved by penalty, each team will start 1st and goal from the 20 yard line. The object will be to score a touchdown. An overtime period consists of one possession by each team. If the score is still tied after one period, they go to a second period or as many as needed to determine a winner. If the first team which is awarded the ball scores, the opponent still has a chance to win the game. If the defense intercepts the pass or fumble and returns it for a touchdown, they win the game. If they do not return the interception for a touchdown, the ball will belong to the defense, as the offense did not convert their chance. They must convert to win or another period starts. Each team is entitled to one time-out per overtime period.
 - D. Penalties - The offense should 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 successful try will be penalized from the succeeding spot.
11. Time-Outs - **Each team is entitled to 2 charged timeouts per game.**
- A. The Referee shall declare time-out when he/she suspends the play for any reason. Each time-out shall be charged either to the Referee or one of the teams.
 - B. The Referee shall declare an official's time-out when a team is illegally conserving time and administer a five-yard penalty.
 - C. The Referee may declare an official's time-out for any contingency not covered elsewhere by the Rules.
 - D. 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 IM supervisor and 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 period has officially ended. At the end of the half the team has until the first snap of the second half to protest.
 - E. An injured or apparently injured player, who is discovered by an official while the ball is dead and the clock is stopped, shall be replaced for at least one down unless the halftime or overtime intermission occurs. A player who is bleeding, has an open wound, or has blood on the uniform shall be considered injured.

12. Delays

Delay of 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 a delay of game. This includes:

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

Unfair Tactics - The Referee may order the game clock started or stopped whenever, in his/her opinion, either team is trying to conserve or consume playing time by tactics obviously unfair.

Penalty: Delay of Game, 5 yards from previous spot.

13. Substitutions - No substitute shall enter during a down. All substitutions must enter the game during a dead ball.

SERIES OF DOWNS, NUMBER OF DOWN, & THE TEAM POSSESSION AFTER PENALTY

1. Each team receives four (4) downs to pass the zone-line-to-gain or endzone.
2. 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.
3. 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, free kick, protected scrimmage kick, touchback, pass interception, or failure to gain the zone in advance of the ball.
4. 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 and it declines all penalties for its opponent's fouls, other than unsportsmanlike.

KICKING THE BALL AND FAIR CATCH

Protected Scrimmage Kick

1. Prior to making the ball ready for play on fourth down, the Referee must ask the offense if he/she wants a protected kick (punt). The Referee must communicate this decision to the defensive captain and the other officials.
2. The offense must have all field players (typically 6) except the punter on the line of scrimmage. The defense must have at least 5 players within 1 yard of their scrimmage line. All players on the line of scrimmage must remain motionless until the kick is made. A line player may not raise his/her arms to distract the kicker or block the kick.
Penalty: Illegal Procedure, 5 yards from the previous spot.
3. The kicker must be at least 5 yards behind the scrimmage line when receiving the snap. After receiving the snap, the kicker must kick the ball immediately and in a continuous motion.
4. Any kick caught by the kicking team behind the line of scrimmage cannot be advanced.

Fair Catch

1. Any receiver may signal for a fair catch while any kick is in flight and is beyond the kicker's free kick line.
2. If any receiver gives a valid signal for a fair catch and catches the kick beyond the kicker's line and between the goal lines, it is a fair catch and the ball becomes dead.
3. After a valid fair catch signal by any member of the receiving team, no receiver may advance the ball. When receiving a protected kick the receiver may call for a fair catch. The player must signal intention by extending one arm above his/her head and waving laterally from side to side more than once.

4. An invalid fair catch signal is any signal by a receiver before the kick is caught or recovered that does not meet the requirements of a valid signal or after the kick has touched a receiver or the ground.

SNAPPING, HANDLING, PASSING, RECEIVING, RUNNING THE BALL

Prior to the Snap

1. Following the ready for play and until the snap, no player on defense 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 hands on the ball, it is encroachment for any player to break the scrimmage line plane, except for the snapper's right to be over the ball.
Penalty: Dead Ball Foul, Encroachment, 5 yards from the previous spot.
2. The snapper, after assuming position for the snap and adjusting the ball, may neither move nor change the position of the ball in a manner simulating the beginning of a play until it is snapped. An infraction of this provision may be penalized, whether or not the ball is snapped, and the penalty for any resultant encroachment or contact foul by an opponent shall be cancelled.

Position and Action during the Snap

1. The offensive team must have at least 4 players on their scrimmage line at the snap.
Penalty: Illegal Procedure, 5 yards from previous spot
2. All offensive players must be within 15 yards of the ball.
Penalty: Illegal Procedure, 5 yards from previous spot
3. One offensive player may be in motion, but not in motion toward the opponent's goal line.
Penalty: Illegal Motion, 5 yards from previous spot
4. The player who receives the snap must be at least two yards behind the offensive scrimmage.
Penalty: Illegal Procedure, 5 yards from previous spot
5. In a snap preceded by a huddle or shift, all offensive players must come to a complete stop and remain stationary in legal position without movement of feet, body, head, arms for at least one full second before the snap.
Penalty – Illegal Motion, 5 yards from previous spot

Passing and Receiving

1. There is no **diving** while running with the ball. A receiver may dive to catch a ball. A defensive player may dive for to try to remove a flag.
2. 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 or to avoid being deflagged/tagged.
3. 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 last team in possession unless lost on downs.
4. A backward pass or fumble that 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.
5. If an offensive player fumbles the ball prior to reaching the end zone and the ball lands in the end zone, the offensive team shall retain possession at the spot of the fumble.
6. All players are eligible to catch a pass.
7. A forward pass is illegal:
 - A. If the passer's foot is beyond the line of scrimmage.
 - B. If intentionally thrown to the ground or out-of-bounds to save loss of yardage.
 - C. If there is more than one forward pass per down.
8. The line of scrimmage remains throughout the play. A team may advance the ball across the line of scrimmage by laterals or runs, and then lateral the ball behind the line for a forward pass attempt.

9. If a player attempts a catch or intercept while in the air, the player must contact the ground inbounds with the ball in his/her possession prior to touching out-of-bounds, unless an opponent's contact causes him/her to first touch out-of-bounds.
 - A. If one foot first lands in-bounds and the receiver has possession and control of the ball, it is a catch or interception although a subsequent step or fall takes the receiver out-of-bounds.
 - B. A loss of ball simultaneously with returning to the ground is not a catch or interception.
10. A player may, while jumping in the air to attempt a catch, may pass (tip) the ball forward provided he/she has not touched the ground yet.
11. Pass Interference - Contact that interferes with an eligible receiver who is beyond the line of scrimmage is pass interference unless it occurs when 2 or more eligible receivers make a simultaneous and bona fide attempt to reach, catch, or bat a pass. It is also pass interference if an eligible receiver is deflagged/tagged prior to touching the ball on a pass thrown beyond the line of scrimmage.
 - A. Offensive Pass Interference - after the ball is snapped, and until a receiver has touched it, there shall be no offensive pass interference beyond the line of scrimmage.
Penalty: Offensive Pass Interference, 10 yards from previous spot, loss of down
 - B. Defensive Pass Interference - after the pass is thrown, and until it is touched, there shall be no defensive pass interference beyond the line of scrimmage while the ball is in flight.
Penalty: Defensive Pass Interference, 10 yards from previous spot, automatic first down
12. Roughing the passer – Defensive players must make a definite effort to avoid charging into the passer after it is clear the ball has been thrown, also there should be no attempts to hit the player's arm during a throwing motion.
Penalty: Roughing the Passer, 10 yards, automatic first down

Running and Flag Belt Removal

1. Flag Belt Removal - When the flag belt is clearly taken from the runner in possession of the ball, the down shall end and the ball is declared dead. A player who removes the flag belt from the runner should immediately hold the flag belt above his/her head to assist the official in locating the spot where the capture occurred.
 - A. Players must have possession of the ball before they can legally be deflagged.
 - 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 of the runner between the shoulders and knees.
 - C. In circumstances where a flag belt is removed illegally, play should continue with the option of the penalty or the play.
 - D. A defensive player intentionally pulling a flag belt from an offensive player without the ball is illegal. The official shall warn the team, any further penalty will result in an unsportsmanlike conduct.
 - E. Tampering with the flag belt in any way to gain an advantage including tying, using foreign materials, or other such acts is illegal.
 - F. A player may leave his/her feet when trying to remove the flag.
2. Contact - In an attempt to remove the flag belt from a runner, defensive players may contact the body and shoulders, but not the face, neck or any part of the head of an opponent with their hands. A defensive player may not hold, push, or knock the runner down in an attempt to remove the flag belt.
Penalty: Defensive Holding, 10 yards from spot
3. Flag Guarding - A runner 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. A player may use a spin move, however; must keep their arms away from their flag to avoid flag guarding.
Penalty: Flag guarding, 10 yards from the spot of the penalty.
4. Face Guarding – A defensive player may not use their arms and hands to intentionally obstruct the receiver's view of the ball.
Penalty: Face guarding, 10 yards, automatic first down.

5. Stiff Arm – A runner shall be prohibited from contacting an opponent with an extended hand or arm which includes the use of a “stiff arm” to flag guard
Penalty: Stiff Arm, 10 yards from the spot of the penalty
6. Helping the runner – A player shall not grasp, pull, push or aid any teammate runner.
Penalty: Helping the Runner, 5 yards from spot of the penalty.

BLOCKING

1. Offense Blocking – The offensive blocking shall take place without contact. The 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 block is illegal.
Penalty: Personal Foul, 10 yards from the spot of the penalty
2. Interlock Blocking - 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.
3. Defensive Rush and Use of Hands – Defensive players must attempt to go around the offensive blocker. Defensive players must not use any part of his/her arms, hands, elbows, or any part of the body to contact the offensive player.
Penalty: Personal Foul, 10 yards from previous spot

SCORING PLAYS AND TOUCHBACKS

Mercy Rule

1. If a team is 19 or more points ahead with 5 minutes to go in the second half, the game shall be officially called.
2. If a team scores during the last 5 minutes of the second half and that score creates a point differential of 19 or more the game shall end at that point.
3. The team can still play if they want. (Service to participate)

Touchdown

1. All touchdowns are 6 points
2. A touchdown shall be scored when a legal forward pass is completed or a fumble or backward pass is caught behind the opponent's goal line or when a player is legally in possession of the ball and penetrates the vertical plane of the opponent's goal line

Extra Point Try = 1, 2, or 3 Points

1. An opportunity to score 1 point from the 3-yard line or 2 points from the 10 yard line, or 3 points from the 20 yard line shall be granted to the team scoring a touchdown. While time is out there shall be one scrimmage play, unless changed by penalty.
2. The Referee must speak to the field captain, asking him/her whether the try shall be from the 3 or 10-yard line. Once the scoring team makes the choice, he/she may change the decision only by taking a charged team time out.
3. If a double foul occurs during the down, the down shall be replayed. When a distance penalty is incurred by the offense during a successful try, the down will be repeated, if accepted. However, if the offense penalty carries a loss of down, the try has ended and will not be repeated.

Safety = 2 points

1. It is a safety when 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: Momentum Rule

2. A safety is also when an offensive player commits a foul for which the penalty is accepted and the measurement is from the spot of the foul that is in the end zone.
3. When a safety is scored, the ball belongs to the defending team, and they shall put the ball in play from the 20 yard line.

CONDUCT OF PLAYERS AND OTHERS

Unsportsmanlike Conduct

1. No player shall commit non-contact acts during a period or intermission. Examples include, but are not limited to:
 - A. Any acts of unfair play.
 - B. Using disconcerting acts or words prior to the snap in an attempt to interfere with the offense's signals or movements.
 - C. Intentionally kicking at any opposing player.
 - D. Intentionally swinging an arm, hand or fist at any opposing player.
2. Dead Ball Player Fouls
 - A. Intentionally kicking the ball.
 - B. Spike the ball into the ground.
 - C. Throw the ball high into the air.
3. Prohibited Acts - There shall be no unsportsmanlike conduct by players, substitutes, coaches or others subject to the Rules. Examples include, but are not limited to:
 - A. Attempting to influence a decision by an official.
 - B. Disrespectfully addressing an official.
 - C. Indicating objections to an official's decision.
 - D. Holding an unauthorized conference, or being on the field illegally.
 - E. Using profanity, insulting or vulgar language or gestures.
 - F. Intentionally contacting a game official physically during the game by persons subject to the rules.

Personal Fouls

1. No player shall commit a personal foul during a period or an intermission. Any act prohibited hereunder or any other act of unnecessary roughness is a personal foul. No player shall:
 - A. Punch, strike, strip, steal, or attempt to steal the ball from a player in possession.
 - B. Trip an opponent.
 - C. Contact an opponent who is on the ground.
 - D. Throw the runner to the ground.
 - E. Hurdle any other player.
 - F. Contact an opponent either before or after the ball is declared dead.
 - G. Make any contact with an opponent that is deemed unnecessary of any nature including using fists, locked hands, elbows, or any part of the forearm or hand, except according to Flag Rules.
 - H. Deliberately drive or run into a defensive player.
 - I. Clip an opponent.
 - J. Tackling the runner.

ENFORCEMENT OF PENALTIES

1. Captain's Choice - When a foul occurs during a live ball, the referee shall, at the end of the down, notify both captains. The referee shall inform the captain of the offended team regarding the rights of penalty acceptance or declination and shall indicate to him/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. If the penalty is declined or if there is a double foul, there is no loss of distance. A captain's choice of options may not be revoked.
2. Live Ball Fouls - Any live ball foul is penalized according to the all-but one enforcement principle, except:
 - A. A foul that occurs simultaneously with the snap or free kick is penalized from the previous spot.
 - B. A non-player foul, unsportsmanlike foul, or dead ball foul is penalized from the succeeding spot.
3. Dead Ball Fouls - When a foul occurs during a dead ball either between downs or before a snap or free kick, the officials shall not permit the ball to become live.
4. Establish Zone-line-to-gain - On a live ball foul mark off the penalty yardage first, then establish the zone line to gain. However, with a dead ball foul, establish the zone line to gain first, and then mark off the penalty yardage.
5. All-But-One Principle - Enforcement philosophy is based on the fact that a team is given the advantage of the distance that is gained without 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.
6. Loose Ball Play - If a foul occurs during a loose ball play, the basic enforcement spot is the previous spot either the spot of the snap or the free kick.
7. Running Play - If a foul occurs during a running play, the basic enforcement spot is the spot where the related run ends.
8. 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 between the enforcement spot and the goal line.
9. Safety / Goal Line - 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 or behind its goal line which is now the basic spot, it is a safety. For a defensive team foul, if the enforcement spot that is now the basic spot is on or behind the offended team's goal line any measurement is from the goal line.
10. Foul on a Score - If there is a player 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 player foul by the defensive team, other than unsportsmanlike or non-player, during a down which results in a successful touchdown or try, the penalty is automatically declined.
11. Foul Prior to a Try - When a foul occurs after a touchdown and before the ball is ready for play for the try, the enforcement is at the succeeding spot where the ball will be next snapped for the try, usually the 3 or 10 yard line.
12. Double Foul - It is a double foul if both teams commit fouls, other than unsportsmanlike or nonplayer, during the same live ball period in which:
 - A. There is no change of possession.
 - B. There is a change of possession, and the team in possession at the end of the down fouls prior to final change of possession.
 - C. There is a change of possession and the team in final possession accepts the penalty for its opponent's foul.

In all three the penalties cancel and the down is replayed.

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 is not prior to the final change of possession and it declined the penalty for its opponents foul(s), other than unsportsmanlike or nonplayer.

13. **Multiple Live Ball Fouls** - When 2 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 nonplayer conduct occurs. In such cases, the penalty/penalties for the unsportsmanlike conduct or nonplayer fouls are administered from the succeeding spot as a dead ball foul.
14. **Multiple Dead Ball Fouls** - 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. Penalize all unsportsmanlike and nonplayer fouls separately.

SUMMARY OF CO-RECREATION FOOTBALL RULES

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 women and 3 men. Six players, 3 men and 3 women, or 4 women and 2 men are needed to avoid forfeit.

THE BALL: The intermediate, junior or youth size football should be used.

PROTECTED SCRIMMAGE KICK: Both teams must have and maintain at least 5 players within 1 yard of their line of scrimmage and remain motionless until the kick is made.

Penalty: Illegal Procedure, 5 yards from the previous spot.

PROTECTED KICK MALE RECEIVER: On a free kick down a receiving team male player may advance forward with the ball a maximum of two steps. A male may carry the ball backward or parallel. A female runner only may advance the ball forward. However, after the receiving team has caught the free kick, if there is a subsequent change of team possession, any male or female player may advance the ball.

Penalty: Illegal Procedure, spot of the male advance, 5 yards.

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 male runner cannot advance the ball through the line of scrimmage. There are no restrictions: during a run by a male runner once the ball is beyond the line of scrimmage; during a run by a female runner; and after a change of possession.

Penalty: Illegal Procedure, 5 yards from previous spot.

MALE TO MALE COMPLETION: During the offensive team's possession there may not be 2 consecutive legal forward pass completions from a male passer to a male receiver. This rule applies to co-rec only. If a male passer completes a legal forward pass to a male receiver, the next legal forward pass completion or run must involve a female passer, a female receiver or a female runner for positive yards. The spot where the ball becomes dead by rule must be beyond the offensive line of scrimmage. There are no other restrictions concerning a male passer completing legal forward pass to a female receiver, or a female to female, or female to male.

Penalty: Illegal Forward Pass, 5 yards from spot where the second consecutive male-to-male completed legal forward pass is released, and a loss of down. Any foul, whether accepted or declined, shall have no effect on whether the next legal forward pass completion is "open" or "closed."

MERCY RULE: If a team is 25 or more points ahead with 5 minutes to go in the second half the game shall be officially called. If a team scores during the last 5 minutes of the second half and that creates a point differential of 23 or more the game shall be officially called.

TOUCHDOWN VALUE: If a female player scores a touchdown, the point value is 9.

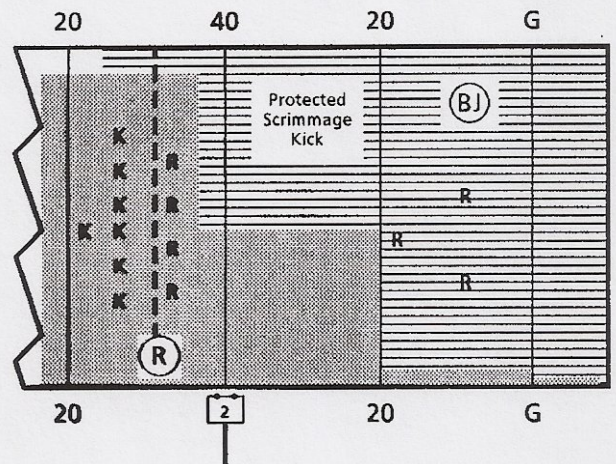
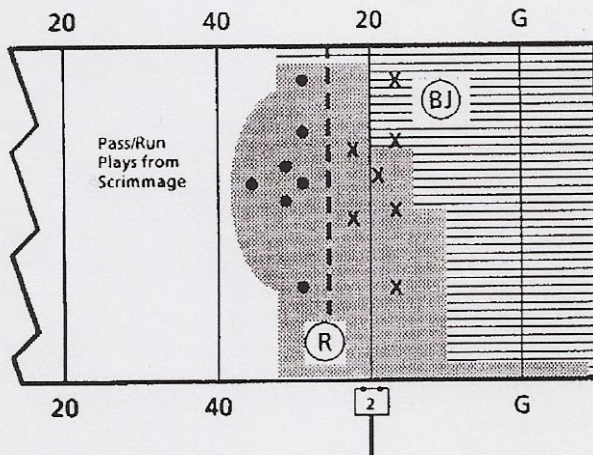
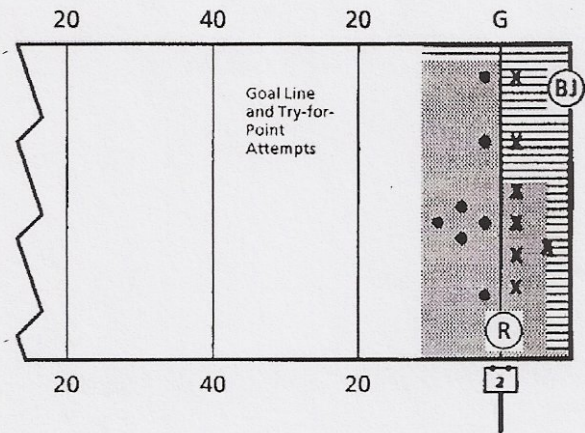
OFFICIAL'S SIGNALS



From Football Rulebook, The National Federation of State High School Ass'n's

 incomplete forward pass—denial of play or no score	 Pushing, helping runner or interlocked interference	 Touchback (Wave sideways)
 Touchdown or field goal	 Safety	 Time out
 Official's time out—follows time out signal	 First down	 Dead Ball Foul (Follow with "four" signal)
 Ball ready for play	 Clock starts	 Loss of down
 Grasping opponent's face protector	 Illegal block below the waist	 Invalid Fair Catch Signal

2 - MAN SYSTEM POSITIONING



3 - MAN SYSTEM POSITIONING

