



Campus Recreation

Office for Student Success

Flag Football Rules (7v7)

Last Updated: 7/29/2026

Rule 1: Eligibility	2
Rule 2: Sportsmanship	3
Rule 3: Player Equipment	3
Rule 4: Team Captain Responsibilities	4
Rule 5: General Play	4
Player Basics:	4
Substitutions:	4
Coin Toss:	4
Game Time:	4
Overtime Rules:	5
Scoring and Mercy Rule:.....	5
Safety, and Touchback:	6
Personal Fouls:	6
Blocking:	7
Runner:	7
Delays:.....	8
Ball in Play and Dead Ball:	8
Series of Downs, Number of Down and Team Possession Post Penalty:.....	9
Punts:	9
Snapping, and positioning:	10
Backward Pass and Fumble:.....	10
Legal and Illegal Forward Passes:	11
Completed or Intercepted Pass, Incomplete Pass:.....	11
Forward Pass Interference:	11
Rule 6: Penalty Enforcement	11
Procedure after the foul:	11
Types of Play and Basic Enforcement Spots:	12
Special Enforcements:.....	13
Rule 7: Co-Ed Modifications	14
Rule 8: Common terms/Summary	15
Rule 9: Playoffs	17

Any rule not specifically covered will be governed in accordance with the NIRSA Flag Football Rules. Modifications have been made to suit Campus Recreation Intramural Sports at the University of Kentucky.

Rule 1: Eligibility

The following people are eligible to participate in Intramural Sports Programming with a current Campus Recreation membership. Participants with a “MoveWell Only” membership are NOT eligible to participate in Intramural Sports. View all Campus Recreation membership options and purchase a membership on the [Campus Recreation website](#).

- **Undergraduate Students:** Undergraduate students who are currently enrolled in the University for one (1) or more in-person credit hours, are automatically paying the student recreation fee and are therefore eligible to participate in Intramural Sports.
 - **Note:** If an undergraduate student drops all classes at any point, they will lose their Campus Recreation membership and therefore be ineligible to participate in Intramural Sports.
- **Online ONLY Students:** Online only students who are enrolled in the University for one (1) or more credit hours are eligible to participate in Intramural Sports after purchasing a Campus Recreation Membership for the semester they intend to participate.
- **Graduate Students:** Graduate students who are enrolled in the University for one (1) or more credit hours are eligible to participate in Intramural Sports with a current Campus Recreation Membership. Graduate Students who did not pay the Campus Recreation fee may become eligible by purchasing a Campus Recreation Membership for the semester they intend to participate.
- **UK Employees:** UK Employees who have a current Campus Recreation Membership are eligible to participate in Intramural Sports.
- **Spouses/Domestic Partners:** student, faculty and staff spouses/domestic partners who have a current Campus Recreation Membership are eligible to participate in Intramural Sports only when on the same team roster as their eligible spouse/domestic partner.

Assumed Names

No player may compete in an intramural event under any name other than their own and may not present picture identification other than their own. Presenting false identification will be considered the same as using a false name. Players in violation will immediately be intermittently suspended from all intramural activity while the incident is reviewed by Campus Recreation Professional Staff and Student Conduct. If there is a physical UKID present and the person it belongs to is not present, the UKID will be confiscated and returned to the Wildcard Office.

Professional Athletes

Any athlete who would be ineligible for varsity or extramural competition because of professionalism on any level is prohibited from competing in that sport (or a related sport) for a period of five calendar years from their last professional competition.

Division I Intercollegiate Athletes

An individual is considered an intercollegiate athlete if they appear on the roster of an NCAA Division 1 institution. This includes the rosters of the varsity, junior varsity, or reserve teams and any other way they may be listed by the Department of Intercollegiate Athletics at a Division 1 institution. Any player whose name appears on the athletic roster after the first intercollegiate game for that sport is considered to be on the roster for the entire academic year. These individuals are ineligible to compete in any **related** intramural sports until they no longer fit into any of the qualifications listed.

Sport Club Athletes

No Intramural team shall have more than two (2) sport club members, in their **related** sport, on its roster. A person who is considered a Sport Club member will be considered a member for the entire academic year. A Sport Club member is any player who is on the active roster. In addition to the active roster, a Sport Club member is a player

who has appeared on any away trip roster, home roster or regional/national championship roster for that Sport Club throughout the given academic year. If either or both scenarios apply to an athlete, they are considered Sport Club members and shall participate in Intramural Sports as such.

Rule 2: Sportsmanship

Intramural Sports strive to create a game atmosphere that is friendly and fun for both staff and participants. To promote good sportsmanship, Intramural Sports has adopted the following sportsmanship policy based on minor and major infractions occurred during an intramural contest.

Minor infractions include, but are not limited to:

- Inappropriate Verbal and non-verbal dissent towards officials
- Taunting opponents or staff
- Actions detrimental to the spirit of the game
- Unnecessary contact with an opponent

Major infractions include, but are not limited to:

- Excessive inappropriate verbal and non-verbal dissent towards officials
- Threats towards opponents or staff
- Fighting or inciting a fight
- Second minor infraction on the same player

During a singular Intramural game...

- The accumulation of ONE (1) major infraction or TWO (2) minor infractions will result in the ejection of the individual from the game.
- The accumulation of TWO (2) major infractions, FOUR (4) minor infractions or ONE (1) major infraction and TWO (2) minor infractions in a game on a single team will result in the forfeiture of the contest.

During an Intramural season...

- The accumulation of TWO (2) major infractions (or equivalent i.e. 2 minor infractions = 1 major infraction) on a single player throughout the season (playoffs included) will result in the dismissal of the individual from the activity for the remainder of the season.
- The accumulation of THREE (3) major infractions (or equivalent i.e. 2 minor infractions = 1 major infraction) on a single team throughout the season (playoffs included) will result in the dismissal of the team from the activity for the remainder of the season.

The accumulation of minor and/or major infractions will be reviewed by Campus Recreation Professional Staff and Student Conduct if deemed necessary.

Rule 3: Player Equipment

- Knee and ankle braces which are unaltered from the manufacturer's original design/production are permitted and do not require any additional padding or covering.
- A guard, cast or brace made of a hard and unyielding substance, such as, but not limited to, leather, plaster, plastic, or metal shall not be worn even if covered with soft padding.
- Walking boots or walking casts shall not be worn even if covered with soft padding.
- Players must remove all jewelry and/or clothing accessories that are deemed dangerous prior to competing. The request to remove jewelry or clothing accessories is at the discretion of the Intramural Sports Staff.

- Jewelry is defined as a decorative item worn or attached to the body or clothes for personal adornment, such as watches (including fitness & smart watches), bracelets, earrings, necklaces, pendants, and rings.

Rule 4: Team Captain Responsibilities

Each team must have at least one team captain. The method by which the captain is selected is entirely up to the team. The captain serves as a liaison between their team and the Intramural Sports Staff. Some duties of the captain include:

- Take responsibility for all forfeit payments incurred by their team and understand that they are ineligible to play any Intramural Sport until the forfeit fee is paid.
- Be familiar with the rules for the sport and all the information in the Intramural Participant Handbook.
- Ensure their team members follow all eligibility requirements.
- Responsible for communicating game time, location and ID policy to teammates.
- Represent the team and be the primary communicator with the Intramural Sports Staff, including officials.
- Ensure good sportsmanship among teammates and from spectators.
- Cooperate with the Intramural Sports Staff concerning any protests, incidents, or accidents that occur.
- May designate **ONE** coach per team that must also be on the team roster.

Rule 5: General Play

Player Basics:

- The game shall be played between 2 teams of 7 players each. 4 players are required to start the game and avoid a forfeit. The game may be continued with less than 5 if the team has a chance to win.
- Open shall use the regular size ball. Women and Co-Rec will use the youth or junior size ball unless otherwise agreed upon. Teams may bring their own ball but must follow the standards listed above.

Substitutions:

- Eligible Substitutes: No substitute shall enter during a down. Between downs any number of eligible subs may replace players provided they have flag belts and the proper equipment. A replaced player must leave the sideline nearest his/her team

Captains Meeting:

- All players from both teams should be present for the captains meetings. The captain winning rock, paper, scissors shall have a choice of options for the first half or shall defer their option to the second half. The options for each half shall be:
 - To choose whether their team will start on offense or defense.
 - To choose the goal their team will defend. The captain not having the first choice of options for a half shall exercise the remaining option.
- Start Each Half - Unless moved by penalty, the ball shall be placed on the 14-yard line to start each half

Game Time:

- Playing Time and Intermissions: Playing time shall be 38 minutes (Full game) + 7 plays at the end of each half, divided into a half of 20 min. and a half of 18 min. + 7 plays.
- The intermission between halves shall be no longer than 5 minutes.
- The clock will only stop for timeouts and injuries.
- Each team gets 2 time-outs per half. Unused time-outs do not carry over to subsequent halves. Players on the field shall request a time-out.

- Extension of Periods: A period must be extended by an untimed down, except for unsportsmanlike or nonplayer fouls, if during the last play of the half, one of the following things occurred:
 - There was a foul by either team, and the penalty was accepted.
 - Exception: the period will not be extended for an accepted foul which specifies Loss of Down. Also, any score by the team which fouled is nullified.
 - There was a double foul.
 - There was an inadvertent whistle.
 - If a touchdown was scored, the P.A.T. is attempted unless the points would not affect the outcome of the game.
- 7 Plays: At the 18-minute mark of the second half, the referee shall stop the clock and inform both captains of the score and the 7 plays remaining rules:
 - The game will end when all 7 plays are taken.
 - Any play that results in moving the “line of scrimmage” and/or advancing a down will count towards the 7 plays.
 - The 25 second play clock still exists for all plays.
 - Pre-snap dead ball penalties will not count towards one of the 7 plays.
 - Punts are considered taken plays.
 - The game cannot end on an accepted penalty even if it was during the last remaining play.
 - If the penalty results in a loss of down, the game is over.
 - Only plays resulting in “double fouls,” in which there is no change of possession, that result in off-setting penalties, will not count towards the 7 plays.
 - PATs are not considered part of the 7-play process.
 - Taking a knee or hiking the ball to the ground are both considered plays and are encouraged during out-of-reach games.

Overtime Rules:

- Overtime will only be played out in the playoffs. All regular season games may end in a tie.
- A coin toss or game of rock, paper, scissors, will determine who starts and who defends.
- All overtime periods are played toward the same endzone.
- Unless moved by penalty, each team will start 1st and goal from the opponent’s 10-yard line. The object is to score a touchdown.
 - Each team will get 4 downs.
 - If the first team scores, the opponent will still receive a chance to score as well.
 - After each touchdown PATs will be attempted as normal.
 - If the defense intercepts the ball the play is dead, the series is over, and that team will begin at their opponent’s 10-yard line.
 - Each team is entitled to 1 timeout for the entirety of overtime.
- Fouls and penalties will be administered as normal
 - Dead ball fouls following a touchdown are penalized on the PAT.
 - Live ball fouls committed by either team shall be enforced at the succeeding spot.
 - Dead ball fouls following a successful try will be penalized from the succeeding spot, if accepted.

Scoring and Mercy Rule:

- Mercy Rule: 18 Minute Second Half and During 7 Plays Remaining: If a team is 19 or more points ahead when the Referee announces the end of the 18-minute second half, the game is over.

- If a team scores during the 7 plays remaining format and that score creates a point differential of 19 or more points, the game shall end at that point.
- Large Mercy Rule: If at any time in the second half a team is ahead by 40 points, the game is over.
- All touchdowns are worth 6 points.
- Scoring a touchdown:
 - It is a touchdown when a runner advances from the field of play so that the ball penetrates the vertical plane of the opponent's goal line.
 - It is a touchdown when a loose ball is caught by a player while the ball is on or behind the opponent's goal line.
- Player Flag check: The player scoring must raise their arms so the nearest official can de-flag the player.
 - If the player is not able to be deflagged and the official determines the flag belt has been secured illegally, the score is disallowed, the offending team is penalized, and the player is given an unsportsmanlike penalty.
- Try points:
 - 3-yards = 1 point
 - 10-yards = 2 points
 - 20-yards = 3 points
 - Tries cannot be returned by the defense for points.
 - Offensive fouls during a try will result in a loss of scoring opportunity.
 - Defensive fouls during a try will result in a replay of down if accepted.
- After a try, the ball will return to the opponents 14-yard line.

Safety, and Touchback:

- Safety = 2 points
- A safety occurs 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 possession.
 - A player punts, passes, fumbles, snaps, or muffs a loose ball from the field of play to or across their goal line and the ball subsequently becomes dead there in their possession. However, this rule does not apply to a legal forward pass which becomes incomplete.
 - A player on offense commits any foul for which the penalty is accepted, and measurement is from a spot in their end zone.
 - After a safety, the ball shall be snapped by the scoring team at their 14-yard line, unless moved by penalty.
- A touchback occurs when:
 - K's punt breaks the plane of R's goal line.
 - The ball is out-of-bounds behind a goal line (except from an incomplete forward pass), when the ball becomes dead in possession of a player on, above, or behind the player's own goal line, or when the ball becomes dead not in possession on, above, or behind the team's own goal line, and the attacking team is responsible.
 - After a touchback, the ball shall be snapped from the nearest 14-yard line, unless moved by penalty.

Personal Fouls:

- Player restriction include:
 - trip or attempt to strip the ball from a runner or passer by punching, striking, or stealing.

- Throw a runner to the ground.
- Deliberately drive or run into a defensive player.
- Tackling the runner by grasping or encircling with the hand(s) or arm(s) and taking the opponent toward the ground as in tackle football. (DQ)
- **Roughing the Passer:** Defensive players must make a definitive 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 they are considered out of the play after the pass.
 - Roughing the passer restrictions do not apply if the forward pass is thrown from beyond Team A's scrimmage line.
 - Running into a passer while they are scrambling is considered illegal contact and not roughing the passer.
 - Anytime the passer's hand or arm is hit roughing the Passer should be called.

Blocking:

- **Offensive Screen Blocking:** The offensive screen block shall take place without contact. (Just Like Basketball Screens)
 - The screen blocker shall have their hands and arms at their side or behind their back.
 - Any use of the hands, arms, elbows, legs, or body to initiate contact during an offensive player's screen block is illegal.
 - A blocker may use their hand or arm to break a fall or to retain their balance.
 - A player must be on their feet before the screen block.
- **A player who screens shall not:**
 - Take a position closer than a normal step when behind a stationary opponent.
 - Make contact when assuming a position at the side or in front of a stationary opponent.
 - Take a position so close to a moving opponent that his/her opponent cannot avoid contact by stopping or changing direction.
 - After assuming his/her legal screening position move to maintain it, unless he/she moves in the same direction and path as his/her opponent.
- **Blocking and Interlocked Interference:** Teammates of a runner or passer may interfere for him/her by screen blocking but shall not use interlocked interference by grasping or encircling one another in any manner.
- **Use of Hands and Arms by Defense:** 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.

Runner:

- **Flag Belt Removal:**
 - Players must have possession or be touching the ball before they can be deflagged.
 - When a runner loses their flag belt either accidentally, inadvertently (not removed by grabbing or pulling) play continues. De-flagging reverts to a one hand tag of the runner between the shoulders and knees and includes the hands and arms.
 - In circumstances where the flag belt is removed illegally, play should continue with the option of the penalty or the play.
 - Tampering with the flag belt in any way to gain an advantage including tying, using foreign materials, or other such acts is illegal.

- Penalty: Personal Foul, 10 yards from previous spot and Unsportsmanlike Penalty issued, (Unsportsmanlike Ejection if officials believe it to be on purpose) if by Team A, loss of down. If by Team B, automatic first down.
- Guarding the Flag Belt: Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove the flag belt. Examples of flag guarding include, but are not limited to:
 - Placing or swinging the hand or arm over the flag belt.
 - Placing the ball in possession over the flag belt.
 - Lowering the shoulders in such a manner which places the arm over the flag belt.
- Stiff Arm: The runner shall be prohibited from contacting an opponent with an extended hand or arm. This includes the use of a “stiff arm” extended to ward off an opponent attempting to de-flag.
- Helping the runner: The runner shall not grasp a teammate or be grasped, pulled, or pushed by a teammate.
- Obstructing the runner: An opponent shall not hold, grasp, or obstruct the forward progress of a runner when in the act of removing the flag belt.
- Charge: A runner shall not charge into nor contact an opponent in their path, not attempt to run between two opponents or between an opponent and a sideline, unless the space is such as to provide a reasonable chance for them to go through without contact.
 - If a runner in their progress has established a straight-line path, they may not crowd out the path, but if an opponent is able to legally establish a defensive position in that path, the runner must avoid contact by changing direction.

Delays:

- Delay of Game: The ball must be put in play promptly and legally and any action or inaction by either team which tends to prevent this is a delay of game. This includes:
 - Failure to snap a ball within 25 seconds after the ball is declared ready for play.
 - Putting the ball in play before it is declared ready for play.
- Illegally Conserving or Consuming Time: The Referee may order the game clock started or stopped whenever, in their opinion; either the team is trying to conserve or consume playing time by tactics obviously unfair.

Ball in Play and Dead Ball:

- Dead ball becomes live: A dead ball, after having been declared ready for play, becomes a live ball when it is snapped legally.
- Ball declared dead: A live ball becomes dead, and an official shall sound the whistle or declare it dead:
 - When it goes out of bounds
 - When any part of the runner other than a hand or foot touches the ground.
 - When a touchdown, safety, touchback, or successful try is made.
 - When the ball strikes the ground following first touching by K.
 - When an untouched punt comes to rest on the ground, and no one comes to secure it.
 - When a forward pass strikes the ground or is caught simultaneously by opposing players.
 - When a backward pass strikes the ground or is caught simultaneously by opposing players.
 - A ball is snapped, which hits the ground before or after getting to its intended receiver, is dead at the spot where it hits the ground.
 - When a forward pass is legally completed, or a loose ball is caught by a player on, above, or behind the opponent's goal line.

- When a runner has a flag, belt removed legally by an opponent. A flag belt is removed when the clip is detached from the belt.
- When a runner is legally tagged with one hand between the shoulders and knees, including the hand and arm, by an opponent once the flag belt is no longer attached.
- When a passer is deflagged before releasing the ball.
- When a muff of a punt strikes the ground. m. When an official inadvertently sounds their whistle during a down or during a down in which the penalty for the foul is declined. See Inadvertent Whistle definition for examples.
- When a punt breaks the goal line it is touchback.

Series of Downs, Number of Down and Team Possession Post Penalty:

- Zone Line-to-gain: The zone line-to-gain in any series shall be the zone in advance of the ball. The most forward point of the ball, when declared dead between the goal lines, shall be the determining factor.
- Series of downs: Team A shall have 4 consecutive downs to advance to the next zone. Any down may be repeated or lost if provided by the rules.
- Awarding a new series: A new series of downs shall be award:
 - When a team moves the ball into the next zone on a play free from penalty;
 - or a penalty against opponents moves the ball into the next zone;
 - or an accepted penalty against the opponents involves an automatic first down;
 - or either team has obtained legal possession of a ball because of a penalty, punt, touchback, pass interception, or failure to gain the zone in advance of the ball.
- Penalty resulting in a first down: After a penalty which leaves the ball in possession of a team beyond its zone line-to-gain, or when a penalty stipulates a first down, the down and distance established by that penalty shall be first down with the next zone line-to-gain.
- Foul before change of team possession: Following a distance penalty between the goal lines which occurs during a down and before any change of team possession during that down, the ball belongs to team A.
 - The down shall be repeated unless the penalty also involves loss of a down or leaves the ball on or beyond the zone line-to-gain.
 - If the penalty involves a loss of a down, the down shall count as one of the 4 in that series.
- Foul after change of team possession: Following a distance penalty for a foul committed after team possession has changed during that down the ball belongs to the team in possession when the foul occurred. The down and distance established by that penalty shall be first down with zone line-to-gain.

Punts:

- Prior to making the ball ready for play on 4th down, the Referee must ask the Team A captain if he/she wants to punt.
- After communicating the decision to Team B, the ball must be punted. Except if:
 - If A or B takes a time-out.
 - A foul occurs any time prior to or during this down which results in the kicking team having the right to repeat the downs again.
 - The period ends.
- Formation and Snap: Neither Team K nor R may advance beyond their respective scrimmage lines until the ball is punted. All scrimmage line rules apply to a punt as well.
- Punting the Ball: After receiving a snap, the kicker must punt the ball immediately in a continuous motion.
- Punt Crosses the Scrimmage Line: When a punt, which has crossed K's scrimmage line, touches a player from either team and then hits the ground, the ball is dead and belongs to R.

- If it hits an R player and then is caught in the air it can be advanced by R.
- If caught by K beyond R's scrimmage line, the ball is dead, belongs to K, and a new series is awarded.
- 1st Touching: If any K player touches a punt after it crosses K's scrimmage line and before it is touched there by any R player, it is referred to as "1st Touching".
 - R may take the ball at that spot or may choose to have the ball put in play as determined by the action which follows the 1st touching.
 - The right of R to take the ball at the spot of 1st touching by K is cancelled if R touches the punt and thereafter during the down commits a foul or if the penalty is accepted for any foul committed during the down.
- Signals: Players shall ignore any signals given by the kickers or receivers. The ball remains live.

Snapping, and positioning:

- Encroachment: Following the ready for play signal and until the snap, no player on defense may encroach, touch the ball, or contact their opponents.
 - It is encroachment for any player to break the scrimmage line plane after the snapper has placed their hands on the ball.
 - During the interval between 2 or more encroachment fouls are committed by the defense, the penalty will be 10 yards for the subsequent encroachment fouls.
- False Start: A false start includes simulating a charge or start of a play.
 - An infraction of this rule may be penalized whether or not the ball is snapped and the penalty for any resulting encroachment is cancelled.
- Snap: The snapper, after assuming position for the snap at the A scrimmage line (1st ball spotter-orange) and adjusting the ball, may neither move nor change the position of the ball in a manner simulating the beginning of play until it is snapped.
 - When over the ball the player shall have his/her feet behind his/her scrimmage line (1st ball spotter-orange). The snapper shall pass the ball back from its position on the ground/towel/orange ball spotter with a quick and continuous motion.
- The offensive team is required to have one player lined up on the line of scrimmage (snapper counts).
- Motion or shift: One player may be in motion, but not towards their opponent's goal line at the snap. A shift occurs when multiple players go in motion. If this happens, all must stop before the ball is snapped.
- No Direct Snap: The player who receives the snap must be at least 2 yards behind the scrimmage line.
- It is Illegal Participation:
 - To have 8 or more players participating at the snap
 - For a player to be lying on the ground to deceive opponents at or immediately before the snap.
 - If, prior to change of possession, a Team A player goes out-of-bounds and returns during the down, unless blocked out-of-bounds by an opponent.

Backward Pass and Fumble:

- A runner may pass the ball backward at any time.
- Players may not throw an untouched backward pass.
- The ball is dead if it hits the ground.
- The ball may be caught or intercepted by any player inbounds and advanced.
- If it lands in the end-zone it is either a touchback or safety. There are no live fumbles.

Legal and Illegal Forward Passes:

- Legal 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 has not crossed the scrimmage line. Only one forward pass may be thrown per down.
- Illegal Forward Pass: A forward pass is illegal:
 - If the passer's foot is beyond the plane of Team A's scrimmage line (orange ball spotter) when the ball leaves their hand.
 - If thrown after team possession has changed during the down.
 - If intentionally thrown to the ground or out of bounds to save loss of yardage.
 - If the passer catches their untouched forward or backward pass.
 - If there is more than one forward pass per down.

Completed or Intercepted Pass, Incomplete Pass:

- Legal 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 has not crossed the scrimmage line. Only one forward pass may be thrown per down.
- Illegal Forward Pass: A forward pass is illegal:
 - If the passer's foot is beyond the plane of Team A's scrimmage line (orange ball spotter) when the ball leaves their hand.
 - If thrown after team possession has changed during the down.
 - If intentionally thrown to the ground or out of bounds to save loss of yardage.
 - If the passer catches their untouched forward or backward pass.
 - If there is more than one forward pass per down.

Forward Pass Interference:

- 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 when 2 or more eligible receivers make a simultaneous and bona fide attempt to reach, catch, or bat a pass.
 - 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.
- Catchable/Uncatchable: Whether a pass is catchable or uncatchable has no bearing on offensive or defensive forward pass interference.

Rule 6: Penalty Enforcement

Procedure after the foul:

- Foul: A foul is a rule infraction for which a penalty is prescribed.
- Types of fouls are:
 - Dead Ball – a foul which occurs in the time interval after a down has ended and before the ball is next snapped.
 - Live Ball – a foul which occurs during a down.
 - Simultaneous with the snap – An act which becomes a foul when the ball is snapped.
- Captain's Choice: When a foul occurs during a live ball, the Referee shall, at the end of the down, notify both captains. They shall inform the captain of the offended team regarding the rights of penalty acceptance or declination and shall indicate to them the number of the ensuing down, distance to be gained, and status of the ball for each available choice. The distance penalty for any foul may be declined.

- **Dead Ball Foul:** When a foul occurs during a dead ball either between downs or before the snap, the officials shall not permit the ball to become live.
 - The penalty for any foul between downs, any non-player foul, or any unsportsmanlike foul, is enforced from the succeeding spot.
 - If a dead ball foul occurs after time expires for any period, the penalty shall be measured from the succeeding spot.
 - The succeeding spot is where the ball would be next snapped if a foul did not occur.
- **Live Ball/Dead Ball Foul:** When a live ball foul by one team is followed by a dead ball foul by the opponent, the penalties are administered separately and in the order of occurrence. When the same team commits a live ball, foul followed by one or multiple dead ball fouls, all fouls may be penalized.
- **Establishing the Zone Line-to-Gain a.** On a live ball foul mark off the penalty yardage first then establish the zone line-to-gain.
 - Penalties for fouls with succeeding spot enforcement which occur prior to the ready for play signal shall be administered before setting the zone line-to-gain down.
 - Penalties for fouls with succeeding spot enforcement which occur after the ready for play signal shall be administered after setting the zone line-to-gain.

Types of Play and Basic Enforcement Spots:

- **Live Ball Fouls:** Any live ball foul is penalized according to the All-But-One Enforcement Principle except:
 - A foul which occurs simultaneously with the snap is penalized from the previous spot.
 - A non-player foul, unsportsmanlike foul, or dead ball foul is penalized from the succeeding spot.
- **All-But-One Enforcement Principle:** Enforcement philosophy is based on the fact that a team is given the advantage of the distance gained without the assistance of a foul. It is assumed that the only foul which would give this aid is a foul by the offense behind the basic spot.
 - Therefore, all fouls but this one, that is a foul by the offense behind the basic spot, are penalized from the basic spot. This one foul is penalized from the spot of the foul.
 - **NOTE:** Exception roughing the passer.
- **Two Types of Plays:** Whenever the ball is live, 1 of 2 types of plays is in progress, either a loose ball play or a running play.
 - The type of play has no significance unless a foul occurs.
 - If a foul does occur, the officials must know whether it was during a loose ball play or during a running play. This determines the basic spot of enforcement.
- **A loose ball play is action during:**
 - A punt
 - A legal forward pass
 - The run or runs that precede such legal pass or punt. If a foul occurs during a loose ball play, the basic enforcement spot is the previous spot.
 - **EXCEPTION:** The penalty for roughing a passer on a completed forward pass will be enforced from the end of the last run when the run ends beyond the neutral zone and no change of possession has occurred.
- **Running Play:** A running play is any action which is not a loose ball play.
 - Behind the line it includes:
 - A run which is not followed by a loose ball behind the line.
 - A run which is followed by an illegal pass from behind the line.
 - A run ends when the ball becomes dead by rule.
- If a foul occurs during a running play, the basic enforcement spot is the spot where the related run ends.

Special Enforcements:

- **Half the Distance:** A measurement cannot take the ball more than half the distance from the enforcement spot to the offending team's goal line. If the penalty is greater than this, the ball is placed halfway between the enforcement spot and the goal line.
- **Foul on a Score:** If there is a foul by the offensive team, other than unsportsmanlike, 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.
- **Foul prior to a Try:** When a foul occurs after a touchdown and before the ball is ready for play for the Try, the enforcement is at the succeeding spot where the ball will next be snapped for the Try.
- **Foul During a Try:** IF there is a foul by Team A, other than unsportsmanlike, during a down which results in a successful try, the acceptance of the penalty nullifies the score.
 - If, during a successful Try, a loss of down foul by Team A occurs, there is no score and no replay.
 - If there is a foul by Team B during a down which results in a successful Try, the penalty will be enforced from the succeeding spot.
- **Fouls during a Try or Overtime after Team B Possession:** Live ball fouls committed by either Team A or Team B after Team B gains possession during a Try or overtime shall be enforced at the succeeding spot.
 - If there are offsetting fouls, whether one or both occur after Team B possession, the down is not replayed. The fouls are offset at the succeeding spot. Any scores are cancelled.
- **Fouls During a Try or Overtime Before Team B Possession:** Live ball fouls committed by Team B before Team B gains possession during a Try or overtime are enforced using the All-But-One Enforcement Principle, Double Fouls and Multiple Foul Rules.
- **Double Fouls:** It is a double foul if both teams commit fouls, other than unsportsmanlike, during the same live ball period in which:
 1. There is no change of possession
 2. There is a change of team possession, and the team in possession at the end of the down fouls prior to the final change of possession.
 3. There is a change of possession and the team in final possession accepts the penalty for its opponent's foul.
 - In 1, 2, and 3 the penalties cancel, and the down is replayed.
 - **EXCEPTION:** If each team fouls during a down in which there is a change of team possession, the team gaining possession last may retain the ball, provided its foul is not prior to gaining possession and it declined the penalty for its opponent's foul. This is known as the "Clean Hands" principle.
- **Multiple Live Ball Fouls:** When two or more live ball fouls are committed by the same team, only one penalty may be chosen, except when a foul for unsportsmanlike conduct occurs. If such a case occurs the unsportsmanlike foul is administered from the succeeding spot as a dead ball foul.
- **Multiple Dead Ball Fouls:** Penalties for dead ball fouls are administered separately and in the order of occurrence.
- **Loss of Down Fouls:** Fouls by Team A which include loss of down are:
 - Illegal Forward Pass
 - Tampering with Flag Belt
 - Illegal Male Reception
- **Automatic First Downs:** Fouls by Team B which give Team A automatic first downs are:
 - Roughing the Passer
 - Illegally secured Flag Belt.

- Fouls Before the Snap (blow the whistle and throw the flag). All dead ball fouls prior to the snap are 5 yards from the succeeding spot, Replay the Down:
 - **False Start**
 - **Illegal Snap**
 - **Encroachment**
 - **Leaving on the wrong side of the field**
 - **Delay of Game**
- Fouls Simultaneous with the Snap (throw the flag and let the play finish). All fouls simultaneous with the snap are 5 yards from previous spot, Replay the Down:
 - **Motion**
 - **Illegal Substitution**
 - **Shift**
 - **A player withing 15 yards**
 - **Participation**
 - **Snap (within 2 yards of line of scrimmage)**

Rule 7: Co-Ed Modifications

- The Co-Ed game shall be played between 2 teams of 8 players, 4 men and 4 women.
 - Teams with 7 players shall be 4 men and 3 women or 4 women and 3 men.
 - Six players, 3 men and 3 women, 4 men and 2 women, or 2 men and 4 women.
 - Teams with five players, 3 men and 2 women, 2 men and 3 women are required to start the game and avoid a forfeit.
 - The game may be continued with less than 6 players if the team has a chance to win.
- Co-Ed will use the youth or junior size ball unless otherwise agreed upon. Teams may bring their own ball but must follow the standards listed above.
- All touchdowns will be worth 6 points, regardless of if a male or female scores the touchdown

Illegal Participation:

- It is illegal participation to have 9 or more players participating at the snap in co-ed

Male Runner:

- Team A male runner cannot advance the ball through Team A's scrimmage line (1st ball spotter-orange). There are no restrictions:
 - During a run by a male runner once the ball is touched by any player beyond the Team A or K scrimmage line.
 - During a run by a female runner.
 - After a change of possession.
 - After a legal forward pass.

Illegal Male Reception:

- "Closed" play: a male player may NOT complete a legal forward pass to any other male player.
- "Open" play: any player may complete a legal forward pass to any other player
 - NOTE: illegal forward pass fouls are classified as fouls during a running play. Thus, illegal forward passes do not change the "open" or "closed" status of a down.
- If the crew of officials erroneously indicates the "open/closed" status of a down, the play is nullified, and the down will be repeated.

- During the offensive team's possession there may not be 2 consecutive legal forward pass completions from a male passer to a male receiver. This rule also applies to the Try.
 - If a male passer completes a legal forward pass to a male receiver, the next legal forward pass completion must involve either a female passer or female receiver for positive yards.
 - The spot where the ball becomes DEAD by rule must be beyond the Team A scrimmage line to be considered positive yards.
- A legal forward pass caught jointly by male and female teammates is considered a female reception.
- If a male receiver catches a pass from a male passer on a closed play, it is a foul for Illegal Male Reception.
 - Whether the penalty is accepted or declined, the next down shall remain closed.
 - Any foul, whether accepted or declined, shall have no effect on whether the next forward pass completion is "open or closed."

Rule 8: Common terms/Summary

- **Dead Ball:** A dead ball is a ball not in play. The ball is dead during the interval between downs.
- **Live Ball:** A live ball is a ball in play. A ball becomes live when the ball is legally snapped, and a down is in progress.
- **Loose Ball:** A loose ball is one that has not yet touched the ground and is in flight. Any loose ball continues to be a loose ball until a player secures possession of it or until it becomes dead by rule, whichever comes first. I.e., any pass, fumble, or punt.
- **When a ball is ready for play:** A dead ball is ready for play when the Referee sounds the whistle and signals "ready for play".
- **In Possession:** A player is in possession of a live ball when he/she is holding or controlling the ball. A team is in possession:
 - When one of its players is in possession.
 - While a punt is being attempted.
 - While a forward pass thrown by one of its players is in flight.
- **Catch:** A catch is the act of establishing player possession of a live ball which is in flight, and first contacting the ground inbounds or while maintaining possession of the ball.
 - If one foot first lands inbounds and the receiver has possession and control of the ball, it is a catch or interception even though the subsequent step or fall takes the receiver out-of-bounds.
 - A catch by any kneeling or prone inbounds player is a completion or interception.
 - It is not a catch or interception if an airborne player's initial contact with the ground causes a loss of player possession and either the ball contacts the ground, or the player is out-of-bounds prior to regaining player possession.
- **Simultaneous Catch:** A catch in which there is joint possession of a live ball by opposing players who are inbounds. In case of this happening, the ball becomes dead at the spot and belongs to the offensive team.
- **Down:** A unit of the game which starts, after the ball is ready for play, with a legal snap and ends when the ball next becomes dead. Between downs is the interval during which the ball is dead.
- **Fighting:** Fighting is any attempt by a player or non-player to strike or engage an opponent in a combative manner unrelated to football. Such acts include, but are not limited to, attempts to strike an opponent with arms, legs, hands, or feet, whether there is contact or not.
- **Handing the ball:** Handing the ball is transferring player possession from one teammate to another without throwing it. This can be forward or backward at anytime, anywhere.
- **Hurdling:** Hurdling is an attempt by a player to jump with one or both feet over an opponent who is contacting the ground with no part of his/her body, except with one or both feet.

- **Inadvertent Whistle:** In the event of an inadvertent whistle, the officials shall rule based on the action occurring during the IW.
 - The ball is in player possession – The team in possession may elect to put the ball in play were declared dead or replay the down.
 - The ball is loose from a fumble, backward pass – The team in possession may elect to put the ball in play were declared dead or replay the down.
 - During a legal forward pass or a punt – the ball is returned to the previous spot and the down replayed. If a foul occurs during any of those downs, an accepted penalty shall be administered as in any other play situation and the inadvertent whistle is ignored.
- **Loss of Down:** “Loss of down” means “loss of the right to repeat the down.”
- **Out-of-bounds:** A player is considered out-of-bounds when any part of him/her touches anything, other than another player or a game official which is on or outside the sideline or end-line.
- **Passer:** The passer is the player who has thrown a legal forward pass. He/she remains the passer while the ball is in flight.
- **Passes:** Passing the ball is throwing it. In a pass, the ball travels in flight. A pass continues to be a pass until caught, intercepted, or the ball becomes dead. The initial direction determines whether a pass is forward or backward.
- **Forward and Backward Passes:** A forward pass is a pass thrown with its initial direction toward the opponent’s end-line. A backward pass is a pass thrown with its initial direction parallel with or towards the passer’s end-line. A backward pass or fumble that hits the ground is ruled dead at that spot.
- **Screen Blocking:** Screen blocking is legally obstructing an opponent without using any part of the body to initiate contact.
- **Tagging:** Tagging is placing one hand anywhere between the shoulders and knees on an opponent with the ball. The tagger may leave his/her feet to make the tag. Pushing, striking, slapping, and holding are not permitted. If the player trips the runner in his/her attempt to make a diving tag, it is a foul.

Fouls	Type	Yards	Basic Spot	Special Notes
False Start	Dead	5	SS	
Illegal Snap	Dead	5	SS	
Encroachment	Dead	5	SS	
Illegal Substitution	Dead	5	SS	
Delay of Game	Dead	5	SS	
Illegal Motion	Live	5	PS	
Illegal Substitution	Live	5	PS	
Illegal Formation	Live	5	PS	
Illegal Shift	Live	5	PS	
Illegal Equipment	Live	5	PS	
Illegal Advancement	Live	5	PS	Coed
Illegal Male Reception	Live	5	PS	Coed, LOD
Illegal Forward Pass	Live	5	Spot	LOD
Helping the Runner	Live	5	Spot	
Illegal Participation	Live	10	PS	
Off. & Def. Pass Interference	Live	10	PS	
Illegal Contact	Live	10	Spot/PS	PF, All-But-One
Holding	Live	10	Spot/EOR	All-But-One
Roughing the Passer	Live	10	PS/EOR	AFD
Kick-Catch Interference	Live	10	Spot	
Illegally Kicking	Live	10	Spot	
Illegally Batting	Live	10	Spot/EOR	
Unsportsmanlike Conduct	Either	10	SS or PS	May result in DQ
Personal Foul	Either	10	SS or PS	May result in DQ
Flag Guarding	Live	10	Spot	
Tampering with Flag Belt	Live	10	PS	PF, LOD, AFD
Illegal Flag Belt Removal	Live	10	PS	PF

SUMMARY OF FOULS AND PENALTIES

SS – Succeeding Spot

PS – Previous Spot

EOR – End of the run

LOD – Loss of Down

All But 1 – All fouls but offensive fouls. Fouls behind the basic spot are enforced from the basic spot

AFD – Automatic First Down

DQ – Disqualification

Rule 9: Playoffs

To participate in the playoffs for any team, an individual must meet all intramural eligibility requirements and must be a member of the team on IMLeagues.

- It is the duty of the team captain to check the roster and bring forth any questions or concerns to the Intramural Sports Staff.
- Participants may be added to team rosters until a determined date or round in the playoffs.
- Regular season and playoff schedules will not be amended for players on multiple teams. Players must decide on which team to play for if there is a scheduling conflict.
- All questions concerning playoff rosters should be cleared with the Intramural Sports Staff during business hours prior to the contest being held.

Playoff Draw

For sports offered in the Wildcat Series, a playoff draw will occur at the completion of the regular season. The team's captain will have the ability to pick their spot in the team's respective playoff bracket via IMLeagues.

- All information on the playoff draw will be communicated to Teams via IMLeagues at the conclusion of the regular season.
- The playoff draw selection order will be based on the team's league rank. The rankings are based on the following criteria: Winning Percentage, Head-to-Head Record, Point Differential
- Once the playoff draw begins, teams will have up to 5 minutes to choose their team's spot in their respective bracket. After the 5 minutes have passed, the next team may start their selection.
 - If a team misses their 5-minute window, they may still select a spot in the bracket up until the deadline. However, teams will continue to pick, so limited spots may be available.
- At the deadline for the playoff draw, teams that have not picked a spot in the playoff bracket will be placed, at random, in any remaining spots.
- If a team wishes to change the spot they selected, they may contact the Intramural Sports Staff during normal business hours. Change is not guaranteed and is dependent on any remaining open spots.