General information regarding policies and procedures can be obtained in the Club Sport and Intramural Office, located in the Lombardi Center or online at fordham.edu/info/24488/intramurals.

COVID SAFETY: While we have mostly made a full return to normal activities, it is always possible that a COVID-19 spike will cause safety guidelines to be reinstated, depending on the conditions that are prevalent at the time our activities are conducted. If it is deemed necessary to establish COVID-19 safety guidelines, all participants will be expected to follow the guidelines set forth by Fordham University, New York City Health Department, Fordham University Athletics and the Intramural Sports department. In the event COVID-19 safety guidelines are put into place, the safety rules and any activity modifications will be shared with participants as soon as they are put into place. A document will also be created and shared on IM Leagues to outline any COVID-19 rules. The COVID-19 safety guidelines may include but are not limited to: a requirement for the use of masks, social distancing, restriction of contact, restriction of group celebrations, suspension of close-contact activities, or any other activity modifications that are deemed necessary. It is recommended for all participants who have contracted COVID-19 in the past six months to consult with a physician prior to competing in Intramural Sport activities.

At this time, all Intramural Sports participants are required to have fully completed their vaccination series, including the booster, to participate in Intramural Sports activities.

By registering for any intramural activity, participants agree to familiarize themselves and cooperate with any guidelines that are in place at the time of the activity. Intentional and/or repetitive violations of COVID-19 safety rules will result in removal from intramural activities and a referral of the offending individual to the Dean of Students.

REGISTRATION: Due to limited facility access and time slots, some leagues will have capped team registration. This is done to ensure the Intramural Sports department has enough time slots to give every team one game per week. Organizational meetings will be offered on August 31, September 6, September 12, and September 19 at 4pm through Zoom. Teams who are registered but fail to attend two consecutive organizational meetings will be moved to the waitlist. Teams on the waitlist should plan on attending organizational meetings, as they will be moved to the league from the waitlist should a team drop out during the period when organizational meetings are held. Teams who are still in the waitlist when the organizational meeting period is over will be removed from IM Leagues. To be approved for scheduling, teams must:

1. Have a team registered on IM Leagues.

2. Have at least one member of your team in attendance at an Organizational Meeting for the 6v6 Volleyball League. Organizational meetings will be conducted virtually August 31, September 6, September 12, and September 19 at 4:00pm. All virtual meetings will be conducted in the Intramural and Club Sport Managers Zoom room. The address for the room is:

   https://fordham.zoom.us/my/sdalessandro
Any listed member of the roster may attend this meeting; although strongly recommended, the official team captain does not have to be the person in attendance. This meeting will last approximately 30 minutes.

3. Complete the Captain’s Quiz through IM Leagues by the end of the day Wednesday. Teams who complete the quiz after Wednesday will be approved for the following weeks schedule. Teams must get at least 16 out of 20 questions correct.

4. Have the minimum number of players (7) accepted onto your roster by Wednesday. Teams who do not have the minimum number of players accepted onto their roster will not be moved from the waitlist until they have the minimum number of players on their roster.

The league will begin on Monday, September 19 and conclude on Thursday, October 27. Playoffs will begin November 1 and will conclude by Thursday, November 13.

Teams will be held on the waitlist until they attend the Organizational Meeting, pass the Captain’s Quiz and have the minimum number of players accepted onto their roster.

The Flag Football league may restrict the number of teams in each division that can register depending on facility availability to ensure all teams are assigned one game per week.

**ON-SITE CHECK-IN PROCEDURES:** All participants are required to check in with the Intramural Sports Scorekeeper upon arrival to the facility and before entering the playing area. Participants must show their Fordham ID and jersey number.

**LOCATION:** All games for this league will be played on the Murphy Field. Occasionally, games may be played at the Coffey Field. Check the schedule carefully to see where your game is scheduled.

**COMPETITION:** Competition in this league will be offered in three different divisions: men’s, women’s, and open division. There are no rule modifications or gender rules for the open division compared to the rules for teams that compete in the men’s or women’s division. The men’s division will also have a subsequent competitive division for teams that have highly skilled, highly competitive participants. The league will place emphasis on the competitive aspect of sport for those participants who have competed in the sport in an advanced skill level. The Intramural and Club Sport Manager reserves the right to move teams from the recreational division to the competitive division.

**ROSTER:** A minimum of 7 and a maximum of 14 players will be allowed on the roster. Individuals may participate on one single-gender and one open team, if desired. Individuals may not participate on a competitive and a recreational division team. Individuals may also participate on more than one team according to the one-night waiver rule (see below). Members of the varsity football team are ineligible to participate in this league. The **Drop/Add deadline for this league will be the last day of the regular season. Team captains will be notified of the final date for drop/add at least one week in advance of the end of the regular season.**

**ONE-NIGHT WAIVERS:** Team captains can elect to add any eligible Fordham University student, faculty or staff member to their team immediately prior to the start of any league game, regardless of their roster status with the team or any other team in the league. Team captains
must work with the individual to complete the waiver request form and the individual must complete the aforementioned on-site check-in procedures before participating. The following restrictions apply:

- Only one One-Night Waiver may be used by a team per game.
- Each individual may only participate on one additional team per night of competition. For example, an individual may not be a One-Night Waiver for two separate basketball teams on the same night.
- One-Night waivers do not affect the roster status of the individual. Captains who wish to make changes to their rosters must still do so using the regular drop/add procedure.
- A One-Night Waiver may only be utilized if it does not cause the team to exceed the maximum roster size present at the game. For example, if a basketball team has 10 players on their roster but only 8 attend, they can use a One-Night Waiver. However, if that same team has all 10 players attend their game, they cannot use the One-Night Waiver.
- All One-Night Waiver forms must be completed prior to the start of the game.
- Once a game has started, all late players may only sign in if the maximum number of players allowed on the roster has not been reached. For example, if a team has 14 players on their roster but only 13 show up, they may use a One-Night Waiver to give them 10 total players for the game. If the 14th player on the roster shows up late, after the One-Night Waiver has been completed, they cannot sign in.
- All One-Night Waivers must be in compliance with all existing eligibility restrictions.
- Teams may only use a One-Night Waiver during the designated add/drop period. Once that period has concluded, teams are no longer eligible to use One-Night Waivers and will be locked into whomever is on the IM Leagues roster.

**EQUIPMENT**: All equipment will be provided by the Intramural Sports department. Participants are responsible for personal equipment. Participants may wear receiver gloves and cleats with non-metal spikes. Metal cleats are not allowed and if worn during the game, will result in an immediate ejection.

**AWARDS**: Championship T-shirts will be provided for the overall winners of each division within the league.

**UNIFORMS**: All players are also required to wear a jersey that meets the following standards:

- Numbers must be on the front OR back of the jersey, approximately 4 inches in height or larger and they must be clearly and easily visible
- Teams may not have team members with the same number on their jersey
- The color of the jerseys must all be the same or similar color
- Teammates may not share the same jersey during the course of the game
- Numbers may not be taped on to avoid numbers falling off during the game

Any team who does not have the minimum number of required participants with the correct uniform policy will be forced to forfeit their game. Any participant who does not meet the correct uniform policy will not be allowed to participate.

All participants are required to wear shorts/pants without pockets for all games in this league. Shorts/pants cannot be turned inside out, taped shut, rolled up, shared, or taken
off. Playing in spandex is not permitted. Pockets with zippers are legal, so long as the zippers remain closed.

**SCHEDULES:** Games in this league will only be played Sunday through Tuesday, and Thursday evenings. The schedule will consist of approximately 4-5 weeks of round-robin play, followed by a single-elimination tournament for qualifying teams. Teams will only be officially scheduled to play in one game per week. If teams wish to participate in additional games, there will be an email sent out to all captains whenever there is an open game on the schedule.

Schedules are posted on Fridays by 2:00 p.m. on the IM Leagues website. IM Leagues also offers all participants the opportunity to receive push notification reminders for all upcoming games. Preferences for reminders can be adjusted in IM Leagues settings. In the event of technical difficulties or system breakdowns, it is still solely the responsibility of the participants to find out when they are scheduled to compete.

**AVAILABILITY:** Captains must make their teams available for a minimum of 9 out of the 18 times that games are played each week. Captains may manage and update their team’s availability each week through IM Leagues. All changes to team availability done by Wednesday at 11:59 p.m. will be honored in the next weekly schedule. Changes made after that time will not be accommodated until the following week’s schedule is released.

**PLAYOFFS:** Standings are determined by total points, then total point differential, then sportsmanship rating, then head-to-head results. 3 points are earned for a win, 3 points are earned for a forfeit win, 1 point is awarded to both teams for a tie and teams are deducted 3 points for a forfeit loss. Additionally, teams must maintain at least a 2.5 overall sportsmanship rating average during the regular season (see below) in order to be eligible for playoffs. Specifics regarding playoff qualification will be discussed at the organizational meeting, are subject to change, and are at the discretion of the Intramural and Club Sport Manager.

**INJURIES/ASSUMPTION OF RISK:** Inherent risks are associated with every recreational activity. Participants assume these risks when they agree to participate. All participants are strongly advised to secure health insurance coverage and to visit their physician for a physical examination prior to registration or participation.

Individuals who are suspected of sustaining a head injury/concussion will be removed from the contest and may not return to participation in any intramural sports activity until cleared by Student Health Services or a physician.

**COVID-19 AND PARTICIPATION IN INTRAMURAL SPORTS:** Serious cardiovascular complications may result from a return to physical activity following a positive diagnosis of COVID-19. Health care professionals have recommended that anyone who has either tested positive for COVID-19 in the past 6 months or who tests positive and intends to return to physical activity within the next 6 months gets evaluated for potential cardiac complications by an approved medical provider before returning to physical activity. Intramural Sports strongly advises that all participants adhere to this recommendation prior to returning to any physical activity, including intramural sports participation.

**SPORTSMANSHIP RATING SYSTEM:** At the conclusion of each contest, the intramural sports staff will assign a score to each team based on the behavior, actions, and attitudes exhibited during the course of play. In all cases, Intramural Sports Managers and the Intramural Sports
staff may provide input which could raise or lower an assigned rating. Teams may also view their sportsmanship ratings in the league standings on IM Leagues.

Behavior before, during, and after an intramural contest will be factored into each team’s rating. It is the responsibility of the team captain to inform his/her teammates and spectators about the rating system. Ratings will be given in whole numbers on a scale of 0-4. **Teams must maintain a minimum 2.5 rating in order to qualify for post-season competition.** Teams must also maintain this rating during playoffs in order to advance. Teams will be provided more information on sportsmanship ratings during the Organizational Meeting and the information can be found in the Intramural handbook on IM Leagues.

**FORFEITS AND CANCELLATIONS:** Cancellations and forfeits are each assigned negative point values – cancellations count as -1 and forfeits count as -2. Any combination of forfeits/cancellations that amounts to a score of -3 will result in that teams’ removal from all future game schedules. Please note: teams that reach a score of -3 will not be assigned any new games, but they are still expected to play any remaining scheduled games unless they specifically request to cancel those games.

Rescheduling is not allowed. If teams wish to cancel a scheduled game, they must email the Intramural and Club Sport Manager by 5pm the day before their scheduled game. For Sunday games, the email must be sent by 5pm on Thursday. The cancellation will be counted as -1 against the team and no fine will be issued. Forfeits count as wins/losses in the official league standings. However, games in which one team is issued a forfeit but a replacement team is scheduled to avoid a total cancellation of the contest will not result in an automatic extra win being given to the opponent of the forfeiting team.

**JEWELRY:** Across all Intramural Sports, jewelry is completely prohibited. This includes, but is not limited to, earrings, bracelets, watches, wearable fitness trackers, necklaces, billed hats, and rings. Wearing jewelry while participating in Intramural Sports is a safety concern, as participants may get caught in other participants jewelry or worse. The Intramural Sports staff will kindly ask for all jewelry to be removed, including any jewelry with religious or sentimental purposes. Medical jewelry is allowed, but must be taped down and the Intramural Sports staff will not provide tape.

**LATE-ARRIVALS:** Participants are respectfully asked to make every effort to attend scheduled games, and to show up to the facility at least 5 minutes prior to the scheduled game time. The Intramural Sports staff on duty will have discretion on whether to allow/disallow teams who show up late from playing the match. Games will not be started late if more than 5 minutes has passed since the originally scheduled game time, or if, in the opinion of the event manager, the late start would cause a delay in the start of the next game/would exceed the end time of the facility reservation.

Forfeited/canceled games will NOT be rescheduled and forfeited games will count as wins/losses in the standings in accordance with the aforementioned rules regarding forfeits. Game clocks may be started at the discretion of the event manager on duty and time will not be added to the clock. Additionally, if the minimum number of players required to begin a game are present, the game is required to start. Teams may not elect to further delay the start of a game in order to wait for additional players.
Fordham University Intramural Sports Flag Football Rules

Rule 1 – Playing Field

a) The field consists of three first down lines (lines to gain), that are equal distances apart. The dimensions shall be 60yds long by 40yds wide, with three 20yd zones and two 10yd end zones.
b) Players are out-of-bounds when any part of their body touches anything (other than another player or a game official), which is on or outside a sideline or end line.
c) A loose ball is out-of-bounds when it touches anything (including a player or official), which is on or outside a boundary line.

Rule 2 - Time Regulations

a) The game consists of two 18-minute halves with 2 minutes between halves.
b) The time is running time except for the final 2 minutes of the second half when the clock shall stop on every:
   a. Incomplete pass - starts on the snap.
   b. Out of bounds - starts on the snap.
   c. Touchdown - starts on the next offensive snap (extra point tries are not timed)
   d. Safety - starts on the snap.
   e. Team time-out - starts on the snap.
   f. Penalty - dependent on the previous play (exception: Delay of Game).
   g. Officials time-out - starts on the ready
   h. Touchback - starts on the snap.
   i. Change of possession – starts on the snap
   j. Inadvertent whistle – starts on the ready
   c) The clock shall also stop at the first dead ball after the two-minute mark in each half OR when the clock reaches 2 minutes during a dead ball situation.
d) Time-Outs
   a. Each team is entitled to two time-outs per game.
   b. The time-outs will be 30 seconds long and may be taken at any time during the game. For any period of play, unused timeouts do not carry over into overtime periods.
   c. Teams have 10 seconds at the end of a time-out to put the ball into play.
   d. Time-outs in excess of the allotted number will result in a delay of game penalty.
e) A regulation game may end in a tie. No overtime will be held.
f) 6. If a playoff game, overtime will be held.
   a. A new coin toss will occur. The away team captain will call the toss and the winner has the option of offense, defense, or direction. The loser may select the option not chosen by the winner of the toss.
   b. All overtime periods are played toward the same goal line.
   c. Each team will start 1st and goal from the defensive 10 yard line (unless moved by penalty). The object will be to score a touchdown (followed by a try for point).
   d. An overtime period consists of each team receiving a set of 4 downs.
   e. If the score is still tied after one period, the teams will go to a second overtime period, or as many as needed to determine a winner.
   f. If the score remains tied after the 2nd overtime, a 2 or 3 point conversion must be attempted.
   g. If the first team which is awarded the ball scores, the opponent will still have a chance to win, re-tie, or lose the game.
If the defense intercepts the ball and returns it for a touchdown, they win the game. If they do not return the interception for a touchdown, the ball will be placed on the 10 yard line to begin their series of 4 downs.

i. Each team is entitled to one time-out (one minute in length) per overtime period.

j. If the defensive team intercepts the extra point attempt, the ball is declared dead.

g) Injury Time outs may be called by the officials and are not charged to either team. The injured player must leave field and be replaced for a minimum of one down. Additionally, an injured player who is bleeding must leave the field and may not return until inspected by a student supervisor, bleeding is stopped and the wound is covered. Blood soaked clothing must be removed and replaced.

h) If a game is more than half completed and is called due to weather conditions the game is considered complete. The team that is currently winning will be awarded a win.

Rule 3 – Equipment

a) Shoes must be leather, nylon, or canvas upper with a rubber bottom. Turf shoes and soft pliable, rubber bottoms are permitted. Shoes with metal, screw-in removable cleats, sandals, boots and open-toed shoes are strictly prohibited. Shoes must be worn.

b) Jewelry, shoulder pads, body pads (above the waist) or any unyielding or dangerous equipment is not permitted. Bandanas and hats with bills are not permitted. Stocking caps, knit caps, or other soft type hats will be permitted.

c) PANTS OR SHORTS WITH POCKETS ARE PROHIBITED. Each player must wear pants or shorts without any belt(s), belt loop(s), pocket(s), holes, or exposed drawstrings. Pants or shorts may not be turned inside out or removed, and pockets may not be taped. Pockets with zippers are legal, so long as the zippers remain closed.

d) A towel attached to a player’s waist is illegal.

e) The official ball shall be the one provided by Intramural Sports. However, another ball may be used by a mutual agreement of team captains and officials. An official size football will be used for all men’s games. Either an official size or junior size ball may be used for co-rec games.

f) Jerseys must be long enough so they remain tucked in or short enough so there is a minimum of 4” from the bottom of the jersey to the player’s waistline.

Rule 4 – Flag Rules

a) Flags must be a different color than the shorts/pants of the participant.

b) No article of clothing may cover any portion of the player’s flag.

c) Each player on the field must wear the flag belt provided by Recreational Sports. Belts must be properly attached at the waistline - one flag center back and one flag over each hip. For no reason whatsoever may flags have any knots/loops tied into them.

d) Players may dive to catch a pass, defend a pass, and/or to remove an opponent’s flag.

e) Subs in uniform: Each sub shall be in uniform, ready to play with belt in position.

f) Guarding flag belt: Ball carriers shall not guard their flags in a manner that would prevent an opponent the opportunity to pull or remove the flag belt. A ball carrier may not use straight arm tactics, swing their arm to deflect, or use other means to keep an opponent from pulling a flag. This style of running constitutes flag guarding. (a natural running motion must be employed).

g) A ball carrier may not lower his/her head or run in a bent over fashion which hinders an opponent from pulling a flag; this style of running constitutes flag guarding with the intent to injure another.

h) When a runner loses his/her flag belt either accidentally or inadvertently (not removed by grasping or pulling), play continues. The de-flagging reverts to a one hand tag of the runner between the shoulders and the knees.

i) In circumstances where a flag belt is removed illegally, play should continue with the option of taking the penalty or the result of the play upon its conclusion.

j) Intentionally pulling or removing a flag belt from an offensive player without the ball by a defensive player is prohibited.
k) Tampering with the flag belt in any way to gain an advantage including tying, using foreign materials, or other such acts are illegal and shall result in an unsportsmanlike conduct penalty and ejection of the player from the game. (this is a game ejection, not an ejection that carries a suspension).

l) Defensive Contact: In an attempt to remove the flag belt from a runner, defensive players may contact the body and shoulders of an opponent with their hands, but not their face, nor any part of their neck or head. A defensive player may not hold, push, or knock the runner down in an attempt to remove the flag belt.

Rule 5 – Players, Rosters, and Subs

a) This is a 7 player league. Teams must have at least 5 players to start a game. If a team cannot continue with 5 players for any reason, the game will end and a score of 1-0 will be recorded regardless of the current game score.

b) THE ONLY PLAYER ON OFFENSE OR DEFENSE WHO IS REQUIRED TO BE ON THE LINE OF SCRIMMAGE AT THE TIME OF THE SNAP IS THE PERSON SNAPPING THE BALL!

c) Unlimited substitutions are allowed when the ball is dead. Substitutions must be completed before the ball is in play. Exiting players must go directly to their sideline.

d) Complaints and/or questions regarding the rules or rulings on specific plays should be brought to the official's attention via the team captains. Unruly or aggressive behavior directed toward any staff member regarding judgement calls or rules will be penalized accordingly, and may lead to player ejection(s).

e) Substitutes, replaced players, and coaches are subject to all rules. Teams are responsible for their spectators conduct and language.

Rule 6 – The Game

a) Before the game, team captains will meet with game officials at least 5 minutes before game time to check player eligibility with the roster/score sheet and determine the options of offense/defense, or defending a particular goal. Home team calls toss (team listed first on schedule, or, if overtime the opposite team). The team winning the toss shall have a choice of options for the first half only. The options shall be:
   a. to choose whether his/her team starts on defense or offense OR b. to choose the goal his/her team will defend. The team captain not having the first choice of options shall exercise the remaining option. The initial selections of each team shall be reversed for the start of the second half.

b) Ball Responsibility - It is the responsibility of the OFFENSE to get the ball at the conclusion of each down.

c) Mercy Rule and Max Point Differential.
   a. Automatic: Team is trailing by 19+ points with <2' remaining in the 2nd half.
   b. Elective: Team is trailing by 33+ points at any point in the 2nd half.
   c. If a team scores DURING the last two minutes of the second half and that score creates a point differential of 19 or more, the game shall end at that point.
   d. Regardless of the outcome of the game, the max point differential that will be recorded for any game is +/-19.

d) The ball is dead on ALL running plays & passing plays as soon as the ball touches the ground. Teams cannot recover a fumble. On punts, players may advance the ball after it hits the ground provided it is fielded cleanly, but not after it hits a player and then hits the ground. Punted balls that come to rest may not be advanced.

Rule 7 – Downs/Zone Line to Gain

a) Teams have 4 downs to advance the ball to the next 20 yard zone to gain.
a. If a defensive penalty occurs during a play, the zone to gain will be established after the enforcement of the penalty. If the penalty is against the offensive team the zone to gain will remain the same.
b. If a penalty moves the ball beyond the zone to gain, or a penalty calls for a first down, the next line will be the zone to gain.
c. Declined penalties will have no effect on the zone to gain and the number of the next down will be whatever it would have been had the foul not occurred.

b) Failure to advance the ball to the next zone to gain results in loss of possession.
c) A new series of 4 downs will be awarded when the team advances the ball past the next zone line to gain.

Rule 8 – Dead Ball

a) A live ball becomes a dead ball as defined in the rules or when an official sounds the whistle, even inadvertently, or otherwise declares the ball dead.
b) Ball is declared dead:
   a. When it goes out of bounds.
   b. When any part of the runner, other than the hand or foot touches the ground. (The ball is considered an extension of the hand)
   c. When a touchdown, touchback, safety, or successful try-for-point is made.
   d. When a player of the kicking team catches a punt or when a punt comes to rest on the ground.
   e. When a forward pass strikes the ground or is caught simultaneously by opposing players.
   f. When a live ball, backward pass, lateral pass or fumble, other than a kicked ball strikes the ground, the ball is dead at the spot where it hits the ground.
   g. When a runner has a flag legally removed by a defensive player.
h. In cases where the flag belt comes off without any obvious contact, when a runner is legally touched with one hand between the shoulders and knees, including the hand and arm. When the passer is de-flagged before releasing the ball.

Rule 9 – Live Ball

a) A fumbled ball or pass that is caught before it hits the ground may be advanced by either team and is a live ball.
b) The offense must snap the ball within 10 seconds after the referee has marked the ball ready for play.
c) Delay of game penalties for teams illegally attempting to:
d) Conserve time: after enforcing the penalty for delay of game, officials will instruct the scorekeeper to start the game clock when the ball is marked ready for play.
e) Run time off of the clock: after enforcing the penalty for delay of game, officials will instruct the scorekeeper to start the game clock when the ball is next snapped.

Rule 10 – Scoring

a) Touchdown: 6 points
   a. To be ruled a touchdown, the ball must break the plane of the goal line while the player is maintaining possession of the ball.
   b. After scoring a touchdown, a player must immediately raise his/her arms and let the official de-flag him/her. This is to ensure that the flags were not illegally secured. Flags that are found to be illegally secured following a scoring play will result in the score being disallowed, a penalty enforced, and the player ejected from the contest. Additionally, if penalty is on the offense, there will be a loss of down. If penalty is on the defense, an automatic first down for the offense is awarded.
b) Extra Points: 1 point from the 3 yard line, 2 points from the 10 yard line, 3 points from the 20 yard line.
   a. Once the captain makes the decision for 1, 2, or 3 points, he/she may not change his/her mind unless he/she uses a time-out.
   b. If the distance of the attempt is changed by a penalty, the attempt will be for the point value of what was originally decided.
   c. An intercepted pass on an extra point try by the defensive team may be returned for 3 points.

c) Safety: 2 points. A safety occurs when:
   a. A runner carries the ball from the field of play to or across his/her own goal line and the ball becomes dead
   b. A player punts, passes, fumbles, snaps, muffs, or bats a loose ball from the field of play to or across his/her own goal line and the ball becomes dead behind his/her goal line
   c. A player on offense commits any penalty for which the penalty is accepted and measurement is from a spot in his/her end zone, or throws an illegal forward pass from within his/her end zone, or any situation which leaves the offense in possession of the ball in their own end zone.
   d. Exceptions: When a player intercepts a forward pass, or catches a scrimmage kick or free kick between their 5 yard line and goal line, and their momentum carries them into the end zone where the ball is declared dead. This is known as the momentum rule and a touchback will be awarded.
   e. After a safety, the scoring team shall snap the ball at their own 14-yard line, unless moved by a penalty.

d) Touchback: 0 points. A touchback occurs when:
   a. A punt breaks the plane of the receiving team’s goal line.
   b. The receiving team downs/muffs a punt while the ball is on or behind their own goal line.
   c. The kicking team downs a punt while the ball is on or behind the receiving team’s goal line
   d. The punted ball comes to rest or no one attempts to secure the ball while it is on or behind the receiving team’s goal line.
   e. A punted ball goes out-of-bounds behind a goal line.
   f. After a touchback, the ball shall be snapped from the 14-yard line, unless moved by a penalty.

Rule 11 – Punts (Please note: there are no kick-offs or free kicks in flag football.)

a) A punt may be declared by the offensive team on any down. Once a team has declared they will punt, they may not change their decision unless there is a penalty or a time-out is called. Quick kicks are not permitted.

b) The snap must be received at least 5 yards back and the kick executed behind the scrimmage line immediately.

c) No players on the offensive line of scrimmage may move until the ball is kicked.

d) A punt that contacts the ground without being touched is considered a live ball and may be advanced provided that it is fielded cleanly.

e) Fumbled/muffed punts hitting the ground are dead. If fumbled in the end zone, a touchback will be called and the ball placed at the 14 yard line.

f) If the punt extends beyond the back of the end zone, the ball is dead and will be placed on the 14 yard line. Punts received in the end zone may be advanced.

g) Receiving Punts
   a. The punt returner is eligible to return punts or allow them to come to rest on the field of play.
   b. A punt that goes out-of-bounds whether it has been touched or not, or an untouched ball that comes to rest, will be marked dead at those respective spots.

h) Kick Catch Interference: During a punt, the kicking team members must allow receivers an attempt to make a play on the ball. The kicking team shall not obstruct their path to the ball.
This applies even if a fair catch is not signaled (as there are no fair catches in flag football) and opponents have not yet touched the ball.

Rule 12 – Playing Rules

a) If a ball is muffed (does not touch the ground) - during a running or passing play or similar loose ball situation - the ball becomes a live ball and may be gained by the defense, as long as the ball does not contact the ground.

b) Only one forward pass is allowed per play (down). All players are eligible receivers. Forward passes are those thrown from behind the line of scrimmage. Please note that a forward pass is not considered complete until it has been possessed by a player and his/her foot has made contact with the ground.

c) Penalty during try for point:

d) If on defense:
   a. If the attempt was unsuccessful, then replay the down and add the penalty enforcement.
   b. If the attempt was successful, and the offense declines the penalty, the play stands.

e) If on offense:
   a. If the attempt was unsuccessful and the defense declines the penalty the attempt is over.
   b. If the attempt was successful, take the converted score away and the attempt will be repeated once the penalty is enforced.

f) The defense may not hit, strip, or swat the ball away from the ball carrier.

Rule 13 – The Scrimmage and the Snap

a) All offensive players must momentarily be within 15 yards of the ball/at least 5 yards from the bench-side sideline from the time the ball is marked ready for play and prior to the next snap.

b) The snap must be between the snapper’s legs, or flipped back by a player standing sideways while keeping the point of the ball on the ground. The player receiving the snap must be at least 2 yards behind the scrimmage line. There are no direct snaps.

c) Two, three and four point stances are legal.

d) All offensive players must be motionless for one second preceding the snap, except for one player who may move parallel to or away from the line of scrimmage.

e) An offensive player that moves/shifts (other than going legally in motion) must stop for one full second before the snap.

f) The neutral zone is a one yard dead zone between the offensive and defensive line of scrimmage.

g) The offense may designate the spot from which the ball is put in play anywhere between the inbounds lines (hash marks):
   a. At the start of each half
   b. For a try
   c. Following a touchback, safety, try, and an awarded catch after a punt
   d. For the start of each series using an overtime procedure

Rule 14 – Handling the Ball

a) Any player may hand the ball forward or backward at any time.

b) Backward Pass: Is a pass with its initial direction parallel with or toward the passer’s end line. Treated the same as a backward pitch.

c) A backward pass or fumble that touches the ground is dead at the spot.

d) A backward pass or fumble that is intentionally thrown out-of-bounds to avoid being de-flagged, tagged, or to conserve time is illegal. This is considered intentional grounding.

e) The player receiving the snap may advance the ball.

f) A snapped ball must immediately be spiked in order to stop the clock. In the judgment of the official(s), if the quarterback intentionally throws the ball to the ground after a period of
scrambling in order to avoid being deflagged, intentional grounding should be called. A player may intentionally throw the ball to avoid being deflagged only if he/she is:
   a. Outside of the hashmarks drawn on the field AND
   b. The ball lands at or beyond the original line of scrimmage

**Rule 15 - Passing**

a) A legal forward pass may be thrown only once per down. All players are eligible to touch or catch a pass. A forward pass is illegal if:
   a. The passer's back foot is beyond the offensive line of scrimmage when the ball leaves the hand.
   b. A passer catches their untouched forward pass. A passer can catch their own pass if another player has touched it after it has been thrown.

b) The pass begins when the ball is released from the passer's hand. The ball is dead if the passer is de-flagged before the ball is released.

c) The initial direction of a pass determines whether a pass is forward or backward.

d) The passer may cross the line of scrimmage and then cross back to throw the ball. However, only one forward pass may be thrown per down.

e) A pass may be touched by any number of players prior to being caught.

f) All players are eligible to catch a pass.

g) If a pass is caught simultaneously by opposing players, the ball becomes dead, and is considered a complete pass and belongs to the offensive team at the spot of the catch.

h) A receiver must have one foot inbounds for a pass to be ruled complete. If the foot lands simultaneously with the foot that lands out-of-bounds, the pass is incomplete. A catch by any kneeling or prone inbounds player is considered a legal catch and is dead at the spot where it is caught.

i) Protecting the passer: The only legal contact that can be made is around the waist area, where the defender would be attempting to de-flag the passer. The ball is considered an extension of the passer. The ball may not be hit while in the possession of the passer. Contact with the passer must also be avoided after the pass is released.

**Rule 16 - Interference**

a) During a down in which a legal forward pass crosses the scrimmage line, contact which interferes with an eligible receiver who is beyond the scrimmage line is pass interference.

b) Hindering an opponent’s vision without making an attempt to catch, intercept, or bat the ball is pass interference, even though no contact was made.

c) It is also pass interference if an eligible receiver is de-flagged/tagged prior to touching a forward pass thrown beyond the scrimmage line.

**Rule 17 – Screen Blocking**

a) Offensive players may protect the runner by screening. The offensive screen block shall take place without contact and the screener may maintain a position (moving or stationary) between the defensive player and the runner. The screen blocker shall have their hands and arms at their sides or behind their back. Any use of the arms, elbows, or legs to initiate contact during an offensive player's screen block is illegal. A blocker may use a hand or arm to break a fall or retain balance. Players must remain on their feet before, during, and after screen blocking. The blocker must have their shoulders square with their feet. No part of the screener's body, except the feet, may be in contact with the ground.

b) Interlocked interference is illegal.

c) Defensive players must go around the offensive player's screen block. Defenders may not use their hands or arms to gain an advantage in going around the offensive blocker.

d) The runner may not straight-arm or lower the shoulder into an opponent.
e) Illegal contact between the blocker/rusher will be called against the player determined to have initiated the contact. Repeated illegal contact will not be tolerated and will result in ejection.

Rule 18 – Running

a) Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for opponents to pull or remove the flag belt. Flag guarding includes:
   a. Swinging the hand or arm over the flag belt to prevent an opponent from de-flagging.
   b. Placing the ball in possession over the flag belt to prevent an opponent from de-flagging.
   c. Lowering the shoulders in such a manner that places the arm over the flag belt to prevent an opponent from de-flagging.

b) The runner shall be prohibited from contacting an opponent with extended hand or arm. This includes the use of a stiff arm extended to ward off an opponent attempting to de-flag/tag.

c) The runner shall not grasp a teammate or be grasped, pulled or pushed by a teammate.

d) The runner shall not lower their head or shoulders to avoid being de-flagged.

e) Spinning while running is considered part of running and is allowed if the runner maintains contact with the ground.

f) Hurdling in an attempt to gain yardage by a ball carrier is illegal and will constitute a personal foul. Hurdling is an attempt by a player to jump with one or both feet or knees foremost over an opponent who is contacting the ground with no part of their body, except one or both feet.

g) Obstruction of Runner. The defensive player 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.

h) Charging. A runner shall not charge into an opponent in his/her path nor attempt to run between two opponents, unless the space is such as to provide a reasonable chance for him/her to go through without contact.

i) The ball becomes dead if any part of the runner other than their hands or feet touches the ground, except for a held ball, which is considered an extension of the hand.

j) Pushing the runner out-of-bounds is an illegal act.

Rule 19 – Personal Fouls

a) No player shall commit a personal foul. Any act prohibited here or any other act of unnecessary roughness is a personal foul. No player shall:
   a. Punch, strike, strip, steal, or attempt to steal the ball from a player in possession.
   b. Trip an opponent.
   c. Contact an opponent who is on the ground.
   d. Throw the runner to the ground.
   e. Hurdle any other player.
   f. Contact an opponent either before or after the ball is declared dead.
   g. Make any contact with an opponent which is deemed unnecessary, of any nature, including using fist, locked hands, elbows, or any part of the forearm or hand, as well as the legs, knees, and/or feet.
   h. Deliberately drive or run into a defensive player.
   i. Clip an opponent.
   j. Position himself/herself on the shoulders or body of a teammate or opponent to gain an advantage.
   k. 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.
   l. Use of abusive or insulting language (swearing)
   m. Indicating objections to an official’s call
   n. Touching or striking an official.
   o. Intentionally pulling the flag of a player not in possession of the ball.
   p. Spiking the ball.
   q. Destruction or abuse of Fordham University property.
   r. Fighting
b) Unsportsmanlike conduct: Any participant receiving 2 unsportsmanlike conduct penalties during a game shall be ejected from the game immediately and must leave the playing facilities.

c) Any player ejected from the game must leave the playing area and the facility entirely.

d) All 10 yard penalties inside the 10 yard line will be enforced half the distance to the goal.

e) All 5 yards penalties inside the 5 yard line will be enforced half the distance to the goal.

**Rule 20** – Summary of Infractions and their related penalties

<table>
<thead>
<tr>
<th>Loss of 5 yards</th>
<th>Loss of 10 yards</th>
</tr>
</thead>
<tbody>
<tr>
<td>Delay of Game</td>
<td>Contact with Opponent on the Ground Drive or Run Into Player (charging)</td>
</tr>
<tr>
<td>Encroachment</td>
<td>Encroachment - 2nd+ between downs</td>
</tr>
<tr>
<td>False Start</td>
<td>Flag Guarding</td>
</tr>
<tr>
<td>Helping the Runner</td>
<td>Holding/obstructing the Runner</td>
</tr>
<tr>
<td>Illegal Forward Pass **</td>
<td>Hurdling</td>
</tr>
<tr>
<td>Illegal Motion (only 1 player, must be parallel/away from LOS) Illegal Procedure - in neutral zone before punt, snapper not on line</td>
<td>Illegal Contact (before or after ball is dead)</td>
</tr>
<tr>
<td>Illegal Shift (must come set for 1s) Illegal Snap</td>
<td>Illegal Equipment</td>
</tr>
<tr>
<td>Illegal Substitution</td>
<td>Illegal Flag Belt Removal</td>
</tr>
<tr>
<td>Intentional Grounding **</td>
<td>Illegal Kicking (any kick other than a punt)</td>
</tr>
<tr>
<td></td>
<td>Illegal Offensive Screen Blocking</td>
</tr>
<tr>
<td></td>
<td>Illegal Participation (too many players)</td>
</tr>
<tr>
<td></td>
<td>Interlocked Interference</td>
</tr>
<tr>
<td></td>
<td>Kick Catch Interference</td>
</tr>
<tr>
<td></td>
<td>Pass Interference (Off &amp; Def) **</td>
</tr>
<tr>
<td></td>
<td>Roughing the Passer **</td>
</tr>
<tr>
<td></td>
<td>Spiking, Kicking, or Throwing Ball during a Dead Ball</td>
</tr>
<tr>
<td></td>
<td>Stiff Arm</td>
</tr>
<tr>
<td></td>
<td>Strip or Attempt to Strip the Ball (must go for belt)</td>
</tr>
<tr>
<td></td>
<td>Unfair/trick substitution (all players 5yds in-bounds btwn downs) Unnecessary Roughness</td>
</tr>
<tr>
<td></td>
<td>Unnecessary Roughness</td>
</tr>
<tr>
<td></td>
<td>Unsportsmanlike Conduct (players &amp; non-players)</td>
</tr>
</tbody>
</table>

**NOTE:** Most of these fouls do not have a unique hand signal. Instead, they will be reported as personal fouls.