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.

*Updates and revisions are highlighted in grey.*

**I. The Game, Field, Equipment**

A. Games are played on a 40 yard x 30 yard field with 10 yard end zones.

B. A coin toss between team captains will begin each game. The winner of the toss may choose to be on offense, a goal to defend, or defer their option to the second half. The opponent then has the choice from the remaining options.

C. Games will consist of two 12 minute halves with a continuous running clock. Last minute of 2nd half clock will stop. Two-minute half time.

D. Game time is forfeit time

E. Each team is allowed two time outs per game including overtime.

F. Overtime each team has 2 plays from the 10 yard line to score. Coin toss will determine first possession. After two series, both teams must try for 3.

G. The clock will run if a team is up by 19 or more points with one minute remaining in the contest

H. No pockets, no jewelry, no hats, and no metal spikes

**II. Players**

A. Teams may consist of a maximum of 7 players, 4 on the field and 3 subs. Teams may start with no fewer than 3 players.

B. **Varsity Athletes** – only one varsity athlete is allowed per team.

**III. Rules**

A. The offensive teams starts on their 10-yard line and has 3 plays to cross mid-field. Once they have crossed mid-field, they have 3 plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive teams takes over on their 10-yard line.

B. **Runner:** Offense cannot advance the ball through scrimmage line. No restrictions after change of possession or once a legal forward pass has been touched beyond A’s scrimmage line.

C. **Unlimited backward laterals are allowed on each down. Multiple hand-offs are allowed behind the line of scrimmage.**

D. **From the time the ball is snapped, the QB will have five seconds to throw a forward pass. After five seconds the play is dead, snapped from previous spot and loss of down. Officials will have the count.**

E. The quarterback must be a minimum of 2 yards behind the line of scrimmage when the ball is snapped.
F. Only one offensive player must line up along the line of scrimmage. All players on field are eligible receivers.

G. Defensive players who enter the neutral zone prior to the snap are immediately offside and do not have the opportunity to jump back onside.

H. Defense cannot cross the scrimmage line until the pass is released. Penalty: Illegal Advancement, 3 yards)

I. There are no kickoffs or punts

J. Scoring:
   i. Touchdown: 6 points
   ii. Extra Points: 1 point (3 yards), 2 points (10 yards), 3 (20 yards)

K. The ball is dead when intercepted, a player falls to the ground, and when the ball hits the ground without being in possession of a player. If the ball is intercepted, it is placed on the 10 yard line and the defensive team is now on offense.

L. All 10 yard penalties (ie holding, flag guarding, etc.) are 5 yards and all 5 yard penalties are 3 yards.

IV. CoRec Modifications
   A. Each team shall consist of two men and two women. A game may begin with 2m:1f, or 1m:2f
   B. A female touchdown shall be worth nine points
   C. The first play of ever series will be an open play. If a play consists of a completed forward pass from a male QB to male receiver, the next play will be closed. In order to open the play, a female must either throw or catch a legal forward pass beyond the scrimmage line.
   D. Mercy Rule: If a team is ahead by 25 or more points with one minute or less remaining, the clock shall run

V. Conduct:
   A. The Intramural Sports programs promote positive sportsmanship at all contests and activities. Unsportsmanlike conduct includes actions, which are unbekoning to an ethical, fair, and honorable individual. It consists of acts of deceit, disrespect, or vulgarity and includes taunting.

(Revised 12/13)