ELIGIBILITY

1. In order to be eligible to participate in intramural activities, players must be have purchased a Colvin Center Activity Card or paid the Student Activity Fee. All players must present a valid OSU I.D. to the game official at each game. No I.D. No Play!

2. **Players must be listed on the team roster. Player additions can only be made at the start of any game up until the team completes play in its first playoff game.**

3. Team captains and players are responsible for checking their eligibility status. A complete list of intramural eligibility regulations is available in the Campus Recreation Handbook, which can be obtained in the Intramural Sports Office.

EQUIPMENT

1. The Intramural Sports Office will provide flag belts, colored pennies, and a game ball for each contest.

2. If teams wish to warm up they must provide their own ball. Teams may use their own ball for play, as long as it is of legal size.

3. Clothing:
   A. Athletic attire is required. (No jeans, or jean shorts, button shirts, hard-soled shoes, and sunglasses etc)
      All articles of clothing must be tucked underneath the flag belts. Shirts must be long enough to tuck in so that they remain tucked in the pants/shorts during the entire down or short enough so there is a minimum 4” from the bottom of the shirt to the player’s waistline. Towels may not hang from a player’s waist or otherwise interfere with the possible removal of a flag. If towels are to be used they must be placed next to the ball marker signifying the line of scrimmage.
   
   B. **EACH PLAYER MUST WEAR SHORTS OR PANTS WITHOUT ANY POCKETS**, belt(s), belt loops, or exposed drawstrings. The pants or shorts must be different in color than the flags. The above rules are mandatory rules and they will be enforced strictly! Any individual who is unprepared to play with the proper equipment will be unable to play until they are fitted with the proper equipment.

   C. Shoes must be ‘gym or running shoes.’ Pliable rubber cleated shoes may be worn. NO METAL SPIKES or cleats with metal tips will be permitted.

   D. Headgear is not allowed by any participant during an Intramural event, except for one-piece head/sweat bands that do not have to be tied or do not have any form of knot(s). Illegal headgear consists of any hats, bandannas, baseball caps, and any other such similar headgear.

   E. No hard pads, hard splints, hard casts, or hard protective devices may be worn. Mouthpieces are acceptable.

   F. Players must REMOVE ALL JEWELRY prior to participating, including any viewable body piercing.

   G. A flag belt must be worn with a flag on each hip and one in the back.

   H. Sunglasses are permitted.

FORFEITS

1. **GAME TIME IS FORFEIT TIME, THERE WILL BE NO GRACE PERIOD**

2. If a team is scheduled to play at 7pm, they must be signed in, jerseys on and ready to BEGIN playing at 7pm or a forfeit will be declared. It is recommended that teams arrive at least fifteen (15)-minutes prior to start time.

3. In team sports, a Forfeit Fee of $25.00 will be charged for any forfeited contest.
   A. Team Forfeit Fees may be paid in the Intramural Office within 24 hours of the forfeit. Otherwise, they will be charged to the Captain’s Bursar Account.
   B. All forfeits, regardless of cause, will result in the Forfeit Fee being assessed (i.e. sportsmanship or illegal player).
C. Any team who forfeits or concedes two of their games will “forfeit out” of the sport and will not be eligible for playoffs.

4. In order to claim a forfeit, the opposing team must have the minimum players present and ready to play at game time.

5. Conceding: a team captain may concede a game/contest (No Forfeit Fee will be charged) by notifying the Intramural Office prior to 12 noon the day of the contest that they will not play (5pm Friday for weekend games).

6. All teams scheduled to play that team will automatically receive a victory and a four (4) sportsmanship rating unless another team is inserted in its place.

7. Members of a team, which have forfeited out are not eligible to participate for another team. Exception: a team, which did not show up for any contests prior to forfeiting out, only by the permission of the coordinator of that sport.

8. All teams, which forfeit out of a sport, will not receive All-University Points.

THE GAME

1. SCORING: Two officials will keep the score and clock.

2. FIELD DIMENSIONS: The field will be two (2) 20-yard zones with two (2) 10-yard end zones. The width of the field will be 25-yards wide.

3. TEAMS: Four (4) players constitute a team. A team may not start or play with fewer than three (3) players.

4. COIN TOSS: A coin toss between team captains will begin each game. The winner of the toss may choose to be on offense, a goal to defend, or defer their option to the second half. The opponent then has the choice from the remaining options.

5. GAME TIME: The game will consist of two (2) halves of fifteen (15) minutes. During each half it will be a continuous running clock only stops for time outs. The clock will stop during the last minute of the second half only.

6. OVERTIME: Overtime will not be in effect until playoffs. In the regular season, games will end in a tie. A coin toss will be used to determine which team has the options of offense or defending a designated end of the field. If the winning captain chooses offense, the other captain chooses which end of the field overtime will be played. All overtime periods will be played at this end of the field. Each team will receive two (2) attempts to score from the ten (10) yard line. If the teams are still tied after both teams have had possessions, no other coin toss will be done. The captain who lost the initial overtime coin toss now has the option of offense or defense. This alternation continues with each overtime period.

7. TIMEOUTS: Each team will be granted two (2) timeouts per game. One timeout per team will be allowed in overtime periods.

8. BEGINNING A SERIES: There are no kickoffs. The ball will be put in play from the five (5) yard line to begin a half or following a score.

9. SERIES OF Downs: A team will have three (3) downs to advance the ball to the zone line to gain. There is no punting, so teams must always attempt the zone line on the third down. If the team turns it over on downs, the ball will be placed back at the defense’s 5 yard line with a change of possession. If the defense forces a change of possession, they receive the ball where they are deflagged.

10. MINIMUM LINE PLAYERS: The offense must have at least one (1) player on their scrimmage line (the center counts).

11. FORWARD PASSING: Only one forward pass may be thrown per down by the offense. A legal forward pass is defined as the passer’s feet being behind the offense’s line of scrimmage at the time the ball is released with initial direction being forward.
12. **LEGAL FORWARD PASS:** There must be a legal forward pass each down. The initial way the ball breaks the line of scrimmage cannot be a run. The receiver must catch the ball beyond Team A’s scrimmage line for positive yardage.

13. **RUNNER:** A runner for Team A may not advance the ball through Team A’s scrimmage line (orange ball spotter). There are no restrictions once a pass has been caught beyond Team A’s scrimmage line or following a change of possession.

14. **POINT AFTER TOUCHDOWN:** After a touchdown, the scoring team may choose from the following options for a conversion:
   - A. 1 point from the 5-yard line
   - B. 2 points from the 10-yard line
   - C. Immediately after scoring a touchdown the Referee will ask the team captain his/her choice for the conversion. Once this decision is made, it can only be changed by taking a charged time-out. A team’s decision cannot be changed should a penalty occur on the conversion attempt. If any change of possession occurs on the PAT attempt, the ball is declared dead.

15. **DEFENSIVE RESTRICTIONS:** Any defensive play may line up just off of the offensive line of scrimmage (orange ball spotter). Once the ball is snapped, any defensive player may rush the ball behind the offensive line of scrimmage if the player(s) started behind the defensive rush line (yellow ball spotter). If a defensive player(s) is behind the yellow ball spotter (five (5) yards from the orange spotter) they may rush the ball behind the line of scrimmage. Once the offense is within five (5) yards of the goal line, then the yellow ball spotter will be placed at the goal line.

16. **MERCY RULE:** If a team is 25 or more points ahead when the Referee announces the 1-minute warning for the second half, the game shall be over. Any score within the last minute of the second half that creates a differential of 25 points or more shall end the game. If a team gains a 45 point advantage at anytime after the completion of the first half the game will be over.

17. **PENALTY ENFORCEMENT:** All 10-yard penalties are 5-yards and all 5-yard penalties are 3-yards. Illegal rush penalties are 3-yards.

**SPORTSMANSHIP**

1. **UNSPORTSMANLIKE CONDUCT:** Players shall not commit acts of unsportsmanlike conduct. This includes, but is not limited to, arguments with officials by a coach, manager, or spectator (the captain is the only player permitted to talk with the officials), flagrant fouling, fighting, etc.

2. **DISQUALIFIED PLAYER:** A player disqualified from the game for unsportsmanlike conduct must leave the field IMMEDIATELY, and will be declared ineligible for the remained of the tournament and from all intramural sport activities until he/she has met with the graduate assistants in charge of that sport (Matt Lee). Failure to leave may result in disqualification of the captain, or forfeiture of the game. Any second occurrence of unsportsmanlike conduct by a team may result in that teams elimination of the season.

**FLAG FOOTBALL RULE CLARIFICATIONS**

1. **ROUGHING THE PASSER** - Defensive players must make a definite 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 the play after the pass. Slapping the ball while the quarterback is attempting to pass is considered roughing the passer, as the ball is considered part of the hand (while still in possession). Roughing the passer restrictions do not apply on an illegal forward pass but illegal contact may still be called.
   - **Penalty:** 5 yards and automatic first down. This penalty will be tacked on to the end of the run on a completed pass, if accepted.

2. **FLAG GUARDING** - Runners shall not flag guard by using their hands, arms, or the ball to deny the opponent an opportunity to pull or remove the flag belt. Flag guarding includes:
A. Placing or swinging the hand or arm over the flag belt to prevent an opponent from deflagging.
B. Placing the ball in possession over the flag belt to prevent an opponent from deflagging.
C. Lowering the shoulders in such a manner that places the arm over the flag belt to prevent an opponent from deflagging.
D. Any other act, besides spinning and various other types of hip movement, to prevent an opponent from deflagging.

**Penalty:** 5 yards.

3. **PASS INTERFERENCE** – During a down in which a legal forward pass crosses Team A’s scrimmage line, contact which interferes with an eligible receiver who is beyond Team A’s scrimmage line is pass interference unless it occurs incidentally with not disadvantage. It is also pass interference if an eligible receiver is deflagged prior to touching the ball on a pass thrown beyond Team A’s scrimmage line. Offensive pass interference may be called at any time after the ball is snapped. Defensive pass interference, however, can only be called during the time of a pass attempt.

   **Offensive Pass Interference** – **Penalty:** 5 yards (previous spot) and loss of down.
   **Defensive Pass Interference** – **Penalty:** 5 yards (previous spot) and automatic first down.

4. **LEGAL CATCH / SIMULTANEOUS CATCH** – A catch is the act of establishing player possession of a live ball in flight, and first contacting the ground inbounds or being contacted by an opponent in such a way that he/she is prevented from returning to the ground inbounds while maintaining possession of the ball.
   A. One foot is required to be inbounds (while in player possession). Additionally, a catch by a kneeling or prone inbounds player is a completion.
   B. A simultaneous catch or recovery is a catch in which there is joint possession of a live ball by opposing players who are inbounds. The ball will be blown dead at that spot and possession will be awarded to the offense.

5. **FUMBLES** - A fumble is a loss of player possession of the ball other than by handing, passing or punting the ball. A fumbled ball that hits the ground is dead at that spot. This is considered a live ball action, so the clock will not stop running in all fumble situations.

6. **FACE GUARDING** – Any act by a player to inhibit an opponent’s (usually a potential receiver) ability to see the ball and/or other players is considered face guarding. Face guarding is illegal. **Penalty:** Pass Interference, 5 yards (previous spot)

7. **OFFSIDES / ENCROACHMENT** – The first offender rule is in effect when it comes to encroachment. This means that the moment a player from either team enters the neutral zone (after the ready for play whistle) he/she shall be called for the penalty. This is a dead ball foul, so play should be whistled dead immediately after the encroachment occurs. **Penalty:** 3 yards.

8. **SCREEN BLOCKING** – This is legal as long as the following guidelines are followed:
   A. The blocker’s arms must be kept at his/her side, in front of his/her waist, or behind his/her back.
   B. The blocker may not initiate contact with a defender.
   A penalty occurs when contact is initiated and there is an advantage gained.
   **Penalty:** Illegal contact, 5 yards (spot of foul or end of run).

9. **SNAP REGULATIONS** – To start every play there must be a snap.
   A. A snap must be one smooth, quick, and continuous motion, either between the snapper’s legs or from the side. The ball must leave the snapper’s hand(s) during this motion. After the snapper takes his initial position over the ball, he/she may move or rotate the ball. After the snapper comes to a set position, he/she may not move the ball again until it is snapped. **Penalty:** Dead Ball, Illegal Snap, 3 yards.
   B. The player who receives the snap must be at least two (2) yards behind the offensive scrimmage line. Direct snaps are illegal.
   **Penalty:** Live Ball, Illegal Snap, 3 yards (previous spot).
Summary of Foul s and Penalties

A. Loss of 3 Yards:
- Required equipment worn illegally
- Delay of game
- Illegal snap
- False start
- Encroachment (illegal rush)
- Illegal procedure
- Illegal forward pass (3 yards from the point of the pass and the loss of down)
- Intentional grounding (3 yards from the point of the pass and loss of down)
- Helping the runner (runner shall not grasp a teammate or be grasped, pulled or pushed by a teammate)
- Illegal Run (3 yards from the previous spot plus a loss of down)

B. Loss of 5 Yards:
- Delaying the start of either half
- Two or more consecutive encroachments during the same interval between downs (the initial encroachment will be a 3-yard penalty)
- Illegal participation
- Offensive pass interference (loss of down)
- Defensive pass interference (automatic first down)
- Illegally secured flag belt on touchdown (touchdown nullified and loss of down)
- Spiking the ball or not returning the ball to the official during the dead ball
- Attempting to steal the ball from the carrier
- Hurdling
- Unnecessary contact of any sort
- Roughing the passer (automatic first down)
- Defensive illegal use of the hands
- Guarding the flag belt and stiff-arming
- Illegal batting
- Illegal flag belt removal
- Unsportsmanlike conduct
- Personal foul
- Flagrant unsportsmanlike conduct (disqualification)
- Flagrant personal foul (disqualification)
- Intentional tampering with the flag belt (disqualification)
- Illegal equipment