

# REC SPORTS FLAG FOOTBALL

## RULES

### FALL 2019

ALL RULES NOT COVERED BY THIS SUPPLEMENT SHALL BE GOVERNED BY CURRENT NATIONAL INTRAMURAL-RECREATIONAL SPORTS ASSOCIATION (NIRSA) FOOTBALL RULES.

#### I. EQUIPMENT

- A. The Rec Sports Office will provide flag belts.
- B. The Rec Sports Office will provide footballs for team use during games. Teams may provide their own ball for play, as long as it is of legal size (**Men's**: regular size) **Women/CoRec** and both teams agree to using the ball: Teams have the option to use regular, intermediate, youth or junior size balls. Each team may only use one ball for the entire game, there is no switching. Offenses are responsible for retrieving the ball; at no point are officials responsible for retrieving the ball.
- C. Athletic attire is required. No jeans, jean shorts, button shirts, hard-soled shoes, open-toed shoes, etc is allowed. All articles of clothing must be tucked underneath the flag belts. Shirts must be long enough so they remain tucked into pants/shorts during the entire down; or short enough so there is a minimum of 3" from the bottom of the shirt to the player's waistline. Towels may **NOT** hang from a player's waist or otherwise interfere with the possible removal of a flag. Towels however may be used and kept on the ground on top of the ball before the snap.
- D. **EACH PLAYER MUST WEAR SHORTS OR PANTS WITHOUT ANY POCKETS**, belt(s), belt loops, or exposed drawstrings. Pockets **will not** be allowed for any reason. **Players may not turn shorts/pants inside out.** You may tape the pocket shut so there is no exposure or risk of injury (Supervisor discretion). It is recommended that captains keep an extra pair of shorts (without pockets) with them in case a player forgets. All players must wear shorts or pants. The above rules are mandatory rules and they will be enforced. Any individual who is unprepared to play with the proper equipment will be **unable to play** until they are fitted with the proper equipment. (This is a Nationally Certified Rule and it enforced for safety pre-cautions)
- E. Shoes must be athletic or running shoes. Pliable rubber cleats may be worn on the outdoor Intramural fields. **NO METAL SPIKES** or plastic cleats with metal tips will be permitted.
- F. Headwear: Hats can be worn, as long there is no protruding brim (i.e. skull caps, beanies, headbands are all okay).
- G. No pads, splints, casts, or protective devices may be worn. Mouthpieces are acceptable.
- H. Players must **REMOVE ALL JEWELRY** prior to participating, including any viewable body piercing, and LIVESTRONG-type rubber-bands or bracelets of any kind. If a player is seen

in the game with jewelry of any kind, the referee will remove him from the game to adjust his/her equipment. A warning will be administered for the first incident, any following incidents will result in the loss of a time out for the game.

- I. A flag belt must be worn with a flag on each hip and one in the back.
- J. **Teams are responsible for providing uniforms and wearing like colors. The home team will always wear lighter color uniforms than the away team.**

## II. THE GAME

- A. An official game will consist of two 19-minute halves with a running clock. The clock runs continuously except for timeouts. At the end of the 19 minutes in the second half, there will be 6 plays left till the end of the game. There will be a two-minute half-time separating the first and second halves (when possible). The ball is ready for play when it has been placed for a down and the official gives the ready for play signal. The play clock will start and the offensive team has 25 seconds to snap the ball.
- B. A coin flip at the start of the game will determine the teams' choice to "start on offense, to start on defense, to defer until the second half" (rather than kick or receive); or to defend a specific goal. The loser of the coin flip has the remaining option. At the start of the second half, these privileges are reversed. Exception: If the Offensive team defers their choice to the second half, they will have first choice of ball or side to begin the second half.
- C. At the start of each game and after each score the ball will be placed on the 14-yardline.
- D. If the score is tied at the end of the game, an overtime period will be played.
- E. **Overtime: (Regular Season)** If at the end of regulation play the score is tied, the following overtime process will occur. A coin toss will be conducted with the winner having the choice of "offense or defense", or direction. We will only have ONE overtime period. Each team receives four downs starting from the **FIVE** yard line to score a touchdown. If the team that starts with the ball first in overtime scores a touchdown, that team has the option to go for a one (from the 3 yard line) or two point conversion (from the 10 yard line). **The team that gets the ball first cannot go for a three point conversion.** The second team **MUST** score in the same amount of plays or less than team 1 used to score. If the second team scores a touchdown, and the first team scores their one or two point conversion, then the second team must go for a conversion one point above the first team's conversion (e.g. Team One scores a touchdown and converts a one point conversion. Team Two must score a touchdown and go for a two point conversion). If the first team does not score their conversion, the second team can go for a one point conversion. If the defense intercepts a pass or fumble (before it touches the ground) and returns it for a touchdown, they will win the game. If they do not return the interception for a touchdown, the series is over, the ball will be placed at the 5 yard line for the Defensive team and the Defensive team will begin their series of four downs. All penalties will be addressed the same during the overtime period.

- F. **Overtime: (Playoffs)** If at the end of regulation play the score is tied, the following overtime process will occur. A coin toss will be conducted with the winner having the choice of “offense or defense”, or direction. During overtime, the format will be repeated until a winner is declared. Each team receives four downs starting from the ten yard line to score a touchdown. Once a touchdown is scored the team captain must decide whether they want a three point conversion (from the 20 yard line), a two point conversion (from the 10 yard line), or a single one point conversion (from the 3 yard line). If the defense intercepts a pass fumble (before it touches the ground) and returns it for a touchdown, they will win the game. If they do not return the interception for a touchdown, the series is over, the ball will be placed at the 1st zone line for Defensive team and the Defensive team will begin their series of four downs. All penalties will be addressed the same during the overtime period.
- G. Each team is allowed one, one minute time-outs during the game. One time-out is allowed during the overtime period. Time-outs do not carry over into overtime. Time-outs can be shortened if both teams are ready.
- H. The referee shall declare an official’s time-out after a touchdown, safety, when an excess of time-out is allowed for an injured player, or when the game clock is stopped to complete a lengthy penalty.
- I. Player substitution is allowed whenever the ball is not in play (between downs), and before the snap. Substitutes must be within 15 yards of the ball at any point after the ready for play whistle, and before the ball is snapped to be legally involved in a play.

### **III. SCORING**

- A. Touchdown - Six points: Scored for the team to which the ball legally belongs when a down is completed and any part of the ball is on, over, or beyond the opponent's goal line.
- B. Extra Points – After a touchdown the team captain must decide whether they want a three point conversion (from the 20-yardline), a two point conversion (from the 10-yardline), or a single point conversion (from the 3-yardline). While time is out there shall be one scrimmage play, unless changed by penalty. If the defense intercepts a pass or fumble (before it touches the ground) and returns it for a touchdown, they will receive **three points** for the return. If the offense team gets a safety on the defensive offensive team after an interception or fumble they will receive a one point safety.
- C. Safety - Two points: A safety is given to the defending team when the ball is declared dead in the offensive team’s end zone or it rolls or lands out-of-bounds beyond their goal line. Any offensive penalty in their end zone will result in a safety. After a safety is scored, the ball will belong to the team who scored the safety on their own 14-yard line and play will resume. (No Free Kick will occur).
- D. Touchback - No points: It is a touchback if a player is de-flagged in the end zone following an interception. A touchback can also occur if the ball is declared dead in the end zone

following a punt. After a touchback, the ball belongs to the offensive team at their 14 yard line.

- E. Each team has four downs to advance the ball to the next zone in order to receive a new series of downs. 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 a 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 when spotting the ball.

#### **IV. MERCY RULE**

- A. With two minutes remaining in the game, if a female's, male's, or CoRec team is up by 21 points or more then the game clock will not stop on dead balls (unless a timeout is called). If at any time in the last two minutes of the game a team gets within these point values, the game clock will stop in dead ball situations.
- B. At or beyond the 10 minute mark of the second half, if a team is losing by 30 points or more, the supervisor on duty has the option of ending the game **provided that the losing team does not want to continue to play.**

#### **V. SCRIMMAGE/THE SNAP**

- A. The scrimmage line for offensive team is the yard line and its vertical plane in line with the forward-most point of the ball. The scrimmage line for the defensive team is the yard line and its vertical plane in line with one yard from the point of the ball nearest its own goal line. The offensive scrimmage line is marked with an orange disc, and the defensive scrimmage line is marked with a yellow disc. These discs are to remain stationary until the head referee removes them from their stationary position.
- B. **The snapper:** when over the ball the snapper shall have his/her feet behind his/her scrimmage line (first ball spotter-orange). The ball may be tossed from the side or through the legs, in one continuous motion. The person who receives the snap must be at least two yards behind the offensive scrimmage line (no under center snaps). *PENALTY-illegal snap- 5 yards from the previous spot.*
- C. On the snap, all players on the offensive team **must have a minimum of four players** on the line of scrimmage prior the snap. The line official will raise his/her arm until four players are on the line (once four players are on the line the official's arm will lower with them announcing "line set"). The official is only there to aid the offensive team; the responsibility of the four legal players still remains that of the players. The remaining players must either be on the line of scrimmage or in the backfield. **CoRec rules require will also require 4 players on the line.**
- D. All players must have flag belts on before the ball is snapped. If the ball is snapped, and a player is not wearing his/her flag belt, his/her team will be penalized. *Penalty: Offense = 5 Yard, LOD, Live Ball Foul; Defense = 5 Yards, Live Ball Foul*

- E. The defensive rush begins immediately. If the snap hits the ground prior to reaching the passer, goes over the passer's head without being touched, or is touched but not controlled by the passer, the ball is considered dead at **that** spot.
- F. All offensive players must be inbounds and within 15 yards of the ball markers after the ready for play whistle. Once the official blows the ball ready for play, a player may go as close to the sideline as they wish without going out-of-bounds. A team may not break the huddle with more than seven players or a dead ball foul will be called. *PENALTY-too many players on the field, dead ball- 5 yards, replay the down.*
- G. One offensive player may be in lateral or backward motion at any time, but not in motion towards his/her opponent's goal line during the snap. There may be 2 offensive players in motion before the play, but one **must** stop before the ball is hiked; all other offensive players must be stationary. All other offensive players must come to a complete stop and remain stationary in legal position without movement of feet, body, head, or arms for at least **one full second** before the snap. *PENALTY-illegal motion-5 yards from the previous spot (live ball foul).*
- H. After the ball is ready for play and before it is snapped, no defensive player may enter the neutral zone and no offensive player can make a false start. *PENALTY-encroachment/false start-5 yards, replay the down.*
- I. The snap from center cannot hit the ground during scrimmage play and will become a dead ball if it does hit the ground. **ALL BALLS THAT HIT THE GROUND ARE DEAD.** (Exception: On punts, the receiving team may field the punt on a fly **or off of the ground.** Punts are dead when the ball has touched a player and then hits the ground.)
- J. Offensive players are responsible for retrieving the ball after a down.

## **VI. PUNT/FAIR CATCH**

- A. Whenever the offensive team wants to punt (optional on any down), the team captain must communicate this decision to the referee. If the team declares a punt the ball must be kicked (exception: if offensive team or defensive team calls a time-out).
- B. All line of scrimmage rules apply to a punt; at least four players for the offensive team must be on the line of scrimmage and they cannot cross the line of scrimmage until the ball is kicked (there is no minimum requirement on the line of scrimmage for the defense during a punt).
- C. Once the ball is punted, any receiving (R) player may block the kick while remaining behind their defensive scrimmage marker. If the punt is blocked, the ball is dead where it hits the ground. If the punt is blocked by any R player and then caught by any kicking (K) player behind the offensive team's scrimmage line they may advance the ball. R player may advance the kick anywhere in the field of play or end zone. A K player cannot kick the ball to himself/herself or any other K player.
- D. Once a team decides to punt, regardless of the down, **it is treated as a fourth down.**

- E. The snap from center may not hit the ground on a punt or the ball becomes dead immediately and belongs to the receiving offensive team at that spot. The punter must receive the ball from the snapper on a punt through the air; it cannot be an under center snap. The punter must receive the snap at least two yards behind the line of scrimmage.
- F. After receiving the snap, the kicker must punt the ball immediately in a continuous motion.
- G. The kicking team cannot interfere with the receiving team's players' attempt to field the punt. (There is no halo rule but kick catch interference is a penalty). The receiving team may field the punt on a fly **or off of the ground**. Punts are dead when the ball has touched a player and then hits the ground, when the defensive team has downed the ball, or when the ball goes out-of-bounds. In each case, the ball is put in play where it first touched the ground after touching a player, where it comes to rest, or where it goes out-of-bounds. R player may run the kick out of the end zone. Also note, the momentum rule is in affect with receiving punts. There is no halo rule but the K team must give the R offensive team an opportunity to catch the ball without interfering.

## VII. PASSING/RECEIVING/INTERCEPTIONS/INTERFERENCE

- A. Once the ball has been legally snapped, the passer may move the ball in any manner, which he/she chooses. However, teams are only allowed one forward pass per down from behind the line of scrimmage. A player cannot make a forward pass from beyond the line of scrimmage.
- B. Any time the ball carrier's feet cross the line of scrimmage, no forward passes may occur (even if the player returns to behind the line of scrimmage).
- C. There is no limit to the number of laterals or handoffs that are made behind the line of scrimmage. Nor the number of backward laterals once past the line of scrimmage. Description of lateral: A backwards lateral/pass is judged by the **initial direction of a pass** that determines whether the pass is forward or backward.
- D. All offensive players are eligible to receive a forward pass or lateral after/before crossing the line of scrimmage. During a scrimmage down and before team possession has changed a forward pass may be thrown **provided the passer's feet are behind offensive team's scrimmage line** when the ball leaves the passer's hand.
- E. Crossing the line of scrimmage is defined as a player crossing the line with one or both feet. As soon as a foot crosses the line, they have crossed the line of scrimmage.
- F. No player who goes out-of-bounds during a down may participate in the play unless they were blocked out of bounds and return into play immediately. *PENALTY-illegal participation-10 yards, replay the down.*
- G. A receiver only has to have possession and one foot in bounds when catching a pass.
- H. A simultaneous catch by opponents is awarded to the offensive player, unless he/she is out-of-bounds, and the ball becomes dead immediately (no advancement after catching the ball).

- I. Any contact made by an opponent that interferes with a player attempting to catch a pass is considered defensive pass interference. There will be no “bump and run” contact at the line of scrimmage. Such contact includes face guarding or blocking a potential pass receiver while running a pattern while the ball is in the air. The only exception to the pass interference rule is when two or more players are making a simultaneous attempt to catch the ball and contact occurs or if the ball is uncatchable.
- J. Contact which occurs away from the play and which would be considered a foul is not pass interference. *PENALTY: Illegal Contact--10 yards from the previous spot.*

## VIII. BLOCKING

- A. The offensive team is permitted screen blocking only. Any use of the arms, elbows, or legs to initiate contact during an offensive player's screen block is illegal. Both feet must remain on the ground while screen blocking. There is no blocking beyond the line of scrimmage, except for setting stationary screens. A blocker may only use his/her hands or arms to break a fall or retain his/her balance. Hands must be at a participant's side or behind the back while blocking. *PENALTY-Illegal contact on the offense-10 yards from the spot.*

## IX. RUSHING

- A. Defensive players cannot use their hands or arms as a wedge to contact or separate the opponents. They cannot hold or push the offensive player. Any contact initiated when rushing is illegal. *PENALTY-Illegal contact on the defense-10 yards from the spot.*
- B. There will be no contact with the quarterback whatsoever outside of an attempt to pull a flag. Rushers may not attempt to swat the ball from the passer's hands. Any such attempt will result in a penalty. A rusher is only allowed to pull the Quarterback's flag, NO swatting or attempts to intercept their passes are allowed. *PENALTY- Roughing the passer-10 yards (tack-on or from the line & AFD)***

## X. BALL CARRIER

- A. Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove the flag belt. *PENALTY: Flag Guarding--10 yards-Replay the down*
- B. Examples of flag guarding include, but are not limited to:
  - 1. Placing or swinging the hand or arm over the flag belt.
  - 2. Placing the ball over the flag belt.
  - 3. Lowering the shoulders in such a manner which places the arm over the flag belt.
  - 4. The runner shall be prohibited from contacting an opponent with extended hand or arm “stiff arm”
- C. The ball carrier may spin in an attempt to avoid the defensive players.

- D. The ball carrier is allowed to dive to advance the ball, but at no time is a player allowed to hurdle other players (“over the pile”). If at any time diving is used as an unsportsmanlike act it will be penalized accordingly. A player may not dive through a player to advance the ball. *PENALTY: Illegal Contact-10 yards from the spot of the foul.*
- E. The defensive player cannot hold, grasp, or obstruct the forward progress of a ball carrier while in the act of removing the flag belt. *PENALTY-Illegal contact-10 yards from the spot of the foul.*
- F. A runner shall not charge into or contact an opponent in his/her path or attempt to run between two opponents or between an opponent and a sideline, unless the space allows a reasonable chance for him/her to go through without contact.
- G. When any part of a ball carrier's body touches the ground other than their hands or feet, the ball becomes dead immediately. (The ball is an extension of the hand and may be used to stabilize a runner from going to the ground).

## **XI. FLAG BELT REMOVAL**

- A. The flag belt contains three flags attached permanently to the belt. The object is to deflag the ball carrier by pulling at one of the flags, causing the entire belt to come off. The ball carrier is de-flagged under the following circumstances:
  - 1. An opponent who removes the flag belt from the runner should immediately hold the flag belt high.
  - 2. De-flagging is only allowed under special circumstances, similar to tackling in football. Offensive players must have possession of the ball before they can legally be de-flagged (including a receiver attempting to catch a pass). In circumstances where a flag belt is removed early or inadvertently, play continues and de-flagging reverts to one-hand touch between the shoulders and knees, arms and hands included. The official will not blow his whistle until the player has been downed by a one-hand touch.
  - 3. It is legal for the defensive player to dive to attempt to de-flag a ball carrier, including the quarterback.
  - 4. The passer is legally de-flagged if the defensive team de-flags him/her before the ball is released.
  - 5. Tampering with the flag belt in any way to gain an advantage (i.e. tying it or using foreign objects to secure it) will result in the tampering player **receiving an ejection**.
  - 6. After a touchdown or extra point has been scored, the official will immediately de-flag the player that scored. If the flag belt comes off, then the points are scored. If not, the points are not scored, and the team is penalized. The player is ejected if the flag belt has been tampered with. All players are encouraged to hold the flag belt in the air upon de-flagging an opponent to assist the officials in spotting the



ball. (**NOTE: the position of the ball when a player is de-flagged determines the spot of the next line of scrimmage.**)

## **XII. FUMBLES**

- A. Any ball that is fumbled by a player is dead as soon as it touches the ground and belongs to the team who last had possession of the ball before it touched the ground. The ball is put in play at the point where it first touched the ground. A dropped or bobbled ball from a lateral or handoff is also dead as soon as it hits the ground and belongs to the team who last had possession at the point where it touched the ground.
- B. An offensive player may never fumble forward to gain yardage. The ball will be spotted at the point in which the player lost control. (Exception: If a player fumbles the opposing team's end zone the play will result in a touchback and the opposing team will gain possession at the their 14 yard line).
- C. Forward batting and forward or backward kicking to advance the ball is illegal.

## **XIII. ENCROACHMENT**

- A. Encroachment is a term used to indicate that a player is illegally in the neutral zone prior to the snap. 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. *PENALTY-(Dead Ball) Encroachment-5 yards from the previous spot, replay the down*

## **XIV. ENDING EACH HALF**

- A. If the time for any period expires during a down, play will continue until the down ends. No time signal will be sounded while the ball is live. A half may end if the offensive team does not snap the ball while it is ready for play and time expires. A half may be extended if there was an accepted penalty. If a touchdown was scored, the extra points are attempted as part of the same half.
- B. **The clock will not stop in the first half.** (Exception: Official's or team timeout or an injury that calls for the game clock to be stopped.)

## **XV. INADVERTENT WHISTLE**

- A. When an official sounds his/her whistle inadvertently and the penalty is declined the team has the following options:
  - 1. If the ball is in player possession, the team in possession may elect to put the ball in play where declared dead or replay the down.
  - 2. If the ball is loose from a fumble, backwards 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.

3. If during a legal forward pass or a punt, the ball is returned to the previous spot and the down replayed.
- B. When the foul is accepted, disregard the inadvertent whistle. (NOTE: There is no time added to the game clock during a down with an inadvertent whistle.)

## **XVI. BALL IS LIVE/BALL IS DEAD**

- A. A dead ball, after having been declared ready for play, becomes a live ball when it is snapped or punted.
- B. A live ball becomes dead and the official sounds a whistle when:
1. It goes out-of-bounds or is an incomplete pass.
  2. Any part of the ball carrier's body, other than his hands or feet, touches the ground.
  3. A touchdown, safety, or touchback is made. (Note: The clock remains stopped on all extra point attempts during the last two minutes of the second half).
  4. A fumble by a player touches the ground.
  5. A ball carrier is legally de-flagged by a defensive player.
  6. A legal forward pass strikes the ground or is simultaneously caught by opposing players.
  7. A player from the kicking team downs a punt beyond the line of scrimmage when no player of the receiving team has attempted to receive it.
  8. A snap from center on a punt strikes the ground before being caught by the punter.
  9. The punter/passer receives the ball directly from the snapper as a handoff.
  10. An inadvertent whistle occurs.

## **XVII. FOULS**

- A. Any of the following fouls may be judged by an official to be a disqualifying foul causing ejection of the player who committed the foul. These fouls are also considered unsportsmanlike and unnecessary roughness:
1. No roughing the passer. At no time may the passer be contacted. This includes contacting the ball while still in the passers hand. "The ball is part of the body, while in possession" (The ball is an extension of the hand).
  2. No throwing the runner to the ground or contacting an opponent on the ground.
  3. No striking, tripping, kicking, kneeing, clipping, or use of the forearms.
  4. No tackling. If a player tackles a ball carrier who in the judgment of the official had an open field for a touchdown, a touchdown will be awarded to the offended team. If the ball carrier did not have an open field, the offended team will be awarded an automatic first down. The player will be ejected if the official judged it to be an unsportsmanlike/malicious action.

## **XVIII. ADMINISTRATION OF PENALTIES**

- A. Live/Dead Ball - When a foul occurs during a live ball, the official will throw their flag and play continues until the play is dead. At the end of the down, the official will notify the offended team's captain of her/his options. Once the captain's choice is made, the options cannot be reversed. When a live ball foul is followed by a dead ball foul, the penalties are administered separately in order of occurrence.
- B. Double Foul - When both teams commit live ball fouls and there is no change of team possession, the penalties cancel each other out and the down is replayed. Exception: If there is a change of team possession, the last team gaining possession retains it provided they have not fouled prior to getting it (if they fouled prior to gaining possession, the fouls cancel each other out, down is replayed.) Penalties for dead ball fouls are administered separately and in order of occurrence.
- C. Unsportsmanlike Conduct - Is always administered separately and, if flagrant, could mean ejection of that player from the game.
- D. Half the Distance - A measurement cannot take the ball more than half the distance from the enforcement spot to the offended team's goal line. If the penalty is greater than this, the ball is placed halfway from the enforcement spot to the goal line.
- E. If the penalty is accepted, the down remains the same, unless it is a penalty that involves loss of down.

## **XIX. UNSPORTSMANLIKE CONDUCT**

- A. An average FairPlay rating below a 3.5 renders a team ineligible for the playoffs (see Fair Play Policy).
- B. Unsportsmanlike conduct (verbal abuse to officials or players, unnecessary roughness, etc.) will result in a penalty being assessed and possible ejection from the contest and/or forfeiture.
- C. Any individual ejected from a contest will be ineligible for further participation in any IM activity until the incident is resolved with the Flag Football Sports (Andy Ramirez, Assistant Director for Intramurals). Any player who is ejected must leave the playing area, **out of sight, out of sound.**
- D. Teams/individuals may be barred from participation in playoffs due to unsportsmanlike conduct or eligibility violations during the regular season (see Fair Play Policy).
- E. **\*\*New Ejection Policy\*\***
  - Any player that gets ejected from a game for conduct/behavior issues will automatically get disqualified from playoffs for that team and sport; this will also apply to any player that accumulates the equivalent of an ejection in that sport throughout the season.
    - For example: a participant gets 3 yellow cards in a season for soccer, 3 unsportsmanlike penalties in a season for flag football, 3 technical fouls in a season for basketball, etc. Should a team have 2 or more ejections

throughout the season that team automatically becomes disqualified for playoffs.

- Unsporting behavior may include, but is not limited to the following:
  - The obstruction or disruption of the normal functioning of an Intramural activity.
  - The use of abusive or insulting language which provokes ill will, baits, or which incites an opponent, spectator, or Intramural employee.
  - Physically threatening, pushing, or taunting a participant, spectator or Intramural employee.
  - Repeatedly arguing with an official.
  - Fighting (initiation or retaliation). Fighting includes physically striking, kicking, etc., or attempting to strike, kick, etc., a participant, spectator or Intramural employee.

## **XX. COREC MODIFICATIONS**

### A. Number of players

1. The CoRec game shall be played between two teams of seven players; Ratio is 4:3 for Competitive and 5:2 for Recreational. No gender requirements for Res Hall
2. A team may start with as few as five players, but the proper gender ratio must be maintained at all times.
3. Competitive legal ratios; 4:3, 4:2, 4:1, 3:3, 3:2
4. Recreational legal ratios; 5:2, 5:1, 4:3, 4:2, 4:1, 3:3, 3:2

### B. Plays from scrimmage

1. Forward passes
2. If the passer is female, she can complete a pass to either a male or a female player.
3. A male passer may complete passes to a male player only if the play is open. A play becomes closed when a male to male pass is completed. In order to open the play a team must complete, for positive yardage, either a female to female pass, a female to male pass, or a male to female pass. Even on extra point attempts the rotation remains. (A play cannot be opened by a female run for positive yards).  
*PENALTY: Illegal Forward Pass-5 yards from the spot of the throw and loss of down, if completed while play is closed.*

### C. Laterals (backward passes) may be executed to/from players of either sex.

### D. A male cannot advance the ball past the line of scrimmage. Exception: If a forward pass is caught by a female for positive yardage and is then pitched laterally behind the line of scrimmage, the line of scrimmage “disappears” and the male may advance the ball without penalty.

### E. A legal forward pass simultaneously caught by male and female teammates shall be credited as a female reception

- F. A male must be past the line of scrimmage in order to catch a forward pass.
- G. Punts: All regular punt rules apply. Minimum five players on the line of scrimmage.

## **XXI. CO-REC SCORING**

- Touchdown by a male/female player: 6pts.

## **XXII. EXTRA POINTS (point values are the same regardless of gender)**

- (3 yard attempt) Male/Female- 1 point
- (10 yard attempt) Male/Female- 2points
- (20 yard attempt) Male/Female- 3points

All other NIRSA & UC Davis Intramural Sports Flag Football Rules apply.

\*ALL RULES STATED ABOVE FOLLOW NATIONAL INTRAMURAL-RECREATIONAL SPORTS ASSOCIATION (NIRSA) RULES, EXCEPT FOR THOSE SPECIAL INTRAMURAL RULES THAT ARE USED. ANYTHING NOT COVERED IN THESE RULES IS GOVERNED BY THE OFFICIAL NIRSA FLAG FOOTBALL RULES.

**F: False Start**

**I: Illegal Snap**

**E: Encroachment**

**L: Leaving the field outside the 20s**

**D: Delay of Game**

### **INFRACTION REFERENCE:**

#### **Summary of Penalties**

SOF=Spot of Foul  
LOD=Loss of Down

#### **Loss of 5 yards**

1. Delay of game (Dead ball)
2. Encroachment (Dead ball, 10 yards if two or more consecutive encroachments occur by the defense)
3. Illegal Motion or shift
4. Illegal Procedure (receiving the snap within 2 yards, dead ball)
5. Illegal formation (not enough on the line)
6. Illegal forward pass (loss of down, SOF)
  - Male-to-male completion during a closed play (CoRec)
  - Female to male forward pass behind LOS and male advances ball beyond LOS.
7. False start on offense (Dead Ball)
8. Kick catch interference (enforce from the SOF)
9. Intentional grounding (enforced from the SOF 5 yard penalty & LOD)
10. Illegal Advancement by a male runner (CoRec rule)
11. Illegal Substitution

#### **Summary of Penalties**

LOD=Loss of Down  
AFD=Automatic First Down  
LOS=Line of Scrimmage  
RD=Replay Down

#### **Loss of 10 yards**

1. Offensive pass interference (enforced from line & LOD)
2. Defensive pass interference (enforced from line & AFD)
3. Unsportsmanlike conduct
4. Roughing the passer (tack-on or from the line & AFD)
5. Illegal contact on offense (SOF)
6. Illegal contact on defense
  - If a clear path and the player would have scored. Tackling player is ejected and TD counts.
7. Illegally secured flag belt (LOD for offensive team, and an ejection of the perpetrator)
8. Illegal participation
9. Unsportsmanlike conduct (tack on penalty)
10. Tackling/tripping [illegal contact, enforce from the spot, AFD]
11. Stripping the ball [illegal contact]
12. Hurdle any player
13. Illegal Batting
14. Illegal flag belt removal
15. Obstruction or holding runner
16. Illegal player equipment (Live or Dead ball)
17. Illegal kicking

#### **Loss of 15 yards**

1. Flag guarding (enforce from the spot, RD unless first down is made before the penalty).