PLAYERS & EQUIPMENT
1. Each participant must present a current JSU student or faculty/staff ID card in order to be eligible to participate.
2. **Field:** Intramural Fields on Poindexter Street
3. Each team shall consist of seven (7) players. Each team must have a minimum of six (6) players in order to begin a game and are allowed a total of 10 players per team.
   a. Rosters will be frozen after all weeks of league play. Only players listed on at that time and who have played in at least one game will be eligible for playoffs.
   b. Roster additions must be made by 12pm the day of your game in order for the new players to eligible to play.
4. **Shoes:** Tennis shoes or non-metal cleats are the recommended footwear. Metal cleats are not permitted. Sandals, street shoes, or boots are not allowed. No player will be allowed to participate in bare feet.
5. **Jewelry:** No jewelry or any other item deemed dangerous by the intramural staff may be worn during play. Any player wearing exposed permanent jewelry (i.e. body piercing) will not be permitted to play.
6. There will be no hats, bandanas, or hard barrettes worn during play. Cloth (elastic) bands may be used to control the hair.
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 hard 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.
8. **Eyeglasses:** If eyeglasses are worn, they must be unbreakable. Each player is responsible for the safety of his/her own glasses.
9. **Jerseys:** Each team will be required to wear matching jerseys with numbers on the back.
10. **No Pockets:** Pockets will not be permitted on any pants or shorts worn to play flag football.
11. **Flag Belts:** Flag belts will be supplied by Campus Recreation and will be required to be worn properly by all participants.
   a. If a player scores a touchdown, he/she must raise his/her arms so the nearest official can remove the flags. If the player is not deflagged with one pull and the official determines the flag belt has been secured illegally, the touchdown is retracted and the player is ejected from the game.
12. A player with blood on his/her clothing or body must leave the game immediately. The bleeding must be stopped and the open wound covered. If there is an excessive amount of blood on the uniform, it must be changed before the athlete may participate any further.

GAME FORMAT
1. Game time is forfeit time!
   a. Two forfeits will result in a team being dropped from their league. The team will also lose their forfeit fee.
2. Each game will consist of two 20-minute halves.
   a. The clock will only stop for the last 2 minutes of each half for the following situations
      i. First downs
      ii. Touchdowns
      iii. Penalties
      iv. Safeties
      v. Touchbacks
      vi. Injuries
      vii. Out of bounds
      viii. Incomplete passes
   b. All extra points during the last 2 minutes will be untimed downs
3. Halftime is 5 minutes.
4. Ties will be decided using the high school overtime procedures. The ball will be placed on the opponent’s 10 yard line, and the offensive team will start their possession. Play will continue until the offensive team scores or turns the ball over on downs.

5. Each team will receive 1 timeout per half, and 1 for each overtime session.

6. **Mercy Rule:** When a team is ahead by 17 points or more, with less than 2 minutes remaining in the second half, or has a 30 point lead with 10 minutes left in the game, the game will be over.

7. If a team is flagged for 3 unsportsmanlike penalties, the game will be forfeited.

**GAME PLAY**

1. All games will be governed by NIRSA Flag Football rules, unless otherwise stated.

2. Each game will begin with a coin toss, which is called by the visiting team.
   
   a. The team that wins the coin toss will either choose to receive/defer or choose which end zone to defend.

3. There will be no kickoffs. The ball will be placed on the 14 yard line to begin both halves.
   
   a. The ball will be placed on the 14 yard line after all subsequent scores, touchbacks, and safeties.

4. The offensive team is required to have at least four players on the line of scrimmage at the snap. This will be indicated by the line official by stating “line set”.

5. **Motion:** Only one offensive player may be in motion (not towards line of scrimmage) at the snap.
   
   a. Other offensive players must be stationary.

6. Direct snaps are not permitted.

7. Touchdowns will result in 6 points. Extra point attempts are as follows: 1 point = 3 yard line, 2 points = 10 yard line, 3 points = 20 yard line.
   
   a. If a turnover occurs during the try, the defense will have the opportunity to return the try for 3 points. The point value the offense has chosen does not affect the points that the defense receives.

8. **Downs:** If the offensive team fails to advance the ball to the next zone to gain in four downs, they lose possession of the ball.

   a. If any part of the ball touches or is over the zone line, the next zone to gain is played by the offense.

   i. The exception to this is when a penalty occurs and pushes a team back from the zone line.

   b. The official MUST spot the fall and set the neutral zone before the offense may execute a legal snap.

9. **Legal Forward Pass:** The passer’s foot must be behind the offensive scrimmage line plane when the ball leaves his/her hand.

   a. A pass may not be thrown forward after a team possession has changed during a down.

   b. A pass may not be intentionally thrown to the ground or out-of-bounds to avoid loss of yardage.

   c. A passer cannot catch his/her untouched forward or backwards pass.

   d. One forward pass is permitted per down. An unlimited number of backward or lateral passes may be completed.

   e. No contact can be made with the quarterback in any way, except for the pulling of his/her flag belt.

      i. A roughing the passer penalty includes making contact with the quarterback or making contact with the ball while it is in the quarterback’s hand.

10. **Handling the Ball:** Any player may hand the ball forward or backwards at any point during the play.

    a. Players may also lateral the ball backwards at any point during the play.

11. **Punts:** Official will ask team prior to fourth down play if they wish to punt. Decision will be communicated to all players.

    a. Neither team may advance beyond their respective scrimmage lines until the ball is punted.

    b. After receiving the snap, the kicker must punt the ball immediately in a continuous motion.

    c. If a punted ball crosses the goal line, it shall become dead and not be returned. Ball will then be placed on the 14-yard line.

12. **Blocking:** All blocks should take place without contact. Offensive blocker shall have his/her hands or arms at his/her side or behind the back. Any use of the hands, arms, elbows, legs, or body to initiate contact during an offensive screen block is illegal.

    a. Defensive players must go around an offensive screen block. Arms and hands may not be used as a wedge to contact the opponent.

13. **Flag Belt Removal:** Players must have possession of the ball before they can be deflagged legally by an opponent.

    a. When a runner loses his/her flag belt accidentally, inadvertently or on purpose, play continues. Deflagging reverts to a one-hand tag of the runner between the shoulders and the waist by an opponent.
b. Flag guarding is not permitted.

14. Fumbles: The ball is considered down at the spot of a fumble. The ball may not be fumbled forward for a gain of yards.

SUBSTITUTIONS
1. Substitutions can only occur during dead ball situations.
   a. Valid substitutions are up to the discretion of the officials.
2. Substitutes, coaches and spectators must remain between the 20-yard lines during play.

PENALTIES
1. The following infractions will result in a loss of 5 yards:
   a. Required equipment worn illegally
      i. Ex. Jersey untucked, flag belts turned so flags are not in the back and on the sides
   b. Delay of game (dead ball)
   c. Substitution rule infraction
   d. Encroachment (dead ball)
   e. False start (dead ball)
   f. Illegal snap (dead ball)
   g. Offensive player not within 10 yards of the ball
   h. Illegal formation
   i. Offensive player illegally in motion (false start)
   j. Player receiving the snap within two yards of the scrimmage line (direct snap)
   k. Illegal forward pass (loss of down)
   l. Intentional grounding (loss of down)
   m. Helping the runner
   n. Illegally conserving or consuming time
   o. Infraction of punt formation
   p. Player out-of-bounds when ball is snapped
   q. Illegal shift
   r. Advancement of a male runner (Co-Rec only)
   s. Intentionally throwing backward pass or fumble out of bounds (loss of down)
2. The following infractions will result in a loss of 10 yards:
   a. Kick catch interference
   b. Two or more consecutive encroachments during the same interval between downs
   c. Pass interference (offense = loss of down, defense = automatic first down)
   d. Unsportsmanlike conduct
   e. Spiking, kicking, throwing or not returning the ball to an official during a dead ball
   f. Stealing or attempting to steal the ball
   g. Tripping an opponent
   h. Contacting an opponent on the ground
   i. Roughing the passer (automatic first down)
   j. Flag-guarding
   k. Stiff-arming
   l. Hurdling the defense
   m. Batting down a free ball
   n. Illegal participation or substitution
   o. Re-entry of a disqualified player
   p. Illegally removing a flag belt
   q. Quick Kick
   r. Stripping the ball
   s. Unnecessary contact
3. The following infractions will result in an automatic ejection and a loss of 10 yards
   a. Flagrant unsportsmanlike conduct
   b. Intentionally kicking at, swinging an arm, hand or fist at an opposing player
   c. Flagrant spiking, kicking, throwing or not returning the ball to the official
d. Intentionally contacting an official  
e. Tackling a runner  
f. Intentionally tampering with flag belt (offense = loss of down, defense = automatic first down)

**EJECTIONS**  
1. Any ejection will result in a 1-game suspension and can be raised at the discretion of the Assistant Director of Competitive Sports and Camps.  
   a. Any ejected player must meet with the Assistant Director or Graduate/Intern of Competitive Sports and Camps  
2. Players who are ejected twice will be suspended from the league.

**FANS**  
1. Teams are responsible for their own fans. Team bench areas will be determined by the intramural supervisor, based on the number of fans. Fans may be asked to sit at one end of the field or another.