RULES OF THE GAME
FOR
INTRAMURAL FLAG FOOTBALL
2014-2015

OFFICE OF INTRAMURAL SPORTS
DEPARTMENT OF UNIVERSITY RECREATION
DIVISION OF STUDENT AFFAIRS
THE UNIVERSITY OF ALABAMA

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These rules were adopted from the 2013 & 2014 NIRSA Flag & Touch Football Rules Book & Officials’ Manual. Modifications have been made to align the rules with the policies and procedures as laid out by the University of Alabama Intramural Sports Program.
Rule 1: General Eligibility

Section 1: Participants
Participation is limited to currently-enrolled, fee-paying U of A students, faculty members, and full-time staff. Spouses of eligible University of Alabama students and Faculty/Staff are eligible to participate in Intramural Sports events by purchasing a semester pass. In order to participate in an intramural contest each player must present their validated Action Card or Spouse Pass. All players must sign-in with the supervisor at the event site prior to the event to be eligible to participate. For more information regarding eligibility, please refer to the handbook available on the Intramural Sports page at urec.sa.ua.edu.

Rule 2: Playing Field

Section 1: Zone Markings
The field shall be a rectangular area with lines and zones. The width of the field should be lined at 20 yard intervals from goal line to goal line. These zone markings may be changed according to field dimensions. There shall be a 3 and 10 yard mark on each end of the field for extra points. There shall also be an “X” at the 14 yard mark on each end of the field.

Section 2: Team Box
There will be a team box on each side of the field. The box will be 2 yards back from the boundary line and will run from 20 to 20. The team is required to remain in this box while the game is being played.

Rule 3: Game Equipment

Section 1: Game Ball
The official game ball shall be pebble-grained leather or rubber covered and meets the recommendations of size and shape for a regulation football. There are no requirements regarding ball pressure and markings. Men shall use the official/regulation size ball only. The regular, intermediate, youth, or junior size football shall be used for Women’s and Co-Rec games. The referee shall judge if the ball is legal for play and may change the ball during play at his/her discretion. During the game each team must use a legal ball of its choice when in possession.

Section 2: Ball Spotters
Two soft and pliable ball spotters will be provided by the Intramural Sports Department for use during the game. One, orange in color, will mark the offensive scrimmage line. The second, gold in color, shall mark the defensive scrimmage line. The area between the spotters extended is known as the neutral zone and should always be one yard apart.
Section 3: Flag Belts
Each player must wear a one piece quick release belt, at the waistline with three flags permanently attached, one flag on each side, and one in the center of the back. Tying knots in the belt are illegal. Tying any part of the flags is illegal. Securing the flag belt in any way other than clipping the plastic clip onto the white nylon cord is illegal. The flags must be a contrasting color to their opponents. The Intramural Sports Department will provide flag belts to be used during the game. The belt must have a spring loaded clip.

Rule 4: Player Equipment

Section 2: Jersey and Pants/Shorts
Players of the opposing teams must wear contrasting colored jerseys, without pockets, numbered on the front and/or rear of the jersey. Jerseys must be either long enough to remained tucked in or short enough so that there is a minimum of 4” between the bottom of the jersey and the player’s waistline. All players are required to wear either shorts or pants. There shall be NO belt(s), belt loop(s), pocket(s), zipper (s), button(s), or exposed drawstrings on the pants or shorts of the player. Players are not permitted to play in boxer shorts or any other form of undergarments. The player’s shorts shall not be the same color as the flags. Players of the same team must wear the same color or similar colored jerseys with different numbers. The visiting team is responsible for avoidance of similar colors. Jerseys which have had the seam compromised are prohibited. All legality of jerseys in question will be to the discretion of the CSM athletic trainer on site.

Section 3: Shoes
Shoes shall be made of a canvas, leather, or synthetic material which covers the entire foot. The sole of the shoe must be firm and attached to the rest of the shoe. The sole may be made of leather, rubber, or composition material which may or may not have rubber or plastic cleats. No metal cleats will be allowed. Five finger shoes are also prohibited due to the nature of the sport.

Section 4: Optional Equipment- Legal
Players may wear any of the following equipment:
A. Ace Bandage- must not be more than two turns and be anchored with tape
B. Gloves- Must be soft and pliable with no abrasive material
C. Headwear
   a. Players may wear nit or stocking caps with no bills
   b. Players may wear headbands that are no more than 2” in diameter and made of non-abrasive unadorned single-colored cloth, elastic, fiber, soft leather, or rubber. Rubber or cloth elastic bands may be used to control hair
   c. Skull Caps may be worn as long as they fit tightly with no knots used to secure the cap
D. Knee Pads- Must be soft and pliable pads  
E. Knee Braces- Braces must be approved by the Certified Athletic Trainer on staff  
F. Mouth Piece  
G. Play Books- Players may carry a playbook inside their clothing as long as it is not made of unyielding material, and is not visible. If carried on the field, a player must keep it rather than throwing it on the ground. Players may wear a soft, pliable wrist/forearm band that contains plays  
H. Sunglasses- Players may wear pliable and non-rigid sunglasses  
I. Face Shield – Players may wear a face shield molded to the face with no protrusions to protect against facial injury.

Section 5: Illegal Equipment
A player wearing illegal equipment shall not be permitted to play. This applies to any equipment which, in the opinion of the referee, is dangerous or inappropriate. Types of equipment or substances which shall always be declared illegal include, but are not limited to:

A. Headwear containing any hard, unyielding, stiff material, including billed hats, or items containing exposed knots  
B. Jewelry  
C. Pads, Casts, or Braces worn above the waist  
D. Shoes with metal, ceramic, screw-in, or detachable cleats. **Exception: Screw in cleats are allowed if the screws are part of the cleat**  
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  
F. Shirts or jerseys with names that may be deemed vulgar by the Intramural Sports Staff  
G. Jerseys may **NOT** have taped numbers  
H. Pants or shorts with any belt(s), belt loop(s), pocket(s), zipper(s), or exposed drawstring(s)  
I. Any leg or knee brace deemed unsafe by the Certified Athletic Trainer on staff.  
J. Any slippery or sticky foreign substance on any equipment or exposed part of the body  
K. Equipment which includes computers or any technical device for communication  
L. Exposed metal on clothes or person. This includes “O” or “D” rings used to secure flag belts  
M. Towels attached at the player’s waist  
N. Flags that can’t be detached from the belt
Section 1: Eligible Players
All players must show a current University of Alabama Action Card before their name will be put on the scorecard—NO EXCEPTIONS. Late arriving players must have their name added to the scorecard upon arrival by an Intramural Sports Staff Member before they may participate. Each player must show their current Action Card and check in before each game. All players must be legally and properly equipped according to Rule 4.

Section 2: Substitutes
All substitutes must stay on the sideline inside the team box specified in Rule 2. Substitutes must enter the game during dead ball situations. Players who have been substituted for must leave the field on their team’s sideline in a timely manner.

A. Eligible Substitutions—Between downs any number of eligible substitutes may replace players provided the substitution is completed by having the replaced players off the field before the ball is snapped. An incoming substitute must enter the field directly from his/her team area. A replaced player must leave the field immediately at the sidelines nearest his/her team prior to the ball being snapped. An entering substitute shall be his/her team’s side of the neutral zone when the ball is snapped. Penalty: Illegal Substitution, 5 yards.

Section 3: Team Captain
Each team should have a player(s) designated as the team’s captain(s). If more than one player is designated as the captain, a speaking captain must be designated for offense and defense.

Section 4: Team Captain’s Responsibilities
The captain(s) is/are responsible for all team representatives. All players, coaches, trainers, and spectators are considered team representatives. The captain is also responsible for making all decisions on behalf of the team.

Rule 6: Game

Section 1: Number of Players
A. Men’s and Women’s
The game shall be played between 2 teams of 7 players each. Five players are required to start the game and avoid a forfeit. The game may be continued with less than five players as long as the team has a chance to win. Penalty: Illegal Participation, 10 yards.

B. Co-Rec
The Co-rec 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. Six players, 3 men and 3 women, 4 men and 2 women, or 4 women and 2
Section 2: Forfeit Time
Game time is forfeit time. The Intramural Sports Supervisor has the correct game time. The Intramural Sports Department recommends that the team arrive at their field 15 minutes before game time. If Team A is present and ready for play while Team B is not, the following late arrival penalty administration will occur:

A. Team A will have the option to win by forfeit or to administer the 10 minute grace period for Team B.

IF THE GRACE PERIOD IS GIVEN, the following rules will be applied.

A. Team A will get the ball at their 14-yard-line for the first AND second half of the game
B. If Team B has not arrived 5 minutes after game time, Team A will receive the benefit from subsection A, as well as placement of the ball at their 34-yard-line.
C. If Team B does not arrive 10 minutes after game time, Team A wins by forfeit.

Section 3: Start of the Game
The game shall start with a captain’s meeting held at midfield. The officials will bring in both teams’ captains and have a coin toss. The away team will call the toss. The team that wins the toss will have the option to defer choices for the second half, choose offense or defense, or which end to defend. The other team will have the option to choose from the remaining options after the other team has chosen.

Section 4: Tie Game
If at the end of regulation the game is tied, the following procedures will be implemented:

A. The officials will bring in both captains for another meeting at midfield. The visiting team will call the toss. The team winning the toss will have the option to be on offense, defense, or choose which end to play on.
B. If additional overtime periods are played, captains will alternate choices. All overtime periods will be played on the same end of the field.
C. Each team will start 1st and goal from the 10 yard line unless moved by penalty.
D. The overtime period will continue until a winner is determined. The overtime period is not sudden-death. Each team will have an opportunity to score in each period. Each team will have a series of four downs to score.
E. The goal line will always be the line to gain.
F. Each team will be awarded one time-out during the entire overtime.
G. If the defense intercepts a pass the play will be deemed dead and they will then begin their respective series on offense.
H. There will be no changes to the enforcement of penalties during the overtime period.
Section 5: Mercy Rule
The game will be over if at the two minute warning a team is winning by 19 or more points. Also, if at any time after the two minute warning a team scores to create a point differential of 19 or more points, the game will be over. The mercy rule for the co-rec game is 25. For all divisions, the game will be over if a team is winning by 50 or more at half-time or any time in the second half.

Section 6: Protest Procedure
Protests must be made during the game immediately after the play in question has ended. A team must call a time-out and notify the official of the protest. Protests will only occur when there is a rules interpretation in question. No Protests will be made on judgment calls made by the officials. Eligibility Protests may be made after the game as long as the protest is in compliance with the Policies and Procedures of The University of Alabama Intramural Sports Department.

Rule 7: Timing Procedures

Section 1: Game Time
The regulation game shall consist of two 20 minute halves. In the event of inclement weather cancellation, any game that has completed the first half of play will be considered an official game and will not be rescheduled.

Section 2: First Half Timing
During play of the first half the clock will start on the first snap of the game and run continuously until the end of the half. The clock will only stop during the following situations:
   A. Team Timeout- Clock will start on the snap
   B. Official’s Timeout- Clock will start on the ready for play

Section 3: Two Minute Warning
Approximately two minutes before the end of the second half the referee shall stop the clock and inform both captains of the playing time remaining in the half. The clock will restart on the snap. The back judge will announce the time remaining in the half at the end of every play during the final two minutes of the second half.

Section 4: Timing Procedures for Final Two Minutes
During the final two minutes of the second half the clock will stop for the following:
   A. Situations when clock restarts on snap:
      a. Incomplete legal or illegal forward pass
      b. Player out-of-bounds
      c. Safety
      d. Team time-out
      e. Touchdown (after the try)
The Rules of the Game for Intramural Flag Football

Section 5: Extension of Periods
A period must be extended by one un-timed down, except for unsportsmanlike or non-player fouls, if during the last timed down, one of the following occurred:

A. There was a foul, other than unsportsmanlike or non-player fouls which specify loss of down, by either team or the penalty was accepted. In the latter case any score by the team that fouled will be cancelled.

B. There was a double foul.

C. There was an inadvertent whistle.

D. If a touchdown was scored, the Try is attempted unless the touchdown is scored during the last down of the second half and the point(s) would not affect the outcome of the game or the playoff qualifying.

E. Fouls for which enforcement by Rule results in a safety.

If (A), (B), or (C) occurs during the un-timed down, the procedure is repeated.

NOTE: The period shall not be extended further when the defense fouls during a successful Try and the offended team accepts the result of the play with the enforcement of the penalty from the succeeding spot.

Section 6: Team Time-Outs
Each team is entitled to two 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 with a time-out. All time-outs must be requested from the field of play, not the sideline. Time Outs shall be 1 minute in length.

Rule 8: Start of Play

Section 1: Minimum Number of Players on Line
A team must have at least 4 players (Corec 5 players) on their scrimmage line at the snap. The remaining players must be either on their scrimmage line or behind their backfield.
line. All players must be inbounds. A player in motion is not counted as 1 of the 4 or 5 on his/her scrimmage line.

Penalty: Illegal Formation, 5 yards.

Section 2: Ball Responsibility
Offensive players are responsible for retrieving the ball after the down. The snapper will bring it from the huddle to the scrimmage line (orange ball spotter). A towel may be placed under the ball if needed.

Section 3: Action during the Snap
A. Motion – One offensive player may be in motion, but not in motion toward the line of scrimmage at the snap. Other offensive players must be stationary in their positions without movement of the feet, body, head, or arms.

Penalty: Illegal Motion, 5 yards.

B. No Direct Snap – The player who receives the snap must be at least two yards behind the offensive scrimmage line.

Penalty: Illegal Snap, 5 yards (Live Ball)

C. Illegal Snap – The snapper may not snap the ball to him/herself. The snap must be one fluid motion.

Penalty: Illegal Snap, 5 yards (Dead Ball)

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

Penalty: Illegal Shift, 5 yards

Section 4: Defensive Penalties before Snap
A defensive player may not cross the defensive scrimmage line before the ball is snapped. This will be considered encroachment on the defense. The defensive team may not verbally try to draw the offense off sides.

Rule 9: Passing

Section 1: Illegal Forward Pass
A forward pass shall be considered illegal if:

A. If the passer’s foot is beyond the offensive scrimmage line plane when the ball leaves his/her hand

B. If thrown forward after team possession has changed during down

C. If intentionally thrown to the ground or out-of-bounds to avoid loss of yardage

D. If a passer catches his/her untouched forward or backwards pass

E. If there is more than one forward pass per down
Section 2: Legal Forward Pass
All players are eligible to touch or catch a pass. During a scrimmage down and before team possession has changed, a forward pass may be thrown provided the passer’s feet are on or behind the scrimmage line when the ball leaves the passer’s hand. Only 1 forward pass can be thrown per down.

Section 3: Batting the Ball
Loose Ball: Players shall not bat a loose ball other than a pass or fumble in flight. EXCEPTION 1: A backward pass in flight shall not be batted or thrown forward by the passing team. EXCEPTION 2: A player on the kicking team may bat a grounded or an airborne punt beyond the K’s scrimmage line toward their own goal line. Penalty: Illegal Batting, 10 yards
Player Possession: A ball in player possession shall not be batted forward by a player of the team in possession. Penalty: Illegal Batting, 10 yards

Rule 10: Running

Section 1: Legal Running Play
A team can run the ball past the line of scrimmage at any point during the play. All players on the team are able to run the ball past the line of scrimmage. This rule will only apply to Men’s and Women’s games.

Section 2: Handing the Ball
Any player may hand the ball forward or backwards at any point during the play. Players may also lateral the ball backwards at any point during the play, except if intentionally thrown out-of-bounds to conserve time.

Rule 11: Punts

Section 1: Declaring a Punt
Prior to making the ball ready for play on fourth down, the referee must ask the offensive captain if he/she wants to punt. The referee must communicate this decision to all offensive and defensive players. The offensive captain may declare a punt on any down. After a punt has been declared, the ball must be punted. The following exceptions will apply to the rule:
   A. If a time-out is called by either team
   B. The period ends
   C. A foul occurs any time prior to or during this down
If any of the following occur the offensive captain will have the option to choose again. The official must communicate the decision again with all players and officials on the field.

Section 2: Formation and Snap
Neither team K or R may advance beyond their respective scrimmage lines until the ball is punted.

**Section 3: Punting the Ball**
After receiving the snap, the kicker must punt the ball immediately in a continuous motion.  
*Penalty: Illegal procedure, 5 yards.*

**Section 4: After the Punt**
Once the ball has been kicked, any R player may block the kick. If the blocked punt hits the ground, it is dead at the spot. If the punt is blocked by any player on the receiving team behind the scrimmage line of the kicking team and then caught by K player, K may run, and or throw behind the scrimmage line. R may advance the punt anywhere on the field of play. A K player cannot punt the ball to himself/herself or any other K player. Only one punt is allowed per down. If the ball, after a kick, hits R beyond the scrimmage line and then hits the ground, it is also dead at the spot.

**Section 5: First Touching**
If a player on the kicking team touches the ball after crossing the scrimmage line and before it touches a player on the receiving team, it is known as first touching. The play is continues until the ball becomes dead. The receiving team can either take the ball from where it was first touched by the kicking team, or the result of the play following the first touching by the kicking team. The right to take the ball at the “first touching” spot is cancelled if the receiving team runs the ball after first touching and commits a penalty during the down.

**Section 6: Loose Ball**
If the ball after a punt hits a member of the receiving team past the scrimmage line, and then another R player catches it, they can advance the ball. If the same play happens, but instead a member of the kicking team catches the ball, the ball is dead at the spot and the kicking team has a new set of downs.

**Section 7: Touchbacks**
If a punted ball crosses the goal line it shall become dead and not be able to be returned. The ball will then be placed at the 14-yard line for the series to begin.

**Section 8: Illegal Kicking**
No player shall intentionally kick a ball other than a punt.  
*Penalty: Illegal Kicking, 10 yards*

**Rule 12: Scoring**

**Section 1: Touchdowns**
If the ball crosses the goal line while in possession of the ball before his/her flags are pulled, the play will result in a touchdown. The touchdown will have a value of 6 points in a Men’s or Women’s game. In Co-rec, the awarded points for a touchdown are 6 or 9. (Refer to Co-rec section of rules to determine how points are awarded.)

Section 2: Flag Belt Check
The player scoring the touchdown must raise his/her arms so the nearest official can remove the flags of the player. If the player’s flags will not come off with one pull and the official determines the flag belt has been secured illegally, the touchdown is nullified, and the player is ejected from the game.

*The belt comes off easily when it is clipped properly. Avoid looping excess strap around the belt.*

Penalty: Personal Foul from the previous spot and a loss of down.

Section 3: Try
An opportunity to score 1, 2, or 3 points shall be granted to the team scoring the touchdown. The point values will be determined by the yardage as follows:

- A. 1 point – Try is attempted from 3-yard line
- B. 2 points – Try is attempted from 10-yard line
- C. 3 points – Try is attempted from 20-yard line

The point value will be chosen by the offensive team captain after the touchdown. **Once the point value is chosen it may not be changed unless the offensive team calls time-out.** The try will not be attempted if the touchdown is scored on the last timed down of the second half, unless it will affect the outcome of the game.

Section 4: Turnover on Try
If a turnover occurs during the try the play will be blown dead! No points will be awarded to the defense.

**Rule 13: Blocking**

Section 1: Offensive Screen Blocking
The offensive screen block shall take place without contact. The screen blocker shall have his/her hands at his/her side or behind his/her back. Any use of the hands, arms, elbows, legs or body to initiate contact during an offensive player’s screen block is illegal. A blocker may use his/her hand or arm to break a fall or retain balance. A player must be on his/her feet before, during, and after screen blocking.

Section 2: Screen Blocking Fundamentals
A player who screen blocks shall not:

- A. Take a position closer than a normal step when behind a stationary opponent.
- B. Make contact when assuming a position at the side or in front of a stationary opponent.
- C. Take a position so close to a moving opponent that he/she cannot avoid contact by stopping or changing direction. The speed of the player to be screened will
determine where the screener may take his/her stationary position. This position will vary and may be 1 or 2 normal steps or strides from the opponent.

D. After assuming his/her legal screening position, move to maintain it; unless he/she moves in the same direction and/or path as his/her opponent.

If the screener violates any of these provisions and contact results, he/she has committed a personal foul.

*Penalty: Personal Foul, 10 yards.*

**Section 3: Blocking and Interlocked Interference**

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

*Penalty: Personal Foul, 10 yards.*

**Section 4: Use of Hands or Arms by the Defense**

Defensive players must go around the offensive players screen block. The arms and hands may not be used as a wedge to contact the opponent. The application of this rule depends entirely on the judgment of the official.

*Penalty: Personal Foul, 10 yards.*

**Rule 14: Flag Belt Removal**

**Section 1: Basic Tenets**

A. Players must have possession of the ball before they can be deflagged legally by an opponent.

B. When a runner loses his/her flag belt accidentally, inadvertently (not removed by grabbing or pulling) or on purpose, play continues. The “deflagging” reverts to a one hand tag of the runner between the shoulders and the waist by an opponent.

C. In circumstances where a flag belt is removed illegally, play should continue with the option of the penalty or the play.

*Penalty: Personal Foul, 10 yards.*

D. An opponent intentionally pulling a flag belt from an offensive player without the ball is illegal.

*Penalty: Personal Foul, 10 yards.*

E. Tampering with the flag belt in any way to gain an advantage, including tying, using foreign materials, or other such acts is illegal.

*Penalty: Personal Foul, 10 yards from pervious spot, loss of down and player disqualification.*

**Rule 15: Penalties by the Runner**

**Section 1: Guarding the Flag Belt**

Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove the flag belt. Examples of flag guarding include but are not limited to:
A. Placing or swinging the hand or arm over the flag belt
B. Placing the ball over the flag belt
C. Lowering the shoulders in a manner which places the arm over the flag belt
Penalty: Flag Guarding, 10 yards.

Section 2: Stiff Arm
The runner shall be prohibited from contacting an opponent with an extended arm or hand. This includes the use of a “stiff arm” extended to ward off an opponent attempting to deflag/tag.
Penalty: Personal Foul, 10 yards.

Section 3: Offensive Contact
A runner shall not charge into an opponent in his/her path, attempt to run between two opponents, or between an opponent and a sideline, unless the space is such as to provide reasonable chance for him/her to go through without contact. If a runner in his/her progress has established a straight line path, he/she may not be crowded out of that path; but if an opponent is able to legally establish defensive position in that path, the runner must avoid contact by changing direction. Penalty: Personal Foul, 10 yards

Section 4: Hurdling the Defense
A runner shall not hurdle an opponent in his path. Penalty: Personal Foul, 10 yards

Section 5: Obstruct the Runner
An opponent shall not hold, grasp, or obstruct the forward progress of a runner when in the act of removing the flag belt or making a legal tag. Penalty: Personal Foul, 10 yards.

Section 6: Helping the Runner
The runner shall not grasp a teammate or be grasped, pulled, or pushed by a teammate. Penalty: Help the runner, 5 yards.

Rule 16: Pass Interference

Section 1: Defensive Pass Interference
After the pass is released by the passer, and until it is touched, there may be defensive pass interference beyond the offense’s scrimmage line while the ball is in flight. Any of the following acts will be deemed pass interference:
   A. Contact with the receiver
   B. Face Guarding the Receiver
   C. Holding the Receiver
Penalty: Defensive Pass Interference, 10 yards.

Section 2: Offensive Pass Interference
After the pass is released by the passer, and until it is touched, there may be offensive pass interference beyond the offense’s scrimmage line while the ball is in flight. Any of the following acts will be deemed pass interference:

A. Contact with the defender
B. Holding the defender
C. Face Guarding the defender

*Whether a pass is catchable or uncatchable has no bearing on offensive and defensive forward pass interference.*

Penalty: Offensive Pass Interference, 10 yards.

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**Rule 17: Illegal Participation**

**Section 1: Illegal Participation**

The following acts will be considered illegal participation:

A. A team having **8 or more players** participating at the time of the snap in a Men’s or Women’s game. A team having **9 or more players** participating at the time of the snap in a Co-Rec game.

B. An injured player is not replaced for at least one down; unless the end of the half occurs or the injured player’s team calls a time-out.

C. Use of a replaced player or substitute in a substitution or pretend substitution to deceive opponents at or immediately before the snap.

D. A player to lie on the ground to deceive opponents at or immediately before the snap.

E. An ejected player re-enters the game.

F. A replaced player or substitute to hinder an opponent, touch the ball, influence the play or otherwise participate.

G. Prior to the change of possession, an offensive or defensive player goes out-of-bounds and returns during the down, unless blocked out-of-bounds by an opponent. If a player is blocked out-of-bounds by an opponent and returns inbounds during the down, he/she shall return at the first opportunity.

Penalty: Illegal Participation, 10 yards.

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**Rule 18: Personal Fouls**

**Section 1: Player Restrictions**

No player or non-player shall commit a personal foul during a period or an intermission. The following acts shall be considered a personal foul:

A. Strip or attempt to strip the ball from the runner by punching, striking, or stealing

B. Contact an opponent who is on the ground
C. Throw the runner to the ground
D. Hurdle another player
E. Contact an opponent before or after the ball is declared dead
F. Make contact of any nature with an opponent, which is deemed unnecessary. This includes using fists, locking hands, elbows, or any part of the forearm or hand, except according to the rules
G. Deliberately dive or run into a defensive player
H. Position himself/herself on the shoulders or body of a teammate or opponent to gain an advantage
I. Tackle the runner by grasping or encircling with the hand(s) or arm(s) and taking the opponent toward the ground as in tackle football
J. Fight an opponent

Penalty: Personal Foul, 10 yards.

Section 2: Roughing the Passer
Defensive players must make a definitive effort to avoid charging into a passer after it is clear the ball has been thrown forward legally. No defensive player shall contact the passer who is standing still or fading back as he/she is considered out of play after the pass. Penalty: Roughing the Passer, 10 yards, automatic 1st down.

*Roughing the passer restrictions do not apply if the forward pass is thrown from beyond the offensive scrimmage line.

Rule 19: Conduct of Players

Section 1: Unsportsmanlike Acts
No player or non-player shall commit non-contact acts before the game, during the game, or after the game. The following are examples of non-contact acts:
A. Refusal to comply or abide by the request or decision of an official.
B. Using words similar to offensive audibles and quarterback cadence prior to the snap in an attempt to interfere with the offensive team’s signals or movements.
C. Intentionally kicking at the ball, other than during a punt.
D. Leaving the field between downs to gain an advantage unless replaced or with permission of the referee.
E. Intentionally kicking, swinging an arm, hand, or fist at any opposing player (shall result in an ejection).
F. Participate while wearing illegal equipment.
G. Being outside the team box, but not on the field, during a live ball.

Penalty: Unsportsmanlike Conduct, 10 yards. Some acts may result in ejection.

Section 2: Dead Ball Player Fouls
When the ball becomes dead in the possession of a player he/she shall not commit one of the following acts:
A. Intentionally kick the ball
Section 3: Prohibited Acts
There shall be no unsportsmanlike conduct by players, substitutes, coaches, or any others subject to the rules. Examples included but are not limited to:

A. Attempting to influence a decision by an official
B. Disrespectfully addressing an official
C. Indicating objections to an official’s decision
D. Holding an unauthorized conference or being on the field illegally
E. Using profanity, taunting, insulting, or vulgar language/gestures
F. Intentionally contacting a game official physically during the game (shall result in an ejection)
G. Fighting an opponent (shall result in an ejection)
H. Leaving the team box and entering the field of play during a fight (shall result in an ejection)

Penalty: Unsportsmanlike Conduct, 10 yards. Some acts may result in ejection.

Section 4: Second Unsportsmanlike Foul
The second unsportsmanlike foul by the same player or nonplayer results in ejection.

Section 5: Player Ejection
If a player is ejected from a game due to unsportsmanlike conduct, he/she may be allowed to remain on the bench. If the ejected player creates a problem for the game officials or any of the Intramural Sports Staff from the bench area, he/she will be told to leave the field area. The field area is defined as “out of sight, out of sound.” If the ejected player refuses to leave after a reasonable amount of time, the referee will inform the captain that the game will be forfeited.

Section 6: Third Unsportsmanlike Foul
The third unsportsmanlike foul by the same team results in their forfeiture of the game.

Rule 20: Enforcement of Penalties

Procedures and penalty enforcements are briefly summarized in this section. Enforcements and procedures are not limited to what is listed in this manual. Officials will be trained thoroughly with use of the entire NIRSA rule book and officials manual.

Section 1: Captain’s Choice
When the foul occurs during a live ball, the referee shall, at the end of the play, notify both captains. He/she shall inform the captain of the offended team regarding the rights of penalty acceptance or declination and shall indicate to him/her the number of the ensuing down, distance to be gained, and the status of the ball for each available choice.
The distance of the penalty for any foul may be declined. If the penalty is declined or there is a double foul, there is no loss of distance. A captain’s choice of options may not be revoked.

**Section 2: All-But-One-Principle**

Enforcement of penalties is based on the premise that a team is given the advantage of the distance which is gained without assistance of a foul. It is assumed that the only foul which would give this aid is a foul by the offense behind the line of scrimmage.

**Section 3: Fouls**

A foul is a rule infraction for which a penalty shall be enforced. Types of fouls are:

- **A. Dead Ball** – A foul which occurs in the time interval after a down has ended and before the ball is next legally snapped.
- **B. Live Ball** – A foul which occurs during a down.
- **C. Simultaneous with the Snap** – An act which becomes a foul once the ball is snapped.

**Section 4: Dead Ball Enforcement**

The penalty for a dead ball foul shall be accessed from the succeeding spot, unless the foul is committed before or during an unsuccessful try after a touchdown is scored.

**Section 5: Live Ball Enforcement**

Any foul is penalized according to the **All-But-One-Principle** except:

- A. A foul which occurs simultaneously with the snap is penalized from previous spot.
- B. A nonplayer foul, unsportsmanlike foul, or dead ball foul is penalized from succeeding spot.

**Section 6: Live Ball Plays and Penalty Enforcements**

During a live ball, there are two types of plays that occur which determine how the penalty will be enforced. Below are the types of plays and enforcement of penalties when as a result.

- **A. Loose Ball Play**
  
  A loose ball play is any action during:
  
  a. A punt
  b. A legal forward pass
  c. A backward pass, including the snap, or fumble made by offense player behind his/her scrimmage line
  d. The run or runs which precedes such legal pass, punt, or fumble

  *Enforcement: When a foul occurs during any one of these plays, the enforcement will be from the previous line of scrimmage.*

- **B. Running Play**
  
  A running play is any action which is not a loose ball play.
  
  a. Behind the line it includes:
     1. A run which is not followed by a loose ball behind the line.
2. A run which is followed by an illegal pass from behind the line.
   b. Beyond the line, it includes any run. A run ends when a runner loses possession, but the related running play continues until the ball becomes dead or some player again gains possession.

   Enforcement: When a foul occurs during any one of these plays, the enforcement will be from where the related run ends:
   a) Where the ball becomes dead if the runner does not lose possession
   b) Where the player loses possession if his/her run is followed by his/her fumble or pass
   c) At the spot of the catch when the momentum rule is in affect

Section 7: Live/Dead Ball Foul
When a live ball foul is followed by an opponent’s dead ball foul, each one will be administered separately and in the order of occurrence. When the same team commits both types of penalties, all fouls will be penalized.

Section 8: Foul Prior to Try
If a foul is committed by either team after a touchdown and before the ready for play signal on a try, and the enforcement of the penalty is from the succeeding spot, the opposing team may either enforce the penalty during the try or on the opposing team’s next possession from the 14 yard line.

Section 9: Multiple Live Ball Foul
When more than one live ball foul (other than unsportsmanlike or nonplayer) occurs during the same down by the same team, only one penalty may be chosen by the opposition.

Section 10: Loss of Down
Fouls by the offense which include a loss of down are Illegal Backward Pass, Illegal Forward Pass, Illegally Secured Flag Belt.

Section 11: Automatic First Down
Fouls by the defense which include an automatic 1st down are Roughing the Passer, and Illegally Secured Flag Belt.

Rule 21: Co-Rec Rules

Section 1: The Game
The game shall be played between two 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. Six players, 3 men and 3 women, 4 men and 2 women, or 4 women and 2 men are required to start the game
and avoid a forfeit. The game may be continued with less than 6 players as long as the
team has a chance to win.

Penalty: Illegal Participation, 10 yards.

Section 2: The Ball
The regular, intermediate, youth, or junior size football shall be used during play.

Section 3: Minimum Players on the Scrimmage Line
The offensive team must have at least five players on their scrimmage line at the snap.

Penalty: Illegal Formation, 5 yards.

Section 4: Run Plays / Male Ball Carriers
An offensive male runner cannot advance the ball through the offensive scrimmage line.
There are no restrictions during a run by a male runner once the ball is beyond the
offensive scrimmage line, during a run by a female player, and after a change of
possession during the play. Penalty: Illegal Advancement, 5 yards from the previous spot.

Section 5: Male to Male Completion
During the offensive team’s possession there may not be two consecutive legal forward
pass completions from a male passer to a male receiver. This rule also 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 a female receiver for positive
yards. The spot where the ball becomes dead by rule must be beyond the offensive
scrimmage line. There are no restrictions concerning a male passer completing legal
forward passes to a female receiver, female to female, or female to male.

Penalty: Illegal Forward pass, 5 yards from the spot the pass is released and loss of
down.

Section 6: Illegal Forward Pass
If a female passer completes a forward pass to a male receiver behind the offensive
scrimmage line, and any offensive team male runs beyond this scrimmage line, it is an
illegal forward pass.

Penalty: Illegal Forward Pass, 5 yards from the spot of the pass and a loss of down.

Section 7: Mercy Rule
If a team is 25 or more points ahead when the referee announces the two minute warning
for the second half, the game shall be over. Also if at any point after the two minute
warning a team scores and the margin becomes 25 or more points the game shall end at
that point.

Section 8: Touchdown Value
If a female player scores a touchdown, the point value is 9. If a female player throws a legal forward pass and a touchdown is scored by any offensive player, prior to change of possession, the point value is also 9. All other touchdowns are 6 points. Also if a female runs the ball across the touchdown line then they will also be awarded 9 points.

**Rule 22: Fouls and Penalties**

**Section 1: 5-yard Penalties**
The following penalties will result in a loss of 5-yards:

- Required equipment worn illegally
- Delay of Game (Dead Ball)
- Illegally conserving or consuming time
- Substitution rules infractions
- Infraction of punt formation - Line Players
- Infraction of punt formation – Kicker
- Encroachment (Dead Ball)
- False Start (Dead Ball)
- Illegal Snap (Dead Ball)
- Illegal Formation
- Player out-of-bounds when the ball is snapped
- Illegal Motion
- Illegal Shift
- Illegal advancement by a male runner (Co-Rec Only)
- Intentionally throwing a backward pass or fumble out-bounds (loss of down if by offensive team)
- Illegal Forward Pass (Loss of down if by offensive team)
- Intentional Grounding (Loss of Down)
- Illegal forward pass – 2 Consecutive male to male forward pass completions (Loss of Down) (Co-Rec Only)
- Illegal forward pass – Male catches pass and runs beyond the scrimmage line (Loss of Down) (Co-Rec Only)
- Helping the Runner

**Section 2: 10-yard Penalties**
The following penalties will carry a loss of 10-yards:

- Illegal player equipment
- Quick Kick
- Kick catch interference
- Two or more consecutive encroachments during the same interval between scrimmage downs
- Offensive pass interference
- Defensive pass interference
• Illegally secured flag belt on a touchdown (Loss of Down if by offense)  
  (Automatic First Down if by defense)
• Unsportsmanlike Player Conduct
• Spiking, Kicking, or Throwing the ball during a dead ball
• Unsportsmanlike Conduct by Coaches, Substitutes, or Others
• Strip or attempt to strip the ball
• Contact with opponent on the ground
• Throwing runner to the ground
• Hurdle any player
• Contact before or after the ball is dead
• Unnecessary contact of any nature
• Dive or Run into a player
• Positioning yourself upon the shoulders or body of a teammate
• Tackle the runner
• Roughing the passer (Automatic First Down)
• Illegal offensive screen blocking
• Interlocked interference
• Defensive use of hands
• Flag Guarding
• Stiff Arm
• Obstructing or holding the runner
• Batting a loose ball
• Illegal kicking
• Illegal Participation
• Illegal Substitution
• Pretend/Unfair substitution
• Illegal flag belt removal

Section 3: 10-yard Penalties with Ejections
The following penalties will carry a loss of 10 yards and an ejection:
• Flagrant Unsportsmanlike Player Conduct
• Intentionally kicking at or swinging arm, hand, or fist at any opposing team representative or official
• Flagrant spiking, kicking, or throwing of the ball
• Flagrant unsportsmanlike conduct by players, coaches, substitutes, or other team representatives
• Intentionally contacting an official
• Flagrant personal fouls
• Tackling the runner
• Intentionally tampering with flag belt – Offense (Loss of Down)
• Intentionally tampering with flag belt – Defense (Automatic First Down)
Rule 23: Officials Jurisdiction

Section 1: Game Official’s Authority
The game officials shall assume authority for the contest, including penalizing unsportsmanlike acts, 30 minutes prior to the scheduled game time. The official’s jurisdiction extends through the referee’s declaration of the end of the second half or overtime.

Section 2: Captain’s Meeting
The referee shall conduct a meeting between both captain’s before the first half, second half, and if necessary overtime. The meeting should be attended by all of the officials for that game.

Section 3: Referee’s Authority
The referee has the authority to rule promptly, and in the spirit of good sportsmanship, on any situation not specifically covered in the rules. The referee’s decisions are final in all matters pertaining to the game unless there is a proper protest made during the game.

Rule 24: Sportsmanship

Sportsmanship is an important part of intramural sports. Any player who uses foul language, violently protests a call, or curses an official or staff member, will be removed from the game and will automatically be suspended from his/her team’s next game. In addition, he/she will have to meet with the Coordinator of Intramural Sports during office hours (Monday through Friday, 10:00 a.m. to 4:30 p.m.) before he/she is eligible to participate again. Any player who touches an official or staff member will be placed on suspension from all Intramural activities for a minimum period of one calendar year from the time of the incident.

Intramural Sports General Information

The Intramural Sports Office is located in the atrium of the Student Recreation Center.
Office Hours: Monday - Friday 10:00 AM - 4:30 PM
Office: 205-348-8055
Rain Hotline: 205-348-2708
University Recreation makes every effort to protect all participants, however flag football is a contact sport and injuries are a possibility. The University of Alabama, the Division of Student Affairs, University Recreation, and Intramural Sports (and employees thereof) assumes NO RESPONSIBILITY for injuries. Basic First-Aid will be available for participants.