I. Eligibility
All participants are subject to Campus Recreation eligibility rules, which are listed in the Intramural Participant's 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 league or in a men's/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 are in violation of this policy shall be banned from the sport. Furthermore the team will forfeit that game and receive a sportsmanship rating of an one. Managers are responsible for their player's eligibility. Ignorance is no excuse. You have been warned.

II. The Game, Field, Player Equipment
A. Teams listed first shall wear dark jerseys. Team list second shall wear light color jerseys.
B. Four players in each team. Three players may start the game.
C. No metal cleats or screw on cleats.
D. All jewelry and watches must be removed prior to entering the game. No taped earrings. Medical bracelets or religious medallions must be taped.
E. SHORTS OR SWEATPANTS WITH POCKETS OR BELT LOOPS ARE NOT ALLOWED.
F. The field measures 40 yards in length, goal line to goal line and 30 yards in width.
G. The captain winning the coin toss shall select offense/defense, or side.
H. Playing time shall be two 12-minute halves.
I. The first half the clock will run continuously.
J. The last two minutes during the second half the clock will stop at every whistle.
K. Each team has 2 time outs for the entire game. Each time out is 1 minute.
L. Series of downs. A team shall have 3 consecutive downs to advance to the next zone. If a team fails to reach the first down marker or score a touch down their opponents will take the ball at their own 10 yard line.
M. A new series of downs is awarded when a team moves the ball legally into the next zone or the opponent obtains possession of the ball by penalty, pass interception, or failure to advance to the next zone.
N. Touchdowns are worth 6 points. Extra points will be from the 3rd yard line worth 1 point or 10 yard line worth 2 points.

III. Putting the Ball into Play
A. The ball shall be placed on the team’s 10-yard line to begin each half of a game, following a try, touchback, safety, or unless moved by penalty. Note: There are no punts or scrimmage kicks.
B. Each team must snap the ball to start the play. The snap may go through the legs or the side of the legs.
C. The play will start with a snap from the center to the quarterback in a shot gun position. Direct snaps are illegal.
D. No running plays
   1. A player must catch the ball in front of the line of scrimmage. A player catching the ball behind the line of scrimmage is illegal and the player may not advance the ball pass the line of scrimmage. (Penalty: Loss of down) The catch must be made in front of the scrimmage line in order to be legal.

IV. Minimum Line Players
A. The offensive team must have at least one player on their scrimmage line at the snap. (the center)

V. Enforcement of Penalties
A. All 10 yard penalties are 5 yards penalties
   They include:
   1. Illegal player equipment
   2. Forward pass interference- offense (loss of down)
   3. Forward pass interference- defense (automatic first down)
4. Illegally secured flag belt on touchdown  
5. Unsportsmanlike player/spectator conduct  
6. Strip or attempting to strip the ball  
7. Contact with opponent on the ground  
8. Throwing runner to the ground (ejection)  
9. Contact before or after dead ball  
10. Unnecessary contact of any nature  
11. Drive or run into player  
12. Tackling the runner (ejection)  
13. Roughing the passer (automatic first down)  
14. Illegal offensive screening  
15. Defensive using hands  
16. Flag guarding  
17. Stiff arm  
18. Obstructing the runner or holding him/her  
19. Illegal flag belt removal  
20. Flagrant unsportsmanlike player/spectator/coach conduct (ejection)  
21. Intentionally kicking at or swinging an arm, hand, or fist at any opposing player (ejection)  
22. Intentionally contacting an official (ejection)  

B. All 5 yard penalties are 3 yard pentacles.  
   1. Delay of game  
   2. Illegally conserving and consuming time  
   3. Substitution infraction  
   4. Encroachment  
   5. False start  
   6. Illegal snap  
   7. Player out of bounds when the ball is snapped  
   8. Player receiving snap within 2 yards of scrimmage line.  
   9. Running plays  
   10. Illegal motion: Running towards the scrimmage line.  
   11. Jumping over a player or hurdling over a player is illegal. Player must have one foot on the ground.  
   12. No diving at all.  
   13. Teams will have one forward pass.  

VI. Mercy Rule  
   A. If a team is up by 20 or less points at the start of the last 2 minutes the clock will continue to run.  
   B. If a team is up by 21 points or more at the start of the last 2 minutes or during the last 2 minutes, the game shall end.  

VII. Overtime  
   A. At the end of regulation if the score is tied a tie breaking system will determine the winner of the game.  
   B. Captains will meet with the officials. A coin toss will used to determine which team goes on offense, defense, or side.  
   C. Each team will have one attempt to score by passing from the 3-yard line for 1 point or from the 10 yards for 2 points.  
   D. Teams will alternate until one team has scored higher than their opponent.  
   E. If the defense intercepts a pass and runs it for a touchdown the defense shall be declared the winner. If the defense does not score they will take over on offense and will attempt to score from the 3-yard line or the 10 yard line.  
   F. There are not time outs in overtime.

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