Intramural Rules published by the Recreation and Athletics Department are not meant to be all inclusive. Some rules that govern play may not be outlined in this document. The department uses NIRSA or NFHS rules for the majority of our major sports. For a ruling on a specific situation not outlined here, please request one from the IM Supervisor or Manager.

Eligibility:

- All participants must present a S&T ID or Government Issued ID to participate
- All participants must be shown on the IM Leagues online team roster in order to compete
- All participants must fall into one of the following categories: Student, Faculty, Staff
- A participant must not have any current sanctions/suspensions outstanding against them
- A participant may not participate on more than one single gender team, and one co-rec team
- A participant must abide by all rules within the Intramural Participant Handbook and facility usage guidelines
- Participants must wear proper attire in order to compete in all Intramural events. This does not include; jewelry, billed hats (unless playing softball), metal spiked cleats, flip flops, slides, bare feet, etc.
- A member of the recreation staff has final ruling on all eligibility and permitted attire decisions.

Player Rules:

- The games are to be played between 2 teams of 7 players each.
  - Teams must have at least 5 players to avoid forfeit.
- Co-Rec games are to be played between 2 teams of 8 players, 4 men and 4 women.
  - Teams with less than 4 men and 4 women must have an equal number of men and women or more women than men on the field
  - Teams must have at least 6 players to avoid forfeit.
- Each team is required to designate a team speaking captain.
  - The captain’s first choice of any penalty is irrevocable.
  - This captain is responsible for relaying information to his/her players and controlling his/her sideline (including spectators).

Equipment:

- Footballs will be available; however, teams may use their own ball as long as it is approved by the officials and within the guidelines of the game.
  - Men must use a regular/official size ball only
  - Women/Co-Rec may use a regular, intermediate, youth, or junior size ball
• Teams are encouraged to wear matching color shirts, opposite the color of their opponent. If all teammates are not coordinated, then they will be required to wear the jerseys provided by the IM department
• Every player on the field must wear a flag belt at all times
  o The flags must be a contrasting color of the shorts/pants they are wearing
• To participate, all players must be in proper attire:
  o Pants and shorts may not have belts, belt loops, snaps/buttons, pockets, drawstrings
  o Shorts with pockets cannot be taped or turned inside out
  o Metal cleats cannot be worn
  o Hooded sweatshirts cannot be worn
  o Billed hats cannot be worn
  o Billed or knotted headgear cannot be worn without prior approval
  o Rubber bands, bracelets, and other jewelry cannot be worn

Field

• The field is 100 yards long, divided into four 20 yard zones, and two 10 yard end zones.
  o Each zone line (Goal Line, 20yd, 40ys, 20yd, Goal Line) represent the down lines to gain.
• To start the game, after halftime, and after each score, the offense will start possession at the 14 yard line.

Game Play

Start of Game

• The game shall begin with a captain’s meeting and coin toss. The team winning the coin toss may choose to defer their option to the second half or choose from the following two options:
  o Select to play offense or defense first
  o Select which end they would like to defend
  o The team losing the coin toss shall exercise the remaining option.

Timing

• The game shall consist of two 20 minute halves.
• The clock shall stop in the last 2 minutes of the second half. Otherwise, the clock will run continuously barring timeouts.
• Each team is permitted two timeouts per half and one additional timeout during the entire tiebreaker (during playoffs ONLY). Timeouts do NOT carry over.
• Tiebreakers are to only be used in the playoffs. During the regular season, all ties will remain as such.
  o Coin Toss
    ▪ There will only be one coin toss in overtime. If additional overtime periods are played, the captains will alternate choices. The choices are: offense, defense, or direction. All overtime periods are played toward the same goal line.
    ▪ Each team will receive one timeout for the entire overtime. Timeouts not used during regulation will not be carried over.
• Unless moved by penalty, each team will start first and goal from the Team B 10-yard line.
• Each team has four downs (unless there is an automatic first down) to score.
• Try options: one point – 3 yard-line; two points – 10 yard-line; three points – 20-yard line.
• If the score is still tied after one period, play will proceed to a second period or as many as are needed to determine a winner.
• If the defense intercepts a pass or fumble, the ball will be declared dead immediately and the series will be over.

Scoring

• A touchdown is scored when the ball breaks the vertical plane of the opponent’s goal line. A touchdown is worth six points.
• After a team scores a touchdown, they will have the option of trying a one, two, or three point conversion. A try is good when the ball breaks the vertical plane of the opponent’s goal line. Each try will be from the following distances and the captain MUST declare their choice to the referee:
  - Try for one will be from the 3-yard line
  - Try for two will be from the 10-yard line
  - Try for three will be from the 20-yard line
  - If a live ball is recovered by the defense during a try, the ball will be declared dead immediately and the try will be over.
• A safety is scored when the ball becomes dead in a team’s own end zone while they are in possession of the ball or have caused the ball to become dead in their end zone. A safety is also scored when the team in possession of the ball incurs a penalty that leaves the ball on or behind its own goal line. A safety is worth two points.

Mercy Rule

• If a team is 19 (25 for CoRec) or more points ahead with 2 minutes or less remaining, the game shall be over.
• If a team is 50 or more points ahead at halftime or after, the game shall be over.

Ball In Play, Dead Ball, Out of Bounds

• Ball in play:
  o The offense must snap the ball within 25 seconds of the referee sounding the ready for play whistle.
    ▪ Penalty: delay of game, 5 yards.
• A ball is declared dead when:
  o a forward pass strikes the ground or is caught simultaneously by opposing players
  o a backward pass or fumble by a player strikes the ground
  o a runner has a flag belt removed legally by a defensive player
  o a runner is legally touched with one hand between the shoulders and knees, including the hand and arm, once the flag belt is no longer attached.
  o a snap hits the ground.
  o a muff of a kickoff or protected scrimmage kick strikes the ground the passer is deflagged before releasing the ball
- a fumble or backward pass hits the ground. The team in control of the ball prior to the fumble or backward pass will maintain possession, unless it was fourth down and the offense did not reach the goal line to gain.
- the defense secures possession during a try or overtime
- the punt breaks the plane of the receiving team’s goal line

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

**Zone Line-to-Gain, Number of Downs**
- **Zone line-to-gain**
  - Each zone is 20 yards in length.
  - The zone line-to-gain in any series shall be the zone (next field marker) in advance of the ball, unless distance has been lost due to penalty or failure to gain.
  - In such case, the original zone line-to-gain shall be maintained.
  - The most forward point of the ball, when declared dead between the goal lines shall be the determining factor.
- **Number of downs**
  - The offense shall have four downs to reach the zone line-to-gain.

**Kicking the Ball**
- **Punt**
  - The kick must be executed behind the scrimmage line within a reasonable time.
  - Neither team may cross the scrimmage line until the ball is kicked.
  - There are no quick kicks. All punts must be announced to the referee.
  - The receiving team may NOT advance balls kicked into the end zone, it shall be a touchback and place at the receiving team’s 14-yard line.
  - If the punt is blocked by any member of the receiving team behind the kicking team’s scrimmage line and then caught by any member of the kicking team behind their scrimmage line, the kicking team may run and/or throw a pass.
  - No member of the receiving team shall raise/wave his/her arm above his/her head during a punt in attempt to confuse the kicking team.
    - Penalty: unfair act, 10 yards from the end of the kick or run using the all but one principle

**Snapping, Handing and Passing the Ball**
- **The Scrimmage**
  - Snapping - the snap does not have to be between the snapper’s legs. The player receiving the snap must be at least 2 yards behind the scrimmage line.
    - Penalty: illegal snap, 5 yards from the previous spot
  - During the snap, the men’s or women’s offensive team must have at least four players on their scrimmage line within one yard of the scrimmage line.
    - Penalty: illegal formation, 5 yards from the previous spot
  - No player of the offensive team shall make a false start. A false start is any movement simulating the start of a play.
- Penalty: false start, 5 yards from the previous spot
  - Encroachment - After the snapper has touched the ball, it is encroachment for any player to break the plane of his/her scrimmage line, except the snapper's right to be over the ball.
    - Penalty: Encroachment, 5 yards from the previous spot
  - Offensive players are responsible for retrieving the ball after the scrimmage down. The snapper will bring the ball from the huddle to the scrimmage line (first ball spotter-orange).
  - A towel may be placed under the ball, regardless of weather conditions.
  - All offensive players must be motionless for one second preceding the snap. After all players are set, a player moving parallel to or away from the scrimmage line is legal.
    - Penalty: Illegal motion, 5 yards from the previous spot
  - An offensive player that moves/shifts (other than going legally in motion) must stop for one full second before the snap.
    - Penalty: Illegal shift, 5 yards from the previous spot.
  - After the ready for play whistle, an offensive player must momentarily be at least 5 yards inbounds before the snap.
    - Penalty: Illegal formation, 5 yards from the previous spot.
- Handing the Ball
  - Any player may hand the ball forward or backward at any time.
- Forward Pass
  - All players are eligible to touch or catch a pass. Only on legal forward pass per down is allowed.
- A forward pass is illegal:
  - if the passer’s foot is beyond Team A’s scrimmage line (first ball spotter orange) when the ball leaves his/her hand
  - if thrown after team possession has changed during the down
  - if intentionally grounded to save loss of yardage
  - if a passer catches his/her untouched forward or backward pass
  - if it is the second forward pass in that down
    - Penalty: Illegal forward pass, 5 yards, spot of the pass, loss of down, if prior to possession change.
- Interference
  - After the ball is snapped, and until it has been touched, there shall be no offensive pass interference beyond the offensive scrimmage line when the legal forward pass crosses the offensive scrimmage line (orange ball spotter).
    - Penalty: Offensive pass interference, 10 yards, previous spot, loss of down
  - After a legal forward pass is released by the passer and until it is touched, there shall be no defensive pass interference beyond Team A’s scrimmage line while the ball is in flight which crosses the Team A scrimmage line.
    - Penalty: Defensive pass interference, 10 yards, previous spot, automatic first down
  - If opposing players catch a pass simultaneously, the ball becomes dead, is considered a completed pass, and belongs to the offensive team.

Enforcement of Penalties
- Basic Spot
  - Loose ball plays the basic spot of enforcement is the previous spot
- Punt, exclude post scrimmage kick fouls
- Legal forward pass
- Backward pass, including the snap, or fumble made by A-1 from on or behind his/her scrimmage line
  - The run or runs which precedes such legal pass, punt, or fumble
    - Punts (before possession is gained) basic enforcement spot is previous spot (where ball was kicked from).
    - On all running plays the basic enforcement spot is from the end of the run.
    - All fouls are marked off from the basic enforcement spot except an offensive foul behind the basic enforcement spot that becomes a spot foul.
    - Live ball fouls committed by either team after B gains possession during a try or in OT shall be enforced at the succeeding spot.
    - All dead ball fouls are administered separately and in the order of occurrence.
    - Fouls during a scoring play committed by the opponent of the scoring team and there was no change of possession, the scoring team may enforce the penalty on the try or on the 14-yard line after the try.
    - Fouls during a scoring play committed by the opponent of the scoring team with a change of possession and the foul occurred after the change of possession, the scoring team may enforce the penalty on the try or on the 14-yard line after the try.
- Loss of Five Yards
  - Delay of game (dead ball foul)
  - False start (dead ball foul)
  - Encroachment (dead ball foul)
  - Illegal snap (dead ball foul)
  - Offensive player leaving the field on the wrong side (dead ball foul)
  - Illegal procedure
  - Illegal formation
  - Illegal motion
  - Illegal shift
  - Player receiving snap within 2 yards of scrimmage line
  - Illegal forward pass (loss of down, if by Team A)
  - Intentional grounding (loss of down)
  - Illegal substitution
  - Aiding runner by teammates
  - Male advancing ball through the neutral zone (Co-Rec)
  - Two consecutive male-to-male forward pass completions (loss of down) (Co-Rec)
  - Male catches pass and runs beyond scrimmage line (loss of down) (Co-Rec)
  - Required equipment worn illegally
  - Player out-of-bounds when ball is snapped
  - Intentionally throwing a backward pass or fumble out-of-bounds (loss of down)
- Loss of 10 Yards
  - Illegal contact
  - Eligibility lost by going out of bounds and participating in the play
  - Offensive pass interference (loss of down)
  - Defensive pass interference (automatic first down)
  - Stiff arm
  - Flag guarding
  - Illegal flag belt removal
  - Personal foul
o Roughing the passer (automatic first down)
o Illegally secured flag belt on touchdown (Team A - loss of down, Team B – automatic first down and player DQ)
o Illegal participation
o Illegal kicking (treated as a fumble)
o Illegal stripping
o Unsportsmanlike conduct (players, coaches, substitutes, or others)
o Illegal player equipment
o Quick kick
o Spiking, kicking, or throwing ball during dead ball
o Receipt of an unsportsmanlike penalty
o Two or more encroachment fouls during the Interval between downs
o Hurdle any player
o Kick catch interference
o Unfair act
o A nonplayer deflags or interferes with a runner (disqualification and touchdown awarded)

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

Co-Rec Modifications

• A team shall play with a maximum of four females and four males at a time. A minimum of six players is required to begin a game.
• If a female throws, catches, or runs the ball across the goal line for a touchdown, the touchdown shall be worth nine points.
• If a male passer completes a legal forward pass to a male receiver, the next legal forward pass completion must involve either a female passer or a female receiver for positive yards. Any foul, whether accepted or declined, shall have no effect on whether the next legal forward pass completion is "open" or "closed".
  o Open - males are eligible to catch a pass.
  o Closed - male-to-male forward pass completions are illegal. This rule applies to the try.
• If a down is erroneously declared open/closed, Team A may choose the result or replay the down.
• If a team is 25 or more points ahead with 2 minutes or less to play, the game shall be over.

Sportsmanship:

The Intramural Program encourages fair and honorable play between its participants and spectators. Below are the criteria of how teams are graded. If there is an issue of fairness or sportsmanship during your match, contact a member of the Intramural staff and explain the situation.

4 – Excellent Conduct and Sportsmanship- Players cooperate fully with the officials and other team members. The captain calmly converses with officials about rule interpretations and calls. The captain also has full control of his/her teammates, bench, and spectators. Teams that win by forfeit will receive a “4”. Teams that receive 1 verbal warning for use of profanity cannot receive higher than a “3” rating.
3 – Good Conduct and Sportsmanship- Team members verbally complain about some decisions made by the officials and/or show minor dissent, which may or may not merit a yellow card (soccer, volleyball, softball), unsportsmanlike flag (flag football), or technical foul (basketball). Teams that receive 1 yellow card (soccer, volleyball, softball), unsportsmanlike flag (flag football), or technical foul (basketball) cannot receive higher than a “3” rating.

2 – Average Conduct and Sportsmanship- Team shows verbal dissent towards officials and/or the opposing team, which may or may not merit a yellow card (soccer, volleyball, softball), unsportsmanlike flag (flag football), or technical foul (basketball). Captain exhibits minor control over his/her teammates, bench, and spectators, but is in control with himself/herself. Teams receiving multiple yellow cards (soccer, volleyball, softball), unsportsmanlike flags (flag football), or technical fouls (basketball) cannot receive higher than a “2” rating.

1 – Below Average Conduct and Sportsmanship- Team consistently comments to the officials and/or the opposing team from the field and/or sidelines. The team captain exhibits little or no control over teammates, bench, spectators, and/or himself/herself. A team which receives one red card (soccer, volleyball, softball) or an ejection (flag football, basketball) cannot receive higher than a “1” rating.

0 – Poor Conduct and Sportsmanship- Team is completely uncooperative. Captain has no control over teammates, bench, spectators, and/or himself/herself. Any team causing a game to be forfeited, other than by not showing, or receives multiple ejections will receive a “0” rating.

Forfeit Policy:

A team does not have the minimum number required to play at game time (Exception: the opposing team grants a 10 minute grace period). A forfeit of this nature will count as a loss and result in an automatic 3 for Sportsmanship. Teams will be allowed 2 forfeits per season (after 1 forfeit a team is no longer eligible for playoffs). A team will be removed from the league once the second forfeit is received.

Teams must be signed in and ready to play at the time of the scheduled contest to avoid penalties. Therefore, it is suggested that teams arrive at least 15 minutes before game time to allow for parking, signing in, and warming up.

If neither team is present and ready to play, a double forfeit will be issued. If one team has at least the minimum number to play, they will have the option of taking the win or allowing up to a 10 minute grace period for the other team to arrive. The play clock will begin at game time. After 10 minutes, a forfeit will be declared if both teams are not ready to play. The following penalties will be assessed for failure to start the game on time.

The final score listed below will be awarded if the game results in a forfeit at the end of 10 minutes. The other 2 columns are awarded to the “ready” team if second team arrives within the designated time frame and play commences.

<table>
<thead>
<tr>
<th>Sport</th>
<th>Within 5 minutes of game time</th>
<th>5-10 minutes after game time</th>
<th>Final Forfeit Score</th>
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<tbody>
<tr>
<td>7 on 7 Flag Football</td>
<td>6pt touchdown and 1 pt conversion; ball at midfield*</td>
<td>Additional 6pt touchdown and 1 pt conversion</td>
<td>14-0</td>
</tr>
</tbody>
</table>

*Also get choice of options in 2nd half

Note: If a team takes the win by forfeit, without allowing the grace period, the final score will be recorded as listed above and 4 for sportsmanship.