I. Eligibility
All participants are subject to Campus Recreation Eligibility Rules that are outlined in the Campus Recreation Intramural Handbook.

Please Note: Players may not participate in two or more teams in any division and in the same sport during the Intramural season. Players may however play in a coed housing league and in one other division such as a men’s recreation, men’s competitive, IFC or a women’s league at the same time. IFC is considered a men’s competitive division and therefore will follow the same guidelines as described earlier. Participants who play in more than one team in the same or different (recreation and competitive) division are in violation of this policy and shall be banned from the sport league and will forfeit that game no matter what the final score is. A sportsmanship rating of a 1 shall be given to that team as well. Managers are responsible for their player’s eligibility. Ignorance is no excuse. You have been warned.

NEW: Any team that is unprepared to play within the grace period will receive a sportsmanship rating of a 3.5. There will be a 10 minute grace period for teams unprepared to play. If a team is unprepared to play after 10 minutes the team late will take a loss. If both teams are unprepared to play before the 10 minutes both teams shall receive a loss. Forfeit: no players at all. Default: lack of eligible players to participate.

II. The Game
A. The game shall be played between two teams of 7 players each.
B. The team with the most points at the end of the game shall be declared the winner.
C. Games ending in a tie will remain a tie during the regular season.
D. Prior to the game the captains will meet with the officials for the coin toss.
   1. The winner of the coin toss will have the option of offense, defense or the side a team wants to defend.
   2. The team who picked offense will start from their 20 yard line.
   3. At the start of the second half the teams will switch sides and the team playing defense first in the first half will start on offense.
   4. After the end of every extra point the opposing team will start from their 20 yard line.
E. There are no kickoffs to start the game.

III. Players, Substitutions and Fans
A. A team consists of 7 players.
B. A team must have a minimum of 6 players to start a game.
C. A team with less than the minimum number of players at the start or during the game will be given a loss.
D. Each team shall designate to the officials a captain. The captain shall address the officials on matters of interpretation or to obtain essential information.
E. Substitutions must be made prior to the end of the huddle.
F. Fans, spectators, or coaches may not enter the field during the game. They will be asked to leave the premises if they fail to comply with the rules and polices stated by campus recreation.

IV. Uniforms, Equipment, Game Ball and Field
A. The team listed first on the game schedule is the visiting team and they shall wear dark t-shirts. The team listed second is the home team and they shall wear light t-shirts.
B. Players may not wear pants or shorts that have belt loops, pockets, or an exposed drawstring.
C. Players may not wear sweaters during the game.
D. Shirts must be long enough so they remain tucked in the pants or shorts. It must remain tucked in at all times.
E. Any ear rings, piercings, rings, or jewelry attached to the body is prohibited.
F. Metal cleats or screw on cleats are illegal. Players wearing illegal footwear may not enter the game.
G. Athletic shoes must be worn at all times.
H. Players wearing sandals or barefoot are not permitted to enter the game.
G. No pads or braces may be worn above the waist.
H. Leg and knee braces made of hard unyielding material must be covered on both sides at all times.
I. No baseball caps or other rigid headwear. Bandanas with knots are prohibited.
J. Towels may not be attached at the player’s waist.
K. Players may carry a playbook inside their clothing as long it is not made of an unyielding material. Playbooks may also be worn outside the clothing on a wrist band.
L. A team shall be given a 10 yard unsportsmanlike penalty for players wearing illegal equipment (pants or shorts that have belt loops, pockets, an exposed drawstring, no caps, no metal cleats/metal screw on, or illegal wearing of the belt flags.)
M. Men must use an official adult size & weight football, while women have the option to use an intermediate size football.
N. Teams will need to supply their own ball.
O. The official field is 40 yards X 80 yards, with 10 yards end zones.
P. The first downs are achieved by crossing the “zone line to gain.” Zone lines are 20 yards apart.

V. Timeouts, Game Length and Overtime Procedure
A. Each team is allowed two 60 second timeouts for the entire game.
B. Timeout not used may not be carried over to overtime.
C. Each game shall be 40 minutes divided into two 20 minute halves.
D. The game clock will run continuously for the first 37 minutes of the game.
E. There will be a 25 second play clock.
F. The clock will stop only for a team timeout, an injury timeout, official’s timeout, a touchdown and extra point.
G. During the last three minutes of the game the clock will stop after an incomplete pass or a ball carrier going out of bounds.
H. The clock will momentarily stop after a team has gained a first down. Once the ball is place on the ground the official will signal the start of the game clock.
I. After a team timeout or extra point the clock will restart after the official has placed the ball on the ground and has signaled the restart of the clock.
J. During the regular season a game ending in a tie shall remain a tie.
K. During playoffs a game ending in a tie shall go into overtime.
L. The winner of the coin toss will have the option of offense/defense or the side they want the overtime period to take place.
M. The team in offense will start with the ball at the 10 yard line and will have 2 downs to score a touchdown.
O. If the team scores a touchdown in overtime, an extra point will be awarded. The team may go for 1 point at the 3 yard line, 2 points at the 10 yard line or 3 points at the 20 yard line.
P. If the defense intercepts a ball and runs it back for a touchdown the game is over.
Q. If the defense intercepts the football but is deflagged before entering the end zone the defense will take over at the 10 yard line and will have two downs to score.
R. If the game is still tied at the end of the overtime a second overtime period will take place. The team who started on offense first will start on defense in the second overtime period.
S. There are no timeouts during overtime. Timeouts not used in the regular game will not be carried over.
T. The overtime periods will continue until a winner is declared.
U. The overtime procedure will be used in all divisions with some modifications in the coed and housing leagues.

VI. Scoring and Mercy Rule
A. A touchdown is worth 6 points
B. Extra points: From the 3 yard line is worth 1 point, from the 10-yard line is worth 2 points and from the 20-yard line is worth 3 points.
C. A safety is worth 2 points.
D. During an extra point, a defensive player intercepting a ball and running it back for a touchdown will be worth the 2 points.
E. Once a player scores a touchdown an official shall remove the flag to ensure equipment is legal.
F. Clock will stop after a touchdown and during the extra points. Clock will not restart until the official blows the whistle to put the ball back in play.
G. The game will be called off if a team is up by 21 points or more at the beginning or during the last 3 minutes of the game.
H. If a team is up by more than 15 points at the beginning or during the last three minutes of the game the clock will continue to run down.
I. Games ending in a tie during the regular season will remain a tie.

VII. Ball in Play, Dead Ball, Out of Bounds
A. A player is out of bounds when any part of him/her touches anything, other than another player or a game official who is on or outside the sideline or end line. The player touching the line is out of bounds. The line is out!
B. When any part of the runner other than a hand or foot touches the ground the ball is dead. (Knee, shoulder, elbow equals a deadball!)
C. Only one forward pass is allowed. When a backward pass, fumble, or snap touches the ground the ball is dead and the ball is placed at the spot of the fumble.
D. When a runner has a flag belt removed legally by a defensive player the ball is dead.
E. When a runner has a flag belt partially removed and then the flag drops to the ground the play shall be dead and the ball will be taken at the spot where the flag fell.
F. If a flag belt inadvertently falls to the ground, a one hand touch between the shoulders and the knees constitutes a deadball.
G. Diving head first with the ball at any time shall not be allowed. 5 yard penalty at the spot of the foul if there was no contact. 10 yard penalty if the diving player contacted another player.
H. Diving to catch a ball is legal. A defensive player diving to deflag an opponent is legal.
I. Hurdling or jumping over another player is illegal. Jumping into an opponent is illegal. 5 yard penalty non contact at the spot of the foul. 10 yard penalty for illegal contact at the spot of the foul.
J. Spinning to avoid being deflagged is legal. Spinning is legal only if the runner is in control. If contact is made it will be the judgment of the official to decide whether illegal contact was made. Incidental contact will occur.
K. Jamming another player or setting picks is illegal. 10 yard penalty for illegal contact.

VIII. Punts
A. When a punt touches the ground on or anywhere in a playable area the ball is considered live until the kicking team touches the ball. Any player on the receiving team may pick up the punt ball that’s on the ground and run with it. If a receiver tries to catch the ball but fumbles and drops the ball, the play is dead and the spot is taken where the ball hit the ground.
B. If a punt touches the ground that is behind the goal line a player may catch the ball and advance or kneel down to stop the play. Play is stopped immediately (touchback).
C. A touchback will be awarded to the receiving team. It’s a change of possession and the ball is placed on the 20-yard line. At least 4 players of the receiving team must be within 1 yard of the punt after the ball is ready for play and until the ball is kicked.
D. There are no on-side kicks.
E. When a punt is to be made, the kicking team must announce to the referee of the team’s intention.
F. The kicker must be at least 5 yards or more behind the scrimmage line. The Kicker in one continuous motion must kick the ball. Penalty: Delay of game. 5 yard penalty, repeat 4th down.
G. Both teams must have at least 4 players within 1 yard of their scrimmage line and remain motionless until the kick is made (arms must be to the player’s side).

IX. Snapping, Handing, and Passing the Ball
A. The offensive team must have at least 4 players on the line of scrimmage at the snap. The 4 players must have at least one foot on the line of scrimmage. The defensive line of scrimmage is 1 yard off the ball.
B. 3 point or 4 point stances are not allowed. (illegal procedure= 5 yd penalty from the line of scrimmage.)
C. No direct snaps are allowed. The receiver/QB must be in shot gun formation.
D. After the ball is ready for play, all offensive players must momentarily be within 15 yards of the ball before the snap.
E. All players of either team are eligible to touch or catch a pass.
F. Only one forward pass can be thrown per down.
G. A player must have at least a foot in bounds on all catches.

X. Blocking
A. Offensive Screen
   1. The offensive screen block shall take place without contact.
   2. The screen blocker shall have his/her hands and arms at his/her side or behind his/her back.
   3. Any use of the arms, elbows, or legs to initiate contact during an offensive player's screen is illegal.
B. Defense
   1. Defensive players must go around the offensive player’s screen block.
   2. The arms and hands may not be used to contact an opponent except when capturing a flag belt or tagging a runner without a belt.
   3. Attempting to steal, punch or strip the ball from a player is illegal. (10 yard penalty, illegal contact)
   4. Wrapping arms around a receiver and holding them to slow their progress is illegal. (10 yard penalty)
   5. Holding or pushing a runner is illegal. (10 yard penalty)
   6. Any player tackling an opponent will be ejected from the game. (10 yard misconduct penalty)
   7. Grabbing the opponent’s shirt while attempting to deflag the player’s flag belt is illegal (10 yard penalty, holding)
   8. The swim maneuver is prohibited and shall be deemed illegal. (10 yard penalty)
   9. Any rough contact made will be deemed illegal contact and the team shall be assessed 10 yards.
C. Offense
I.

Coed Rules:
A. 7 players constitute a coed team. A coed team must have at least 3 females on the field at all times.
B. You may start the game with 6 players but you need 3 females to start the game. You may have more than 3 females on the field but you need at least 3 females to start.
C. Before a team can score a touchdown a female must participate in three completed female’s plays. A completed female play consists of:
   1. A female throwing the football to a receiver that’s in front or behind the line of scrimmage and catching it successfully.
   2. A female receiver in front of the line of scrimmage successfully catching the ball.
   3. A female player (not the QB) running with the ball while gaining positive yards.
   4. During a live play a male receiver with the ball may pitch the ball back to a female receiver and run for extra yards. This will count towards a female completed play.
   5. If a female QB has her thrown ball batted in the air, the QB may catch and run for positive yards. This will count as a female completed play.
   6. A female QB throwing to a female receiver and successfully catching the ball will count only as one completed female play.
D. If a team scores a touchdown before they have completed their three female completed plays, a 5 yard penalty will be given to the offensive team with 4 downs to complete the remaining female plays.
E. Male and female quarterbacks can run with the ball for extra yards but if a female quarterback runs for positive yards it will not count as a female completed play.
F. It is legal for the QB to throw a forward pass to a receiver (male or female) behind or in front of the line of scrimmage.
G. It is legal if the QB hand offs/ pitches the ball back to another player behind the line of scrimmage.
H. A defensive player intercepting a pass may score a touchdown without having to complete three successful plays made by a female but will only count for 4 points. A try for an extra point will be given after every touchdown (i.e. interception that results in a touchdown).
I. After the extra point the offense shall start at the 20 yard line.
J. Overtime in Coed League:
   1. Coin toss: Winner will pick offense/defense or side to defend.
   2. 1st Overtime: Start at the 10 yard line. A team will have two downs to score a touchdown. One female completed play must occur before a touchdown.
   3. If the defense intercepts the ball and runs for a touchdown the game is over.
   4. A try for extra point will be given. 1 point at the 3 yard line, 2 points at the 10 yard line and 3 points at the 20 yard line.

XII. Quarterback
A. Defensive players may not push, pull, hold, tackle, trip, or hit a quarterback while he/she is attempting to make a play. (Roughing the passer, 10 yard penalty from the previous spot, automatic first down.)
B. Quarterback may not push, flag guard, or stiff arm a defensive player while he/she is trying to go for the flag. (10 yard penalty at the spot of the foul (loss of down down).

XII. False Start/Offside:
A. All players on the offensive line must remain motionless for one second before the snap. Any player(s) moving before the snap will be deemed illegal. Penalty false start 5 yard penalty, repeat down.
B. Only one player may be in motion moving towards the sideline before the snap. A player in motion moving towards the line of scrimmage will be given a 5 yard penalty for illegal motion.
C. The center/ hiker may roll the ball side to side on the ground before the snap. If the ball is picked up and placed back on the ground it will be deemed dead, 5 yard penalty, loss of down.
D. The center must hike the ball in one continuous motion to the quarterback or kicker.
E. Any defensive player crossing the neutral zone before the snap will be deemed illegal and the play will be stopped immediately. Penalty: 5 yard penalty, repeat down. Any contact made by a player during the offsides will be deemed illegal and a 10 yard penalty will be assessed (repeat down). If the contact was unsportsmanlike that player will be ejected from the game and the 10 yard penalty will be assessed.
F. A defensive player may not step back to his/her side of the playing field before the snap. Play shall be whistled dead immediately and penalties will be enforced.

XII. Coed Rules:
A. A defensive player may not push, pull, hold, tackle, trip, or hit a quarterback while he/she is attempting to make a play. (Roughing the passer, 10 yard penalty from the previous spot, automatic first down.)
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F. A defensive player may not step back to his/her side of the playing field before the snap. Play shall be whistled dead immediately and penalties will be enforced.

XII. Coed Rules:
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B. You may start the game with 6 players but you need 3 females to start the game. You may have more than 3 females on the field but you need at least 3 females to start.
C. Before a team can score a touchdown a female must participate in three completed female's plays. A completed female play consists of:
   1. A female throwing the football to a receiver that's in front or behind the line of scrimmage and catching it successfully.
   2. A female receiver in front of the line of scrimmage successfully catching the ball.
   3. A female player (not the QB) running with the ball while gaining positive yards.
   4. During a live play a male receiver with the ball may pitch the ball back to a female receiver and run for extra yards.
   5. If a female QB has her thrown ball batted in the air, the QB may catch and run for positive yards. This will count as a female completed play.
   6. A female QB throwing to a female receiver and successfully catching the ball will count only as one completed female play.
D. If a team scores a touchdown before they have completed their three female completed plays, a 5 yard penalty will be given to the offensive team with 4 downs to complete the remaining female plays.
E. Male and female quarterbacks can run with the ball for extra yards but if a female quarterback runs for positive yards it will not count as a female completed play.
F. It is legal for the QB to throw a forward pass to a receiver (male or female) behind or in front of the line of scrimmage.
G. It is legal if the QB hand offs/ pitches the ball back to another player behind the line of scrimmage.
H. A defensive player intercepting a pass may score a touchdown without having to complete three successful plays made by a female but will only count for 4 points. A try for an extra point will be given after every touchdown (i.e. interception that results in a touchdown).
I. After the extra point the offense shall start at the 20 yard line.
J. Overtime in Coed League:
   1. Coin toss: Winner will pick offense/defense or side to defend.
   2. 1st Overtime: Start at the 10 yard line. A team will have two downs to score a touchdown. One female completed play must occur before a touchdown.
   3. If the defense intercepts the ball and runs for a touchdown the game is over.
   4. A try for extra point will be given. 1 point at the 3 yard line, 2 points at the 10 yard line and 3 points at the 20 yard line.
5. The other team will then take over at the 10 yard line. They will have 2 downs to score a touchdown. Again one female play must occur before a touchdown.

6. 2nd Over time: the defense in the first overtime will start on offense at the 10 yard line. The will have 2 downs to score a touchdown. One completed female play must occur before a team can score a touchdown.

7. There are no timeouts during overtime. Time out not used may not be carried over to overtime.

XIV. Housing league Rules:
A. Consistent with the coed football league rules except:
   1. The number of starting females must be 2 or more females.
   2. The number of completed female plays before a team can score a touchdown is 1.

XV. Sportsmanship, Fighting, and Trash Talking
A. Intramural Staff/Officials do not have to give warnings before an ejection. Campus Recreation Staff and Intramural Staff reserves the right to deny participation to anyone (player or spectator) that fails to demonstrate proper sportsmanship.
B. Players who are involved in a fight will automatically be ejected from the game and will be suspended at their next game.
C. All players/ fans ejected for physically assaulting another player, IM Official, or Campus Recreation Staff will be charged by UCI Police with physical assault. The case will be turned to the Dean of Students and ARC privileges will be suspended.
D. If a fight occurs during the game, all players and their fans on the sideline are to remain in their team bench. If a player enters the court/field to observe, separate participants, become involved in the fight, etc., he/she will be disqualified. If a fan enters the court/field during a scuffle and is involved in an altercation (physical contact, pushing, shoving, making threats to the opponents, the fan will be given a 3 game suspension. During the fan’s suspension he/she will not be allowed anywhere in the ARC during the teams’ game.
E. If both teams enter the court/field during a fight the game will automatically be called by the officials. Both teams will receive a double forfeit no matter what the score is.
F. If players or their spectators are threatening an opponent or is involved in a scuffle prior to or after the game, the offending team will be disqualified from the next game.
G. Any team who has players ejected more than once will be removed from the league.
H. During playoffs a team must receive a 3.0 or better in their sportsmanship rating to continue in the playoffs.
I. Any team in the playoffs that does not meet the 3.0 sportsmanship rating requirement will be disqualified and their opponent will continue in the playoffs.
J. Any player(s) ejected in the playoffs because of a fight will be suspended for the first 3 weeks of all intramural events, excluding Summer quarter.
K. UCI Campus Police will remove players and fans who fail to comply with the IM Officials, Supervisors and Campus Recreation staff.
L. "Any protest or player ejection ruling will be reviewed by the Intramural Sportsmanship Advisory Board." The Intramural Director will make the final ruling on these issues and matters not covered in the UCI Intramural Rule Book or in the Intramural Players Handbook." (INTRAMURAL SPORTSMANSHIP ADVISORY BOARD: IM Player Handbook).

XVI. Rescheduling Procedure
A. A team wanting to reschedule a game must contact the IM Director and the opposing team a week prior to their original game date/time.
B. A list of available dates and times will be given.
C. Both teams must agree on the rescheduled date and time.
D. The team requesting to reschedule must pay a $20.00 rescheduling fee 24 hours prior the original game date. Make payments at the ARC sales desk before it closes.
E. Once the payment has been made a confirmation from the IM Director will be sent to both teams via email. A team is allowed a maximum of 3 reschedules per season per sport but is only allowed one reschedule with the same team.
F. If both teams cannot agree with any of the available dates and times the game will not be rescheduled and the game will be played on the original date and time.
G. When playoffs start teams are allowed to reschedule without paying the rescheduling fee. Make note that the rescheduling fee is not refundable after the payment has been made.

XVII. Playoff Requirements
A. Your team wins half the games (.500 record or better)
B. An average sportsmanship rating of 3.0 or better at the end of the season.
C. Maintain a 3.0 in the sportsmanship rating or better during every playoff game. If the rating reaches below a 3.0 the team is automatically dropped from playoffs. Their opponents, even with a loss, will advance to the next round if that team meets the playoff requirements.
D. No forfeits.