



-University of the Incarnate Word-
Intramural Sports

7 on 7 Flag Football Rules

**Each player must present a valid UIW ID Card before each contest to be eligible to participate.
No Exceptions.**

All intramural participants are responsible for their own medical expenses. Any student unsure of their physical condition should check with their family physician or the Student Health Center before participating. **Teams have 5 minutes after game time begins for a forfeit to be called if team doesn't have enough players at game time.**

Teams are responsible for keeping their spectators under control. Misconduct of spectators, players or coaches can result in assessment of a penalty, ejection or forfeiture of the game. Spectators must also remain in the area designated by the officials. The official shall have the power to make decisions on any matters or questions not specifically covered in the rules.

The **NIRSA Flag Football Rules** will govern play for any rules not mentioned in the following intramural rules.

Rule 1. The Game, Field, Players, and Equipment

1.1 General Provisions

1.1.A. The Game (1-1-1) The game shall be played between two teams of 7 players each. 6 players are required to start the game and avoid a forfeit. 1.1.B. Eligibility (1-1-4) All players must have checked in with the supervisor and be recorded on the game sheet before they are allowed to participate.

1.1.C. Persons Subject to the Rules (1-1-5) Team representatives, including players, substitutes, replaced players, coaches, trainers, spectators and other persons affiliated with the team are subject to the rules of the game and shall be governed by decisions of officials assigned to the game.

1.1.D. Referee's Authority (1-1-6) The Referee has authority to rule promptly, and in the spirit of good sportsmanship, on any situation not specifically covered in the rules. The Referee's decisions are final in all matters pertaining to the game. The Referee has authority to rule promptly, and in the spirit of good sportsmanship, on any situation not specifically covered in the rules.

1.2 The Field

1.2.A. Field Layout (1-2-1) The field dimensions are 80 yards by 40 yards with 10-yard end zones. The playing field is divided into four 20-yard zones. Both 14 yd. lines shall be marked with an "X" on the hash mark.

1.2.B. Inbounds/Out-of-Bounds (1-2-4) The lines bounding the sidelines and the end zones are out-of-bounds.

1.3 Game Equipment

1.3.A. The Ball (1-3-1) Intramurals will provide footballs. The official ball shall be pebble-grained leather or rubber covered and meets the recommendations of size and shape for regulation football. There are no requirements regarding ball pressure and markings. Men shall use the regular size while co-ed shall use the men's, intermediate, youth, or junior size. The referee shall be the sole judge of any ball offered for play and may change the ball during play at his/her discretion. During the game each team must use a legal ball of its choice when in possession.

1.4 Player Equipment – Required

1.4.A. Jersey (1-4-1) Jerseys may not have pockets, holes, or a button placket. All team members must wear the same shade of color shirt. **Teams are asked to pick a color for themselves & report it to the Intramural Coordinator when rosters are turned in.** Jerseys must be either:

- A. Long enough so they remain tucked in the pants/shorts the entire down, or
- B. Short enough so there is a minimum of 4" from the bottom of the jersey to the player's waistline.

1.4.B. Pants/Shorts (1-4-2) Each player must wear pants or shorts without any belt(s), belt loop(s), pocket(s), holes, or exposed drawstrings. Pants or shorts must be a different color than the flags. Pants or shorts may not be turned inside out, and pockets may not be taped.

1.4.C. Flag Belt (1-4-3) The Referee must know that a player was not wearing a flag belt during the down in order to penalize a team.

1.4.D. Shoes (1-4-4) All players must wear shoes made of canvas, leather or synthetic material, which cover the entire foot. **Metal Cleats are prohibited.**

1.5 Player Equipment – Optional

1.5.A. Headwear (1-5-3)

A. Players may wear a knit stocking cap. The cap must have no bill.

B. Players may wear a single-colored headband no wider than 2"

1.5.B. Sunglasses (1-5-6) Players may wear pliable and non-rigid sunglasses.

1.5.C. Play Book (1-5-6) Players may carry a Play Book inside their clothing as long as it is not made of unyielding material.

1.6 Player Equipment – Illegal

1.6.A. Illegal Equipment (1-6-1) A player wearing illegal equipment shall not be allowed to play. Types of equipment that shall be declared illegal include:

A. Headwear containing any hard, unyielding, stiff material, including billed hats, or items containing exposed knots, such as bandanas.

B. Jewelry and rubber bands of any kind.

C. Pads or braces worn above the waist.

D. Shoes with metal, ceramic, screw-in, or detachable cleats unless the screw is part of the cleat.

E. Jerseys that have been altered in any manner which produces a knot-like protrusion.

F. Leg and knee braces made of hard, unyielding material, unless covered on both sides and all edges.

G. Towels may not hang from a participant's waist. The referee shall be the sole judge of any ball offered for play and may change the ball during play at his/her discretion. During the game each team must use a legal ball of its choice when in possession.

Rule 3. Periods, Time Factors, Substitutions

3.1 Start of Each Half

3.1.A. Coin Toss (3-1-1) The captain winning the toss shall have the choice of options for the first half or shall defer his/her option to the second half. The options are:

A. To choose whether his/her team will start on offense or defense.

B. To choose the goal his/her team will defend.

The captain not having the first choice of options for a half shall exercise the remaining option.

3.2 Game Time

3.2.A. Playing Time and Intermissions (3-2-1) Playing time shall be 40 minutes, divided into two halves of 20 minutes each. The clock will run continuously for the first 18 minutes of each half unless stopped for charged time out, officials' time out, or injury.

Half-time will be three minutes.

3.2.B. Play (3-2-2) **Play at the beginning of each half will start at the offense's 14 yard line.**

3.2.C. Extension of Periods (3-2-3) A half must be extended by an untimed down, except for unsportsmanlike or nonplayer fouls, if during the last timed down, one of the following occurred:

A. There was a foul by either team and the penalty is accepted.

B. There was a double foul.

C. If a touchdown was scored, the Try is attempted unless the touchdown is scored during the last down of the second half and the point(s) would not affect the outcome of the game.

If (A), (B), or (C) occurs during the untimed down, the period will be extended by the same rule.

3.2.D. Last 2 Minutes (3-2-7) During the last two minutes of the each half, the clock will stop for a:

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 down – depends on previous play.

F. Touchdown – starts on next offensive snap (Point Tries are untimed)

G. Penalty and administration – dependent on the previous play (except delay of game – starts on snap)

H. Referee's time out – starts at his/her discretion.

I. Touchback – starts on the snap.

J. Team attempting to conserve time illegally – starts on whistle.

K. Team attempting to consume time illegally – starts on snap.

3.2.E. A game is considered official at 10 minutes in the second half (during the regular season only).

3.3 Tie Game

3.3.A. Overtime (3-3-1) During the regular season, there will be no overtime period and teams will receive a tie if the teams are deadlocked. During playoffs, overtime will continue until a winner is determined.

3.3.B. The Coin Toss (3-3-2) There will be only one coin flip during the overtime. ALL OVERTIME PERIODS ARE PLAYED TOWARD THE SAME GOAL LINE. The end zone used is at the discretion of the Intramural Staff and game officials.

3.3.C. Tie Breaker (3-3-3) Unless moved by penalty, each team will start first down and goal from the 20-yard line. The team will have four downs to score, unless awarded first down automatically, or a penalty allows for repeating the down. If the defense intercepts a pass or fumble and returns it for a touchdown, they win the game. If they do not return the interception for a touchdown, the series is over. Each team is entitled to one time-out per overtime period. 3.3.D. Overtime-Fouls and Penalties (3-3-4) The goal shall *always* be the zone line-to-gain in overtime.

3.4 Time Outs

3.4.A. Charged Time-outs (3-4-3) **Each team is entitled to two charged time-outs during each half.**

Leftover timeouts will no carry over from the 1st half.

3.4.B. Length of Time-outs (3-4-4) A charged time-out requested by any player which is legally granted shall be one minute and can be shortened if both teams are ready.

3.4.C. Injured Player (3-4-8) An injured or apparently injured player, who is discovered by an official while the ball is dead and the clock is stopped, shall be replaced for at least one down unless the halftime or overtime intermission occurs. A player who is bleeding, or has an open wound, or has blood on their uniform shall be considered injured.

3.5 Delays

3.5.A. Delay of Game (3-5-1) The ball must be put in play promptly and legally and any action or inaction by either team, which tends to prevent this, is delay of game. This includes:

A. Failure to snap within 25 seconds after the ball is whistled ready for play.

B. Putting the ball in play before it is whistled ready for play.

3.5.B. Illegally Conserving or Consuming Time (3-5-2) The Referee may order the game clock started or stopped whenever, in his/her opinion, either team is trying to conserve or consume time unfairly.

3.6 Substitutions

3.6.A. Eligible Substitutions (3-6-1) No substitute shall enter during a down. An incoming substitute must enter the field directly from the team area. A replaced player must leave the field at the sideline nearest his/her team area prior to the ball being snapped.

3.6.B. Legal Substitutions (3-6-2) No substitute shall become a player and then withdraw, and no player shall withdraw and then re-enter as a substitute unless a penalty is accepted or there is a charged time-out.

Rule 4. Ball in Play, Dead Ball, Out-of-Bounds

4.1 Ball in Play – Dead Ball

4.1.A. Ball Declared Dead (4-1-2) A live ball becomes dead and an official shall sound the whistle or declare it dead when:

A. When it goes out-of-bounds,

B. When any part of the runner other than a hand or foot touches the ground.

C. When a touchdown, touchback, safety, or successful Try is made.

D. When a forward pass strikes the ground or is caught simultaneously by opposing players

E. When the ball strikes the ground after being first touched by the kicking team

F. When a backward pass or fumble by a player strikes the ground or is caught simultaneously by opposing players. A ball snapped, which hits the ground before or after getting to the intended player is dead at the spot where it hit the ground.

G. When a runner has a flag belt removed legally by a defensive player. A flag belt is removed when the clip is detached by another player from the belt

H. When a runner is legally tagged with one hand between the shoulders and knees, including the hand and arm when the flag belt inadvertently becomes detached.

I. When a punt has touched the receiving team and then touches the ground

Rule 5. Series of Downs, Number of Down, and Team Possession

5.1 Series

5.1.A. Zone Line-to-Gain (5-1-3) The zone line-to-gain in any series shall be the zone in advance of the ball, unless distance has been lost due to penalty or failure to gain. In such case, the original zone in advance of the ball at the beginning of the series of downs is the zone line-to-gain.

5.1.B. Awarding a new series (5-1-4) A new series of downs shall be awarded when a team moves the ball into the next zone on a play free from penalty; or a penalty against the defense moves the ball into the next zone; or an accepted penalty against the defense involves an automatic first down; or either team has obtained legal possession of a ball as a result of a penalty, punt, touchback, pass interception, or turnover on downs.

5.2 Down and Possession After a Penalty

5.2.A. Penalty Resulting in a First Down (5-2-1) 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 line-to-gain.

5.2.B. Foul Before Change of Possession (5-2-2) The down shall be repeated unless the penalty also involves a loss of down, or leaves the ball on or beyond the line-to-gain. If the penalty involves a loss of down, the down shall count as one of the four in that series.

5.2.C. Rule Decisions Final (5-2-5) No rule decision (interpretation) may be changed or protested after the ball is next legally snapped.

Rule 6. Kicking the Ball

6.1 Punting

6.1.A. Punt (6-1-2) Prior to making the ball ready for play on the fourth down, the Referee must ask the offensive team captain if they want to punt. The team captain may request to punt on any down. After such announcement, the ball must be punted, unless a charged time-out is called or a penalty occurs prior to or during that down which allows the kicking team to repeat the down.

6.1.B. Formation and Snap (6-1-3) Neither the Kicking team nor Receiving team may advance beyond their respective scrimmage line until the ball has been punted. All scrimmage line rules regarding the snap, encroachment, false start, minimum line players, motion and shift in Rules 7-1, 7-2, and 7-3 apply.

6.1.C. Punting the Ball (6-1-4) After receiving the snap, the kicker must punt the ball immediately in a continuous motion. No players on the scrimmage line by the offense or defense may move until the ball is punted. Once the ball is punted, then the players can move.

Rule 7. Snapping, Handing, and Passing the Ball

7.1 The Scrimmage

7.1.A. The Start (7-1-1) All plays must be started by a legal snap from a point on or between hash marks.

7.1.B. Ball Responsibility (7-1-2) **The offensive team is responsible for retrieving the ball after a down.**

7.2 Prior to the snap

7.2.A. Encroachment (7-2-1) Following the ready for play whistle, and until the snap, no player on defense may encroach, touch the ball, nor make contact opponents or in any other way interfere with them (verbally or otherwise). This includes standing in or shifting through the neutral zone.

7.2.B. False Start (7-2-2) No offense player shall make a false start or simulate the start of a play. An infraction of this rule may be penalized whether or not the ball is snapped and the penalty for any resultant encroachment shall be cancelled.

7.2.C. Snap (7-2-3) The snapper, after assuming position for the snap and adjusting the ball, may neither move nor change the position of the ball in a manner simulating the beginning of play until the snap. When over the ball, the snapper shall have his/her feet behind the scrimmage line. **The snapper shall pass the ball backwards from its position on the ground with a continuous motion (cannot pick up the ball & snap).**

7.3. Position and Action During the Snap

7.3.A. Legal Position (7-3-1) Anytime on or after the ball is marked ready for play, each offensive player must be within 15 yards of the ball before the snap (i.e., they must come inside the hash marks)

7.3.B. Minimum Line Players (7-3-2) **The offensive team must have at least four players on or within one yard of their scrimmage line.**

7.3.C. Motion (7-3-3) One offensive player may be in motion, but not toward the opponent's goal line at the snap. Other offensive players must be stationary in their positions without movement of the feet, body, head, or arms.

7.3.D. No Direct Snap (7-3-4) The player receiving the snap must be at least two yards from the offensive line of scrimmage.

7.3.E. Shift (7-3-5) All offensive players must come to a complete stop and remain still for one second prior to the snap.

7.4 Handing the Ball

7.4.A. Anytime (7-4-1) Any player may hand the ball backward at any time.

7.5. Backward Pass and Fumble

7.5.A. Anytime (7-6-1) A runner may pass the ball backward or lose player possession by a fumble anytime.

7.5.B. Caught or Intercepted (7-6-2) A backward pass or fumble in flight may be caught or intercepted and advanced by any player inbounds

7.5.C. Ball Dead when It Hits the Ground (7-6-5) **A backward pass or fumble, which touches the ground between the goal lines, is dead at the spot where it touches the ground or crosses the sideline.**

7.6. Legal and Illegal Forward Pass

7.6.A. Legal Forward Pass (7-7-1) All players are eligible to touch or catch a pass. During a down and before a change of possession a forward pass may be thrown provided the passer's feet are beyond the offensive line of scrimmage when the ball leaves the passer's hand. Only one forward pass is allowed per down.

7.6.B. Illegal Forward Pass (7-7-2) A forward pass is illegal if:

- A. If the passer's foot is behind the line of scrimmage when the ball is released.
- B. If intentionally thrown to the ground or out-of-bounds to save loss of yardage
- C. If a passer catches his/her untouched forward or backward pass
- D. If there is more than one forward pass per down

7.7. Completed or Intercepted Passes

7.7.A. Simultaneous Catch by Opposing Players (7-8-2) If a forward pass is caught simultaneously by member of opposing teams, the ball becomes dead at the spot of the catch and belongs to the offensive team.

7.8 Forward Pass Interference

7.8.A. Contact (7-10-1) During a down in which a legal forward pass crosses the offensive line of scrimmage, contact or action that interferes with an eligible receiver who is beyond the line of scrimmage is pass interference. It is also pass interference if an eligible receiver is deflagged prior to touching the ball.

Rule 8. Scoring Plays and Touchback

8.1 Mercy Rule

8.1.A. Two Minute Warning (8-2-1) If a team is 24 or more points ahead when the Referee announces the two-minute warning for the second half, the game shall be over. (NIRSA RULE is 19)

8.1.B. After the Two Minute Warning (8-2-2) If a team scores during the last two minutes of the second half causing a score difference of 24 or more points, the game shall be over. (NIRSA RULE is 19)

8.2 Touchdown

8.2.A. Player Responsibility (8-3-3) 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 pull to the left or right and the official determines the belt has been secured illegally, the touchdown is nullified and the player is ejected.

8.3 Point(s) after Touchdown Tries

8.3.A. One, Two, or Three Points (8-4-1) An opportunity to score one point from the three yard line, two points from the ten yard line, or three points from the twenty yard line by running or passing shall be granted to the team scoring a touchdown. Note: If a touchdown is scored on the last timed down of the second half, the Try is not attempted, unless it will affect the outcome of the game or playoff qualifying.

8.3.B. Decision (8-4-2) Once the scoring captain makes the choice, the decision may only be changed when either team takes a charged time-out. A penalty does not allow for a change in point value, nor does awarded or lost yardage affect the point value. If the defense intercepts a pass or fumble on a Try and returns the ball for a touchdown, they receive three points.

8.3.C. Penalties During a Try (8-4-3) If a double foul occurs, the Try will be replayed. If the offensive team is penalized on a successful try, the down will be repeated if the penalty is accepted. If the offensive team incurs a loss of down penalty, the Try will not be repeated.

8.3.D. Subsequent Series (8-4-4) After the Try, the new offensive team shall snap the ball from their own 14-yard line unless moved by a penalty.

8.4 Momentum, Safety, and Touchback

8.4.A. Safety = 2 points (8-6-1) A safety occurs when:

- A. A runner carries the ball from the field of play to or across his/her own goal line and the ball becomes dead
- B. A player punts, passes, fumbles, snaps, muffs, or bats a loose ball from the field of play to or across his/her own goal line and the ball becomes dead behind their goal line

C. A player on offense commits any penalty for which the penalty is accepted and measurement is from a spot in his/her end zone; or throws an illegal forward pass from within his/her end zone, or any situation which leaves the offense in possession of the ball in their own end zone.

D. After a safety, the scoring team shall snap the ball at their own 14-yard line, unless moved by a penalty.

8.4.B. Touchback (8-6-2) A touchback occurs when:

A. The receiving team downs a punt that touches anything while the ball is on or behind the receiving team's goal line

B. The kicking team downs a punt that touches anything while the ball is on or behind the receiving team's goal line

C. The ball is out-of-bounds behind a goal line (except from an incomplete forward pass)

D. After a touchback, the ball shall be snapped from the nearest 14-yard line, unless moved by a penalty.

Rule 9. Conduct of Players and Spectators

9.1. Unsportsmanlike Conduct

9.1.A. Noncontact Player Acts (9-1-1) No player shall commit acts including:

A. Using words similar to the offensive's audible or quarterback cadence prior to the snap in an attempt to interfere with the offense

B. Intentionally kicking the ball, other than a punt

C. Participating while wearing illegal player equipment

D. Fighting or attempting to fight (results in disqualification)

9.1.B. Dead Ball Fouls (9-1-2) When the ball is dead, no player shall:

A. Intentionally kick the ball

B. Spike the ball

9.1.C. Prohibited Acts (9-1-3) There shall be no unsportsmanlike conduct by players, substitutes, coaches, or others subject to the rules. Examples include, but are not limited to:

A. Attempting to influence a decision by an official

B. Disrespectfully addressing an official

C. Using profanity, taunting, insulting or vulgar language or gestures

D. Intentionally making contact with a game official during the game

E. Fighting

F. Leaving the team area and entering the playing field during a fight

9.1.D. Second Unsportsmanlike Conduct Foul (9-1-4) The second unsportsmanlike conduct foul by the same player results in disqualification. If a spectator receives the penalty, it will be assessed to the captain.

9.2. Personal Fouls

9.2.A. Player Restrictions (9-3-1)

No player shall:

A. Strip or attempt to strip the ball from a player in possession by punching, striking, or stealing.

B. Contact an opponent who is on the ground

C. Throw a runner to the ground

D. Hurdle any other player

E. Contact an opponent either before or after the ball is dead

F. Make contact of any nature which is deemed unnecessary

G. Deliberately dive or run into a defensive player

H. Tackle the runner by grasping or encircling with the hands or arms.

9.2.B. Roughing the Passer (9-3-2) Defensive players must make a definite 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 he/she is considered out of the play after the pass. NOTE: The passer remains the passer while the ball is in flight or until they move to participate in the play.

9.3. Screen Blocking

9.3.A. Offensive Screen Blocking (9-4-1) 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 the 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 must be on his/her feet before, during, and after the screen.

9.3.B. Screen Blocking Fundamentals (9-4-2) A player who screens shall not:

- A. Make contact when assuming a position at the side or in front of a stationary opponent.
- B. Take a position close to a moving opponent such that the opponent cannot avoid contact.
- C. After assuming the legal screening position, move unless the blocker moves in the same direction as the opponent.

9.4. Runner

9.4.A. Flag Guarding (9-5-1) **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:

- A. Placing or swinging the hand or arm over the flag belt
- B. Placing the ball in possession over the flag belt

C. Lowering the shoulders in such a manner which places the arm over the flag belt

9.4.B. Obstructing the Runner (9-5-4) The defensive player shall not hold, grasp, or obstruct the forward progress of a runner when in the act of removing the flag belt.

9.4.C. Charging (9-5-5) A runner shall not charge into nor contact an opponent in their path. If a runner in progress has established a straight path, he/she may not be crowded out of that path, but if a defensive player legally established position, the runner must avoid contact by changing direction.

Summary of Co-ed Rules

Rule 1-1-2 The Game

The game shall be played between two teams of 8 players, four men and four women. A minimum of six players must be signed in to avoid a forfeit. **Teams with seven players shall be four men and three women or four women and three men. Six players may start including three men and three women, four men and two women, or four women and two men.**

Rule 1-3-1 The Ball

A regular, intermediate, youth, or junior size ball may be used.

Rule 7-3-2 Minimum Line Players

The offensive team must have at least five players on their line of scrimmage at the snap.

Rule 7-5-1 Male Runner

An offensive male runner cannot advance the ball across the line of scrimmage. They must receive the ball beyond the line of scrimmage in order to advance to the zone-line-to-gain. Female runners can cross the line of scrimmage.

7.7.B Illegal Forward Pass.

If an official erroneously indicates the "open/closed" status of a down, the play is nullified and the down will be repeated.

Rule 7-7-3 Male to Male Completion

During the offensive team's possession there may not be two consecutive legal forward pass completions from a male passer to a male receiver. This rule applies to the Point After Touchdown Try. If a male passer completes a legal forward pass to a male receiver, the next legal forward pass must involve a female passer or female receiver for positive yardage. Any penalty, whether accepted or declined shall have no effect on whether the next forward pass completion is "open" or "closed."

Rule 7-7-4 Illegal Forward Pass

If a female passer completes a forward pass to a male receiver behind the line of scrimmage, and he runs across that line, it is an illegal forward pass.

Rule 8-2-1 Mercy Rule

If a team is ahead by 25 points or more at the two minute warning, the game is complete.

Rule 8-2-2 Mercy Rule

If a team becomes ahead by 25 or more points within the last two minutes of the second half, the game is complete.

Rule 8-3-1 Touchdown Value

A touchdown involving a female receiver/runner crossing the goal line or throwing a legal forward pass is worth 9 points

SUMMARY OF NIRSA FLAG FOOTBALL PENALTIES**Loss of 5 yards:**

1. Delay of Game (Dead Ball Foul)
2. False Start (Dead Ball Foul)
3. Encroachment (Dead Ball Foul)
4. Illegal Snap (Dead Ball Foul)
5. Illegal Procedure
6. Illegal Motion
7. Illegal Shift
8. Less Than Required Number of Players on the Scrimmage Line at the Snap
9. Player Receiving Snap Within 2 Yards of Scrimmage Line
10. Illegally Handing the Ball Forward (Loss of Down, if by Team A)
11. Illegal Forward Pass (Loss of Down, if by Team A),
12. Intentional Grounding (Loss of Down)
13. Illegal Substitution
14. Aiding Runner by Teammates
15. Required Equipment Worn Illegally
16. Offensive player Not Within 15 Yards of the Ball

Loss of 10 Yards:

1. Illegal contact
2. Eligibility Lost by Going Out of Bounds and Participating in the Play,
3. Offensive Pass Interference (Loss of Down)
4. Defensive Pass Interference (Automatic 1st Down)
5. Straight Arm
6. Flag Guarding (Spot Foul + Loss of Down)
7. Illegal Flag Belt Removal
8. Personal Foul
9. Roughing the Passer (Automatic 1st Down),
10. Fair Catch Interference
11. Illegally Secured Flag Belt on Touchdown (Team A - Loss of Down, Team B Automatic 1st Down, and Player DQ)
12. Illegal Participation
13. Illegal Kicking (treated as a fumble)
14. Illegal Stripping
15. Unsportsmanlike Conduct (Players, Coaches, Substitutes, or Others)
16. Illegal Player Equipment

17. Quick Kick
18. Spiking, Kicking, or Throwing Ball During Dead Ball
19. Strip or Attempt to Strip the Ball
20. Batting a Free Ball

SPECIAL NOTE TO ALL TEAMS:

- Teams that think that their opposing team has ineligible players are highly encouraged to file a formal protest and deliver it to the Intramural Recreation Council office, which is located in Lower, I-Wing. Your help making the intramural program as fair as possible is very much appreciated, and your formal protests assists the intramural staff in providing you a fair and safe opportunity. All Rules and regulations are derived from the 2005-2006 NIRSA Flag and Touch Football Rules Book.