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.

THE GAME

- Seven (7) players constitute a team (Men’s and Women’s), and eight (8) players constitute a Co-Rec team. On offense, only one player must be on the line of scrimmage (the center/snapper can count as the one player).
- To begin a game, a team must have at least five (5) players for a Men’s and Women’s contest and six (6) players for a Co-Rec contest
- The game may be continued (via non-ejection) with less than 5 players (6 for Co-Rec) if the team has an opportunity to win.
- The person receiving the snap must be two yards behind the line of scrimmage. Snaps must be 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
- 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 on the sidelines and may not cross the 20-yard line marker toward the end zones. Players and spectators must be at least 3 yards off the sidelines. Teams must be on opposite sidelines whenever possible.

CO-REC RULES

- Teams shall consist of eight (8) players (4 men and 4 women). A team may play with an uneven number of men and women if the number of either gender does not exceed four (4). A minimum of six (6) players are needed to begin a contest.
  - Teams with 7 players shall be: 4 men and 3 women or 4 women and 3 men
  - Teams with 6 players shall be: 3 men and 3 women, 4 men and 2 women, 2 men and 4 women
- 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).

LENGTH OF GAME

- The game will start with a captain’s meeting and a coin toss
- 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 game will consist of two -- twenty (20) minute halves, with a two (2) minute half-time.
  - During the first 18 minutes of each half, the clock will run continuously and will only be stopped on team timeouts, official’s timeouts or injuries.
  - During the last two minutes of each 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 passes). Also, during the final minute teams may spike the ball to stop the clock.
- A team will have three (3) timeouts per game. They will be 60 seconds in-length. Timeouts may not be carried over into Overtime.
- Once the ball is marked ready for play, teams have a 25 Second Play Clock, in-which to snap 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 if the point differential is 19 points with two minutes or less remaining in the game.

OVERTIME
- Regular Season: Teams will play one overtime period. If the game remains tied after the first overtime, the game will end in a tie.
- Playoffs: Teams will continue to play overtime periods until a winner is declared.
  - A coin toss will determine the following options:
    - Offense or Defense
    - Direction – Both teams will go the same direction for the duration of overtime
  1. Each team is allowed four (4) downs from the 10-yard line to score a touchdown
  2. 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
  3. Teams have no restriction on which PAT they must go for
  4. This type of play will continue until there is a winner
  5. 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 placed 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.**
- 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.

BLOCKING
- Offensive screen blocking shall take place without contact (similar to the fundamentals of screen blocking).
- 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.

HURDLING
- No hurdling is allowed.
- Hurdling is an attempt by a player to jump with one or both feet or knees foremost over an opponent. (A player may not attempt to leap over another player, while leading with his knees or feet, this is considered hurdling).
  - The only time a player may jump over another, is if one player is laying prone (flat) on the ground.
SECURING THE FLAG
- The defensive player may not tackle, block, trip or hold the ball carrier while attempting to de-flag the ball carrier. If flagrant, unsportsmanlike, unnecessary roughness occurs, a player may be ejected. 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. Always play until you hear the whistle.
- 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, a penalty will result, and the player is disqualified.
- If a player is found wearing a belt that is illegally secured, they will be ejected from the game.

PUNTING
- On fourth down, a team must announce its intentions to punt to the officials before the 25 second play clock will begin. No Quick Kicks are permitted.
- After the announcement, the punting team can only change the decision after either team has requested a timeout or any penalty occurs, allowing the offensive team to repeat the down.
- No one may cross into the natural zone until the ball has been kicked.
- The center must snap the ball to the punter who must be at least two yards behind the line of scrimmage.
- A punter must punt the ball within 5 seconds of receiving the ball from the snapper.
- A punted ball that hits the ground (without touching a player) may be advanced, but it must be fielded cleanly.
  - The ball can roll continuously and will be blown dead if it comes to a rest or the kicking team downs it
- The ball will be declared dead if the receiving team doesn't field the ball cleanly (fumbles or muffs the punt)
- When a punt breaks the plane of the goal line, it will result in a touchback
  - Teams may not advance a punt out of the endzone
- **Teams may only kick the ball when punting. Throwing a punt is illegal!**

FUMBLES
- Any fumble or forward pass that is intercepted or caught in the air may be advanced.
- A fumbled or muffed ball is dead when it strikes the ground; the ball will be spotted at the appropriate spot.
- The ball may be fumbled backwards for a safety or a loss, but not forward for a touchdown or gain. It will remain at the spot of the fumble.
  - **EXCEPTION:** An offensive player who fumbles the ball forward into the end-zone, before the ball crosses the plane of the goal line, will result in a turnover and the defensive team will have possession at their 14-yard line.

FIRST DOWNS
- Each team will have a series of four (4) downs to advance the ball from one zone to the next zone.
- Failure to advance the ball to the next zone line-to-gain, results in a turnover on downs
  - The zone line-to-gain in any series shall be the line in advance of the ball unless distance has been lost due to penalty or loss of yardage.
- The placement of the ball will be determined by the spot of the ball when the person is de-flagged.
- Any part of the ball touching the line is considered over the line.

PASSING/RECEIVING
- All players are eligible to receive a pass.
- Only one legal forward pass is allowed per live ball play.
- A legal forward pass is one that is made from behind the line of scrimmage (indicated by the orange ball marker).
- Backwards passes may be thrown at any time, and anywhere on the field
- Any player may hand the ball backward or forward at any time
- Receivers must have one foot in-bounds while “in possession” of the ball to constitute a completed catch.
- A receiver who steps out-of-bounds and returns to the playing field is ineligible to receive the first play/pass.
FLAG GUARDING
- Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to remove the flag belt.
- A runner or receiver is also down if any part of their body touches the ground, other than the hands, feet or ball.
  - The football is considered an extension of the body
- Rushers chasing the passer must play the flag and not the ball. If they attempt to block a pass, they may not make contact with the passer in any manner, even if the ball is touched or blocked.

RETURNS FROM END ZONE
- Interceptions may be returned from the end zones
- An interception in the end zone can be advanced or downed for a touchback (ball placed on the 14-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.

MOMENTUM RULE
- IT IS NOT A SAFETY, when a Team B (defensive/receiving) player intercepts a forward pass, fumble, backward pass, or catches a punt between their 5-yard line and the goal line and their original momentum carries them into the end zone, where the ball is declared dead in their team's possession behind the goal line, the ball belongs to Team B at the spot where possession was gained.

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.

MOTION
- Only one offensive player may be in motion when the ball is snapped. This motion must begin before the ball is snapped and must be parallel to or away from the line of scrimmage.
- A player in motion is not considered to be on the line of scrimmage.

FALSE START
- All offensive players (except a 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.

SPIKING THE BALL
- When the ball becomes dead in possession of a player, they shall not intentionally spike the ball into the ground, kick the ball, or throw the ball high in the air. This will result in an unsportsmanlike conduct penalty.

PENALTY ENFORCEMENT
- Penalty enforcement 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.

STEALING THE BALL
- It is illegal to strip (steal) the ball from the ball carrier.
- This is not to be confused with a fumble that can be caught in the air and advanced.
NEUTRAL ZONE
- There will be a one-yard separation between the offensive line of scrimmage (point of the ball) and the defensive line of scrimmage.
- This will be designated by a spot with two markers for both the offensive (orange) and defensive (yellow) lines of scrimmage.

ENCROACHMENT
- No offensive or defensive player may penetrate the neutral zone area by any part of their body once the orange and yellow markers have been set.
- The first encroachment is a 5-yard penalty and two consecutive encroachment penalties during the same series of downs by the defense will result in the second penalty being assessed 10 yards.

UNSPORTSMANLIKE CONDUCT
- Unsportsmanlike conduct penalties are 10-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, illegally securing flags, taunting, fighting, tackling, intentional tripping, unnecessary roughness, or any other acts deemed unsportsmanlike by the official will lead to automatic ejection.
- Two unsportsmanlike penalties per player or non-player will lead to an automatic ejection.
- Three (3) unsportsmanlike conduct penalties on a team, in the same game will result in a forfeit of that contest.

BLOOD RULE
- If and when an official observes a player is bleeding, or has an open wound, or has an excessive amount of blood on their uniform (clothing), that player must leave the game.
- In an instance when a substitute is not available, the official may allow time for the player to receive medical attention, but the time may not be excessive in the judgment of the official.
- If a substitute is available, the player must leave and may not re-enter until after the clock has run and a substitution opportunity occurs.

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 IF THEY DEEM IT NECESSARY