

Each player must present their own, valid LAKER ID Card before each contest to be eligible to participate.

1. Any player caught attempting to use another person's ID Card will be ejected and ineligible for participation in any Intramural Sports for a minimum of four-months from the date that they meet with the Assistant Director for Intramural Sports.
2. Students, faculty, and staff who have paid their Recreation & Wellness fees and have a valid LAKER ID are eligible to participate.

NO EXCEPTIONS!

Students, faculty, and staff who are eligible for entrance into the Student Activity Center: Fitness Center are eligible to participate. Intramural Sports are **FREE** for all participants.

All Intramural Sports participants are responsible for their own medical expenses. Any student unsure of their physical condition should check with their family physician or the Student Health Care Center before participating in Intramural Sports.

Game time is forfeit time, however the team that is present shall choose to accept the 10 minute grace period before games are forfeited.

The officiating will be done by officials who are in absolute control of the game. Teams are responsible for keeping their spectators under control. Misconduct of spectators, players or coaches can result in assessment of a technical foul, ejection or forfeiture of the game. Spectators must also remain in the area designated by the officials. The official shall have the power to make decisions on any matters or questions not specifically covered in the rules.

All games will be governed by the NIRSA Flag & Touch Football Rules Book with the following CSU Intramural Sports modifications.

I. The Game, Field, Players, and Equipment

- 1.1** Each participant must present a current GSU student or faculty/staff ID card in order to be eligible to participate.
- 1.2** Each Men's and Women's team shall consist of 4 players. Each team must have a minimum of 3 players in order to begin a game. Each Co-Rec team shall consist of 4 players (2 males and 2 females). Teams with 3 players shall be 2 males and 1 female or 2 females and 1 male.
- 1.3** Due to injury, a team may continue a game with less than the minimum number of required players as long as the team has a chance to win. An ejection that leaves a team with less than the minimum number of required players will result in a forfeit by that team.
- 1.4** Men shall use a regulation-sized football. The regular or junior football shall be used for Women's and Co-Rec play. A game ball will be provided for each game or teams may choose to provide their own. Footballs are available for check-out with a GSU ID from the Intramural Sports CRIBB.
- 1.5** Each team is required to wear numbered shirts of one distinguishable color. Any team not dressed in like-colored shirts must wear the colored intramural jerseys provided by Intramural Sports. Flag belts will be provided for each team. Players must wear shorts or pants without belt loops or pockets. Shorts with pockets may not be turned inside-out or taped. Shorts or pants must be of a different color than the flag belts worn.
- 1.6** Shoes: Regulation rubber-soled cleats, plastic cleats, detachable rubber cleats that screw into the shoe, and tennis shoes are the only permissible footwear. Sandals, street shoes, boots, loafers, or metal spikes are not allowed. No player will be allowed to participate in bare feet. No steel cleats or shoes with detachable steel cleats that screw onto the shoes may be worn.
- 1.7** Players may wear soft, pliable pads or braces on the leg, knee, and/or ankle. Braces may not have any exposed metal and/or screws. Braces made of any rigid material (including plastic) must be covered with a padded sleeve or at least one-half inch padding for safety reasons. Under no circumstances will a player wearing a cast or splint be permitted to play. Elbow pads are not permitted.
- 1.8** Tape or bandages of the hand, wrist, forearm, or elbow are prohibited except to protect an injury. This must be approved by the Intramural Supervisor before the game begins. Players may wear a soft, pliable wrist/forearm band that contains plays.

- 1.9** If eyeglasses are worn, they must be unbreakable. Each player is responsible for the safety of his/her own glasses.
- 1.10** Foreign Substance: Any slippery or sticky substance of a foreign nature on equipment, clothing, or an exposed part of the body is illegal.
- 1.11** Jewelry: No jewelry or any other item deemed dangerous by the Intramural Staff may be worn. Any player wearing exposed permanent jewelry (i.e. body piercings) will not be permitted to play.
- 1.12** Headwear and Gloves: Players may wear a knit or stocking cap (no caps with bills) and/or soft, pliable, non-abrasive gloves. Bandanas which are tied with a knot are not permitted.
- 1.13** Shirts must be tucked into the shorts or pants and flag belts must remain outside of the shirt/jersey during play. Any untucked jersey must be four inches above the waist. Jerseys which have an arm opening more than 4" below the armpit are illegal.
- 1.14** The playing field will be 40 yards in length from goal line to goal line and 30 yards in width. There will be two 20-yard zones and two 10-yard end zones.

II. Definitions

- 2.1** Flag Belt Removal: When the flag belt is clearly taken from the ball carrier (flag belt is detached), the ball is declared dead. If a flag belt inadvertently falls to the ground, a one-hand touch between the shoulders and knees constitutes capture. A runner is also down if any part of that runner touches the ground other than the feet, hands, or the ball while in the hand of the runner.
- 2.2** Scrimmage Line:
 - 2.2.1** Offensive scrimmage line - the yard line and its vertical plane which passes through the forward point of the ball.
 - 2.2.2** Defensive scrimmage line - the yard line and its vertical plane which passes one yard from the point of the ball nearest its own goal line.
- 2.3** Penalties:
 - 2.3.1** Penalty Accepted - the down shall remain the same unless otherwise specified by the rules regarding change of team possession, penalty enforcement, or the ball is left beyond the zone line to gain.
 - 2.3.2** Penalty Declined - the number of the next down shall be whatever it would have been if that foul had not occurred.

III. Periods, Time Factors, and Substitutions

- 3.1** Each game will consist of two 12-minute halves with a running clock. The clock will stop during the last one (1) minute of each half.
- 3.2** Game time is forfeit time. A team must have a minimum number of players to start a game. If there is fewer than the required number of players, the opposing captain has the option of taking the win or waiting for the minimum number of players to show. In the event that he/she decides to wait, that decision is irreversible and game clocks will be adjusted accordingly. If a team chooses to wait, it will be required to wait until the opposing team has the minimum number of players present or a maximum of 12 minutes. Play will start as soon as the opposing team has the minimum number of players present. The minimum number of players to start a game is three.
- 3.3** The winner of the coin toss shall have the option starting on offense or defense, defending a goal, or deferring the options until the second half. The remaining options shall be given to the opposing captain. Unless moved by penalty, play starts at the beginning of each half with the ball placed on the offensive/receiving team's 10-yard line.
- 3.4** Mercy Rule: If a team is ahead by 19 or more points (25 or more points for Co-Rec) when the official announces the one-minute warning in the second half, or at any time after the one-minute warning, the game shall be declared over.
- 3.5** Timeouts: Each team is permitted one (1) timeout per half, and one timeout throughout overtime. A timeout shall not exceed one (1) minute. The clock stops during all timeouts.
- 3.6** Overtime: If the score remains tied at the end of regulation play, each team will attempt to score by passing from the 3-yard line for 1 point or from the 10-yard line for 2 points. If the score remains tied after one overtime series, play will proceed to a second series or as many as needed to determine a winner. All overtime series are played toward the same goal line. Possession at the beginning of the overtime series shall be determined by a coin toss.
- 3.7** Delay of Game: After a ball is declared ready for play, the offensive team has twenty-five (25) seconds after the Referee has sounded the whistle to put the ball in play. The official may order the clock to be stopped/started when, in his/her opinion, either team is trying to conserve or consume playing time using tactics in his/her judgment to be unfair.

3.8 Substitutions:

- 3.8.1** Substitutions are allowed at any time that the ball is dead, but games must not be delayed by them. Each substitute shall be in uniform and ready for play with flags in position.
 - 3.8.2** Substitutions used with the obvious attempt to confuse or deceive the opposing team will result in an unsportsmanlike conduct penalty.
 - 3.8.3** Substitutions in Co-Rec play must be male-for-male and female-for-female.
- 3.9** A half may be extended by an untimed down when, during the last timed down, there was a foul by either team and the penalty is accepted, there was a double foul, there was an inadvertent whistle, or there was a touchdown scored.
- NOTE: A period will not be extended for a foul that specifies a loss of down, if accepted.

IV. Ball in Play, Dead Ball, Out of Bounds

- 4.1** The ball is declared dead:
- 4.1.1** When a forward pass strikes the ground or is caught simultaneously by opposing players.
 - 4.1.2** When a backward pass or fumble by a player strikes the ground.
 - 4.1.3** When a runner has a flag belt removed legally by a defensive player.
 - 4.1.4** When a runner is legally touched with one hand between the shoulders and knees, including the hand and arm, once the flag belt is no longer attached.
 - 4.1.5** When a snap hits the ground.
 - 4.1.6** When the passer is deflagged before releasing the ball.
- 4.2** Fumbles: A fumble or backward pass is dead at the point it hits the ground. The ball goes to the team that last had possession. Just touching the ball is not sufficient for legal possession. A fumble by the offense into the opposing team's end zone will result in a touchback.
- 4.3** Out-of-Bounds: A ball in player possession is out-of-bounds when either the ball or any part of the runner touches the ground or anything else, except a player or game official, which is on or outside a boundary line. If the runner in-bounds bumps into or is touched by player or an official on the sidelines out-of-bounds, the ball is still in play.

V. Series of Downs and Line to Gain

- 5.1** Series of Downs: A team in possession of the ball shall have three (3) consecutive downs to advance to the next zone by scrimmage. Failure to advance will result in a turnover on downs.
- 5.2** The field is divided into two 20-yard zones. 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.
- 5.3** There shall be no kicking. There will be no option to punt the ball on third down.
- 5.4** The most forward point of the ball, when declared dead between the goal lines, shall be the determining factor in spotting the ball.

VI. Snapping and Passing the Ball

- 6.1** Following a try, touchback, or safety, the ball will be snapped at the offensive team's 10-yard line unless moved by penalty.
- 6.2** The ball must be snapped backwards and off the ground. The ball need not be snapped between the center's legs, but the center cannot have his/her feet over the scrimmage line. In a legal snap, the movement must be a quick and continuous motion of the hand or hands backwards. Once the ball leaves the ground, the defense may rush.
- 6.3** The player who receives the snap must be at least two (2) yards behind the offensive scrimmage line.
- 6.4** Any time at or after the ball is ready for play, each offensive player must momentarily be within ten (10) yards of the ball before the snap.
- 6.5** The offensive team must have a minimum of one (1) player on their line of scrimmage at the snap.
- 6.6** Offensive Player in Motion: One offensive player may be in motion, but not in motion toward the opponent's goal line. Such a player must be behind the line of scrimmage when the ball is snapped. A player in motion is not counted as the one player on the scrimmage line. Only one offensive player may be in motion at a given time.
Penalty: Illegal motion, 3 yards from the previous spot. Other offensive players may not draw the defense offside.
- 6.7** Fumbles:
- 6.7.1** A backward pass or fumble which touches the ground between the goal lines is dead immediately at the spot where the ball hits the ground and belongs to the team last in possession unless lost on downs.

- 6.7.2** Out of Bounds - A backward pass or fumble going out of bounds between the goal lines remains in possession of the fumbling team at the out of bounds spot. If out of bounds behind the goal line, it is a touchback or safety.
- 6.8** Encroachment: After the snapper has made his/her final adjustment of the ball, it is encroachment for any player to break the plane of his/her scrimmage line (Exception: the snapper/center has the right to be over the ball.) Penalty: Encroachment, 3 yards from the previous spot.
- 6.9** Offensive players are responsible for retrieving the ball after each scrimmage down. The snapper will bring the ball from the huddle to the scrimmage line (first ball spotter - orange). A towel may be used to help keep the ball dry and must be placed behind the deepest offensive player at the start of each play from scrimmage.
- 6.10** All offensive players must be motionless for one second preceding the snap, except for a (one) player moving parallel to or away from the scrimmage line. Penalty: Illegal motion, 3 yards from the previous spot.
- 6.11** An offensive player that shifts (other than going legally in motion) must stop for one full second before the snap.
Penalty: Illegal shift, 3 yards from the previous spot.
- 6.12** A player may hand the ball forward or backward at any time.
- 6.13** An offensive team runner (Team A) cannot advance the ball through the line of scrimmage. There are no restrictions after a change of possession or once a legal forward pass has been touched beyond the offensive scrimmage line.
Penalty: Illegal Procedure, 3 yards from the previous spot.
- 6.14** There must be a legal forward pass each down. The person receiving the ball must be beyond the offensive line of scrimmage. A player may not catch a forward pass behind the line of scrimmage and advance through the line of scrimmage.
- 6.15** The passer has 5 seconds to release the ball on a forward pass. If not, the result is a loss of down and the ball is next snapped at the previous spot. The referee will sound his/her whistle at 5 seconds and the ball will be declared dead if the passer has possession of the football.
- 6.16** Rushing the QB: A defensive player (Team B) cannot cross the scrimmage line until the pass is released.
Penalty: Illegal Advancement, 3 yards from the previous spot.
- 6.17** 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 behind the offensive scrimmage line when the ball leaves the passer's hand. Only one (1) forward pass can be thrown per down.
- 6.18** A forward pass is counted as a completion or interception as long as the first part of the person to make contact with the ground after the catch, usually one foot, touches in bounds.
- 6.19** A forward pass is illegal:
- 6.19.1** If the passer's foot is beyond Team A's scrimmage line (orange ball spotter) when the ball leaves his/her hand.
 - 6.19.2** If thrown after team possession has changed during the down.
 - 6.19.3** If intentionally grounded to save a loss of yardage.
 - 6.19.4** If a passer catches his/her untouched forward pass.
 - 6.19.5** If it is the second forward pass during a down.
Penalty: Illegal forward pass, 3 yards from the spot, loss of down, if prior to change of possession.
- 6.20** After the ball is snapped, and until it has been touched, there shall be no offensive pass interference beyond the offensive scrimmage line when the legal forward pass crosses the offensive scrimmage line (orange ball spotter).
Penalty: 5 yards from the previous spot and loss of down.
- 6.21** After a legal forward pass is released by the passer and until it is touched, there shall be no defensive pass interference beyond Team A's scrimmage line while the ball is in flight which crosses the Team A scrimmage line.
Penalty: 5 yards from the previous spot and automatic first down.
- 6.22** Simultaneous Catch: If a forward pass is caught simultaneously by members of opposing teams, the ball becomes dead and belongs to the team that snapped the ball at the spot of the catch.
- 6.23** CO-REC ONLY: If a male passer completes a forward pass to a male receiver, the next forward pass completion must involve either a female passer or a female receiver for positive yards. This rule applies to the Try. Any foul, whether accepted or declined, shall have no effect on whether the next forward pass completion is "open" or "closed."

Penalty: Illegal forward pass, 3 yards from the spot where the second consecutive male-to-male pass is released and loss of down.

- 6.24** CO-REC ONLY: If a female passer completes a forward pass to a male receiver behind the offensive scrimmage line and any offensive male in possession of the ball runs beyond the scrimmage line, it is an illegal forward pass.

Penalty: Illegal forward pass, 3 yards from the spot of the pass and loss of down.

VII. Scoring Plays

- 7.1** Touchdown Values: All touchdowns are six (6) points. (Exception: Co-Rec play - female scores or passes for a touchdown = 9 points). The player scoring the touchdown must raise his/her arms so the nearest official can deflag the player. If the official determines that the flag belt has been secured illegally, the touchdown is disallowed. The player is disqualified and a penalty will result.
- 7.2** Try for 1, 2, or 3: An opportunity to score one (1) point from the 3-yard line, two (2) points from the 10-yard line, or three (3) points from the 20-yard line by running or passing only shall be granted the team scoring a touchdown. Once the offensive captain has declared his/her choice (try for 1, 2, or 3), he may change the decision only when a charged timeout for either team is taken. A team's choice cannot be changed if a penalty should occur. If the defensive team intercepts a pass or fumble during the try the play is dead.
- 7.3** Safety: A safety results when a runner carries the ball from the field of play to or across his/her own goal line, and it becomes dead there in his/her team's possession. A safety results in two (2) points for the defensive team.

VIII. Blocking, Rushing, and Contact

- 8.1** Offensive Screen Blocking: Screen blocking without contact is permitted. The screen blocker shall have his/her hands and arms at his/her side or behind his/her back. Any use of the hands, arms, legs, elbows, or body to initiate contact by an offensive player is illegal. A player must be on his/her feet before, during, and after screen blocking.
- 8.2** Defensive players must go around the offensive player's screen block. The arms and hands may not be used as a wedge to contact the opponent.
- 8.3** Player Restrictions:
- 8.3.1** No player shall make contact with an opponent which is deemed unnecessary.
 - 8.3.2** There shall be no clipping or tripping.
 - 8.3.3** There shall be no bumping the receiver. The defensive player must play the ball and shall not interfere with a receiver. However, defensive and offensive players are equally entitled to a passed ball.
 - 8.3.4** Pulling or removing the flag belt from an offensive player as the ball is snapped or before a pass reception with the obvious intent of confusing the offensive player as an eligible pass receiver or ball carrier is illegal.
 - 8.3.5** A defensive player may not bump or push a runner out of bounds.
 - 8.3.6** Offensive charging is not permitted. The ball carrier may not run through a defensive player but must attempt to evade the defensive player. The runner is allowed to spin in order to avoid being deflagged as long as he/she does not charge during the spin.
 - 8.3.7** The ball carrier shall not guard his/her flags by blocking with hands or the ball, thereby denying an opponent the opportunity to pull or remove the flag belt. Penalty: Flag guarding, 5 yards from the spot of the foul.
 - 8.3.8** Stiff arming by the ball carrier is illegal. Holding or swinging the arm near the flag to ward of attempts to seize the flag is illegal and results in flag guarding.
 - 8.3.9** Defensive players may not steal or strip the ball from an offensive player once he/she has control.
 - 8.3.10** The flag belt is to be fastened around the waist by use of the end clip. Any tampering to secure the flags so as to make them more difficult to pull is illegal and will result in ejection from the game. Penalty: Unsportsmanlike conduct, 5 yards from the previous spot, loss of down, and player disqualification.
 - 8.3.11** Players, coaches, and spectators are to position themselves between the 3-yard lines on their team's sideline.
- 8.4** Pass Interference: Once a pass is in the air, the ball belongs to anyone who can get it. Any contact which occurs between two or more players making a legal attempt to catch or bat the pass is considered incidental. Screening a player's eyes or waving the hands or arms in his/her face to distract a receiver is considered interference.

- 8.5** Roughing the Passer: Defensive players must make a definite effort to avoid charging into a passer after the ball has been thrown. No defensive player shall contact the passer.
- 8.6** Personal Fouls: There shall be no personal fouls committed by players' substitutes or coaches. Personal fouls include: Using fist, foot, knee, or leg to contact an opponent; tackling the ball player (disqualification); illegal contact; unnecessary roughness, hurdling, roughing the passer (when the defender contacts any part of the passer during his/her motion or follow through).
- 8.7** The third unsportsmanlike foul by the same team results in their forfeiture of the game.

IX. Enforcement of Penalties

9.1 All 10-yard penalties are 5 yards and all 5-yard penalties are 3 yards.

9.2 Penalty Enforcement at the basic spot:

- 9.2.1** Pass play or during the punt (see exception below) – basic enforcement spot is the scrimmage line.
- 9.2.2** On all running plays - basic enforcement spot is the end of the run.
- 9.2.3** All fouls are marked from the basic enforcement spot (Exception: An offensive foul behind the basic enforcement spot which becomes a spot foul, or the "all but one principle".)
- 9.2.4** The only exception to the above regulations is roughing the passer; this penalty will be added on to the end result of the play.
- 9.2.5** If there is a foul by the offensive team, other than unsportsmanlike or non-player, during a down which results in a successful touchdown or try, the acceptance of the penalty nullifies the score. If there is a foul by the defensive team during a down which results in a successful touchdown or try, the penalty will be enforced from the succeeding spot.
- 9.2.6** If there is a foul by the defensive team during a down that results in a successful touchdown, the scoring team may have the foul enforced at the succeeding spot (on the try) or the 10-yard line (after the try).
- 9.2.7** If there is a foul by the defensive team during a down that results in a successful touchdown or try, including unsportsmanlike conduct, the scoring team may choose to have the foul enforced at the succeeding spot (enforced on the try) or the 14-yard line (after the try).

SUMMARY OF NIRSA FOOTBALL PENALTIES

Loss of 3 yards:

1. Required Equipment Worn Illegally
2. Delay of Game (Dead Ball Foul)
3. Eligible Substitutions
4. Illegal Substitution
5. Punt Formation and Snap
6. Punting the Ball
7. Encroachment (Dead Ball Foul)
8. False start (Dead Ball Foul)
9. Illegal Snap (Dead Ball Foul)
10. Illegal Formation
11. Minimum Line Players
12. Illegal Motion
13. Illegal Snap
14. Illegal Shift
15. Illegal Advancement (Corec)
16. Intentionally Throwing a Backward Pass or Fumble Out-of-Bounds (Loss of Down if by A)
17. Illegal Forward Pass (Loss of Down, if by A)
18. Intentional Grounding (Loss of Down)
19. Illegal Forward Pass - 2 Consecutive Male-to-Male Forward Pass Completions (Loss of Down) (Corec)
20. Illegal Forward Pass – Male Catches Pass and Runs Beyond Scrimmage Line (Loss of Down) (Corec)
21. Help the Runner

Loss of 5 Yards:

1. Illegal Player Equipment
2. Quick Kick
3. Kick Catch Interference
4. Two or more Encroachments Fouls During the Interval Between Downs
5. Offensive Pass Interference
6. Defensive Pass Interference
7. Illegally Secured Flag Belt on Touchdown (Loss of Down if by A) (Automatic First Down if by B)
8. Unsportsmanlike Player Conduct
9. Spiking, kicking, or Throwing Ball During a Dead Ball (Possible Disqualification)
10. Unsportsmanlike Conduct by Players and Non-Players (Possible Disqualification)
11. Strip or Attempt to Strip the Ball
12. Throw Runner to the Ground
13. Hurdling Any Player
14. Contact Before or After Ball is Dead
15. Unnecessary Contact of Any Nature
16. Drive or Run Into Opponent
17. Position Upon Shoulders or Body of a Teammate
18. Tackle Runner (Disqualification)
19. Fight an Opponent (Disqualification)
20. Roughing the Passer (Automatic 1st Down)
21. Illegal Offensive Screen Blocking
22. Interlocked Interference
23. Defense Use of Hands
24. Illegal Flag Belt Removal
25. Guarding the Flag Belt
26. Stiff Arm
27. Obstruct or Hold the Runner
28. Batting a Loose Ball
29. Illegal Kicking
30. Illegal Participation
31. Illegal Substitute/Replaced Player
32. Pretended, Unfair Substitution
33. Intentionally Contacting an Official (Disqualification)
34. Flagrant Personal Fouls (Disqualification)