



SPRING 2024 4V4 FLAG FOOTBALL RULES

Updated 1/5/2024

Recent changes will appear in italicized and highlighted text

Situations not specifically covered or implied by these rules shall be governed by the 2023-2024 NIRSA Flag Football Rules Handbook 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 \$10 Flag Football Sport Pass per activity (league/event).
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 4 players each. 3 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: Teams are composed of 2 women and 2 men. The ratio cannot be greater than 1. Teams may also play with a minimum of 3 players; 2 men and 1 woman or 1 man and 2 women.

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.
 - a. **(Failure to wear required equipment – PENALTY: 3 yards)**
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.
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.
 - i. **Penalty: Unsportsmanlike Conduct, 3 yards**

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.
- 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.



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- 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. *NOTE: If in doubt that a player has maintained control after going to the ground, it is not a catch.*

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.
 - Penalty: Dead Ball Foul, Delay of Game, 3 yards from the succeeding spot

11. Substitutions

- a. No substitute may enter during a down.
- b. Between downs any number of eligible substitutes may replace players if the game is not delayed.
- c. Illegal Substitutions



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- i. During a dead ball, no substitute may enter the game and leave before the next play or leave the game and reenter before the next play unless a dead ball foul occurs, there is a charged timeout, or the period ends.
 - 1. Penalty: Illegal substitution - 3 yards.
- d. Substitutions in Uniform
 - i. Each substitute must be in uniform, ready for play, with flags in position.
 - 1. Penalty: Delay of game - 3 yards.
- e. Using substitutes with an obvious attempt to confuse or deceive the opposing team is subject to an unsportsmanlike conduct penalty.

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 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. *Penalty:* Dead Ball Foul, Encroachment, 3 yards from the succeeding spot. During the interval between downs when 2 or more encroachment fouls are committed by the defense, the penalty will be 5 yards for the subsequent encroachment fouls.

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. *Penalty:* Dead Ball Foul, False Start, 3 yards from the succeeding spot.

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. *Penalty:* Illegal Formation, 3 yards. *Note:* If in doubt, the offensive player 1st touched the snap 2 yards behind the offensive scrimmage line.
- ii. From the time the ball is snapped, a team will have 5 seconds to throw a forward pass (the stand counter will count).
- iii. After 5 seconds the play will be blown dead and a loss of down will result.

Rule 7 Pregame & Timing:

1. Possession Decision



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- 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 Halfs

- 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 10 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 36 minutes, divided into 2 halves of 18 minutes each. *The intermission between the 1st and 2nd half shall be 3 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:
 - 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. NOTE: For a loss of down fouls, any score by the team that fouls is cancelled.
 - 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.

Rule 8 Time Outs:

1. Charged Time-Outs

- a. Each team is entitled to 3 charged time-outs per game. 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:



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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. NOTE: if in doubt, a snap close to the ground remains live.
 - 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. NOTE: If in doubt, the flag belt has been pulled.*
 - 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. *NOTE: If in doubt, the ball is released.*
 - xii. A muff of a punt strikes the ground.
 - 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.

Rules 10: General Play:

1. Series of Downs

- a. A series of 3 consecutive scrimmage downs will be awarded to the team that puts the ball in play to start a half or after a change of possession..

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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. Putting the Ball into Play

- a. The ball shall be placed at the offensive team's 10-yard line to begin each half of a game and following an extra point(s), touchback or safety, unless moved by penalty.

4. Yardage on Downs

- a. The field is divided into 20-yard zones. A team has three downs to move the ball from one zone to the next.
- b. A first down results when the ball is declared dead, any part of which is on or above the next zone line, and a live ball penalty does not bring the ball behind the first down zone.
- c. There will be no option to punt the ball on the last down or third down.

5. All Kicks are illegal.

- a. **Penalty; Illegal Kicking 5 Yards.**

6. 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. NOTE: If in doubt, the passer is behind the Team A scrimmage line.

c. Illegal Forward Pass

- i. A forward pass is illegal:
 - 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.



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d. Rushing

i. Offensive Rushing

- No offensive player may advance the ball beyond the offensive scrimmage line unless it has already been broken by a forward pass.

ii. Defensive Rushing

- No defensive player may advance past the neutral zone into the offensive zone unless a legal forward pass has been completed.
- Defense may not pass the scrimmage line to rush the quarterback. Once the legal forward pass is completed defense may pursue.

e. Running the Ball – Co-Rec Rules

i. An offensive team 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.
- After a change of team possession.
- After a legal forward pass.

f. Open and Closed Plays – Co-Rec Rules

- 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. NOTE: All illegal forward pass fouls are classified as fouls during a running play. Thus, illegal forward passes do not change the open/closed status of a down.
- 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.
- If the crew of officials erroneously indicate the open/closed status of a down, the play is nullified and the down will be repeated.
- 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.
- 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.
- A legal forward pass caught jointly by male and female teammates is considered a female reception.
- If a female passer completes a forward pass to a male receiver behind the offensive team’s scrimmage line on either an “open” or “closed” play and the male teammate runs beyond this scrimmage line, it is an illegal forward pass.



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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.
- x. Penalty: Illegal Reception, 3 yards from the previous spot, and a loss of down. The next down is closed.

g. **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.

7. Mercy Rule:

a. **Two Minute Warning**

- i. If a team is 28 or more points ahead when the Referee announces the 2 minute warning for the second half, the game shall be over.

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 28 or more points, the game shall end at that point.

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. NOTE: If a touchdown is scored on the last timed down of the 4th period, the Try is not attempted, unless it will affect the outcome of the game or playoff qualifying.
- ii. If the defensive team legally gains possession of the ball during an extra point try the play is dead.

d. **Next Play**

- i. 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 or to begin overtime.

3. Safety and Touchback:

a. **Safety Value: 2 points**

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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. *NOTE: If in doubt, it is a touchback. If in doubt, the out-of-bounds punt near the goal line is a touchback.*
- After a touchback, the ball shall be snapped from the nearest 14 yard line, unless moved by penalty.

e. **Overtime**

- i. If scores are tied at the end of the second half, an overtime period will be played.
- ii. A possession decision will determine the options.
- iii. All overtime periods shall be played toward the same goal line.
- iv. Procedure



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- Each team will be awarded ONE attempt to score by passing from the 3-yard line for 1 point or from the 10-yard line for 2 points.
- This will continue until a winner has been determined.
- If a defender intercepts the pass/fumble, the attempt is over.

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.
NOTE: Any player who controls a pass with both feet off the ground becomes a runner when the 1st part of the player touches to the ground.
 - 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).
 - xi. *Penalty:* Personal Foul, 5 yards, and if flagrant, the offender will be disqualified. In 8 and 9 the offender will be disqualified.
- 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. *Penalty:* Personal Foul, Illegal Contact, 5 yards.
- c. **Screen Blocking Fundamentals**
 - i. A player who screens shall not do any of the following:
 - Initiate contact when blocking a stationary opponent from any direction.
 - 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



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2 steps of a moving opponent so that the opponent cannot stop or change direction before contact.

- 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.
- *Penalty:* Personal Foul, Illegal Contact, 5 yards.

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:

- Placing or swinging the hand or arm over the flag belt
- Placing the ball in possession over the flag belt
- Lowering the shoulders in such a manner which places the arm over the flag belt
- *Penalty:* Flag Guarding, 5 yards.

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. *Penalty:* Personal Foul, Illegal Contact, 5 yards.

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. *Penalty:* Personal Foul, Illegal Contact, 5 yards.

2. **Unsportsmanlike Conduct:**

a. **Dead Ball Fouls**

i. When the ball becomes dead in possession of a player, they shall not:

- intentionally kick the ball,
- spike the ball into the ground, or
- throw the ball high into the air.
- *Penalty:* Unsportsmanlike Conduct, 5 yards, and if flagrant, the offender will be disqualified

b. **Prohibited Acts**

i. There shall be no unsportsmanlike conduct by players or non-players. Examples include, but are not limited to the following:

- Attempting to influence a decision by an official.
- Disrespectfully addressing the official.
- Indicating objections to an official’s decision.

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- Holding an unauthorized conference, or being on the field illegally.
- Using profanity or taunting, insulting, or vulgar language or gestures.
- Intentionally contacting a game official (DQ)
- Leaving the team box and entering the field during a fight (DQ)
- *Penalty:* Unsportsmanlike Conduct, 5 yards, and if flagrant, the offender shall be disqualified. In 6 and 7, the offender will be disqualified.

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 in the following list below. The winning team will receive a "5" for their Sportsmanship Rating while the losing team will receive a "2" for their Sportsmanship Rating.
 - a. Flag Football 10-0

Rule 14: Sportsmanship

1. Intramural Sports expects all participants and spectators to conduct themselves in a sportsmanlike manner. Following each game, officials and/or supervisors evaluate team behavior and issue sportsmanship points to all teams. In the regular season, captains may view their sportsmanship score online and questions about scores should be directed to the sport's league coordinator. **To be eligible for the playoffs, a team must have a minimum average sportsmanship rating of 2.5.** During playoffs, a score of at least 2.5 will guarantee advancement for the winning team. A winning team with a sportsmanship rating less than 2.5 must contact and meet with the Coordinator of Intramural Sports no later than the day of the next contest to determine if the team should advance. Teams playing multiple games on the same night must meet with the Intramural Sports Supervisor prior to their next contest if a rating below four is received. The breakdown of sportsmanship ratings are as follows:
 - a. 5 points:
 - i. Team displays excellent sportsmanship while treating opponent with respect. Players always demonstrate excellent sportsmanship. Team respects Intramural Sports Officials and Supervisors and accepts their decisions without gesture or argument. Captain calmly converses with officials about rules/calls. Team maintains an attitude of complete cooperation with staff. Players always display self-control.
 - b. 4 points:
 - i. 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. Team is mostly cooperative with game Officials and Opponents. Team Captain is able to control his/her players. Team Captain is the only participant discussing rules with the officials.
 - c. 3 Points:
 - i. Participants display disagreement/frustration with decisions of staff/officials. Questioning of judgment/rules interpretation not presented in a respectful

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manner. There are minor incidents of unsportsmanlike behavior towards opponents, spectators, or staff. Examples include, but are not limited to, trash talk, cursing in any manner, publicly questioning an official's abilities, mocking the skill level of an opponent. Team defaults a game. Participants other than the captain dispute rules with officials.

d. 2 Points:

- i. Team repeatedly questions judgment/officiating abilities. Participants are openly arguing calls with officials on multiple incidents. Unsportsmanlike call-in volleyball; flag football; yellow card in soccer; technical foul in basketball; team/player warning in softball.

e. 1 Point:

- i. Team receives multiple unsportsmanlike calls and/or technical fouls (not on the same participant). Team receives any ejection other than ejection prior to or during the contest. Official or supervisor has to suspend play to talk to a team or participant.

f. 0 Points:

- i. Fighting or contest ended due to extenuating conduct circumstances: Includes threatening an employee. If involved in a fight your team could be removed from the league for the remainder of the season. Sportsmanship ratings are affected by a team's participants and spectators conduct before, during and after a contest.