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 scoresheet. 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.

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.
Playing Field
✓ Field measurements - 100 x 35 yards; 80 yards between goal lines and 10 yard end zones.
✓ The field consists of three first down lines (lines to gain) -- 20 yards apart.

Equipment
✓ Shoes must be athletic shoes, no sandals or flip-flops.
✓ **SHOES WITH METAL SPIKES ARE STRICTLY PROHIBITED.** If there are any questions concerning interpretations, contact the student supervisor.
✓ Knit caps may be worn. No headgear with bills or knots, jewelry (tape is not permitted to cover any exposed jewelry) including Lance Armstrong or similar jewelry, shoulder pads, body pads (above the waist) or any unyielding or dangerous equipment allowed. Players may use an ace wrap of no more than two inches thick in any given area. It can be anchored at each end by tape not to exceed two turns.

Players, Rosters, and Subs
✓ Single sex team: **Seven (7)** players, at least 4 on line of scrimmage for offense. Any player is eligible to catch a pass. Must have a minimum of at least 5 players to start a game.
✓ **COED:** 8 players maximum and 6 players minimum (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.

**Pre-Game Conference:** Team managers will meet with game officials to determine the options of taking the ball or defending a particular goal.
✓ Home team calls toss.
✓ The team losing the coin toss will have the choice in the 2nd half.

**Game Time:** 2 – Twenty two (20) minute halves with a running clock.

During the final two (2) minutes of the 2nd half the clock will stop for:
- Incomplete legal or illegal forward pass
- Out of bounds
- Score (touchdown or safety)
- Time-out (official or team)
- First down
- Penalty & administration
- Change of possession
- Inadvertent whistle
- Clock will not run during extra point attempts in the final 2 minutes of each half.

The clock will restart on the snap for any stoppage of play during the final 2 minutes.

**Playing Rules**
1. The ball will be placed at the 14 yard line for the first play of a new possession for each team.
2. If a ball is muffed (doesn't touch the ground) - during a punt or similar loose ball situation, the ball becomes a live ball and may be gained by either team.
3. Spinning and jumping are allowed during live ball situations. Players are not allowed to hurdle defensive players to prevent the defender from pulling their flags.

4. Diving is allowed.

5. Fumbles are dead. The play will be blown dead and the next play will begin at the point where the ball touched the ground. **Exception:** Ball flies forward. The ball will then be placed at the point it left the ball carrier’s hands.

6. Inadvertent whistle: If an official inadvertently blows his/her whistle during a live ball play, the play shall be declared dead at that point and the following action will be taken:
   - Offensive player did not possess the ball beyond the line of scrimmage - replay the down from the previous line of scrimmage.
   - Offensive player with possession beyond the line of scrimmage - offense chooses whether to replay the down from the previous line of scrimmage or they can put the ball in play where it was declared dead.
   - **NOTE:** any accepted penalty nullifies inadvertent whistle option.

7. Offense has 25 seconds to put the ball in play after the official sets it down and declares it ready for play. **Penalty:** Delay of Game - 5 yards.

8. A team will receive four (4) consecutive downs to advance to the next zone.

9. Only one **forward** pass is allowed per play (down). All players are eligible receivers. A forward pass completed behind the line of scrimmage is still considered the one forward pass for that play.

10. Direct snaps to the quarterback are not permitted. Snaps to players in motion are allowed. Snaps may be through the legs or a side-pitch. However, the ball must remain on the ground and motionless until the actual snap. Pitching or snapping to a player on the line of scrimmage is not permitted. The **snap must be received at least 2 yards behind the line of scrimmage** (i.e. the **SHOTGUN** formation).

11. Scoring:
   - Touchdown: 6 points
   - Safety: 2 points
   - PAT (3 yards): 1 point
   - PAT (10 yards): 2 points
   - **PAT (20 yards): 3 points**
   - Intercept PAT -- If the defense intercepts a pass or fumble during the PAT and returns it for a score it will be worth 3 points, regardless of the original attempt amount. This rule will also be in effect during overtime periods.

12. Rule Protest: Must be done at time of incident. **Judgment calls may not be protested,** only rules and interpretations.

13. Ball Responsibility: Offensive team is responsible for retrieving the ball after a scrimmage down. The offense is responsible for the football. **Penalty:** 5 yards, delay of game. Teams may use the balls provided by the intramural sports program or may use another if agreed upon by both teams.

14. Penalty During Try for Point:
   - Penalty on defense:
     - If the attempt was unsuccessful, add the penalty enforcement and replay the down.
     - If the attempt was successful, the play stands.
   - Penalty on offense:
     - If the attempt was unsuccessful, then the play is over and the attempt will not be repeated.
     - If the attempt was successful, then take the converted score away add the penalty enforcement and replay the down.

15. **MERCY RULE** - If a team is ahead by **28 points** or more points when there are **5 minutes** left, the game is over. If a team is ahead by **19 points** or more points when the **2 minute warning** is announced, the game is over. If a team scores during the last 5 minutes of the second half and that creates a point of differential of 28 points or more, the game is over. If a team scores during the last 2 minutes of the second half and that score creates a point differential of 19 or more points, the game is over.

16. Excessive celebration will be cause for a 10 yard unsportsmanlike conduct penalty. This is an official’s judgment call and may not be protested.
17. Any player may move in motion, provided there are 4 offensive players (5 offensive players for Coed) on the line of scrimmage at the snap of the ball. Only one person may move in motion at once.

**Intentional Downing:** There are two ways to legally stop the clock.
- Quarterback kneels the ball.
  - If a QB does not properly down the ball and attempts to dispute with the officials regarding his/her call, then the official may issue a 5 yard delay of game penalty from the spot of the downed ball. The clock will start with the officials whistle.
- Spiking the ball.
  - The QB may take the snap and immediately spike the ball into the ground.
  - S/he must spike the ball at his/her feet.
  - They must not delay this action in any way or it will result in intentional grounding.

**Overtime - Only in Playoffs (regular season games end in ties)**
- All games ending in a tie will be settled with overtime.
- One coin toss will occur for all overtime periods.
- The visiting team captain will call the toss and the winner has the option of offense or defense.
- All overtime periods are played toward the same goal line.
- Unless moved by penalty, each team will start 1st and goal from the 10 yard line.
- Consists of each team receiving a set of 4 downs. First downs cannot be earned in OT.
- If the score is still tied after one period, the teams will go to a second overtime period, or as many as needed to determine a winner.
  - No new coin toss will occur. The captains will alternate choices.
  - If the score remains tied for a potential third overtime, the officials will move the ball back an additional 10 yards to the 20 yard line to begin the third and subsequent overtime periods. Both teams then must also attempt a 2 point or 3 point conversion after a touchdown.
- If the first team awarded the ball scores, the opponent will have a chance to win or tie the game.
- If the defense intercepts the ball and returns it for a touchdown, they win the game. If they do not return the interception for a touchdown, the ball will be placed at the 10 yard line to begin their series of 4 downs (exception: Games in the 3rd OT period will start from the 20 yard line).
- Each team is entitled to one time-out for all of the overtimes combined.

**Time outs:** 2 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.

**Punts**
- The kicking team must announce their intention to kick and then must kick (unless time-out or penalty, then re-declare). **FAKE PUNTS ARE NOT ALLOWED.** Quick kicks are not permitted at any time.
- The punter must receive the ball like any other snap (at least two yards behind the line of scrimmage).
- The punter must immediately kick the ball after receiving the snap with a 3 second grace period. If punter fails to do this, time stops and the ball is dead at the line of scrimmage. A 5 yard penalty with be enforced with a replay of the down. Game time will resume when ball is punted.
- The kicking team must have a minimum of four (4) players on the line of scrimmage. The receiving team has no rules on the number of players on the line of scrimmage.
- Neither team may advance past the line of scrimmage until the ball has been punted. The receiving team may shuffle their players as they wish at any time.
The kicking team may down the ball after it is kicked to maximize field position, but must first allow the receiving team the opportunity to make the catch.

Fumbled punts are dead (if in end zone, touchback comes out to the 15 yard line).

A punt can be advanced after it hits the ground.

If the punt extends beyond the back of the end zone, the ball is dead and will be placed on the 15 yard line. Punts received in the end zone may be advanced.

Fair Catch: During any punt, the kicking team members must allow receivers an attempt to make a play on the ball. The kicking team shall not obstruct their path to the ball. This applies even if a fair catch is not signaled and opponents have not yet touched the ball.

- **Penalty:** 10 yards from previous spot and replay of the down OR choose an awarded fair catch after enforcement of a 10 yard penalty from the spot of the foul.

Momentum Rule - A player who is attempting to catch a punted ball, whose momentum carries them into the end zone, may advance the ball forward or down the ball while in the end zone for a touchback.

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 opponents 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.

Blocking

1. Screen blocking only. Hands and arms must be behind the back, allow one normal step to an opponent from screens to their rear, side or front.
2. Individuals are not permitted to use feet, knees, elbows or to dip shoulders, trip or kick legs to initiate contact.
3. Contact with an opponent on the ground is prohibited.
4. Helping a ball carrier through pushing or contact is prohibited.
5. Defensive players must go around a block - no holding, tackling, aggressive pushing or other use of arms and hands - no holding or obstruction of ball carrier to remove flag.
6. The ball carrier may not dive, run into or hurdle a defensive or offensive player.
7. Downfield blocking is allowed, but the blocker must be set, stationary and remain motionless until the ball carrier has advanced the ball past the blocker.

**Coed Rules**

1. Team of 8 players: A team may begin a game with as few as 6 players, as long as there are never more than 4 males on the field at any time. A team must have 3 females present to start a game. Must have 5 on line of scrimmage.

2. Passing:
   - The QB can be a male or a female.
   - There are no restrictions regarding female passers or receivers.
   - A male QB may not complete 2 consecutive passes to a male receiver; this includes the try for point following a touchdown.

3. A male ball carrier cannot advance the ball through the scrimmage line. **EXCEPTION:** If the ball crosses the line of scrimmage on a pass or female advancement this restriction is eliminated. i.e.: the ball is pitched back behind the LOS, a male may advance the ball past the LOS.; (hook & ladder play is legal) Females have no such restrictions on advancing the ball through the LOS. Female must gain positive yards on run for it to count.

4. Male to male completions: During the offensive team’s possession, there may not be two (2) consecutive legal forward pass completions from a male passer to a male receiver. This rule also applies to the Try after a touchdown. If a male passer completes a legal forward pass to a male receiver, the next legal forward pass must involve either a female passer, a legitimate attempt to a female receiver, or a positive rushing gain by a female. There are no other restrictions concerning a male passer completing legal forward passes to a female receiver, or female to female, or female to male. **Penalty:** Illegal Forward Pass, 5 yards from the spot where the second consecutive male to male completed legal forward pass is released, and a loss of down. Any penalty, whether accepted or declined, shall have no effect on whether the next legal forward pass completion in “open” or “closed.”

5. The term “closed” means a male player may NOT throw a legal forward pass completion to any other male player. The term “open” means any player can complete a legal forward pass to any other player.

6. If a crew of officials erroneously indicates the “open/closed” status of a down, then the down must be repeated.

7. **There are no restrictions on returning punts for males or females.**

8. A regular size football may be used. Both teams must agree on the size of the football which will be used during the game.

**Penalties**

1. Enforcement philosophies
   - Penalties behind the line of scrimmage:
     - By the offense - enforce from the spot of the foul
     - By the defense - enforce from the line of scrimmage
   - Penalties beyond the line of scrimmage
     - After a player already has possession of the ball
       - By the offense - enforce from spot of the foul.
       - By the defense - enforce from the end of the run.
     - Before a player has possession of the ball
       - By the offense - enforce from the line of scrimmage
       - By the defense - enforce from the line of scrimmage.

**5 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)
- Player not within 15 yards of the ball
- 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)*
- Illegal pass - consecutive completed pass male to male *(LOSS OF DOWN)*
- Aiding runner

### 10 Yard Penalties

- Illegal equipment
- Running play after declaring punt
- Fair catch interference
- 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)

**Miscellaneous**

Any Rules not covered are subjected to the 2005-2006 NIRSA Flag Football Rule Book