GENERAL

- Intramural Guidelines as set forth in the Intramural Handbook govern all participation.
- All participants must be currently enrolled as a student, faculty, or staff member of the University of Toledo.
- All participants must present a current, valid UT Rocket Card upon checking in with the IM Staff. Participants who do not have their UT Rocket Card with them WILL NOT BE ALLOWED TO PARTICIPATE. No other form of identification will be accepted. There are no exceptions to this rule.
- Individuals may only play for one same sex team and one coed team per sport. The first team for which a participant plays is the team to which she/he is committed for the duration of that season.
- A player may not participate unless she/he is recorded on the score sheet. Players may be added to a roster at any time during the regular season provided all other eligibility criteria are met (see Intramural Handbook).
- Game time is forfeit time. There is no grace period. All players must be signed in and ready to play at the exact scheduled game time.
- The Flag Football 4 on 4 Tournament is offered as a double elimination tournament format.

Forfeits/Defaults

Any team or individual that fails to appear for any scheduled contest will be charged with a forfeit. Similarly, a forfeit will result when a team does not have at least the minimum number of players needed to play the activity signed in and ready to play at the appointed playing field by the time of the game. **Game time is forfeit time. There is no grace period.** It is recommended that teams arrive 15-30 minutes prior to the start of each game in order to allow time to sign in and warm up. All forfeited games will be recorded as a loss. This policy will be unilaterally enforced.

Furthermore, any team that forfeits a game will be suspended from further competition in that particular sport/event. The team then must pay a forfeit/re-entry fee of $15 in order to resume participation in the sport/event. All forfeit/re-entry fees must be paid within 3 business days or before the next scheduled game, whichever comes first. If the forfeit/re-entry fee is not paid accordingly, the team will be eliminated from further competition. All forfeit/re-entry fees must be paid for in the Main Office at the University of Toledo Student Recreation Center.

 Defaults

If a team knows in advance that it will not be able to make a scheduled contest, the manager should contact the Intramural Department. A default will be granted to each team or individual that has notified the Intramural Department according to the following deadlines:

- Games scheduled Monday-Friday → notification must be received by 12pm on the day of the scheduled game
- Games scheduled Saturday/Sunday → notification must be received by 3pm on the Friday before the scheduled game

Captains may contact the Intramural Department by notifying the Assistant Director of Intramurals at 530-3704 or by email at joe.bendix@UToledo.edu. This notification must come from the team captain only. All defaulted contests will be counted as a loss. However, the team will not be charged with a forfeit/re-entry fee.

Dropped from Play

Any team that forfeits a game will be immediately dropped from play for the remainder of that particular season unless the forfeit/re-entry fee is paid as noted above. Teams are allowed to default one game per season and still remain eligible for competition. Teams that default tournament games in a double elimination tournament will remain eligible unless the defaulted contest results in the second loss. Teams that default more than one game will be dropped from further competition. Forfeited and defaulted contests will not be rescheduled.

Players, Rosters, and Subs

- The game will be played between 2 teams of 4 players each. 3 players are required to avoid a forfeit.
- COED: 4 on 4 (2 males and 2 females) there must be 4 players to start (see COED rules).
- The defense has no rules on the number of players that are required on the line of scrimmage.
- Individuals may be added to the roster in the Office of Recreation or at the game site at any time.
- Unlimited substitutions are allowed when ball is dead. Substitution must be completed before the ball is in play.
- Team managers are the only individuals permitted to speak with officials regarding calls or questions. If another player attempts to dispute, then a warning may be issued. Subsequently, an ejection could be issued.
Each team, at the conclusion of each game, will receive a sportsmanship rating by that game's officials. Any team receiving a '1' or '2' rating will be suspended from further play until that team's manager has met with the Intramural Coordinator. If you have any questions, refer to the Intramural Guidelines for further clarification. Teams will be contacted informing them of this violation and explaining their options.

Substitutes, replaced players, and spectators are subject to all rules. Teams are responsible for their fans conduct and language.

Field: The field will be 60 yards long, end line to end line and 30 yards wide. There will be two 10 yard end zones and two 20 yard playing zones.

Kicking: There will be no kicking during any down.

The Snap: Any player may receive the snap. This player remains the quarterback until s/he passes the ball. The individual must receive the snap a minimum of 2 yards behind the line of scrimmage.

Game Time: Playing time will be two 20-minute halves with a running clock until the last minute of the second half. Halftime will be 2 minutes.

Stop Clock: Clock stops only for an injury, official's timeout or charged team time-out except for the last 1 minute of the second half.

One Minute Warning: One-minute before the end of the second half only, both teams will be informed of playing time remaining in the half – standard timing rules will be used during the last minute of this half.

Overtime: Place ball on the 20 yard line (half line). Teams will get 4 downs to score. College and high school overtime rules will be in effect. There is no time limit.

Time-outs: Each team is entitled to one charged time-out per half.

Delay of Game: Failure of a team to snap within 20 seconds after the ball is declared ready to play.

Series of Downs: A team will have 4 consecutive downs to advance to the next zone to gain a first down or touchdown.

Line of Scrimmage: The offensive team must have at least 2 players on their scrimmage line at the snap. The defensive team has no such restrictions. A runner may not advance the ball over the scrimmage line, unless the other team has blitzed. There are no restrictions after a change in possession, and once the ball has been passed beyond the scrimmage line.

Running: There is no running allowed unless the quarterback is blitzed.

Rush: There will be one blitz allowed per set of downs. If the quarterback is blitzed, then he is allowed to run the ball.

Laterals: A runner may pass the ball backward at anytime.

Passing: The offensive team must throw the ball beyond the scrimmage line within 10 seconds after the snap, regardless of how many backward passes occur behind the line. Penalty: Illegal Procedure - 3 yards.

Interceptions: Interceptions can be returned.

Mercy Rule: 20 points with two (2) minute remaining in the second half and 35 points at five (5) minutes.

Points: Touchdown is worth 6 points.

Extra Points: Pass from the 3-yard line is worth 1 point and from the 10 yard line is worth 2 points, 20 yard line is worth 3 points.

Safety/Try: After a try, touchback, or safety the ball will be placed at the 5-yard line.
Penalty Yardage: Any penalty is 10 yards and loss of down if on offense. Defense is 10 yards and an automatic first down.

Intentional Grounding: Quarterback must make pass attempt to receiver (ball must be within 10 yards of intended receiver).

Blitzing: Only one defender can blitz at a time. Only one blitz allowed for 4 downs (reset on new set of downs, i.e. a team crosses the half line and therefore gets four more downs).

Other Rules:
- No Contact or Blocking is allowed
- All players are eligible to receive a pass.
- All Possessions, except interceptions start at the 5 yard line.
- Unsportsmanlike behavior will not be tolerated.

Co-Rec Rules: There are no specific co-rec rules (no open and close formats like 7 on 7). All of the above rules apply.

Time outs: 1 per team each half - 1 per team for all of the overtime period, all are one minute in length. NO CARRY OVER!

Officials Time-outs:
- Injury - charged to official - player must leave field and be replaced.
- Injury with bleeding, must leave field and may not return until inspected by a student supervisor, bleeding is stopped and wound is covered. Blood soaked clothing must be removed.

FLAG RULES
1. Players of opposing teams are encouraged to wear contrasting colored jerseys and flags.
2. No article of clothing may cover any portion of the player's flag. One warning to each team.
3. Each player on the field must wear the flag belt provided by the intramural program. Belt must be properly attached at waistline - one flag center back and one flag over each hip.
4. Shirts must be tucked in at all times.
5. Legal tag: If a player has inadvertently lost their flag belt, then a one (1) hand tag between the shoulder and knees constitutes a "tackle".
6. Removing flag belt: When the belt is clearly taken from the ball carrier, the down shall end and the ball is declared dead. The belt should be held over the head to assist officials with the call. If belt is missing from the runner and not inadvertently lost, the ball is returned to the line of scrimmage and penalty assessed.
7. Contact: In an attempt to remove the belt from a ball carrier, defensive players may contact the body and shoulder of an opponent with their hands, but not their opponent's face or any part of the neck or head. A defensive player may not hold, push, or knock the ball carrier down in an attempt to remove the flag.
8. All players must have their flags in legal position at the start of each play. Penalty: Illegal equipment.
9. Subs in uniform: Each sub shall be in uniform and ready to play upon entering the game. Penalty: Delay of game.
10. Intentionally pulling or removing a belt from any player that does not have possession of the ball is illegal.
11. Flag guarding: Ball carriers shall not guard their flags in a manner that would prevent an opponent the opportunity to pull or remove the flag belt. A ball carrier may not use straight arm tactics, swing arm to deflect, or use other means to keep an opponent from pulling a flag. This style of running constitutes flag guarding.
12. A ball carrier may not lower his/her head or run in a bent over fashion, which hinders an opponent from pulling a flag. This style of running constitutes flag guarding with intent to injure.
13. Obstruction of ball carrier: The defensive player shall not hold, grasp, or obstruct forward progress of a ball carrier when in the act of removing the belt or making a legal tag. Penalty: 10 yards.

10 Yard Penalties
- Delay of game
- Substitution infraction
- Encroachment (dead ball)
- Advancement by male player through LOS (coed only)
- False start (dead ball)
- Illegal snap (dead ball)
- Illegal formation - 4 players not on line - offense (5 for coed)
- Illegal shift/motion
• Player receiving snap within 2 yards [illegal procedure]
• Illegal forward hand off
• Intentional fumble [illegal pass]
• Illegal forward pass (LOSS OF DOWN)
• Intentional grounding to avoid a sack (LOSS OF DOWN)
• Aiding runner
• Blitzing twice on same set of downs.
• Illegal equipment
• Two or more consecutive encroachments (2nd is 10 yards)
• Offensive pass interference - (LOSS OF DOWN)(from Line of scrimmage)
• Defensive pass interference - (automatic 1st down)(Spot foul)
• Illegally secured belt on touchdown (LOSS OF DOWN, no score)
• Unsportsmanlike conduct (i.e. - taunting or excessive celebration)
• Spiking, kicking, throwing ball during a dead ball
• Attempt to steal or hit the football from the hands of an opponent
• Tripping
• Contact with opponent on ground
• Throwing runner to the ground
• Hurdling player
• Unnecessary contact
• Tackling
• Clipping
• Roughing the passer - (automatic 1st down)
• Illegal blocking
• Obstruction or holding of the runner
• Flag guarding
• Illegal participation
• Illegal flag belt removal

Disqualification associated with certain 10 yard penalties (loss of down or automatic 1st down)
• Intentionally kicking or attempting to strike an opposing player or official.
• Unsportsmanlike player / coach / bench conduct - verbal or physical abuse of an official, player, coach, or bench.
• Tackling or throwing a player to the ground.
• Intentional tampering with the flag belt (offense or defense)