

INTRAMURAL 4-on-4 FLAG FOOTBALL RULES

Except as designated below, any rules or play interpretations not discussed below will be covered by National Intramural-Recreational Sports Association Flag & Touch Football Rules Book and Official's Manual.

Refer to the Intramural Sports Handbook for further information outlining the SDSU Intramural Sports Program.

Rule Differences:

Penalties:

All 10 yard penalties will now be 5 yards, and all 5 yard penalties will be 3 yards.

The passer has **5** seconds to release the ball. If not, the play is dead, and a loss of down occurs from the previous spot.

Team Rosters:

Rosters are limited to 25 individuals. Teams may add players up to the point that (1) the roster limit has been reached or (2) until the roster addition deadline has passed. A player must have played in at least one regular-season game to be eligible for the post-season playoff tournament.

RULE 1 THE GAME, FIELD, PLAYERS AND EQUIPMENT

SEC. 1 General Provisions

Art. 1 **Number of Players**

The game shall be played between 2 teams of 4 players each. Three players are required to avoid a forfeit. There is no limit to the number of players that may play on one team but players may only participate on one team. Game time is forfeit time.

Art. 2 **ARC Membership**

Prior to ALL games, players must sign an assumption of risk form. This form is located on the reverse of the scoresheet. The Team Captain is responsible for monitoring the completion of his/her team's risk form. No player may participate in any Intramural contest with out prior purchase of an Aztec Recreation Center Membership or Day Use Pass.

ALL PARTICIPANTS MUST PRESENT A PICTURE I.D. BEFORE PARTICIPATING. NO EXCEPTIONS. NO I.D., NO PLAY!

Art. 3 **Team Roster**

Team Managers must submit a roster online at <http://arc.sdsu.edu/intramurals> prior to the mandatory managers meeting. Additions to the roster for a given week's game must be

made 48 hours prior to the game. All players must participate in at least one regular season game to be eligible for playoffs.

Art. 4

Team Captains

Each team shall designate to the Referee the Team Captain or Captains. If more than one player is designated, a speaking captain must be selected to make all decisions. The Captain's first choice of any penalty option shall be irrevocable. Decisions involving penalties shall be made before any charged time-out is granted to either team.

The Team Manager and/or Captain is responsible for all information contained in the Flag Football Rules and Intramural Sports Handbook.

Art. 5

Persons Subject to the Rules

Team representatives, including players, substitutes, replaced players, coaches, trainers, spectators and other persons affiliated with the team are subject to the rules of the game and shall be governed by decisions of Officials assigned to the game.

SEC. 2

The Field

Art. 1

Initial Ball Spot

To start the game and second half the ball will be placed on the 10 yard line. There will be no free kicks.

Art. 2

Zone Markings

The field shall be a rectangular area 60 yards by 30 yards.

Art. 3

Team Area

On each side of the field a team area is designated for teams, coaches and authorized team attendants. All players, coaches and fans shall stay between the 20-yard line at all times. Repeated violations of this rule will result in an unsportsmanlike conduct penalty.

SEC. 3

Game Equipment

Art. 1

The Ball

The official ball shall be pebble-grained leather or rubber covered and meet the recommendations of size and shape for a regulation football. There are no requirements regarding ball pressure and markings. The game ball will be provided by the Intramural staff.

Art. 2

Ball Spotters

Two soft and pliable ball spotters will be used during play. One, orange in color, will be mark the offensive scrimmage line. The second, gold in color, will mark the defensive scrimmage line. The ball spotters will always be 1 yard apart.

SEC. 4

Player Equipment

Art. 1

Jersey

Each team shall wear shirts or jerseys with or without numbers that are of the same color. Players of opposing teams must wear contrasting colored jerseys or shirts. Jerseys must be either (A) long enough so they remain tucked in the pants/shorts during the entire

down or (B) short enough so there is a minimum of 4” from the bottom of the jersey to the players waistline. The Referee will use a fist to measure the distance between the waistline and the bottom of the jersey.

Art. 2

Pants/Shorts

Each player must wear pants or shorts without and belt(s), belt loop(s), pocket(s) or exposed drawstrings. The pants or shorts must be a different color than the flags.

Art. 3

Flag Belt

Each player must wear a one-piece belt, without any knots at the waistband, with three flags permanently attached, one flag on each side and one on the center of the back.

Art. 4

Shoes

All players must wear shoes, either soft-soled soccer/football-type cleats, tennis or turf shoes. All cleats must not exceed ½ inch in length. No screw-in cleats are allowed, unless declared safe by Intramural Staff.

Art. 5

Headwear

Players may wear the Navy Watch-Style knit or stocking cap or a headband no wider than 2 inches and made of non-abrasive unadorned single-colored cloth, elastic, fiber, soft leather or rubber. Rubber or cloth elastic bands may be used to control hair.

SEC. 5

Illegal Equipment

Art. 1

Illegal Equipment

A player wearing illegal equipment shall not be permitted to play. This applies to any equipment, which in the opinion of the Referee, is dangerous or confusing. Types of equipment or substances which shall always be declared illegal include:

- (A) Headwear containing any hard, unyielding, stiff material, including billed hats, or items containing exposed knots, such as bandannas.
- (B) Jewelry.
- (C) Pads or braces worn above the waist.
- (D) Shoes with metal, ceramic, screw-in or detachable cleats.
- (E) Shirts, jerseys, or sweatshirts which do not remain tucked in. Any hood on a coat or sweatshirt. Tear-away jerseys or any jerseys that have been altered in any manner which produces a knot-like protrusion or creates a tear-away jersey.
- (F) Pants or shorts with any belt(s), belt loop(s), pocket(s) or exposed drawstrings.
- (G) Leg and knee braces made of hard, unyielding material, unless covered on both sides and all edges overlapped, and any other hard substance unless covered with at least ½ inch of closed cell slow recovery rubber or other material of similar thickness and physical properties.
- (H) Any slippery or sticky substance on any equipment or exposed part of the body.
- (I) Towels attached at the player’s waist.

RULE 2

DEFINITIONS OF PLAYING TERMS

SEC.1

Batting, Fumble, Muff

Art. 1

Batting

Batting is intentionally slapping or striking the ball with the hand or arm.

Art. 2

Fumble

A fumble is a loss of player possession other than by handing, passing, or kicking the ball.

Art. 3

Muff

A muff is an unsuccessful attempt to catch a ball, the ball being touched in the attempt.

SEC. 2

Clipping

Art. 1

Clipping

Clipping is running or diving into the back, or throwing or dropping the body across the back of the leg or legs of an opponent or pushing an opponent in the back.

SEC. 3

Encroachment

Art. 1

Encroachment

Encroachment is a term to indicate a player is illegally in the neutral zone. 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.

SEC. 4

Fighting

Art. 1

Fighting

Fighting is an attempt by any player or non-player to strike or engage an opponent in a combative manner unrelated to football. Such acts include, but are not limited to: attempts to strike an opponent(s) with the arm(s), hand(s), leg(s) or foot(feet), whether or not there is contact.

SEC. 5

Hurdling

Art. 1

Hurdling

Hurdling is an attempt by a player to jump with one or both feet or knees foremost over an opponent who is contacting the ground with no part of his/her body, except one or both feet.

SEC. 6

Removing the Flag Belt

Art. 1

Flag Belt Removal

When the flag belt is clearly taken from the runner in possession of the ball the down shall end and the ball is declared dead. A player who removes the flag belt from the runner should immediately hold the flag above his/her head to assist in locating the spot where the capture occurred. If a flag belt inadvertently falls to the ground, a one-hand tag between the shoulders and knees constitutes capture. A player may leave his/her feet to remove the flag belt.

Art. 2

Contact

In an attempt to remove the flag belt from a runner, defensive players may contact the body and shoulders, but not the face, neck or any part of the head of an opponent with

their hands. A defensive player may not hold, push or knock the runner down in an attempt to remove the flag belt.

SEC. 7 **Screen Blocking**

Art. 1 **Screen Blocking**

Screen blocking is legally obstructing an opponent without using any part of the body to initiate contact with him/her.

SEC. 8 **Scrimmage Line**

Art. 1 **Scrimmage Line**

An offensive player is on his/her scrimmage line when facing his/her opponent's goal line with his/her head or foot breaking the plane of an imaginary line drawn through the waistline of the snapper and parallel to the scrimmage line. The snapper is a line player.

An offensive runner cannot advance the ball through the offensive scrimmage line.

RULE 3 **PERIODS, TIME FACTORS, SUBSTITUTIONS**

SEC. 1 **The Start of Each Period**

Art. 1 **Coin Toss**

Each half shall start with a kickoff. The Captain winning the toss shall have the choice of options for the first half or defer their option to the second half. The options for each half shall be:

- (A) To choose whether his/her team will receive.
- (B) To choose the goal his/her team will defend.
- (C) The Captain, not having the first choice of options for a half, shall exercise the remaining option.

Art. 2 **Forfeit Time**

Game time is forfeit time.

SEC. 2 **Game Time**

Art. 1 **Playing Time and Intermissions**

Playing time shall consist of two running-clock halves and a game-ending 10-play series. The first half shall be 20 minutes and the second half 15 minutes, followed by a 10 play series. Halftime shall be 3 minutes. Time may be added to either half at the discretion of the Referee if injuries or other situations arise that in his/her judgement cost significant game time to elapse. If the score is tied after the two halves and 10-play series, no overtime shall be played, except in play-offs.

Art. 2 **10-Play Series**

The game-ending 10-play series shall be conducted in the following manner:

- (A) The Referee will announce to both teams the end of the 15-minute second half and beginning of the 10-play series.

- (B) The game shall continue with no interruption other than the Referee's notification that 10-plays remain. The team in possession shall retain possession of the ball and continue under normal rules.
- (C) Extra points and downs on which a non-loss of down penalty is accepted are not counted towards the 10-play total.
- (D) In the event the Referee misses the 15-minute mark, the 10-play series shall begin as soon as the error is discovered.

SEC. 3 **Mercy Rule**

Art. 1 **Mercy Rule**

If at the time 15 minutes of the second half have elapsed or any time after the 10-play series has begun any of the following occur, the mercy rule will be enforced and the games shall end:

- (A) Open, Men's or Women's leagues-if a team is 17 or more points ahead.
- (B) CO-REC leagues-If a team is 23 or more points ahead.

SEC. 4. **Overtime**

Art. 1 **Pre-toss**

In case of a game ending in a tie score, the Officials must bring all players and coaches of both teams to the center of the field. They will discuss the tie-breaker procedures and answer all questions prior to the coin toss. After this meeting the field Captains will stay while the remaining players and coaches return to their respective sidelines.

Art. 2 **The Coin Toss**

The Referee as in the start of the game will flip a coin. The home team Captain shall call the toss. There will be only one coin flip during the overtime. If additional overtime periods are played, field Captains will alternate choices. The winner of the toss shall be given options of offense, defense, or direction. The loser of the toss shall make the choice of the remaining options. All overtime periods are played towards the same goal line.

Art. 3 **Tie Breaker**

Each team will attempt to score by passing from either the 3-yard line for 1 point, the 10-yard line for 2 points, or the 20-yard line for 3 points. If additional overtime periods are needed, teams will alternate overtime choices.

Art. 4 **Fouls and Penalties**

They are administered similar to the regular game.

SEC. 5 **Time-Outs**

Art. 1 **Length of Time-Outs**

Each team is allowed one 30-second time-out per half, one 30-second time-out during the 10-play series, and one 30-second time-out during each overtime period, if applicable. Time-outs do not carryover from 1st half to 2nd half to the 10-play series to overtime. Timeouts may be called by either team at any time while the ball is dead as long as that team has timeouts remaining. The clock stops during all time-outs.

SEC. 6 **Delays**

Art. 1 **Unfair Tactics**

The referee may order the game clock started or stopped whenever, in his/her opinion, either team is trying to conserve or consume playing time by tactics obviously unfair.

RULE 4 **BALL IN PLAY, DEAD BALL, OUT-OF-BOUNDS**

SEC. 1 **Ball in Play – Dead Ball**

Art. 1 **Dead Ball Becomes Alive**

A dead ball, after having been declared ready for play, becomes a live ball when it is snapped or free kicked legally.

Art. 2 **Ball Declared Dead**

A live ball becomes dead and an official shall sound the whistle or declare it dead when:

- (A) it goes out of bounds
- (B) any part of the runner other than the hands or feet touches the ground
- (C) the ball strikes the ground following a first touching
- (D) the player of the kicking team catches a free kick or any muffed free kick or a protected scrimmage kick which is beyond the neutral zone
- (E) a forward pass touches the ground or is caught simultaneously by opposing players
- (F) a backward pass or fumble by a player strikes the ground or is caught simultaneously by opposing players. A ball snapped from scrimmage, which hits the ground before or after getting to the intended receiver, is dead at the spot where it hits the ground.
- (G) a runner is legally tagged with one hand between the shoulders and the knees, including the hand and arm, once the flag belt is no longer attached
- (H) a muff of a free protected scrimmage kick strikes the ground

SEC. 2 **Out-of-Bounds**

Art. 1 **Player Out-of-bounds**

A player or non-player is out-of-bounds when any part of him/her touches anything, other than another player or a game official who is on or outside the sideline or endline.

RULE 5 **SERIES OF DOWNS, NUMBER OF DOWN AND TEAM POSSESSION AFTER PENALTY**

SEC. 1 **A Series**

Art. 1 **Series of Downs**

A team, in possession of the ball, shall have 3 consecutive downs to advance to the next zone by scrimmage. Any down may be repeated or lost if provided by the Rules.

Art. 2 **Zone Line-to-Gain**

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 cases, 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.

SEC. 2 **Down and Possession After A Penalty**

Art. 1 **Series of Downs**

After a penalty which leaves the ball in possession of a team beyond its zone line-to-gain, or when a penalty stipulates a 1st down, the down and distance established by that penalty shall be 1st down with the next zone line-to-gain.

Art. 2 **Foul Before Change of Team Possession**

Following a distance penalty between the goal lines which occurs during a down and before any change of team possession during that down, the ball belongs to the offense. The down shall be repeated unless the penalty also involves a loss of down, or leaves the ball on or beyond the zone line-to-gain. If the penalty involves a loss of down, the down shall count as one of the 3 in that series.

Art. 3 **Foul After Change of Team Possession**

Following a distance penalty for a foul committed during a down and after team possession has changed during that down, the ball belongs to the team in possession when the foul occurred. The down and distance established by that penalty shall be 1st down with zone line-to-gain.

RULE 6 **SNAPPING, HANDLING, AND PASSING THE BALL**

SEC. 1 **The Scrimmage**

Art. 1 **The Snap**

The snapper shall pass the ball back from its position on the ground with a quick and continuous motion of the hands. They do not have to pass the ball between the legs.

Art. 2 **Ball Responsibility**

Offensive players are responsible for retrieving the ball after a scrimmage down. The snapper will bring it from the huddle to the scrimmage line. A towel may be placed under the ball.

Art. 3 **Stances**

Players must use a 2 point stance. Players may NOT use a 3 or 4 point stance.

SEC. 2 **Prior to the Snap**

Art. 1 **Encroachment**

No player on defense may encroach, touch the ball, nor may any player contact opponents in any other way interfere with them. This includes standing in the neutral zone to give defensive signals, or shifting through the zone. After the snapper has placed his/her hands on the ball, it is encroachment for any player to break the scrimmage line plane, except for the snapper's right to be over the ball. Since there is no running on offense, there is no reason for the defense to cross the line of scrimmage during play.

During the interval between scrimmage downs when the defensive team commits two or more consecutive encroachment fouls, the penalty will be 5 yards for the second encroachment foul.

Art. 2

False Start

No offensive player shall make a false start. A false start includes simulating a charge or start of play. An infraction of this rule may be penalized whether or not the ball is snapped and the penalty for any resultant encroachment shall be cancelled.

Art. 3

The Snap

The snapper, after assuming position for the snap and adjusting the ball, may neither move nor change the position of the ball in a manner simulating the beginning of the play until it is snapped. When over the ball, the snapper shall have his/her feet behind the scrimmage line.

SEC. 3

Position and Action During the Snap

Art. 1

Legal Position

Anytime at or after the ball is ready for play, each offensive team player must momentarily be within 15 yards of the ball before the snap.

Art. 2

Motion

One offensive player may be in motion, but not in motion toward the opponent's goal line at the snap. Other offensive players must be stationary in their positions without movement of the feet, body, head, or arms.

Art. 3

No Direct Snap

The player who receives the snap must be at least 2 yards behind the offensive scrimmage line. Direct snaps are illegal.

Art. 4

Shift

In a snap preceded by a huddle or shift, all offensive players must come to a complete stop and be stationary in legal position without movement of feet, body, head or arms for at least one full second before the snap.

SEC. 4

Backward Pass and Fumble

Art. 1

Anytime

A runner may pass the ball backward or lose player possession by a fumble anytime except if intentionally thrown out-of-bounds to conserve time.

Art. 2

Simultaneous Catching by Opposing Players

If a backward pass or fumble is caught simultaneously by members of opposing teams, the ball becomes dead at the spot of the catch and belongs to the offensive team.

Art. 3

Ball Dead When it Hits Ground

A backward pass or fumble which touches the ground between the goal lines is dead at the spot where it touches the ground and belongs to the team last in possession unless lost on downs.

SEC. 5 **Legal and Illegal Forward Pass**

Art. 1 **Passer**

To gain yardage, there must be a legal forward pass each down. The person receiving the ball must be beyond the offensive line of scrimmage. The passer has 5 seconds to release the ball. If not, the play is dead, and a loss of down occurs from the previous spot.

Art. 2 **Legal Forward Pass**

All players are eligible to touch or catch a pass. During a scrimmage down and before team possession has changed, a forward pass may be thrown provided the passer's feet are behind the offensive scrimmage line when the ball leaves the passer's hand.

Art. 3 **Illegal Forward Pass**

A forward pass is illegal if the passer's feet are beyond the offensive scrimmage line when the ball leaves his/her hand or if intentionally thrown to the ground or out-of-bounds to save a loss of yardage.

SEC. 6 **Forward Pass Interference**

Art. 1 **Contact**

During a down in which a legal forward pass crosses the offensive scrimmage line, contact which interferes with an eligible receiver who is beyond the offensive scrimmage line is pass interference unless it occurs when 2 or more eligible receivers make a simultaneous and bona fide attempt to reach, catch or bat a pass. It is also pass interference if an eligible receiver is deflagged/tagged prior to touching the ball on a pass thrown beyond the offensive scrimmage line.

Art. 2 **Offensive Pass Interference**

After the ball is snapped, and until it has been touched by a receiver, there shall be no offensive pass interference by a receiver beyond the offensive scrimmage line.

Art. 3 **Defensive Pass Interference**

After the pass is thrown, and until it is touched, there shall be no defensive pass interference beyond the offensive scrimmage line while the ball is in flight. If the pass interference by either player is intentional or unsportsmanlike, his/her team shall be penalized an additional five yards.

RULE 7 **SCORING PLAYS AND TOUCHBACK**

SEC. 1 **Mercy Rule**

Art. 1 **10-Play Series**

If a team is 17 or more points ahead when the referee announces the 10-play series at the end of the 12 minute second half, the game shall be over.

Art. 2

After 10-Play Series

If a team scores during the 10-play series and that score creates a point differential of 17 or more points, the game shall end at that point.

SEC. 2

Touchdown = 6 Points

Art. 1

Touchdown Value

All touchdowns are 6 points

Art. 2

Player Responsibility

The player scoring the touchdown must raise his/her arms so the nearest official can deflag the player. If the player is not deflagged with one pull and the official determines the flag belt has been secured illegally, the touchdown is not allowed. The player is disqualified.

SEC. 3

Try = 1, 2, or 3 Points

Art. 1

1, 2, or 3 points

An opportunity to score 1 point from the 3-yard line, 2 points from the 10-yard line, or 3 points from the 20-yard line by running or passing only shall be granted to the team scoring a touchdown.

Art. 2

Referee's Responsibility and Defense Scores 2 Points

The Referee must speak to the field captain only, asking him/her whether the try shall be from the 3, 10, or 20-yard line. Once the offensive captain makes a choice, he/she may change the decision only when charged with a time-out. Enforcement of yardage penalties does not change the value of a try. If the defensive team intercepts a pass and returns it for a touchdown, they score 3 points.

Art. 3

Next Play

After a try, the ball shall be snapped by the opponent of the scoring team at their own 10-yard line unless moved by penalty.

SEC. 4

Momentum, Safety, and Touchback

Art. 1

Momentum

When a defensive player intercepts a forward pass or catches a legal kick between his/her 5-yard line and the goal line and his/her original momentum carries him or her into the endzone where the ball is declared dead in his/her team's possession behind the goal line, the ball belongs to the defensive team at the spot where possession was gained. This is known as the momentum rule.

Art. 2

Safety

When a safety is scored, the ball belongs to the scoring team at their own 10-yard line. There is no free kick after a safety.

Art. 3

Touchback

After a touchback, the team whose goal line is involved shall put the ball in play at their own 10-yard line.

RULE 8 CONDUCT OF PLAYERS AND OTHERS

SEC. 1 Unsportsmanlike Conduct

Art. 1 **Noncontact Player Acts**

No player shall commit noncontact unsportsmanlike acts during a period or intermission. Examples include, but are not limited to:

- A. Using disconcerting acts, words or signals prior to the snap in an attempt to interfere with the offensive team's signals
- B. Intentionally kicking at a player (automatic disqualification)
- C. Intentionally swinging an arm, hand or fist at a player (automatic disqualification)
- D. Tackling the ball carrier (automatic disqualification)

Art. 2 **Dead Ball Player Fouls**

When the ball becomes dead in possession of a player, he/she shall not:

- A. Intentionally kick the ball
- B. Spike the ball into the ground
- C. Throw the ball high into the air
- D. Fail to return the ball to the huddle

Art. 3 **Prohibited Acts**

There shall be no unsportsmanlike conduct by players, substitutes, coaches, or others subject to the rules. Examples include, but are not limited to:

- A. Attempting to influence the decision of a game official.
- B. Disrespectfully addressing an official.
- C. Indicating objections to an official's decision.
- D. Using profanity, taunting, insulting or vulgar language or gestures.
- E. Intentionally contacting a game official physically (automatic disqualification)
- F. Fighting (automatic disqualification)
- G. Leaving the team area and entering playing area during a fight (automatic disqualification)

Art. 4 **Second Unsportsmanlike Foul**

The second unsportsmanlike foul by the same player or nonplayer results in an ejection.

Art. 5 **Sportsmanship Ratings**

In order for a team to advance into the playoffs, it must receive an average or better sportsmanship rating during the regular season. Sportsmanship ratings will be based on the following criteria and are given after each Intramural contest:

5 points: Team displays excellent sportsmanship while treating opponent with respect. Players demonstrate excellent sportsmanship at all times. Team respects Intramural Sports Officials and Supervisors and accepts their decisions without gesture or argument. Maintains an attitude of complete cooperation with staff. Players always display self-control.

4 points: Team displays good sportsmanship. Team plays hard but within the rules. Team respects Intramural Sports Staff and generally accepts their decisions without

gesture or argument. Mostly cooperative with game Officials and opponent. Team Captain able to control his/her players.

3 points: Team competes without incident; wins without boasting, loses without excuses, and does not display any poor conduct. Neither cooperative nor disruptive towards staff. Team Captain unable to control all players on his/her team.

2 points: Team has a player or coach who is ejected for abusive language or remarks. There is persistent questioning of game Officials' judgment in the game and/or repeated arguing. Spectators, clearly related to the team, fail to cooperate with the Intramural Sports Staff.

1 point: Team has a representative (player or coach) who is ejected for fighting. Players are so antagonistic that the game cannot be played with proper order and control. Representatives of the team display uncooperative nature to Intramural Sports Staff. Players disregard warnings of unnecessary roughness by game Officials.

SEC. 2 **Unfair Acts**

Art. 1 **Unfair Acts**

No player, coach, or others subject to the rules shall use disconcerting words or phrases or commit any act not in accordance with the spirit of fair play for the purposes of confusing the opponent.

SEC. 3 **Personal Fouls**

Art. 1 **Player Restrictions**

No player shall commit a personal foul during a period or an intermission. Any act prohibited hereunder or any other act of unnecessary roughness is a personal foul. The penalty for a personal foul is 10 yards, and if flagrant, the offender will be ejected.

SEC. 4 **Blocking**

Art. 1 **Offensive Screen Blocking**

The offensive screen block shall take place without contact. The screen blocker shall have his/her hands and arms at his/her side or behind the back. Any use of the hands, arms, elbows, legs, or body to initiate contact during an offensive player's screen block is illegal. A player must be on his/her feet before, during, and after screen blocking.

Art. 2 **Blocking and Interlocked Interference**

Teammates of a runner or passer may interfere for him/her by screen blocking but shall not use interlocked interference by grasping or encircling one another in any manner.

Art. 3 **Use of Hands or Arms by the Defense**

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. The application of this rule depends entirely on the judgement of the officials.

SEC. 5 **Runner**

Art. 1

Running

An offensive player may NOT advance the ball across the scrimmage line. There are no restrictions after a legal forward pass has been caught beyond the offense's scrimmage line.

*The following rules will be applied to players AFTER catching a legal forward pass.

Art. 2

Guarding the Flag Belt

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.

Art. 3

Obstruction of Runner

The defensive player shall not hold, grasp, or obstruct the forward progress of a runner when in the act of removing the flag belt or making a legal tag.

Art. 4

Charging

A runner shall not charge into nor contact an opponent in his/her path nor attempt to run between two opponents or between an opponent and a sideline, unless the space is such as to provide a reasonable chance for him/her to go through without contact. If a runner in his/her progress has established a straight line of path, he/she may not be crowded out of that path but if an opponent is able to legally establish a defensive position in that path, the runner must avoid contact by changing direction.

SEC. 6

Illegal Participation

Art. 1

Blocked or Pushed Out-of-Bounds

Prior to a change of possession, no player of either team shall go out-of-bounds and return during the down unless blocked out-of-bounds by an opponent. If a player is blocked out-of-bounds by an opponent and returns inbounds during a down, he/she shall return at the first opportunity. During the down, no player shall intentionally go out-of-bounds and return.

RULE 9

ADDITIONAL COMMENTS

SEC. 1

Player Ejection

Actions that are potentially dangerous to the participants of the game and/or conduct that is detrimental to the purpose of the program will not be tolerated.

No player(s) may physically intimidate or verbally abuse game Officials. Violations of this nature will be considered unsportsmanlike conduct and at the discretion of the Official may result in an ejection and removal from the contest. Any player ejected from a contest may not participate in his/her team's next two games.

SEC. 2

Aggressive Acts

Acts of aggression or physical violence will not be tolerated. This includes throwing a punch, kicking an individual, or any other aggressive acts. Any player guilty of such an action immediately before, during, or after an Intramural contest shall be expelled from further participation in Intramural Sports for one calendar year (365 days).

SEC. 3

Leaving the Bench Area to Participate in an Altercation

A player, coach or bench personnel shall be ejected if he/she leaves the bench or coaching area to participate in an altercation. The penalty is an automatic two-game suspension.

In all cases, the Intramural Sports Handbook's policies on "Fighting," "Fighting with Intramural Sports / Campus Recreation Staff," and "Team Disturbances" shall take precedence.

RULE 11

BLOOD RULE

Whenever a participant suffers a laceration or wound where bleeding occurs, the player must leave the game and take necessary action(s) to stop the bleeding and prevent it from occurring again before re-entering the game. If a participant's uniform becomes stained with blood, it must be removed before re-entering. The participant may use another number without penalty.

A team may call a thirty-second time-out if it wishes to keep the player in the game, otherwise the player must be removed and he/she may not re-enter until the next dead-ball after the situation has been corrected. The Intramural Staff on duty shall have final approval on any situation relating to blood.

Addendum

INSURANCE

Participation in the Intramural Sports Program is completely voluntary. All participants run the risk of possible injury due to the inherent risks involved in the sport of football. Individuals are strongly encouraged to have a physical examination and purchase health and accident insurance prior to participation.

THE AZTEC RECREATION CENTER HAS NO INSURANCE FOR ITS PARTICIPANTS. INDIVIDUALS PARTICIPATE AT THEIR OWN RISK.

In the case of an injury during a scheduled contest, participants should immediately notify a staff member, game official, or site supervisor.