All participants must show a valid KENT STATE UNIVERSITY ID or Government Issued ID no less than 5 minutes before the start of every game. Anyone without an ID will not be allowed to participate. **No exceptions.**

All games will be officiated based on the National Intramural-Recreation Sports Association (NIRSA) Rules; which will be in effect unless otherwise noted in this supplement.

**PLAYERS**
- Four (4) players constitute a team. A team may not start or continue a game with less than three (3) players.
- All plays must originate with a snap from center. The snap must be received at least 2 yards behind the offensive scrimmage line. Snaps may be made between the legs or from the side of the snapper. All snaps must be of a quick, continuous motion.
  - Direct Snaps are legal, only if the player receiving the ball is two yards off the line of scrimmage
- The offensive team must have at least one player on their scrimmage line at the snap. The snapper counts as the one player. A player in motion is not considered to be on the line of scrimmage.
- Only one offensive player may be in motion when the ball is snapped. This motion must be parallel to or away from the line of scrimmage.
- All offensive players (except the player in motion) must be stationary in their positions without movement of the feet, body, head, or arms for at least one full second before the snap.
- No player, substitute, coach or others subject to the rules shall use disconcerting words or phrases, or commit any act not in accordance with the spirit of fair play for the purpose of confusing the opponent.
- Players and spectators must remain at least 3 yards off the sidelines and may not be within 10 yards of the end zones. Teams must be on opposite sidelines whenever possible.

**CO-REC RULES**
- Teams consist of two (2) men and two (2) women. A team may play with uneven numbers of men and women as long as the number of either gender does not exceed two (2). A minimum of three (3) players are needed to begin and continue play.
- The ball may be a regular, intermediate, youth or junior size football.
- The offensive team must have one player on their scrimmage line at the time of the snap (the snapper counts).

**THE GAME**
- The game will start with a captain’s meeting and a coin toss before all regular season and playoff games.
- The winner of the toss will have the following options:
  - Offense: Start with the Ball
  - Defer Choice: Get the Ball at the start of the 2nd Half
  - Select which Goal to Defend
- The offensive team takes possession of the ball at their 10-yard line and has three (3) downs to cross midfield. Once a team crosses midfield they will have three (3) downs to score a touchdown. If the offense fails to score, or cross midfield, their opponent takes possession at their 10-yard line.
- If there is a change of possession, the defense will take possession at the spot where that play ends.
- There is no option to punt the ball.

**SCORING**
- Touchdown: 6 points
- Safety: 2 points
- PATs:
  - 3 yard line: 1 point
  - 10 yard line: 2 points
  - 20 yard line: 3 points
  - PATs that are intercepted cannot be returned and the ball is dead immediately
  - A team is given one choice (one, two or three points) for a point after try. The declared point value will remain the same even if a penalty moves the ball closer or farther from the goal. A team may not change the value of the try in the event of a penalty by the defense.
- Mercy Rule - The game will be called under the mercy rule if the point differential is 19 points with one minute or less remaining in the second half. If at any point during the second half a team leads by 50 points the game will be ended.
OVER TIME

- Regular Season: Overtime will not be played. Games may end with a tie score.
- Playoffs: Overtime(s) will be played until there is a winner.
  - A coin toss will determine the following options:
    - Offense or Defense
    - Direction – Both teams will go the same direction for the duration of overtime
  - Each team is allowed three (3) downs from the 10-yard line to score a touchdown
  - PAT are as follows: 3-yard line for 1 point, from the 10-yard line for 2 points, or from the 20-yard line for 3 points
  - Teams have no restriction on which PAT they must go for
    - This type of play will continue until there is a winner
    - Teams will receive one (1) timeout each Overtime period, which will not carry over to additional Overtime periods.

EQUIPMENT

- Teams may check out jerseys and flag belts from intramural staff at the Student Recreation Fields. A Flash Card ID must be used to check out equipment. Teams may wear their own jerseys, provided they are of the same color, with numbers (numbers may not be taped on)
- Each player must wear the flag belts provided. Belts have three flags that are to be positioned one to each hip and one in the back. An illegally secured flag belt results in automatic ejection, in addition to the penalty yardage.
- Shirts must be tucked in, so that the flag can be easily seen and grabbed. Jerseys that hang over the flag belt must be tucked in at the discretion of the referee. If a sweatshirt is worn, it must be tucked in a manner in which it will not cover the flag belts. **Shorts or pants must not have pockets or belt loops.** Players may not turn pants/shorts inside out or tape pockets in an attempt to comply with the rules.
- **Illegal Equipment:**
  - Pockets or belt loops
  - Brimmed Hats or headgear containing knots
  - Cleats made of non-abrasive rubber or rubber-type synthetic material (that does not chip or develop a cutting edge) are permitted. Rubber cleats with a tipped metal material are legal. Screw in type cleats are allowed if the screw is part of the cleat. Cleats with any projecting metal are illegal.
  - Sandals, boots, dress shoes, or playing barefoot
  - Jewelry, that is viewable, much be removed
  - No casts of any material will be allowed.
  - Braces, which are made of hard or unyielding material, will not be allowed. Pads may be worn below the waist only.
- The official ball shall be pebble-grained leather or rubber and must meet the recommendations of size and shape for a regulation football. Teams can bring their own ball, but officials will make the final ruling regarding the appropriate size of the football to meet Department of Recreational Services' standards.
  - Women's and Co-Rec leagues may use a regular, intermediate, youth or junior size football.
- Games will be played on a field forty (40) yards long with ten (10) yard end zones.

LENGTH OF THE GAME

- A team has five (5) minutes past the designated start time to have a team checked in and ready to play. After the five minute grace period, a forfeit will be declared.
- The game will consist of two – twelve (12) minute halves, with a two (2) minute halftime.
- A team will have two timeouts per game. Timeouts will not carry over to Overtime.
- The clock will not stop in the first half. The clock will begin stopping in accordance with NFHS rules only during the final minute of the second half.
  - The clock will stop only during appropriate dead ball situations (first downs, touchdowns, penalties, safeties, touchbacks, timeouts, injuries, punts, out of bounds, and incomplete pass). Also, during the final minute teams may spike the ball to stop the clock.
  - The clock will stop for officials timeouts and injuries (Outside of the final minute of play)
- The clock will run during a PAT attempt (except in the final minute of the second half or if a timeout is granted).
- Once the ball is marked ready for play, a team has 25 seconds within which to snap the ball.

RUNNING THE BALL

- Running the ball is illegal!
- Teams are only allowed to pass the ball beyond the line of scrimmage
- Teams may not pass the ball behind the line of scrimmage and then advance beyond the line of scrimmage. If they do so, it will result in a penalty.
BLOCKING & RUSHING
- The defensive team may rush the QB at anytime.
- Offensive screen blocking shall take place without contact (similar to the fundamentals of a screen block in basketball).
- The screen blocker shall have their hands and arms at their side or behind the back.
- Any use of arms, elbows, or legs to initiate contact during an offensive player's screen block is illegal.
- A player must be on their feet before, during, and after screen blocking.
- There shall be NO charging into offensive blockers, the defense must make an effort to get around the offensive blocker.

PASSING/RECEIVING
- Only one legal forward pass may be attempted from behind the line of scrimmage on a given play.
- Backward passes may be thrown at any time, and anywhere on the field. All incomplete backward passes shall be marked down at the point of ground contact.
- All players (except the passer) are eligible to receive a pass.
- Any player may hand the ball backward or forward at any time.
- A player must have complete possession of the ball and land with one foot in-bounds.
- If an offensive player steps out-of-bounds on their own volition and returns inbounds, it is illegal participation.
- A pass intercepted in the end zone may be advanced or downed for a touchback (ball placed at the 10-yard line) if downed or de-flagged in the end zone. A player that moves the ball out of the end zone and scrambles back into the end zone and is de-flagged will result in a safety.
- Roughing the passer – The defense must make a definite effort to avoid charging into a passer after it is clear the ball has been thrown. No defensive player shall contact the passer. All defensive players rushing the QB should be going for flag belts, not the throwing arm.

NEUTRAL ZONE
- The neutral zone will be a one yard separation between the offensive line of scrimmage (point of the ball) and the defensive line of scrimmage. The neutral zone will be marked by orange (offensive line) and yellow (defensive line) ball spotters. The neutral zone is established when the ball is marked ready for play.
- No offensive or defensive player may penetrate the neutral zone area until the ball is snapped.

SECURING THE FLAG
- Defensive players may not tackle, block, trip or hold the ball carrier while attempting to de-flag the ball carrier.
- If flagrant, unsportsmanlike, unnecessary roughness occurs, ejection may also result.
- In pulling a flag and/or touching a ball carrier, a player’s feet may leave the ground, and diving is legal, however the diving player is still responsible for any contact they initiate.
- Players must have possession of the ball before they can legally be de-flagged. Intentionally pulling the flag of an offensive player without that offensive player having possession of the ball is illegal.
- The flag belt must be “clearly taken” from the ball carrier. If a defensive player tries for the belt and they don’t touch/pull the flag off, but it falls off for any other reason, the play continues.
- If an offensive player loses their flag prior to being de-flagged, that player may be downed by one hand touch between the shoulders and knees.
- After a score is made, the player should go to the closest official for a flag-belt removal. If the flag doesn’t come off with a reasonable attempt, the score does not count and the player is ejected.
- If a player is found wearing a belt that is illegally secured, they will be ejected from the game.

INADVERTENT WHISTLE
- A live ball becomes dead when an official sounds the whistle, even if inadvertently.
- If an inadvertent whistle happens during a live play, the following will happen:
  - The ball is in player possession: The team in possession may elect to put the ball in-play where it was declared dead when the whistle blew or replay the down.
  - The ball is loose from a fumble, backward pass, illegal kick, or illegal forward pass: The team in possession may elect to put the ball in-play where possession was lost or replay the down.
  - During a legal forward pass or a free or protected scrimmage kick: The ball is returned to the previous spot and the down replayed.
4-on-4 Flag Football Rules

PENALTY ENFORCEMENT

- All regular 10 yard penalties = 5 yard penalties and all regular 5 yard penalties = 3 yard penalties
- A penalty measurement cannot take the ball more than half the distance from the enforcement spot to the offending team's goal line.
- Any offensive penalty behind the basic spot (previous spot or succeeding spot), shall be enforced from the spot of the foul if accepted by the defense.
- If the offensive team throws an illegal forward pass from its end zone or commits any other foul for which the penalty is accepted and measurement is from on or behind its goal line, which is now the basic spot, it is a safety.

UNSPORTSMANLIKE CONDUCT

- Unsportsmanlike conduct penalties are 5 yard penalties
- Extreme cases of unsportsmanlike conduct can lead to a player ejection
- Swearing at the official, throwing the ball at the official, grabbing the official, tying flags, fighting, tackling, intentional tripping, unnecessary roughness, or any other acts deemed unsportsmanlike by the official will lead to automatic ejection.
- Taunting and spiking the ball after a play are considered unsportsmanlike conduct.
- Two unsportsmanlike penalties per player or non-player will lead to an automatic ejection
- Three unsportsmanlike conduct penalties on a team, in the same game will result in a forfeit of that contest

EJECTION

- In the case of an ejection, the player not only must leave the premises but also needs to meet with the Competitive Sports Professional Staff before they may participate in the next activity.

THE INTRAMURAL STAFF HAS THE RIGHT TO STOP A GAME AT ANY POINT IF THEY DEEM IT NECESSARY