
Intramural Sports Policies and Procedures

Additions and revisions are highlighted in grey

Eligibility

Eligibility rules for Intramural sports are designed to provide an opportunity for everyone to participate in a safe, balanced, and fair competition. The rules listed below cannot provide for all possibilities; therefore, the Intramural staff reserves the right to rule on the eligibility status of participants not covered specifically by the following rules. It is important that all participants observe the rules equally so that no team or individual may gain an advantage over those abiding by the rules. Each participant is responsible for the verification of his/her own eligibility. Each team manager is responsible for the eligibility of his/her team members.

- A. All participants must be current WCU undergraduate, graduate, faculty/staff, faculty/staff spouses and domestic partners
 - a. Student and Faculty/Staff spouses and domestic partners must obtain a CatCard and pay \$10 per semester to Campus Recreation and Wellness to participate
- B. Before participation in an Intramural Sport, individuals must register on www.imleagues.com.
- C. An individual may not participate for more than one team within a division in a given sport. For example: a male may not play in Men's A league and Men's B league, but is allowed to play on a Men's team and a Co-Rec team. *Exception: A player may only be released from a team if they first played for a team in their first regular season game and have not since played for another team or in another game.*
- D. Any person who is a member of a varsity or junior varsity squad, red shirt freshmen, practice squad, walk on, shall not be eligible to participate in that sport or corresponding sports. (see participant handbook). Varsity athletes are considered as such during the entire academic year.
- E. Varsity athletes may compete in non-corresponding sports however the number of varsity athletes allowed on each team is limited in each sport.
- F. Club sports athletes are identified as those appearing on the club sport roster or waiver form. They are still considered as such one semester after they last appear on the roster or waiver.
- G. In order to participate for a fraternity or sorority an individual must be associated with that organization as a member or member going through process.
- H. Consequences for using an ineligible player(s):
 - a. The team shall forfeit all contests in which the ineligible individual(s) played.
 - b. Players participating illegally are referred to the Assistant Director of Intramurals Sports for further disciplinary action.

Reschedules

- A. The rescheduling option is only available if there are open times. No guarantees.
- B. Requests for open game times and rescheduling games will only be taken or completed during business hours. (Monday-Friday)
- C. The Assistant Director has to talk with both captains before a reschedule is confirmed and this must be done by noon the day of the game. By 4pm on Fridays for Sunday games.
- D. Do not assume a game is rescheduled, unless confirmation has been given by the AD of IMs

Forfeits

- A. Teams or individuals not ready to play with enough players present to start the game based on the rules for the sport in question, within 10 minutes after the scheduled time for the contest, will lose

- by forfeit.
- B. A team claiming an at game time forfeit must be present at the scheduled game time and ready-to-play with the minimum number of players needed for the specific sport.
- C. Teams arriving late for a scheduled contest, but within the 10 minute forfeit time, will be assessed a penalty (see rules below for penalty)
- D. If neither of the teams arrives by the scheduled game time, the game will be recorded as a double forfeit and each team will be given a loss and a forfeit on their record.
- E. If a team has two forfeits, or two defaults, or one forfeit and one default, they are dropped from further competition.
- F. Playing with ineligible players will result in a team receiving a forfeit

Protests

- A. The team manager must file all protests with the Intramurals sports Supervisor/official at the time a question occurs.
- B. Only protests that concern rule interpretations, policy and procedure, or player eligibility will be considered.
- C. Rule interpretation protests:
 - a. PROTESTS THAT CHALLENGE THE ACCURACY OF A JUDGEMENT CALL BY AN OFFICIAL/SUPERVISOR WILL NOT BE ACCEPTED.
 - b. Rule protests must be filed at the time a question occurs and will be settled at that time by the Supervisor (before the next play).
 - c. NO contests or portions thereof will be replayed due to improper rules enforcement. If you have a question captains, please ASK it.
 - d. The IM Supervisor will record all protests that challenge rule interpretation.
- D. Player eligibility protests
 - a. All players eligibility protests must be filed by a formal written protest.
 - b. Regular season can be filed before, during or after the game
 - c. Playoffs must be filed before the game begins or when the player in question arrives
 - d. Eligibility protests will be decided at the time the question is raised whenever possible.
 - e. Players found to be ineligible after the contest will result in that contest being forfeited and/or that player being suspended.
 - f. See participant guide for further protest procedures.

Conduct

The Intramural Sports program promotes positive sportsmanship at all contests and activities. Unsportsmanlike conduct includes actions, which are unbecoming to an ethical, fair, and honorable individual. It consists of acts of deceit, disrespect, or vulgarity and includes taunting. No alcohol, chewing, dipping, smoking tobacco is allowed during an intramural activity or any playing facility.

Ejections

- A. Any player ejected from a game must leave the facility immediately and will be suspended from participating in all Intramural Sports activities as well as suspended from the CRC. The ejected player must then make an appointment with the Assistant Director of Intramural Sports to determine the length of suspension and any other sanctions. The following actions can result in ejections from Intramural Sports:
 - a. Use of Tobacco and/or Alcohol during event
 - b. Unsporting conduct/fighting of any kind
 - c. Constant bantering, disrespect or disregard of officials or intramural sports staff

For any additional information on eligibility, forfeits, protests, policies and procedures, please see the Intramural Sports 2015-2016 Participant Handbook, which can be viewed online at reccenter.wcu.edu or imleagues.com/wcu.

FLAG FOOTBALL RULES

All games will be governed by the 2015 and 2016 NIRSA Flag and Touch Football rules with the following Intramural Sports modifications. The Intramural Sports program reserves the right to put into immediate effect any new sport rule changes or modifications based on eligibility, league and tournament structure, or participant safety.

Additions and revisions are highlighted in grey

I. NIRSA Changes for 2015 and 2016

- A. **Minimum Line Players:** The snapper is the only off. player required to on their scrimmage line – There is no more “line is good”, check to make sure you are not neutral zone.
- B. **Offensive Pass Interference:** After the ball is snapped, and until the pass has been touched by any player, there shall be no offensive pass interference beyond the scrimmage line.
- C. **Defensive Pass Interference:** After the ball is snapped, and until the pass has been touched by any player, there shall be no defensive pass interference beyond the scrimmage line
- D. **Loose Ball Play:** Kick Catching Intereference Penalty Enforcement – 10 yards from the spot of the foul and a 1st down, or 10 yards from the previous spot and replay the down.
- E. **Dead ball Fouls:** Dead ball fouls are enforced separately and in order of occurrence:
 - a. Where there are 10 yard dead ball fouls (or live balls treated as dead ball fouls) committed by each team prior to penalty administration, each 10 yard foul will cancel a 10 yard foul. Any remaining 10 yard fouls will be enforced
 - b. Any 5 yard dead ball will be enforced separately and in order of occurrence.

II. Rosters

- A. **All players must check in with a game official**
- B. **CatCards are required. NO I.D. = NO PLAY! No exceptions!**
- C. Seven players (7 v 7) per team are allowed on the field at a time. *(Coed: 8 players)*
- D. Teams checking in players after a game starts must use a timeout.
- E. Maximum roster size is 15
- F. A team may begin a game with five players *(Coed: 6 players)*.
- G. Substitutions are allowed at any time the ball is dead, but games must not be delayed by them. Each substitute shall be in uniform and ready for play with flags. All substitute players and spectators must remain between the 20-yard lines.
- H. **Restricted players:** must compete at the highest level of play (Competitive)
 - a. Varsity Athletes - Teams are only allowed two varsity athletes (non football) on entire roster. Check with Assistant Director regarding varsity status and eligibility
 - b. Club Players – Allowed two club players on entire roster.
 - c. **Intramural Staff – Teams are allowed two intramural workers (including professional staff, supervisors, and officials) on entire roster.**

III. Equipment

- A. **Jewelry:** No hoops, bars rings or necklaces. Studs and bracelets all must be taped down or taken off. The IM Staff will not provide tape. All equipment and jewelry decisions are at the discretion of the supervisor.
- B. **Shirts:** All shirts must be tucked in at all times. No cut off shirts or opened sided shirts more than 6 inches will be allowed. Shirts may not be altered in any manner that produces a knot-like protrusion or creates a tear-away jersey.
- C. **Shorts/Pants:** Players may not wear pants or shorts that have belt loops, pockets, or an exposed drawstring, nor can they be taped, sewn, have zippers or hang out like rabbit ears. Players may not wear towels that hang from the waist. Shorts or pants may not be turned inside out in order to avoid a pocket equipment violation.
- D. **Headgear:** Players may not wear baseball style caps or other rigid headwear. Knit and stocking caps are permitted. Players may wear a headband 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.
- E. **Eyewear:** Sunglasses may be worn, but must be plastic
- F. Participants wearing casts or splints will be unable to play
- G. **Pads or Braces:** 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 with appropriate slow-recovery padding.
- H. **Shoes:** All players must wear only athletic type soccer/football, running, court, or turf shoes with or without molded plastic or rubber cleats. Metal/sharp plastic cleats are not allowed. No sandals, boots, bare feet, or five-finger shoes.
- I. No protective equipment may be worn; i.e. helmets, shoulder or hip pads. The game official must approve all protective materials (tape, pads, etc.) Casts are illegal equipment. Mouth and teeth mouthpiece are strongly recommended.
- J. **Football:** The ball provided by the Intramural Sports Program shall be used unless a team wants to use their own ball with the approval of the referee. In the event that a team is not ready to play due to not having their ball, the official will not delay blowing his/her ready for play whistle. If the team has not provided their ball at the end of the 25-second period, a delay of game penalty shall be administered.
- K. **Flag Belt:** Each player must wear a flag belt provided by Intramural Sports
 - a. The flag belt must be worn one flag on each hip and one in the rear.
 - b. All players must have three flags at the beginning of play.
 - c. Failure to wear a flag belt at the start of the play, if noticed by an official prior to the snap is a live ball penalty (5 yards).
 - d. If a runner loses his/her flag during the action, play continues.
 - e. The play ends when a defensive player touches the runner with one hand between the shoulders and the knees.
 - f. If failure to wear the flag belt is noticed by the official after the play starts, the play continues with the ball becoming dead when the runner is touched between the shoulders and knees. The defense can accept the result of the play or penalize for failure to wear required equipment (5 yards).
 - g. **Tampering with the flag belt in any way to gain advantage, including tying, using foreign material, or other such acts is unsportsmanlike conduct. (10 yards, loss of down and player ejection)**

IV. Playing Field

- A. The field shall be 100 yards long and 40 yards wide with four 20-yard first down sections, and two 10-yard end zones.
- B. The following dash marks shall be measured from each goal line and placed in the center of the field
 - a. 3 yards from goal line = 1 point conversion attempt
 - b. 10 yards from goal line = 2-point conversion attempt
 - c. 20 yards from goal line = 3-point conversion attempt
 - d. 14 yard lines = to start each half and after a score
- C. A player's box shall run parallel to the sidelines between the 20-yard lines. Players must remain in the box if not on the field. Both teams may remain in the same box.

V. Game Format and Timing

- A. **Game Length:** A game shall consist of two, 20-minute halves with running clock. Half time shall be 3 minutes in duration
- B. **Late Penalty:** Teams not ready to play with the minimum # of players at game will be assessed a penalty. Game clock starts at game time.
 - a. 0-3 minutes: 6-0 early team's option of ball or field, clock start
 - b. 3-6 minutes: 12-0 points against late team and early team's option
 - c. 6-9 minutes: 18-0 points against team and early team's option
 - d. 10 minutes: 19-0 and game forfeited (score of 19-0)
- C. **Timeouts:** Each team is allowed three 60-second time per game. Time outs may be shortened if both teams are ready. Timeouts are not carried over into overtime. Clock stops on all timeouts.
- D. **Coin Toss:** Each game will begin with a coin toss. The winner of the toss shall have the option of starting on offense, defense, defending a goal or deferring options until the second half. The remaining options will be given to the opposing captain.
- E. **2 Minute Policies:** The clock will stop during the last 2 minutes of the second half for the following:
 - a. Incomplete pass - starts on the snap
 - b. Out-of-bounds - starts on the snap
 - c. Team time-out - starts on the snap
 - d. First down - dependent on the previous play
 - e. Penalty and administration - dependent on the previous play. (Exception: Delay of game - starts on the snap)
 - f. Referee's time-out - starts at his/her discretion
 - g. Touch back - starts on the snap
 - h. Change of possession - dependent on the previous play
 - i. Team attempting to waste time illegally - starts on snap
 - j. After a score
- F. **Delay of game:** Once the ball is marked ready for play; a team has 25 seconds after the Referee Whistle to which to snap the ball.
- G. **Mercy Rule:** If a team is 19 or more points ahead anytime after the referee announces the 2-minute warning for the second half, the game will be over. In addition if a team is ahead by 40 points anytime in the second half, the game will be over.

- H. **Tie Game (Overtime):** Tied games will use the following system:
- a. **Regular Season:** only one overtime period played, games may end in tie
 - b. **Playoffs:** Teams play as many overtime periods as needed, after three periods, teams must go for a two-point try.
 - c. The team who did not call first coin toss calls the OT coin toss
 - d. The winner gives options of offense, defense, or goal.
 - e. The loser shall make choice of remaining options
 - f. All overtime periods are played toward the same goal line
 - g. All overtime periods consist of one possession by each team
 - h. Each team is entitled to one timeout during the entire overtime session
 - i. Each team is allowed a maximum of 4 downs
 - j. Unless moved by penalty, each team will start first and goal from the 10 yard line
 - k. Try for points will be attempted and scored during overtime
 - l. When defense secures possession, the ball is dead and the series begins with the ball being placed at the 10 yard line.
 - m. If score remains tied play will proceed to as many needed to determine winner.
- I. **Adverse Weather:** In the event of adverse weather, the following will be applied:
- a. Regular season games cancelled (prior to game time) due to weather or field conditions will be considered a 'no result' for both teams. If inclement weather causes a started game to end early:
 - i. The game is a 'no result' if it has not reached halftime.
 - ii. The game (and score) is final if the game has reached halftime before cancellation.
 - b. Playoff games cancelled due to weather or field conditions will be rescheduled if the game has not yet reached halftime:
 - i. If a game has not reached halftime, the game will be restarted from beginning, regardless of score at time of cancellation.
 - ii. If a game has reached halftime at time of cancellation, the game (and score) is final.
- J. **Forfeit:** A game will be declared a forfeit by the referee if a team is in violation of the following rules:
- a. Team must have five players ready to begin the game at the scheduled time.
 - b. If a team commits three unsportsmanlike fouls in one game.
 - c. If two players are ejected from one team
 - d. If a team employs tactics obviously intended to delay the game. One warning will be given.
 - e. If an order for the removal of a player or spectator are not obeyed within three minutes after the warning.
 - f. If a team or its spectators, in the opinion of the referee or the Intramural Supervisor, continues to display unsportsmanlike behavior after being warned by an official.

VI. Definitions

A. Line of Scrimmage

- a. The snapper is the only A player required to be on their scrimmage line at the snap.
- b. Defensive buffer restrictions: No defensive player may be closer than 1 yard to the line of scrimmage. Defensive players may not break the buffer zone prior to the snap of the ball.

B. Series of Downs and Line to Gain

- a. First down is awarded to a team whenever they advance the ball across the next 20-yard marker. Four downs will be allowed to obtain the first down.
- b. A first down may be obtained by running, passing, penalty, or change of possession.
- c. Only one first down per series of possession can be obtained at each 20-yard

C. The Snap

- a. The ball must be snapped in one fluid motion and from the ground (not on the cone)
- b. All plays must originate with a snap from the center. A minimum of 2 yards must be between the center and the person receiving snap. A towel may be placed under the ball, regardless of weather or field conditions.
- c. Only one offensive player may be in motion when the ball is snapped. This motion must begin more than one second before the ball is snapped, and must be parallel to or away from the line of scrimmage. There must be four players on the line of scrimmage not counting the person in motion.

D. Inadvertent whistle - When an official sounds his/her whistle inadvertently during a down or during a down in which a penalty accrues the foul is declined, when:

- a. 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.
- b. The ball is loose from a fumble, backward pass, illegal kick, or illegal forward pass - the team in possession may elect to put the ball in play where possession was lost or replay the down.
- c. During a legal forward pass of a free or protected scrimmage kick - the ball is returned to the previous spot and the down replayed.
- d. **Note: 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.**

VII. Ball in Play, Dead ball, Out of Bounds

A. Ball declared dead

- a. It goes out of bounds.
- b. Any part of the runner other than the hand(s) or foot (feet) touches the ground.
- c. A touchdown, touchback, safety, or successful try is made.
- d. A forward pass strikes the ground or is caught simultaneously by opposing players.
- e. A backward pass or fumble by a player strikes the ground or is caught simultaneously by opposing players.
- f. A ball snapped, which hits the ground before or after getting to the intended receiver, is dead at the spot where it hits the ground.

- g. A forward pass is legal completed or a loose ball is caught by a player on, above, or behind the opponent's goal line.
- h. A runner has a flag belt removed legally by an opponent.
- i. A runner is legally tagged if the flag belt has fallen off prior to being deflagged.
- j. A passer is deflagged/tagged prior to releasing the ball.
- k. The ball strikes the ground following 1st touching by K.
- l. K catches a punt which is beyond the neutral zone
- m. When an untouched punt comes to rest on the ground and no player attempts to secure it.
- n. A muff of a punt strikes the ground.
- o. K's punt breaks the plane of R's goal line. B secures possession during a Try or overtime.
- p. An inadvertent whistle by an official

VIII. Carrying the ball

- A. The ball carrier may not guard his/her flag other than "spinning" or jumping to avoid being de-flagged.
- B. The ball carrier may not hurdle a player to avoid being de-flagged. Hurdling interprets as an attempt by a runner to jump over a player; the opposing should stand on their feet.
- C. A player will be ruled "down" when:
 - a. A defender removes the flag belt for a runner. The defender should hold the flag belt high above the head after removal
 - b. Any part of the body other than the hand or foot touches the ground. Ball in possession is considered part of the hand.
 - c. If a player inadvertently loses their flags or the opposition pulls it before possession of the ball, the play will continue and ball player must be downed by a one-hand touch, between the shoulder and knees, including the hand and arm.
- D. A player is not "down" if the ball touches the ground while he/she is in possession (The ball then becomes an extension of the hand)
- E. The defender may not play the man, nor may they hold or tackle the runner in attempt to remove the flag belt
- F. The ball carrier may not be pushed out of bounds, but must be cornered and made to run out of bounds on their own accord.
- G. A fumbled or muffed ball is dead when it strikes the ground.

IX. Blocking, Rushing and Contact

- A. **Offensive Screen Blocking:** Screen blocking is permitted and 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, legs, elbows, or body to initiate contact by an offensive player is illegal. A player must be on his/her feet before, during, and after screen blocking.
- B. 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

C. **Player Restrictions:**

- a. No player shall make contact with an opponent, which is unnecessary.
- b. There shall be no clipping or tripping.
- c. There shall be no bumping the receiver. The defensive player must play the ball and shall not interfere with a receiver. However, defensive and offensive players are equally entitled to a passed ball
- d. 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. **Penalty: Illegal Contact, 10 yds.**
- e. A defensive player may not bump or push a runner out of bounds
- f. 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/she does not charge during the spin.
- g. The ball carrier shall not guard his/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.**
- h. Stiff arming by the ball carrier is illegal. Holding or swinging the arm near the flag toward of attempts to seize the flag is illegal and results in flag guarding.
- i. Defensive players may not steal or strip the ball from an offensive player once he/she has control.
- j. 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.**
- k. Players, coaches, and spectators are to position themselves between the 20 yard-line markers on their team's respective sideline.

X. **Passing**

- A. A forward pass may be thrown from any point behind the line of scrimmage.
- B. All incomplete backward passes shall be down at the point of ground contact.
- C. Only 1 forward pass may be attempted from behind the line of scrimmage on a given play. A pass is determined to occur at any time the ball is intentionally put into the air, regardless of direction or manner.
- D. All players except the passer are eligible to receive a pass
- E. A forward pass is illegal if:
 - a. The passer's foot is beyond the plane of Team A's scrimmage line (first ball spotter-orange) 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. A passer catches his/her untouched forward pass.
 - e. There is more than one forward pass per down.
- F. **Catch:** A catch is the act of establishing player possession of a live ball which is in flight and first contacting the ground with one foot inbounds while maintaining possession of the ball.
- G. A pass intercepted in the end zone may be advanced.

- H. An offensive player, who goes out of bounds on his/her own cannot come back into the field and participate in the play. **Penalty: Illegal Participation: - 10 yards.**
- I. **Pass Interference:** Once a pass is in the air, the ball belongs to anyone who can get it. Any contact which occurs between two or more players making a legal attempt to catch or bat the pass is considered incidental. Screening a player's eyes or waving the hands or arms in his/her face to distract a receiver is considered interference.
- J. **Catchable/Uncatchable:** Whether a pass is catchable or uncatchable has no bearing on offensive or defensive pass interference
- K. **Roughing the Passer:** Defensive players must make a definite effort to avoid charging into a passer after the ball has been thrown. No defensive player shall contact the passer. **Penalty: Automatic first down from previous, 10 yards**

XI. Kicking/Punting the Ball

- A. 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, unless the team calls a timeout
- B. 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.
- C. The snap must be received at least two yards back and the kick must be executed behind the scrimmage line within a reasonable time. There are no fake punts.
- D. After receiving the snap, the kicker must kick the ball immediately and in a continuous motion.
- E. No player may cross the line of scrimmage until the ball has been kicked.
- F. 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 becomes dead and belongs to the receiving team at that spot.
- G. 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 offense
- H. 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 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, belongs to the kicking team, and a new series begins for the kicking team
- I. Once punted ball breaks the plane of the receiving team's goal line, the ball is declared dead and touchback is awarded
- J. There are no fair catches
- K. Opportunity to catch a kick - A player of the receiving team who is within the boundary lines and who is so located that he/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, unless the ball has been touched by R.
 - a. Kicking team 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**

XII. Scoring

- A. Point values will be as follows
 - a. Touchdown: 6 points
 - b. Corec Touchdown: 9 points
 - c. Safety: 2 points
 - d. P.A.T. from the 3-yard line: 1 point
 - e. P.A.T. from the 10-yard line: 2 points
 - f. P.A.T. from the 20-yard line: 3 points
- B. Touchdown Verification: The player scoring the touchdown must raise his/her arms so the nearest official can de-flag the player. If the player is not easily de-flagged, and the official determines the flag belt has been secured illegally, the touchdown is disallowed. The player is disqualified and an unsportsmanlike penalty will be enforced from the previous spot.

XIII. CoRec Modifications

- A. **Players:** The game shall be played between two teams of 8 players. A team must have at least six to avoid a forfeit. Allowable combinations are: 4m:4f, 4:m,3f, 3m,:4f, 3m:3f, 4m:2f, or 2m:4f.
- B. **Max roster size is 17**
- C. **Minimum line players:** The snapper is the only off. player required to be on the line.
- D. **Scoring:** All touchdowns scored by females and touchdowns following a legal forward completion with a female passes count 9 points
- E. **Game Ball:** CoRec games will use the regular, junior, or youth size football
- F. **Mercy Rules**
 - a. If a team is up by 25 or more points ahead when the Referee announces the 2 minute warning for the second half, the game is over. Prior to applying the Mercy Rule, there must be a down free of any accepted live ball fouls.
 - b. If a team scores during the last 2 minutes of the second half and that score creates a point differential of 25 or more points, the game will end at that point.
 - c. If a team is up by 46 points or more anytime in the second half, the game is over.
- G. **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. During the offensive team’s possession there may not be two consecutive forward pass completions from a male passer to a male receiver. This rule also applies for all try (point after touchdown) attempts. If the previous scoring play was male to male, the try will be closed.
 - c. If a male passer completes a forward pass to a male receiver, the next forward pass completion must involve either a female passer or female receiver. The spot where the ball becomes dead by rule must be beyond the offensive team’s scrimmage line (marked by the orange disc). There is no foul for a female receiver being de-flagged behind the offensive scrimmage line. The next forward pass completion remains “closed.”

- d. If a female passer completes a forward pass to a male receiver behind the scrimmage line who then runs beyond this scrimmage line on either “open” or “closed”, it is an illegal forward pass. **Penalty: Illegal forward pass 5 yards from the spot where the pass is released, and a loss of down.**
- e. One example of an illegal forward pass is the second consecutive male to male completed forward pass.
- f. Any foul, whether accepted or declined, will have no effect on whether the next forward pass completion is “open” or “closed.”

H. Advancing through the line of scrimmage

- a. An offensive male runner cannot penetrate through the offensive line of scrimmage with the ball. **Penalty: Illegal procedure 5 yards**
- b. There are two exceptions to this rule:
 - i. A male runner may advance the ball through the offensive line of scrimmage after the ball has been previously advanced legally beyond the line.
 - ii. Females have no limitations on their advancement behind or beyond the line of scrimmage

XIV. Sportsmanship/Conduct

- A. **Personal Fouls:** There shall be no personal fouls committed by players, substitutes or coaches. Personal fouls include: using the fist, foot, knee or leg to contact an opponent, tackling the ball carrier (disqualification); illegal contact, unnecessary roughness, hurdling, roughing the passer (when the defense contacts any part of the passer during his/her point or follow through)
- B. **Unfair Acts:** No player or non player shall use verbiage or commit any act no in accordance of the spirit of fair play for the purpose of confusing the opponent. **Penalty: Unfair act, 10 yards.**
- C. **Unsportsmanlike Conduct:** no player or nonplayer shall commit noncontact acts during a period or intermission. Examples include, but limiting to:
 - a. Refusal to comply with an official
 - b. Disrespecting an official
 - c. Intentionally contacting an official (DQ)
 - d. Leaving the team box and entering the field during a fight (DQ)
 - e. Using profanity, taunting, insulting, or vulgar language, or gestures
 - f. Intentionally kicking, spiking or throwing the ball high in the air
 - g. Participating while wearing illegal player equipment
 - h. **Penalty, 10 yards**
- D. **Ejection**
 - a. Two UC's will result in an ejection, however immediate ejection can happen if warranted.
 - b. If player refuses to leave, then the supervisor and officials will inform the captain that the game will be forfeited
 - c. An ejected player may be substituted
- E. Teams receiving four unsportsmanlike penalties, two ejections or three separate players receiving UC's will forfeit the game and is suspended from play until cleared by the Assistant Director of Intramurals.

XV. Special Enforcements

- A. **Dead Ball Foul:** Penalties for Dead ball fouls are enforced 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. Where there are 10 yard dead ball fouls (or live ball fouls treated as dead ball) committed by each team prior to penalty administration, each 10 yard will cancel a 10 yard on other team. Any remaining will be enforced. Any 5 yard dead ball will be enforced separately and in order of occurrence.
- B. **Double Foul:** It is a double foul if both teams commit fouls (other than unsportsmanlike or nonplayer) during the same down in which:
- C. **Multiple Foul:** When 2 or more live ball fouls are committed during the same down by the same team, only 1 penalty may be chosen by the offended team
- D. **Last Play of Period:** Succeeding spot fouls occur: A. during the last play of the game; B. during the last play of an overtime period; C. dead ball fouls which occur after the last play of a game or overtime period. These fouls can be carried over to overtime, unless a touchdown is scored on that play, in which case the penalty can only be enforced on the Try,
- E. **Safety:** 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 goal line which is now basic spot, it is a safety
- F. **Touchdown:**
 - a. 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.
 - b. If there is a foul by the defensive team during a down that results in a score, the offense may choose to enforce the penalty on the try or on the defense's ensuing possession.
- G. **Try:**
 - c. If either team commits a dead ball foul following a touchdown and prior to the initial ready for play, the offended team has the option of enforcing the penalty on the try, or after the try, at the succeeding spot
 - d. If dead ball foul by offense prior to the try, the Referee will ask the Defense captain whether he/she wants the foul on either the Try or the succeeding spot. Then the Referee will ask the off. captain whether he/she wants to go for a 1, 2, or 3 point try.
 - e. If there is a foul by A during a down, which results in a successful try. The acceptance of the penalty nullifies the score. If the foul is a loss of down, the try is not replayed.
 - f. If there is a foul by B during a successful try, the penalty may be enforced at the succeeding spot.
 - g. If a double foul occurs, the down is replayed

XVI. Penalties

- A. The offended team may have its choice of the penalty or the result of the play.
- B. When the live ball and dead ball penalty occurs, each is handled on its own merit, **regardless whether the penalties are on the same or opposing team**
- C. **Loose ball play:** the basic enforcement spot is the scrimmage line (where ball was snapped) (see exception below)
- D. Post Scrimmage Kick Foul: Any foul by the receiving team on its side of the expanded neutral zone prior to the end of the kick, the receiving team shall retain possession of the ball. The basic spot is the spot at which the kick ends and the penalty will be enforced using the “all but one principle”.
- E. On all running plays: basic enforcement spot is the end of the run.
- F. All fouls are marked from the basic enforcement spot (Exception: An offensive foul behind the basic enforcement spot which becomes a spot foul, or the “all but one principle”.)
- G. The only exception to the above regulations is roughing the passer; this penalty will be added on to the end result of the play.

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SUMMARY OF PENALTIES:

CODE:

(P.S.) = Previous Spot
(Spot) = Spot of Foul
(LOD) = Loss of Down

A. *Dead Ball Fouls* - Loss of 5 yards

1. Delay of game (P.S.)
2. Encroachment (P.S.) (2nd consecutive encroachment - loss of 10 yards)
3. False Start (P.S.)
4. Illegal Snap (P.S.)
5. Illegal substitutions (P.S.)

B. *Live Ball Fouls* - Loss of 5 yards

1. Aiding runner by teammate
2. Required equipment worn illegally (P.S.)
3. Intentional grounding (LOD) (SPOT)
4. Illegal forward pass (LOD) (SPOT)
5. Illegal motion (P.S.)
6. Illegal procedure (P.S.)
7. Illegal shift (P.S.)
8. Less than required # of players on the scrimmage line at the snap (P.S.)
9. Illegal Advancement (Co-Rec) (Previous Spot)
10. Player receiving snap within 2 yards of scrimmage line (P.S.)
11. Two consecutive male-to-male forward pass completions (LOD)(CR)(Spot)
12. Illegal Forward Pass – Male catches a pass thrown by a female and runs beyond the scrimmage line (LOD) (CR)(spot)

C. *Live Ball Fouls* - Loss of 10 yards

1. Eligibility lost by going out of bounds and participating in the play.
2. Flag Guarding
3. Unsportsmanlike conduct (Succeeding spot)
4. Illegal bat, illegal kick, illegal participation.
5. Illegal contact
6. Illegal secured flag belt on touchdown or try (Loss of down, if by A)(Auto 1st down if by B, player disqualification) (P.S.)
7. Pass interference - defense (P.S.)
8. Pass interference - offense (P.S.)
9. Personal Foul
10. Roughing the passer (Automatic 1st Down) (P.S.)
11. Illegal player equipment

NOTE: If any of the above infractions are deemed flagrant, the player will be disqualified.