



FLAG FOOTBALL RULES

Updated 7/9/2026

Recent changes will appear in italicized and highlighted text

Situations not specifically covered or implied by these rules shall be governed by the NFHS Rule Book except where a special University of Colorado Colorado Springs Intramural Sports rule applies.

Rule 1: Facility

1. All games will be played on Alpine Field.

Rule 2: Eligibility

1. The Intramural Sports Program is open to all –University of Colorado Colorado Springs undergraduate and graduate students currently enrolled, as well as faculty, staff, and affiliate members, provided they have a valid membership with Campus Recreation and a valid Sport Pass. The Semester Sport Pass can be purchased for \$20 per semester or \$15 Flag Football Sport Pass for the season.
2. Prior to participating, all players must check-in with the Sport Programs Supervisor. To check-in, each participant must present their University issued virtual ID, or must provide a University or must provide a government-issued photo ID.
 - a. No participant may participate in Intramural Sport under any identification other than their own. Any player using an assumed name, false gender identity, or an illegal I.D card will cause their team to forfeit the contest they participated in. The individual will also be suspended from intramural competition and their case will be forwarded to the UCCS Dean Students Office.
3. Varsity athletes may participate in other intramural activities outside of their varsity sport. However, they may not participate in their varsity sport or its related activities at the intramural

Rule 3: Team Composition

1. The game shall be played between 2 teams of 7 players each. Four players are required to start the game and avoid a forfeit. *The game may continue with less than 4 players if a team drops below that requirement due to injury.*
 - a. Co-Rec: The CoRec game shall be played between 2 teams of 8 players, 4 men and 4 women. Teams with 7 players shall be 4 men and 3 women or 4 women and 3 men. Teams with 6 players shall be 3 men and 3 women, 4 men and 2 women, or 4 women and 2 men. Teams with 5 players, 3 men and 2 women or 2 men and 3 women, are required to start the game and avoid a forfeit. The game may be continued with less than 5 players below that requirement due to injury.

Rule 4: Equipment

1. Each player on the field must wear a one-piece belt at the waistline with three flags permanently attached, one flag to each hip and one to the center of the back.
2. Cleats are limited to studs or projections that do not exceed ½ inch in length and are made with non-abrasive rubber or rubber-type synthetic material, which does not chip or develop a cutting edge.
 - a. No metal cleats will be allowed.



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3. Players may wear a stocking cap, bandanas, durags, etc.
4. 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. EXCEPTION: Face Shield.
 - b. Any exposed jewelry (ear rings, nose rings, necklaces, etc.)
 - c. Pads or braces worn above the waist. Casts worn above or below the waist.
 - d. Shoes with metal, ceramic, screw-in, detachable cleats, or any projecting metal.
 - e. Shirts or Jerseys which do not remain tucked in. Any hood on a coat, sweatshirt, or shirt which does not remain tucked in. Tear-away jerseys or jerseys that have been altered in any manner which produces a knot-like protrusion or creates a tear-away jersey. Jerseys which have an arm opening more than 4" below the armpit. The Referee will use a fist to measure the distance of the jersey arm opening.
 - 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" of closed cell, slow recovery rubber or other material of similar thickness and physical properties.
 - h. Any slippery or sticky foreign substance on any equipment or exposed part of the body.
 - i. Equipment which includes computers or any electronic or mechanical devices for communication.
 - j. Exposed metal on clothes or person. This includes "O" or "D" rings used to secure flag belts.
 - k. Towels attached at the player's waist
 - l. Flags that can be detached from the flag belt.
 - m. Hand warmers worn around the waist.

Rule 5: The Game

1. The Start
 - a. All plays must be started by a legal snap placed on the ground on a spot on or between the inbound line (hash marks). The ball may be moved with approval by the Referee due to poor field conditions.
2. Ball Responsibility
 - a. Offensive players are responsible for retrieving the ball after a down. The snapper will bring the ball from the huddle to the offensive scrimmage line. A towel may be placed under the ball, regardless of weather or field conditions.
3. Legal Catch
 - a. A catch is the act of establishing player possession of a live ball that is in flight by first contacting the ground inbounds.

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- b. If 1 foot first lands inbounds and the receiver has possession and control of the ball, it is a catch or interception even though a subsequent step or fall takes the receiver out of bounds.
 - c. A catch by any kneeling or prone inbounds player is a completion or interception.
 - d. It is not a catch or interception if a player's initial contact with the ground causes a loss of player possession and either the ball contacts the ground or the player is out of bounds prior to regaining player possession.
- 4. Loss of a Down**
 - a. Loss of a down means loss of the right to repeat the down.
- 5. Neutral Zone**
 - a. The neutral zone is from the forward point of the football 1 yard to the defensive scrimmage line and extended to each sideline. It is established when the ball is marked ready for play.
- 6. Passing**
 - a. Passing the ball is throwing it. In a pass, the ball travels in flight. A pass continues to be a pass until caught, intercepted, or the ball becomes dead. The initial direction determines whether a pass is forward or backward.
- 7. Forward Pass and Backward Pass**
 - a. A forward pass is a pass thrown with its initial direction toward the opponent's end line. A backward pass is a pass thrown with its initial direction parallel with or towards the passer's end line. A backward pass or fumble that hits the ground is ruled dead at that spot.
- 8. Flag Belt Removal**
 - a. When the flag belt is clearly taken from the runner in possession of the ball, the ball is declared dead and the down shall end. If a flag belt inadvertently falls to the ground, a one hand tag between the shoulders and knees constitutes capture. A player may leave their feet to remove the flag belt.
- 9. Contact**
 - a. In an attempt to remove the flag belt from a runner, an opponent may contact the body and shoulders, but not the face, neck, or any part of the head of the runner with their hands. An opponent may not hold, push, or knock the runner down in an attempt to remove the flag belt.
- 10. Delay of Game**
 - a. The ball must be put in play promptly and legally and any action or inaction by either team which tends to prevent this is delay of game. This includes any of the following:
 - i. Failure to snap within 25 seconds after the ball is declared ready for play.
 - ii. Putting the ball in play before it is declared ready for play.
 - iii. Deliberately advancing the ball after it has been declared dead.

Rule 6: The Snap:

- 1. Prior to The Snap:**
 - a. Encroachment
 - i. Following the ready for play and until the snap, no player on defense may encroach, touch the ball, nor contact opponents or interfere with them in any other way. This includes standing in the neutral zone to give defensive signals or shifting throughout the zone. After

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the snapper has placed their hand(s) 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.

- b. False Start
 - i. No offensive player shall make a false start. A false start includes simulating a charge or start of a 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.
- 2. During the Snap:
 - a. Direct Snap
 - i. The player who receives the snap must be at least 2 yards behind the offensive scrimmage line. The distance is determined by the point at which the ball is first touched following the snap. The snapper may not snap the ball to himself.

Rule 7 Pregame & Timing:

- 1. Possession Decision
 - a. Five minutes before the start of the game the Referee shall call captains to find a fair and simple solution to decide possession. (ex. rock paper scissors, coin flip, etc). All officials shall be present for the decision.
 - b. The winning captain shall have the 1st choice of options for the 1st half or shall defer their option to the 2nd half. The options for each half shall be:
 - i. To choose whether their team will start on offense or defense.
 - ii. To choose the goal their team will defend.
 - c. The captain who did not win the 1st choice of options for a half shall exercise the remaining option.
- 2. Change of Halves
 - a. The teams shall change goals at halftime.
- 3. Forfeit Time
 - a. There will be a 10-minute grace period for teams that have not arrived by game time. If after 10 minutes have passed and one or both teams do not have the minimum number of eligible players to start a game, then the game will be forfeited
- 4. Start Each Half
 - a. Unless moved by penalty or field dimensions have been shortened, the ball shall be snapped on the 14 yard line to start the 1st and 2nd halves.
- 5. Weather
 - a. If for any reason the game must be called before completion, it will be called official if one half of play has been completed.
- 6. Playing Time and Intermissions
 - a. Playing time shall be 40 minutes, divided into 2 halves of 20 minutes each. The intermission between the 1st and 2nd half shall be 5 minutes. When overtime is used, there will be 3 minute intermission.
 - b. The clock will start on the snap. It will run continuously for the first 38 minutes of the game unless it is stopped for one of the following reasons:

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- i. Team Time-out – clock restarts on the snap. NOTE: If a team time-out is called prior to a Try, the Try down shall be untimed, and the clock shall restart on the snap of the play that follows the Try.
- ii. Official's Time-out – clock restarts on the ready for play
- iii. End of the first half – clock restarts on the snap

7. Extension of Periods

- a. A period shall be extended by an untimed down if 1 of the following occurred during a down in which time expires:
 - i. There was a foul by either team and the penalty is accepted, except for: (1) unsportsmanlike or nonplayer fouls, (2) fouls that specify loss of down, (3) fouls on a scoring play that are enforced following the Try, or (4) fouls for which enforcement by rule result in a safety.
 - ii. There was a double foul.
 - iii. There was an inadvertent whistle.
 - iv. If a touchdown was scored, the Try is attempted unless the touchdown is scored during the last down of the fourth period and the point(s) would not affect the outcome of the game or playoff qualifying.

8. Last 2 minutes

- a. Approximately 2 minutes before the end of the game the Referee shall stop the clock and inform both captains of the playing time remaining in that half. The clock starts on the snap. The Back Judge will announce to the captains the remaining time and status of the clock after every play during the final 2 minutes of the game.
- b. During the final 2 minutes of the game the clock will stop for one of the following reasons:
 - i. Incomplete legal or incomplete illegal forward pass – clock restarts on the snap
 - ii. Out-of-bounds – clock restarts on the snap
 - iii. Safety – clock restarts on the snap
 - iv. Team time out – clock restarts on the snap
 - v. First down – clock restart is dependent on the previous play
 - vi. Touchdown – clock restarts on the snap (after the Try)
 - vii. Penalty and administration – clock restart is dependent on the previous play (EXCEPTION 1: Delay of game foul is accepted – clock restarts on the snap. EXCEPTION 2: Any foul occurs – offended team may elect to restart the clock on the snap)
 - viii. Official's time out – clock restarts at their discretion
 - ix. Touchback – clock restarts on the snap
 - x. Offense is awarded a new series – clock restart is dependent on the previous play
 - xi. Defense is awarded a new series – clock restarts on the snap
 - xii. Either team is awarded a new series following a legal punt – clock restarts on the snap
 - xiii. Team attempting to conserve time illegally (includes intentional grounding and a backward pass thrown intentionally out of bounds) - clock restarts on the ready
 - xiv. Team attempting to consume time illegally – clock restarts on the snap
 - xv. Inadvertent whistle – clock restarts on the ready.

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9. Overtime

- a. If the game is tied at the end of regulation, "Kansas City Overtime" will take place. Each team gets 4 downs from the 20-yard line to score. The winner of the possession decision decides if their team will attempt to score first or second. The overtime will continue until there is a winner.

Rule 8 Time Outs:

1. Charged Time-Outs

- a. Each team is entitled to 2 charged time-outs during each half. Successive charged time-outs may be granted to each team during a dead ball period. If the ball is dead and a team has not exhausted its charged time-outs, the Referee shall allow a time-out and charge that team or complete a coach-Referee conference.

2. Injured Player

- a. An injured or apparently injured player who is discovered by an official while the ball is dead and the clock is stopped shall be replaced for at least 1 down unless the period or overtime intermission occurs. A player who is bleeding, has an open wound, or has any amount of blood on their uniform shall be considered an injured player.

Rule 9: Ball in Play/Dead Ball:

1. Ball Declared Dead

- a. A live ball becomes dead and an official shall sound the whistle or declare it dead when one of the following occurs:
 - i. The ball goes out-of-bounds.
 - ii. Any part of the runner other than a hand or foot touches the ground.
 - iii. A touchdown, touchback, safety, or successful Try is made.
 - iv. The ball strikes the ground following 1st touching by the kicking team.
 - v. A member of the kicking team catches a punt that is beyond the neutral zone or when an untouched punt comes to rest on the ground and no player attempts to secure it.
 - vi. A forward pass strikes the ground or is caught simultaneously by opposing players.
 - vii. A backward pass or fumble by a player strikes the ground or is caught simultaneously by opposing players. A snapped ball that hits the ground before or after getting to the attended receiver is dead at the spot where it hits the ground.
 - viii. A forward pass is legally completed or a loose ball is caught by a player on, above, or behind the opponent's goal line.
 - ix. A runner has a flag belt removed legally by an opponent. A flag belt is removed when the clip is detached from the belt, the belt is torn into more than 1 piece, or the flag is torn off the belt.
 - x. A runner is legally tagged with one hand between the shoulders and knees, including the hand and arm, when an inadvertent flag fall occurs.
 - xi. A passer is deflagged/tagged prior to releasing the ball.
 - xii. A muff of a punt strikes the ground.

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- xiii. The punt breaks the plane of the receiving team's goal line.
- xiv. The defense secures possession during a Try or overtime.
- xv. A prosthetic device becomes dislodged from a player who is in possession of the ball.
- xvi. An official sounds their whistle inadvertently during a down or during a down in which the penalty for a foul is declined and the status of the ball is as follows:
 - The ball is in player possession. The team in possession may elect to put the ball in play where declared dead or replay down.
 - The ball is loose from a fumble, backward pass, illegal kick, or illegal forward pass. The team in possession may elect to put the ball in play where possession was lost or replay the down.
 - The ball is in flight during a legal forward pass or punt. The ball is returned to the previous spot and the down replayed.

Rule 10: General Play:

1. Series of Downs
 - a. The offense shall have 4 consecutive downs to advance to the next zone. Any down may be repeated or lost if provided by the rules.
2. Zone Line-to-Gain
 - a. 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 case, the original zone in advance of the ball at the beginning of the series of downs is the zone line-to-gain. The forward point of the ball, when declared dead between the goal lines, shall be the determining factor.
3. Awarding a New Series
 - a. A new series of downs shall be awarded when a team moves the ball into the next zone on a play free from penalty; or a penalty against the opponents moves the ball into the next zone; or an accepted penalty against opponents involves an automatic first downs; or after enforcement of a penalty against the offense, the ball is in advance of the zone line-to-gain; or either team has obtained legal possession of a ball as a result of a penalty, punt, touchback, pass interception, or failure to gain the zone in advance of the ball.
4. Punting:
 - a. Punt Rules and Exceptions
 - i. Prior to making the ball ready for play on fourth down, the Referee must ask the offensive team captain if they want to punt. The Referee must announce this decision to all players and all officials. The offensive team captain may declare a punt on any down. After such announcement, the ball must be punted. EXCEPTION: If (a) either team time-out is called, (b) the period ends, (c) a foul occurs, or (d) an inadvertent whistle is blown any time prior to or during this down after the kicking team captain's decision which results in the kicking team having the right to repeat the down again, the Referee must ask the offensive team captain whether or not they want to punt and communicate this decision to the defensive team captain. Quick kicks are illegal. **NO FAKES ARE ALLOWED.**
 - b. Formation and Snap

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- i. Neither team may advance beyond their respective scrimmage lines until the ball is punted.
 - c. Punting the Ball
 - i. After receiving the snap, the kicker must punt the ball immediately in a continuous motion.
 - d. After Being Punted
 - i. Once the ball is punted, any receiving player may block the kick. If the blocked kick hits the ground, it is dead at that spot. If the punt is blocked by any receiving player behind the kicking teams scrimmage line and then caught by any kicking team's player behind their scrimmage line, they may run and/or throw a pass. The receiving team may advance the punt anywhere in the field of play. A kicking team player cannot punt the ball to themselves or any other teammate. Teams may punt the ball once only per down.
 - e. Crosses Kicking Teams Scrimmage Line
 - i. When a punt that has clearly crossed the kicking team's scrimmage line, touches a player from either team and then hits the ground, the ball is dead and belongs to the receiving team. If it hits a receiving team player and then is caught in the air, it can be advanced by the receiving team. If the ball hits a receiving team player beyond the receiving team's scrimmage line and is then caught by the kicking team beyond the receiving team's scrimmage line, the ball is dead, belongs to the kicking team, and a new series begins for the kicking team.
 - f. Punt Out-of-Bounds Between the Goal Lines or at Rest
 - i. If a punt goes out-of-bounds between the goal lines or comes to rest inbounds untouched and no player attempts to secure it, the ball becomes dead and belongs to the receiving team at that spot.
 - g. Punt Behind the Goal Line
 - i. When a punt breaks the plane of the receiving team's goal line, it is a touchback unless the receiving team chooses the spot of 1st touching by the kicking team.
- 5. Dead Ball and Legal Passing
 - a. Dead Ball
 - i. A backward pass or fumble which touches the ground is dead. If the backward pass/fumble touches the ground in the field of play, the ball belongs to the offensive team:
 - at the spot where it touches the ground if it is behind the spot of the pass or fumble, or
 - at the spot of the pass or fumble if it touches the ground beyond the spot of the pass or fumble
 - b. Legal Forward Pass
 - i. 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 plane of offensive team's scrimmage line when the ball leaves the passer's hand. Only one forward pass can be thrown per down.
 - c. Illegal Forward Pass
 - i. A forward pass is illegal:

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- If the passer's foot is beyond the plane of their scrimmage line when the ball leaves their hand.
 - If a passer catches their untouched forward pass
 - If there is more than 1 forward pass per down.
 - If thrown after a team possession has changed.
 - If intentionally thrown to the ground or out of bounds to save loss of yardage or conserve time.
- d. Running the Ball – Co-Rec Rules
- i. An offensive team male runner cannot advance the ball through the offensive scrimmage line. There are no restrictions:
 - Once the ball has been touched by any player beyond the offensive or defensive scrimmage line.
 - During a run by a runner who is a woman.
 - After a change of team possession.
 - After a legal forward pass.
 - ii. Female players **ARE** allowed to run through their own line of scrimmage but the next play will be considered "closed". A female must participate in a legal forward pass for the next play to be considered "open".
- e. Open and Closed Plays – Co-Rec Rules
- i. The term "open" means any player can complete a legal forward pass to any other player. The term "closed" means a male player may NOT complete a legal forward pass to any other male player.
 - ii. The 1st down of each half or overtime possession shall be open. The 1st down of a new series following a team change of possession shall be open.
 - iii. If the crew of officials erroneously indicate the open/closed status of a down, the play is nullified and the down will be repeated.
 - iv. During the offensive team's possession there may not be 2 consecutive legal forward pass completions from a male passer to a male receiver. This rule applies to the Try.
 - v. 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 female receiver for positive yards. The spot where the ball becomes dead by rule must be beyond the offensive team's scrimmage line. There is NO foul for a female receiver being tagged or deflagged behind the offensive team's scrimmage line. The next legal forward pass completion remains closed.
 - vi. A legal forward pass caught jointly by male and female teammates is considered a female reception.
 - vii. 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.



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- viii. If a male receiver catches a pass from a male passer on a closed play, it is a foul for Illegal Reception. Whether the penalty is accepted or declined, the next down shall remain closed.
 - ix. Any foul, whether accepted or declined, shall have no effect on whether the next legal forward pass completion is open or closed.
 - f. Simultaneous Catch by Opposing Players
 - i. If a forward pass is caught simultaneously by members of opposing teams inbounds, the ball becomes dead at the spot of the catch and belongs to the offensive team.
- 6. Mercy Rule:**
- a. Two Minute Warning
 - i. If a team is 19 or more points ahead when the Referee announces the 2 minute warning for the second half, the clock shall continuously run for the remainder of the game, unless the score differential is decreased to 9 or more points.
 - b. After 2 Minute Warning
 - i. If a team scores during the last 2 minutes of the second half and that creates a point differential of 19 or more points, the clock shall continuously run for the remainder of the game, unless the score differential is decreased to 9 or more points.

Rule 11: Scoring:

- 1. Touchdown:**
- a. Touchdown Value: 6 Points
 - ii. It is a touchdown when a runner advances from the field of play so that the ball penetrates the vertical plane of the opponent's goal line. It is a touchdown when a loose ball is caught by a player while the ball is on or behind the opponent's goal line.
 - b. Player Responsibility
 - iii. The player scoring the touchdown must raise their 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 disallowed and the offending team is penalized.
- 2. Extra Point Try:**
- c. Try Value: 1,2,or 3 Points
 - i. 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 the team scoring a touchdown.
 - d. Next Play
 - i. After a Try, the ball shall be snapped by the opponent of the scoring team at their own 14 yard line, unless moved by penalty, to begin overtime, or if an onside conversion is elected.
- 3. Safety and Touchback:**
- a. Safety Value: 2 points
 - ii. It is a safety when:

- A runner carries the ball from the field of play to or across their own goal line, and it becomes dead there in their team's possession. This includes when a player's fumble or backward pass from inside their own end zone lands or goes out of bounds between the goal lines. EXCEPTION: Momentum Rule: When a defensive player intercepts their opponent's forward pass, fumble, or backward pass, or a receiving team player catches or recovers a punt between their 5 yard line and the goal line and their original momentum carries them into the end zone where the ball is declared dead in their team's possession behind the goal line, the ball belongs to the defensive team at the spot where possession was gained.
- A player punts, passes, fumbles, snaps, muffs, or bats a loose ball from the field of play to or across their end zone and the ball subsequently becomes dead there in their team's possession. This includes when the ball is declared dead on or behind their goal line. However, it does not apply to a legal forward pass that becomes incomplete.
- A player on offense commits any foul for which the penalty is accepted and measurement is from a spot in their end zone; or throws an illegal forward pass from their end zone and the penalty is declined in a situation that leaves them in possession at the spot of the illegal pass and with the ball having been forced into the end zone by the passing team.
- After a safety, the ball shall be snapped by the scoring team at their own 30 yard line, unless moved by penalty.

b. Touchback

iii. It is a touchback when 1 of the following occurs:

- The kicking team's punt breaks the plane of the receiving team's goal line.
- The ball is out of bounds behind a goal line (except from an incomplete forward pass), when the ball becomes dead in the possession of a player on, above, or behind the player's own goal line, or when the ball becomes dead not in possession on, above, or behind the team's own goal line and the attacking team is responsible.
- After a touchback, the ball shall be snapped from the nearest 14 yard line, unless moved by penalty.

4. Onside Conversion

a. When Allowed

- i. A team may elect to attempt an onside conversion at any time in the second half if they score a touchdown unless they are leading by 19 or more points following the Try.

b. Referee's Responsibility and Team's Choice

- i. The Referee must speak to the coach or captain immediately following the Try, asking them whether they would like to attempt an onside conversion from the 20 yard line. Once the coach/captain makes the choice, they may change the decision only when an A or B



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charged time-out is taken. Possession will be retained by A if the onside conversion results in what would have been a touchdown.

- c. Onside Conversion Begins and Ends
 - i. The onside conversion begins when the ball is marked ready for play. The onside conversion ends when B secures possession, the onside conversion is successful, or the ball becomes dead by rule. Neither team can score during the onside conversion.
- d. Next Play
 - i. After a successful onside conversion, the ball shall be snapped by the scoring team at their own 30 yard line, unless moved by penalty. After an unsuccessful onside conversion, the ball shall be snapped by the opponent of the touchdown-scoring team at their opponent's 30 yard line, unless moved by penalty.

Rule 12: Penalties:

1. Personal Fouls:

- a. No player or nonplayer shall commit a personal foul during a period or an intermission. Any other act of unnecessary roughness is a personal foul. Any player or nonplayer commits a personal foul when they take any of the following actions:
 - i. Strips or attempts to strip the ball from a runner by punching, striking, or grabbing the ball.
 - ii. Throws the runner to the ground.
 - iii. Hurdles an opponent.
 - iv. Contacts an opponent either before or after the ball is declared dead.
 - v. Makes contact of any nature with an opponent which is deemed unnecessary including using fists, locked hands, elbows, or any part of the forearm or hand.
 - vi. Drives or runs into an opponent.
 - vii. Positions their body on the shoulders or body of a teammate or opponent to gain an advantage.
 - viii. Tackles the runner by grasping or encircling with the hand(s) or arm(s) and taking the opponent toward the ground as in tackle football (DQ).
 - ix. Fights an opponent (DQ).
 - x. Be in the restricted area and cause unintentional contact with a game official (nonplayers only).
- b. Screen Blocking
 - i. An offensive screen block may occur anywhere on the field and shall take place without contact. The screen blocker is recommended to have their hands and arms at their sides or behind their back when screen blocking. Any use of the hands, arms, elbows, legs, or body to initiate contact that displaces an opponent during a screen block is illegal. A blocker may use their hand(s) or arm(s) to break a fall or retain their balance.
- c. Screen Blocking Fundamentals
 - i. A player who screens shall not do any of the following:
 - 1. Initiate contact when blocking a stationary opponent from any direction.

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2. Prevent an opponent from avoiding contact by (1) taking a position closer than a normal step behind a stationary opponent or (2) taking a position within 1 or 2 steps of a moving opponent so that the opponent cannot stop or change direction before contact.
 3. After taking a legal position, move to maintain it, unless the screener moves in the same direction and path as the opponent. If a screener violates any of these provisions and contact results, they have committed a foul.
 - d. Guarding the Flag Belt
 - i. A runner shall not flag guard by using their hands, arms, or ball to cause contact between the runner and an opponent that denies the opponent the opportunity to pull or remove the flag belt. Examples of flag guarding include, but are not limited to, the following:
 4. Placing or swinging the hand or arm over the flag belt
 5. Placing the ball in possession over the flag belt
 6. Lowering the shoulders in such a manner which places the arm over the flag belt
 - e. Stiff Arm
 - i. The runner shall be prohibited from contacting the opponent with extended hand or arm. This includes the use of a “stiff arm” extended to ward off an opponent attempting to deflag/tag.
 - f. Charge
 - i. A runner shall not charge into nor contact an opponent in their 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 their progress has established a straight line path, they may not be crowded out of the path, but if an opponent is able to legally establish a defensive position in that path, the runner must avoid contact by changing direction.

2. Unsportsmanlike Conduct:

 - a. Dead Ball Fouls
 - i. When the ball becomes dead in possession of a player, they shall not:
 7. intentionally kick the ball,
 8. spike the ball into the ground, or
 9. throw the ball high into the air.
 - b. Prohibited Acts
 - i. There shall be no unsportsmanlike conduct by players or non-players. Examples include, but are not limited to the following:
 10. Attempting to influence a decision by an official.
 11. Disrespectfully addressing the official.
 12. Indicating objections to an official’s decision.
 13. Holding an unauthorized conference, or being on the field illegally.
 14. Using profanity or taunting, insulting, or vulgar language or gestures.
 15. Intentionally contacting a game official (DQ)

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16. Leaving the team box and entering the field during a fight (DQ)
- c. 2nd Unsportsmanlike Foul
 - i. The second unsportsmanlike foul by the same player or nonplayer results in disqualification.
- d. 3rd Unsportsmanlike Foul
 - i. The third unsportsmanlike foul by the same team results in their forfeiture of the game.

Rule 13: Forfeit Scoring

1. Should a team win by forfeit, the reported score for the game will be 10-0.

Rule 14: Sportsmanship

1. *Intramural Sports expects all participants and spectators to conduct themselves in a sportsmanlike manner. We have criteria on sportsmanship that are meant to keep teams accountable for their behavior during play. The criteria for sporting-like restrictions are the following:*
 - a. *2 UCs on a player in a game = Ejection*
 - b. *3 UCs on a team in a game = Forfeit*
 - c. *3 UCs on a player in a season = Removal (even in playoffs)*
 - d. *4 UCs on a team in a season = Removal (even in playoffs)*
2. *Sports Programs Staff will be keeping the amount of UC a person/team receives in our records. Additionally, you will be able to see how many UCs your team has via FusionPlay on your team name.*