

## INTRAMURAL FOOTBALL RULES

NCAA rules will govern play unless modified or changed for the purpose of intramural play.

**The intramural program is not responsible for injuries that may occur during intramural participation. Players are urged to obtain accident insurance. Please have all players read the note concerning injury and the intramural program on the scoresheet prior to each contest.**

1. TEAM - MEN'S and WOMEN'S need 7 players to start a game - 6 will be allowed - never 5  
COED must have 8 players (4 men, 4 women) - 6 and 7 will be allowed - never 5

**EACH TEAM MUST SUPPLY SOMEONE TO HANDLE THE DOWN MARKER - IF YOU DO NOT HAVE ENOUGH YOU MAY HAVE TO FORFEIT.**

2. FIELD - 100 yards long, 40 yards wide, has two 10-yard end zones and is marked by 20 yard first down lines.

3. TIME - There will be two halves of 17 minutes each. RUNNING clock will be used except in the **last 30 seconds of each half**. Then the clock will stop on all dead balls (a team has 30 seconds to put the ball in play from when the ball is spotted). **PENALTY - LOSS OF DOWN (EXCEPT ON EXTRA POINTS AND FIELD GOALS WHERE IT WILL BE 5 YDS)**

- **Any stalling tactics used in the last 2 minutes of the game deemed to be abuse of the rules will result in a loss of down penalty.**

Each team gets one time-out per half

Note on Kicks: clock does not start until the ball leaves kicker's foot

4. START OF GAME - Winner of the coin toss decides possession. The 2nd half start will be reversed. Play is started by placing the ball on the **20-yard line each half & after each score**. No kickoffs.

5. SCRIMMAGE PLAYS - The following are dead ball fouls, which are **called immediately**.

- A) All offensive players must come from the huddle to be eligible to partake in that offensive play. There must be a huddle prior to all offensive plays - if you run a hurry-up offense you still must all meet at the line of scrimmage for a brief second. **PENALTY-ILLEGAL PROCEDURE: 5 YARDS**
- B) OFFENSIVE team cannot move after set except for one player in motion. **PENALTY - ILLEGAL PROCEDURE: 5 YARDS**
- C) If either offense or defense enter the neutral zone after team is set. Neutral zone is an area 1-yard between the offensive and defensive lines. **PENALTY - OFF SIDES: 5 YARDS**

6. 1st DOWNS - A team has 4 downs to advanced the ball beyond the first down line (there are 3). First downs are recorded and used to determine the winner if the game is tied.

### 7. DEAD BALL

- A. Removal of the flag belt ends the down (if belt is off the runner one hand touch will end the down). Help the official by holding the belt over your head. **UNNECESSARY ROUGHNESS (tackling, etc..) will result in a 15 YARD PENALTY (from spot) or TOUCHDOWN if the runner had a clear path to the goal.**
- B. When part of the body other than hands or feet touch the ground, the ball becomes dead and you are considered down at the spot where your knees touch the ground.
- C. During an extra point attempt the defending team gains possession of the ball, It is dead.

- D. **FUMBLE** - Ball becomes dead at THE POINT WHERE IT TOUCHES THE GROUND. A ball fumbled FORWARD will be put into play at the POINT IT WAS FUMBLED. All fumbled balls remain in the possession of the team that has fumbled (except on an unsuccessful 4th down attempt). Either team may advance any fumble caught in the air. An incomplete lateral is treated as a fumble and is dead at the spot where it touched the ground.

8. CENTER SNAP - A center snap that hits the ground is treated as a fumble.

On a punt or field goal if the snap touches the ground it will NOT be treated as a fumble and may still be kicked. Since there is no rushing on any kicks the following applies: If ball is snapped before 30 second clock expires the kicking team has the balance of the 30 second clock to kick if the ball is snapped just as the 30 second clock expires the play continues as normal.

#### 9. ADVANCING THE BALL

- A. **PASSING (MEN'S & WOMEN'S)** - All forward passes must be thrown from behind the line of scrimmage. All players on offense are eligible receivers. Direction of the ball, not the method of throwing, determines lateral (parallel or behind thrower) and forward pass.  
**PENALTY - 5 yards and loss of down (from line of scrimmage)**
- B. **COED PASSING** - 1. MALE TO MALE completed pass only once in a series of downs. 2. FEMALE TO FEMALE OR MALE anytime. 3. MALE TO FEMALE anytime.  
**PENALTY - 5 yards and loss of down (from line of scrimmage)**
- C. **RUNNING (MEN'S & WOMEN'S)** - Anybody, anytime.
- D. **RUNNING (COED)** - FEMALE anytime. MALE only on completed pass and interception (NOT from behind the line of scrimmage unless a completed forward pass and NOT on a punt return). **PENALTY - 5 yards and loss of down (from line of scrimmage)**
- E. There will no center sneaks – all hand-offs must be the result of a clean transfer from one player to another.  
**PENALTY - 5 yards and loss of down (from line of scrimmage)**
- F. You may dive or jump to gain yardage as long as you are not diving or jumping over other players (judgement will be made if someone has slipped and fell in your path) If you do jump or dive to gain yardage and your flag is pulled while in flight, you are down at the spot where the flag was pulled. **PENALTY - 5 yards and loss of down (from spot)**

- **Goal line stands:** There will be no quarterback sneaks allowed on goal line stands or if a team is a yard or two from a first down. This is not legal because it involves a type of down field blocking, which is illegal. This also involves jumping over other players or going through them.

#### 10. PUNTING

- A. Kicking team must announce intention to punt and receiving team must have 4 players on line of scrimmage. NO ONE MAY MOVE until ball is kicked. Kicker must kick ball within 30 seconds of ball being put into play. A punt which touches the ground may be picked up and advanced, however, once the ball is touched it becomes dead the next time it touches the ground. **PENALTY – 5 yards**
- B. **COED RECEIVING PUNT** - Male may catch the kick but MAY NOT advance the ball forward. **PENALTY - 5 yards and loss of down (from spot)**

11. FIELD GOALS - Kicking team must announce intentions. No one may cross the scrimmage line. The kick may not be teed up in any manner and the kick must be made directly behind where the ball was put in play. Defense may not employ the assistance of another to block the ball. **PENALTY - UNSPORTSMAN-LIKE CONDUCT - 10 YARDS.**

An unsuccessful field goal will return to the 20 yard line or if scrimmage line was beyond the 20 yard line to that spot. An unsuccessful field goal attempt that is touched or blocked, if caught in the air may be advanced by either team. If it touches the ground or goes out of bounds the ball is put in play at the spot it touched the ground or went out of bounds in possession of the receiving team.

NOTE: Since we will only have field posts at one end of the field if the team which is to attempt a field goal or extra point is going in the wrong direction the clock will be stopped long enough for the officials to re-spot the ball.

12. INADVERTENT WHISTLE - When a whistle blows while the ball is live, the offended team has an option of taking the ball at the spot where the whistle blew or taking the play over.

13. BLOCKING - The only blocking permitted is on the line in pass protection with the HANDS EXTENDED. The hands must be in advance of the elbows and the hands must be within the framework of the blocker. You may NOT push with the hands, hold with the hands. Illegal blocking will be called if hands are clenched, hands are against the chest, block is made when the shoulder or elbows are in advance of the hands. **PENALTY - 10 YARDS FROM LINE OF SCRIMMAGE**

Downfield blocking is NOT PERMITTED. You may only set a screen similar to basketball. **PENALTY - 10 YARDS (from spot)**

14. DEFENSIVE RUSHING - An attempt must be made to go around the blocker not through the blocker. You may not push, shove, throw forearms, knock arms away, or throw blockers to the ground. **PENALTY - 10 YARDS**

15. SCORING - Touchdown - 6 points	EXTRA POINTS
Safety - 2 points	Kick - 1 point
Field Goal – 3 points	Run or Pass - 2 points

16. BREAKING TIES - **If the score is tied the team with the most first downs will be the winner except during semi-finals and finals where there will be a sudden death.**

#### 17. OVERTIME

A. A coin toss will determine who gets the ball first. Ball is placed on the 40 yard line. Team A has 4 downs to advance the ball into B's territory. At the end of A's downs team B then has 4 downs to advance the ball back to the 40 yard line and into A's territory (Team B does not have to complete their 4 downs).

1. You may score a touchdown and extra point. The ball is then returned to the 40 yard line where you continue until your 4 downs are used up. Then team B has it's series of downs. To win they must equal A's score and advance the ball as far.

2. You may not punt or call a time-out in overtime.

3. A team which intercepts a pass has the option of accepting the interception or having the ball be treated as an incomplete pass, in which case the ball is returned to the original line of scrimmage. If you accept an interception you must advance the ball back past the 40 yard line.

## 18. OTHER PENALTIES

- A. LOSS OF 5 YARDS – all from line of scrimmage
  - 1. Too many players on field
  - 2. Illegal substitution
  - 3. Concealing a flag
- B. LOSS OF 5 YARDS AND DOWN
  - 1. Intentional grounding - from the spot
  - 2. Illegal forward pass - from the spot
- C. LOSS OF 15 YARDS
  - 1. Unnecessary roughness - may result in expulsion from game - from spot
  - 2. Unsportsmanlike conduct - may result in expulsion from game
- D. LOSS OF 10 YARDS
  - 1. Stiff arming - from spot
  - 2. Flag guarding - knocking defenders hands away – from spot
- E. LOSS OF 10 YARDS AND LOSS OF DOWN
  - 1. Offensive pass interference – from line of scrimmage
  - 2. Tucking in flags (reinforcing them) – from line of scrimmage
- F. AUTOMATIC FIRST DOWN
  - 1. Roughing the passer - plus 10 yards from line of scrimmage
  - 2. Defensive pass interference - 10 yards from line of scrimmage - at spot if it is within 10 yards from the line of scrimmage.
  - 3. Illegal contact – “chucking” receivers – 5 yards from the line of scrimmage

19. EQUIPMENT - NO METAL OR SCREW IN CLEATS ALLOWED. Molded cleats are allowed. No device protective or otherwise that may cause injury may be worn. Flags will be worn by all players outside of all garments. Flags may not be concealed.

Sweatshirts with hoods are not allowed. Shirts must be long enough so that flags stay wrapped around the outside of the shirt and mouth pieces are recommended.

20. Rules not appearing may still be enforced. IM director reserves the right to modify playing rules for the better safety or play of this football tournament.

ELIGIBILITY - Men and women may play for only one team in their respective leagues and one team in the coed league.

PROTESTS - Only those protests regarding player eligibility will be considered by the IM Office. These must be submitted in writing by 4:00 pm the next working day.

Questions which arise on the field concerning rule interpretations, officiating procedures, etc...will be decided immediately by the Intramural Supervisor on duty. The decision of the Intramural Supervisor is final.

If a team captain has a protest they should IMMEDIATELY request that a Supervisor be consulted. The protest must be made known before anything else occurs. If another down is played the protest becomes invalid.

RAINOUTS - Will be decided by 3:00 pm of the day in question. Fri and Sun nights will be used as rain days.