

Intramural Football Rules

General Information:

1. All teams should be aware of the general rules for intramurals.
2. No player will be allowed on the field without legal equipment, decided on by the referee. **Illegal** equipment is as follows:
 - a. Helmets, padded uniforms, or leather or other hard unyielding substances on the hands, wrist, forearms or elbows, no matter how well covered or padded.
 - b. Metal cleats
 - c. Wrapping, taping, or in any way securing the flags to uniform or belt
 - d. Any equipment that the referee might see as confusing or an endangerment

Team:

1. Designated captain will be spokesperson for the team. Teams will consist of seven players on the field at one time. A team may start the game with no less than six players.
2. Teams must wear the same colored shirts that serve as uniforms. If possible, teams should number their shirts.
3. Belt must be worn with flags on both sides of your body, hanging at least a foot down from your waist.
4. Any number of substitutes may enter the game at any stoppage during game play.
5. Each team is allowed two timeouts of one minute duration per half. The teams will be notified of the five minute time marker before the half is over.

Game Play:

1. The game consists of two, 20 minute halves with a 5 minute half time. The clock will run continuously except in final minute of each half.
2. There are no kick offs. The game will start on the quarter line for team that called ball in coin toss. This will be reversed in 2nd half of play. After a team scores, the other team will receive the ball on the quarter line.
3. Scoring:
 - a. Touchdown = 6 pts;
 - b. Safety = 2 pts
 - c. Successful conversion = 2 pts. Ball will be placed on 5 yard line and team can either run or throw ball into touchdown zone

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Game Play Continued:

4. In the event of a tie, there will be a tie breaker based on successful conversions
 - a. There is a coin toss between captains to see who will attempt first
 - b. Each team gets a chance to attempt a conversion and this will continue until one team is stopped and the other is not
5. When any part of body other than feet and hands touches the ground the ball is dead
6. The ball touches the ground during play, no fumbles, the ball is considered dead at the spot it hits the ground, unless in forward motion. In this case the ball is dead from where it was released.
7. Play is dead if any part of ball carrier touches any boundary line
8. Completion counts as long as one foot is in play when the ball is caught
9. First down achieved by 2 successful completions for positive yardage in any 4-down series.
10. Free kicks put the ball into play if a team is punting on 4th down or if a team received a safety. The receiving team must have at least 3 players on the line of scrimmage down on one knee until the ball is kicked.
11. If ball goes out of bounds behind the quarter line it is placed on the quarter line. Otherwise ball is placed where it goes out.
12. All players are eligible to receive a forward pass, except for two offensive linemen
13. Offensive line must always have at least 2 men on the line at all times. The defensive line can only have as many men as the offense does on their line. If more than 2 are on the offensive line, only one can be pass eligible and must be indicated to the referee and must release from most outside position.

Conduct of Players:

1. Whenever, in the judgment of any game official, the following acts are deliberate or flagrant, the players involved shall be suspended from the game:
 - a. Using fists, kicking, or kneeling
 - b. Tackling the ball carrier as in regulation football
 - c. Any other deliberate or flagrant act with intent of causing harm or disrespect

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Conduct of Players Continued:

2. No Player shall commit a personal foul during any period of play or intermission. Any act prohibited here under or any other of unnecessary roughness is a personal foul.
 - a. There shall be no contact with an opponent who is on the ground
 - b. There shall be no tripping, clipping, or hurling
 - c. The runner shall not be thrown to the ground
 - d. There shall be no unnecessary roughness of any nature
 - e. There shall be no stiff-arms or flag blocking
3. The offensive team shall be prohibited from obstructing an opponent extended hand or arm (stiff arm; 10 yard penalty) or flag-guarding (5 yard penalty)
4. The defensive team shall not hinder progress of an offensive player with the ball by either wrapping up or holding onto the apparel of aforementioned player. (5 yard penalty)

Summary of penalties

1. 5 yard penalties
 - i. Excess timeout illegally used or requested
 - ii. Delay of game
 - iii. Player on the line receiving a snap
 - iv. Illegal forward pass (also loss of down)
 - v. Intentional grounding (also loss of down)
 - vi. Flag guarding
2. 10 yard penalties
 - i. Illegal blocking
 - ii. Hindering progress by holding or wrapping up ball carrier
3. 15 yard penalties
 - i. Team not ready to play at start of 2nd half
 - ii. Offensive pass interference
 - iii. Striking, kicking, kneeling, elbowing, stiff-arming, etc.
 - iv. Unsportsmanlike conduct
 - v. Persons illegally on the field
 - vi. Tripping

