

## **PLAYER ELIGIBILITY**

1. Participation is limited to currently-enrolled, Lamar University-Beaumont or LIT students, faculty and staff.
2. In order to participate in an intramural contest each player must present their validated LU-Beaumont or LIT- ID and print their name on the score sheet.
3. Players may not play if they are wearing jewelry of any type, including necklaces, earrings, bracelets etc.
4. Good sportsmanship is a requirement of all participants. Players and coaches are to conduct themselves properly at all times. The Intramural Office reserves the right to suspend or disqualify individuals or groups for unsportsmanlike conduct. The team captain assumes full responsibility for the conduct of the team and spectators.

Unsportsmanlike conduct includes actions which are unbecoming to an ethical, fair, honorable individual, it consists of acts of deceit, disrespect or vulgarity and includes taunting.

5. All players must have checked in with the scorekeeper and be recorded on the game sheet before they are allowed to participate.
6. If a player shows up to the game once it has started, they must wait until half time to sign in and be eligible to play. If they show up during the second half then it is too late and the player cannot play.

## **TEAM REQUIREMENTS**

### 1. Team Requirements

- 1.1 A maximum of 12 players is allowed on the roster.
- 1.2 A team shall consist of seven players. A team can play with a minimum of 6 players.
- 1.3 The offensive team must have 4 players within 1 yard of the line of scrimmage at the time of the snap. Defense no requirement.
- 1.4 All players must have checked in with the scorekeeper and be recorded on the game sheet before they are allowed to participate.
- 1.5 Substitutions are allowed between plays and during time-outs.
- 1.6 All games shall be played on the date and hour scheduled. **BE ON TIME.**
- 1.7 Teams must wear similar colored shirts **with numbers** or mesh vests provided by IM. Shirts must be tucked in the players pants or cut off a minimum of 4 inches above the top of the flag belt.
- 1.8 The offensive team is responsible for retrieving the ball to an official at the line of scrimmage, this includes ball that go out of bounds. However, the offensive team may bring the ball into the huddle in an attempt to keep the ball dry.

1.9 Defensive players, when pulling flags, must raise flag in air to help spot ball and to get credit for the flag pull/sack stat.

1.10 Each team shall designate a captain to act as team spokesperson and make decisions. Only the captain may talk to officials. Team representatives including players, spectators, team managers, coaches, and group members subject to the rules.

## **SPORTSMANSHIP RATING**

- Each team will receive a sportsmanship rating from the official(s) and/or field supervisor at the conclusion of the game.
  - **A (Excellent)** - given to a team which demonstrates good sportsmanship and maintains an excellent attitude of complete cooperation. Full and complete support of the officials.
  - **B (Above Average)** - given to a team when there is no incident of poor sportsmanship. Respect shown for opponents and officials.
  - **C (Average)** - given to a team when unsportsmanlike conduct is not present in the game except for rare minor infractions. Poor behavior limited to individual/s, not to the entire team.
  - **D (Below Average)** - given to a team if players, other than the captain, persist in questioning officials' decisions; and/or they repeatedly argue with the officials. For frequent use of profane or vulgar language. If spectators, clearly related to the team, fail to cooperate with the officials and the team is not supportive of the officials' efforts.
  - **F (Poor)** - given to a team when a player is ejected and the team does not assist the officials in removing the player from the area. If players disregard warning of unnecessary roughness, unsportsmanlike conduct, abusive language or action, etc. If the team refuses to attempt to control their fans after a request to do so from the IM supervisor.
- A team that defaults will receive a **C**.
- A team that forfeits will receive a **F**.

## **QUALIFYING FOR PLAYOFFS**

- A team must have a cumulative **2.5** rating average in order to be eligible for the playoffs.
- A team must have at least a **2.0** rating for each game in the playoffs to advance to the next round. Teams receiving a **2.0** or less are required to meet with the IM Director prior to the next contest.
- Any team that receives a **0.0** in a playoff game will be disqualified from that playoff tournament and the team and players will be suspended from all IM events for a period of time to be determined by the IM Director. The nature and severity of the incident will be taken into account.

## **GAME RULES**

### **1. Game, Field, Players, and Equipment**

1.1 Shirts must be long enough to tuck in so that they remain tucked in the pants/shorts during the entire down or short enough so there is a minimum 4" from the bottom of the shirt to the player's waistline.

1.2 Pants or shorts with BELT LOOPS or POCKETS are prohibited.

1.3 Towels may not hang from a player's waist or otherwise interfere with the possible removal of a flag. Towels however may be used and kept on the ground on the ball before the snap.

1.4 All jewelry must be removed including watches, earrings, bracelets, etc. Players may wear soft, pliable basketball or wrestling knee pads on legs, knees and/or ankle.

1.5 The game shall be played between two teams of 7 players each on a rectangular field. Each team must have 5 players on the field in order to begin the game.

1.6 The field is divided into 4 zones of 20 yards each and 2 end zones of 10 yards each.

1.7 Each team shall designate a captain to act as team spokesperson and make decisions. Only the captain may talk to officials. Team representatives including players, spectators, team managers, coaches, and group members subject to the rules.

1.8 The use of dangerous equipment is prohibited. Shoes must be worn; cleats are prohibited.

1.9 Men will use the regular size football, while women will use the intermediate size football (Co-Rec may use either size balls). Game balls will be provided but teams may choose to use their own footballs. Referees will not handle the football, the offense is responsible for the ball at all times.

## **2. Periods, Time Factors, Substitutions**

2.1 The winner of the pre-game toss shall have the first choice of options:

A.offense/defense

B.which goal to defend

C.to defer their choice of A or B until the second half.

2.2 Playing time and intermissions

A game shall consist of 2 halves with a 3-minute intermission. Timing will be continuous for the first 19 minutes of the first half, and the first 18 minutes of the second half.

3.4 During the final one minute of the first half and the final two minutes of the second half the clock will stop for:

- a. Incomplete legal or illegal forward pass - starts on the snap.
- b. Out of bounds - starts on the snap.
- c. Safety - starts on the snap.
- d. Team time-out - starts on the snap.
- e. First downs - dependent on the previous play.
- f. Touchdowns - starts on the snap (after the try).
- g. Penalties - dependent on the previous play.
- h. Touchback - starts on the snap.
- i. Inadvertent whistle - starts on the ready.
- j. Either team awarded a new series - starts on the snap.

2.3 Mercy Rule: If a team is ahead by **17** points (\* New Nirsra Rule) and Co-Rec is 23 points at the two-minute warning in the second

half, the game is over.

2.4 Kickoffs: There will be no kick-offs. Each half will take place on the 15-yard line. After every score the ball will be placed on the new offensive team's 15-yard line with a first and five situation.

2.5 Each team is allowed two (2) timeouts per half (1-minute time-outs); time-outs not used in the first half are not carried over into the second half. The clock will stop during time-outs.

2.6 Free substitution is allowed after any whistle provided the substitution does not delay the game. However, no offensive substitute may enter unless he joins the huddle and is part of the huddle at the time when it breaks.

2.7 The offensive team has 25 seconds to put the ball in play after referee signals "ready for play." Penalty: 5 yards.

2.8 Tie Games: Ties will be broken by the "Texas Tie Breaker"

A. Play will begin on the 10-yard line and teams will have 4 plays each.

B. A coin toss will precede "Tie Breaker". The team winning the toss has 3 options: Offense, Defense, or Direction. The opposing team then has the remaining choice.

C. The object is to score a touchdown and subsequent extra point (1 or 2 points). After team A scores, team B then has 4 plays within which to score. If no team has scored after their respective plays the process is repeated.

D. When a pass is intercepted the defense becomes the offense and begins their series of 4 plays. If the interception is returned for a touchdown, the game is over.

E. Penalties are assessed similar to the regular game. A team shall be given a new series of 4 plays when an automatic first down penalty is accepted. Dead ball penalties after a touchdown are penalized on the extra point attempt. Live ball penalties committed by either team after team B gains possession during an attempt or an overtime shall be enforced at the succeeding spot. Dead ball penalties following a successful attempt will be penalized from the succeeding spot, the team B 10-yard line, if accepted.

### **3. Definition of Playing Terms**

3.1 Removal of flag belt: When the flag belt is clearly taken from the ball carrier the down shall end and the ball is declared dead. A player who removes the flag belt from the ball carrier should immediately hold the flag belt above his head to assist the official in locating the spot where the capture occurred and to help locate which player will get awarded the stat for a flag pull.. A player may dive to remove a flag belt as long as nocontact is made with the opposing team.

3.2 The position of the ball when a player is deflagged determines the spot of the next line of scrimmage.

3.3 A defensive player may not hold, push, or knock down the ball carrier in an attempt to remove the flag, nor shall an offensive player hold, block, or run through a defensive player trying to remove the flag belt.

3.4 When a runner loses his/her flag belt, either accidentally or inadvertently, play continues. The deflagging reverts to a one-hand tag of the runner.

3.5 Scrimmage line: The scrimmage line for team A is the yard line and its vertical plane which passes through the point of the ball nearest its own goal line. The scrimmage line for team B is the yard line and its vertical plane, which passes one yard from the point of

the ball nearest its own goal line. A colored puck will signify each.

#### **4. Ball in Play, Dead Ball, Out-Of-Bounds**

4.1 The ball is declared dead when the ball touches the ground: A) on a fumble B) on a lateral C) on a pass or D) after touching a player on a punt.

4.2 The sideline and end lines are considered out of bounds. (Only one foot needs to touch in bounds in order for a pass to be complete).

4.3 Once an offensive or defensive player steps out of bounds, that player is no longer eligible to touch the ball. Penalty: 5 yards and replay the down.

4.4 Any dead-ball penalty on the defense occurring during a touchdown or a successful PAT will be assessed on the next play from scrimmage at the 15 yard line.

4.5 When an inadvertent whistle is blown by an official, the ball is dead at the point when the whistle was blown. The team against which the inadvertent whistle was blown dead has the option of accepting the play or replaying the down.

#### **5. Series of Downs, Number of Downs**

5.1 In a series of 4 downs, the ball must be advanced forward into the next zone in order for a new series of downs to be awarded. Yardage lines are considered part of the forward zone.

#### **6. Kicking the Ball**

6.1 If a punt is to be made, the team punting must announce it before the down starts. After the announcement, the punt must actually be made, and neither team may move until after the ball has been punted. Defensive and offensive teams must have 4 players on the line of scrimmage until the punt is made. After receiving the ball, the punter must put the ball in play within 5 seconds. Quick kicks are illegal. Penalty: Delay of game.

6.2 The defensive team may not build a pyramid or support each other in any manner in order to block or attempt to block a kick. Penalty: 5 yards from the previous spot.

#### **7. Snapping, Handling, and Passing the Ball**

7.1 The ball may be snapped between the legs or to the side of the snapper.

7.2 The player who receives the snap must be at least 2 yards behind the offensive scrimmage line. Direct snaps are always illegal (under center).

7.3 It is defensive pass interference if an eligible receiver is deflagged prior to touching the ball on a forward pass attempt.

7.4 During the interval between downs, when 2 or more consecutive encroachments are committed by the same team, the penalty will be 10 yards for the second encroachment foul.

7.5 The offensive team must have a minimum of four players on the line of scrimmage.

7.6 All players are eligible for a forward pass. The passer may pass from anywhere behind the LINE OF SCRIMMAGE.

7.7 The passer shall not intentionally ground the ball in order to avoid a sack.

Penalty: 5 yards and loss of down

7.8 No player shall attempt to steal the ball, trip an opponent, contact an opponent who is on the ground, make unnecessary contact with an opponent, deliberately dive or run into an opponent or tackle the ball carrier or push the ball carrier out of bounds to stop the play. Penalty: Personal foul, 10 yard (flagrant offenders will be ejected).

7.9 Each member of a team is eligible to receive a pass unless the player voluntarily goes out of bounds during the play

## **8. Scoring Plays and Touchbacks**

8.1 A team is given the choice of going for 1, 2 or 3 points after scoring a touchdown. Once the captain makes the choice, it may only be changed if a time out is called. Ways of scoring a successful point-after-attempt: A) By running or passing from 3 yards = 1 point. B) By running or passing from 10 yards = 2 points C) By running or passing from 20 yards = 3 points.

8.2 Touchdown Verification: The player scoring the touchdown must raise his/her arms so the nearest official can deflag the player. If the player is not deflagged with one good pull, and the official determines the flag belt has been secured illegally, the touchdown is disallowed. The player is disqualified, and it is a foul. Penalty: 10 yards from the previous spot and a loss of down.

8.3 A backwards pass or fumble into the offensive team 's own end-zone will result in a safety. If the ball is fumbled into the opponent's end-zone the result is a touchback (opponent's ball on their 15 yard line).

8.4 Play after safety. After a safety is scored, the team that is awarded 2 points will automatically gain possession at their own 15-yard line. (No kick will take place)

## **9. Players' Conduct**

9.1 It is illegal to steal or attempt to steal (strip) the ball from a player in possession. The object of the game is to deflag a ball carrier, not to steal the ball.

Penalty: 10 yards from the end of the run.

9.2 Roughing the passer. Defensive players must make a definite effort to avoid charging into a passer after it is clear that the ball has thrown and may not make contact with the throwing arm. Any contact with the quarterback is considered roughing the passer. Penalty: 10 yards and automatic first down, tack on the end of the play (if positive yards have been gained), if not, Penalty: 10 yards and automatic first down from the original spot and automatic first down.

9.3 Guarding the flag belt. Ball carriers shall not place or swing the hand or arm over the flag, lower the shoulders in such a manner which places the arm over the flag belt, guard their flags by blocking, with arms, hands or ball, the opportunity for an opponent to pull or remove the flag belt. Penalty: Flag Guarding 10 yards.

9.4 The defensive player shall not (intentionally or accidentally) hold, grasp, or obstruct forward progress of a ball carrier when in the act of removing the flag belt. Penalty: 10 yards.

9.5 The flag belt removal. Intentionally pulling or removing a flag belt from an offensive player without the ball by a defensive player is illegal. Penalty: 10 yards.

9.6 Offensive screen blocking. The offensive screen block shall take place without contact. The screen blocker shall have his/her hands and arms at his/her side or behind his/her back. Any use of the arms, elbows, legs, or knees to initiate contact during an offensive player's screen block is illegal. A blocker may use his/her feet in order to gain position before, during and after screen

blocking. Penalty: 10 yards.

9.7 Screen blocking fundamentals – a player who screens shall not:

A. when he/she is behind a stationary opponent, take a position closer than a normal step from him or her;

B. when he/she assumes a position at the side or in front of a stationary opponent, make contact with him/her;

C. take a position so close to a moving opponent that his opponent cannot avoid contact by stopping or changing direction. The speed of the player to be screened will determine where the screener may take his/her stationary position. This position will vary and may be one to two normal steps or strides from the opponent.

D. After assuming his/her legal screening position, move to maintain it, unless he/she moves in the same direction and path of his/her opponent. Penalty: 10 yards.

9.8 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. Penalty: 10 yards.

9.9 Use of hands or arms by the defense. Defensive players must go around the offensive player's screen block. The arms and hands may not be used to grab or push the opponent aside. The application of this rule depends entirely on the judgement of the official. A rusher may use his/her arms or hands to break a fall or retain his/her balance. Penalty: 10 yards.

9.10 There shall be no bumping, checking, or other intentional contact between a defender and an offensive pass receiver. Both offense and defense are limited to screening an opponent.

9.11 If a player attempting a diving flag removal trips the ball carrier there is a penalty of 10 yards from the spot of the foul.

## **10. Injuries**

10.1 An injured or apparently injured player who is discovered by an official while the ball is dead shall be replaced for at least 1 down unless half-time or overtime intermission occurs. A player who is bleeding, or has an open wound, or has AN EXCESSIVE AMOUNT OF BLOOD on the uniform shall be considered an injured player. All bodily fluids must be removed from the player and/or uniform prior to returning to play.

## **11. Clarification**

11.1 Any contact with the quarterback is considered roughing the passer. Penalty: 10 yards and automatic first down.

11.2 Pushing a receiver/defender is not allowed. Penalty: Illegal use of hands, 10 yards.

11.3 Any dead-ball penalty on the defense occurring during a touchdown or a successful PAT will be assessed on the next play from scrimmage at the 15 yard line.

11.4 When an inadvertent whistle is blown by an official, the ball is dead at the point when the whistle was blown. The team against which the inadvertent whistle was blown dead has the option of accepting the play or replaying the down.

11.5 Spiking, taunting, and any intentional antagonizing of the opposing team will be considered unsportsmanlike conduct. Penalty: 10 yards.

11.6 The offensive team is responsible for retrieving the ball to an official at the line of scrimmage. However, the offensive team may bring the ball into the huddle in an attempt to keep the ball dry.

11.7 Each member of a team is eligible to receive a pass unless the player voluntarily goes out of bounds during the play.

11.8 No player shall attempt to steal the ball, trip an opponent, contact an opponent who is on the ground, make unnecessary contact with an opponent, deliberately dive or run into an opponent or tackle the ball carrier or push the ball carrier out of bounds to stop the play. Penalty: Personal foul, 10 yard (flagrant offenders will be ejected).

### **Summary of Fouls and Penalties**

#### **Loss of 5 Yards:**

1. Required equipment worn illegally.
2. Delay of game.
3. Illegal snap.
4. False start.
5. Encroachment.
6. Illegal procedures.
7. Illegal forward pass (5 yards from point of pass and loss of down).
8. Intentional grounding (5 yards from point of pass and loss of down).
9. Helping the runner: the runner shall not grasp a teammate or be grasped, pulled or pushed by a teammate.
10. Unfair tactics.
11. Offensive player not within 15 yards of ball.
12. Illegal Shift.

#### **Loss of 10 Yards**

1. Delaying the start of either half.
2. Two or more consecutive encroachments during same interval between downs. The initial encroachment is a 5 yard penalty.
3. Illegal participation.
4. Offensive pass interference. (Loss of down).

5. Defensive pass interference. (Automatic 1st down).
6. Illegally secured belt on touchdown. (Revoke touchdown and loss of down).
7. Unsportsmanlike conduct.
8. Spiking the ball or not returning the ball to the official during the dead ball.
9. Attempt to steal the ball from the carrier.
10. Hurdling.
11. Unnecessary contact of any sort.
12. Roughing the passer (Automatic 1st down).
13. Defensive use of hands.
14. Guarding the flag belt (and stiff arming).
15. Illegal batting.
16. Illegal flag belt removal.
17. Personal foul.
18. Flagrant Unsportsmanlike conduct. (Disqualification).
19. Flagrant personal fouls. (Disqualification).
20. Intentionally tampering with flag belt. (Disqualification).

## CO-REC RULES

1. The Co-Rec game shall be played between two teams of seven players, three men and four women. With a minimum of six players to start, 3 male and 3 female.
2. If a team begins the game with the minimum number of players required to avoid forfeit and falls behind by 23 points the game shall be ruled complete at that point, unless the team can gain seven players (then there will be no point restriction).
3. A male runner cannot advance the ball over his line of scrimmage. However, a defensive male player can. Women can rush the ball passed the line of scrimmage.

4. A male cannot pass to another male. The penalty is a loss of 5 yards. There are no restrictions concerning a male to female, female-to-female, male to female pass completion.

5. If a female player throws a legal forward pass and a touchdown is scored the point value is 9 points.

6. A touchdown scored by a male is worth 6 points, and a touchdown scored by a female is worth 9 points. PATs from the 3 yard line is worth 1 point, from the 10 yard line is worth 2 points, twenty yard line is 3 points and a safety is worth 2 points.