

### Administrative Rules and Information

- I. Prior to the game, players must check-in at the information table with the supervisor or University Recreation Assistant on duty. All University Recreation participants MUST have a Comet Card or the GET app to participate, **no exceptions**.
- II. All games will be played on campus unless otherwise mentioned. Check [imleagues.com/utdallas](http://imleagues.com/utdallas) for specific location. Teams are expected to report to their court/field 15 minutes before game time.
- III. NO ALCOHOL, TOBACCO, OR FOOD allowed in UREC facilities. Non-alcoholic beverages are allowed with a secure top.
- IV. **Ejections:** Any form of physical combat (pushing, punching, kicking, etc.) at any time during one's use of the facility while at a University Recreation event is taking place will result in an immediate ejection with further action taken on an individual basis. The officials of each game or any other UREC staff may eject any player or bystander for inappropriate behavior at any time. Ejected players must be out of sight and sound within one minute or a forfeit may be declared. It is the responsibility of the team captain to make sure ejected players leave the area. **An ejected player must schedule a meeting with the Assistant Director of Competitive Sports before he/she can play again in ANY intramural event.**
- V. **Sportsmanship:** All team members, coaches, and spectators are subject to sportsmanship rules as stated in the University Recreation Guidelines. Each team's sportsmanship (max of 4) will be evaluated by intramural officials, scorekeepers, or supervisors assigned to the game. Captains will have the opportunity to see their team's sportsmanship rating at the end of each game. **A team must average a 3 to be eligible for playoffs.**
- VI. **Forfeits:** Teams will receive a "0" sportsmanship rating for a forfeit. After one forfeit, teams become ineligible for playoffs. Teams are dropped from competition after two forfeits. If a team knows that they are unable to make the contest, they must notify the University Recreation office 24 hours in advance to default their game (972.883.7457). Defaulting teams will not receive a sportsmanship rating for the respective defaulted game; however, the team defaulted against will receive a "4" sportsmanship rating.
- VII. **Rosters:** Players can join teams until the completion of the second week of games for leagues and prior to the end of registration for special events and tournaments. After this time, rosters are frozen and team captains must submit a request to the Intramural Sports office to add any other player(s). However, players can be dropped at any time.
- VIII. University Recreation reserves the right to amend, add, or remove any policies, procedures, or rules during each season without notice.

## **Game Rules**

Current NIRSA Flag and Touch Football rules will be in effect with the exceptions of those listed below.

### **I. PLAYERS AND SUBSTITUTIONS**

- a. Four players constitute a team.
- b. A team may start with no less than three (3) players. In the event a team is playing with the minimum number (3) of players, and a player becomes injured or has to leave (other than an ejection) the game will continue until it is deemed a farce as determined by the officials and supervisor.
- c. Unlimited substitutions. Substitutes can enter on any dead ball situation. The substitution must be completed before the ball is put in play. Exiting players must go directly to their sideline.

### **II. FIELD AND EQUIPMENT**

- a. All games will be played at the UT Dallas Soccer Complex.
- b. Turf shoes, cleats, and soft pliable, rubber bottom shoes are permitted. METAL CLEATS, SANDALS, & OPEN TOED SHOES ARE STRICTLY PROHIBITED.
- c. All jewelry must be removed. This includes, but is not limited to, necklaces, earrings, newly pierced earrings, facial piercings, rings, bracelets, and watches.
  - i. The only exceptions are for any Medical Alert or religious jewelry. Please contact the UREC Competitive Sports office (972.883.7457) to learn how to properly wear such jewelry for safe play.

### **III. DURATION OF GAME**

- a. Before the game, team managers will meet with game officials at least 5 minutes before game time to check player eligibility with the roster/score sheet, sign out belts, and determine the options of kicking, receiving, or defending a particular goal. The team winning the toss shall have choice of options for the first half or shall defer their option to the second half.
- b. The options for each half shall be:
  - i. To kick/receive OR to choose the goal to defend.
  - ii. The Manager not having the first choice of options for a half shall exercise the remaining option.
- c. Game - Two twelve (12) minute halves with a running clock.
- d. During the final two (2) minutes of the second half, the clock will stop for:
  - i. Incomplete pass - starts on the snap.
  - ii. Out of bounds - starts on the snap.
  - iii. Score - touchdown - starts on the snap
  - iv. Safety - starts when the ball is snapped from the ensuing position.
  - v. Team time-out - starts on the snap.
  - vi. Penalty - starts on the snap.
  - vii. Officials' time-out - starts on the ready.
  - viii. Touchback - starts on the snap.
  - ix. 1st Down - starts on snap

x. Time outs - two per team per game (1 minute in length). Unused time outs do not carry over into any overtime period.

e. Mercy Rule -upon the two-minute warning of the second half, if a team is out scoring their opponent by 17 or more points the game shall end. If a team scores DURING the last two minutes of the second half and that score creates a point differential of 17 or more the game shall end at that point.

#### IV. PLAYING RULES

- a. The ball is dead as soon as the ball touches the ground; teams cannot recover a fumble.
- b. If a ball is muffed (does not touch the ground) - during a running or passing play or similar loose ball situation - the ball is live and may be gained by the defense (as long as the ball remains in the air).
- c. There shall be no kicking. Teams will start the game and second half as well as re-start after each score, with the ball on their own 10 yard line.
- d. There must be a legal forward pass each down. The person receiving the ball must be beyond the line of scrimmage. The passer has 5 seconds to release the ball. If the ball is not released within the 5 seconds, a loss of down will occur and the ball will be placed at the previous spot.
- e. The ball may not be advanced through the line of scrimmage. There are no restrictions after a change of possession or once a legal pass has been caught beyond the line of scrimmage.
- f. Penalty: Illegal procedure, 5 yards from the previous spot.
- g. Offense has 25 seconds to put the ball in play after the official declares it ready.
  - i. Penalty: 3 yards.
- h. The offense has FOUR (4) consecutive downs to advance to the next zone line.
- i. Only one forward pass is allowed per play (down). All players are eligible receivers.
- j. Direct snaps are not permitted. Snaps may be through the legs or to the side. However, the ball must remain on the ground and motionless until the actual snap. The snap must be received at least 2 yards behind the line of scrimmage.
- k. Scoring:
  - i. Touchdown: 6 points
  - ii. Safety: 2 points
  - iii. Try for point (3 yds): 1 point
  - iv. Try for point (10 yds): 2 points
  - v. \*Intercepting an extra point attempt and running it back for a score - 3 points (see vii below)
  - vi. Co-Rec point values differ, see Co-Rec, 7 (only in Co-Rec Divisions).
  - vii. Intercepting an extra point: If the defense intercepts any extra point attempt and returns it for a score it will be worth 3 points, regardless of the original attempt amount. This rule will also be in effect during overtime periods. NOTE: If during the try, Team "B" intercepts the ball in Team "A's" end zone, runs out of the end zone, then runs back into the end zone and is subsequently de-flagged, a 1 point safety will result.
- l. Penalty During Extra Point:

- i. If on defense:
  - 1. If the attempt was unsuccessful, then replay the down and add the penalty enforcement.
  - 2. If the attempt was successful, the play stands.
- ii. If on offense:
  - 1. If the attempt was unsuccessful and the penalty declined, the play is over and the attempt will not be repeated.
  - 2. If the attempt was successful and the penalty is accepted, take the converted score away, mark off the penalty, and the attempt will be repeated.
- m. A player must have at least one foot in bounds for a catch to be legal. The line is considered out.
- n. Safety. After a safety is scored the ball will be placed on the 10 yard line (no kick will take place). Note: If a player steps on the end line or sidelines of their own end zone a safety will be called.
- o. Extra point. After a touchdown teams must declare whether they are going for 1 point (from the 3yd line) or for 2 points (from the 10yd line). Once declared teams may only re-declare after a time-out (by either team) or a penalty.
- p. Simultaneous catch. If a legal forward pass is caught by members of opposing teams, the ball shall become dead and belongs to the team that snapped the ball at the point of the catch.
- q. The defense may not bat, hit, strip, or swat at the ball while it is in possession of the ball carrier. Penalty: 5 yds from spot.
- r. Ball Responsibility - It is the responsibility of the OFFENSE to get the ball.

### V. FLAG RULES

- a. Players of opposing teams must wear contrasting colored jerseys.
- b. No article of clothing may cover any portion of the player's flag (ALL SHIRTS MUST BE TUCKED IN AT ALL TIMES). UNSECURED HALF SHIRTS ARE NOT PERMITTED. Penalty: 3 yards.
- c. Each player on the field must wear the flag belt provided by IM Sports. Belt must be properly attached at waistline - one flag center back and one flag over each hip.
- d. Legal tag: If a player has inadvertently lost his/her flag belt, then a one (1) hand tag between the shoulder and knees constitutes a capture. NOTE: The play is NEVER over until a whistle has sounded.
- e. No player shall intentionally pull or remove a belt from any player that does not have possession of the ball. Penalty: 5 yards, and if flagrant, possible ejection.
- f. Contact: In an attempt to remove the belt from a ball carrier, defensive players may contact the body and shoulder of an opponent with their hands, but not their opponents face or any part of the neck or head. A defensive player may not hold, push, or knock the ball carrier down in an attempt to remove the flag. All tackles will be penalized by a 5yd penalty and a possible ejection.
- g. Players may dive to catch a pass, defend a pass, to remove an opponent's flag, and to gain yardage. However, no player may intentionally dive into another player to gain yardage.

- h. No player may hurdle or attempt to hurdle over another player.
- i. Guarding the flag: Ball carriers shall not guard their flags in a manner that would prevent an opponent the opportunity to pull or remove the flag belt. A ball carrier may not use straight arm tactics, swing arm to deflect, or use other means to keep an opponent from pulling a flag. This style of running constitutes Flag Guarding.  
Penalty: 5 yards from spot of foul.
- j. Obstruction of the ball carrier: A defensive player shall not hold, grasp, push, or obstruct forward progress of a ball carrier when in the act of removing the belt or making a legal tag.
- k. Penalty: 5 yards.

### VI. BLOCKING

- a. Screen blocking only. Hands and arms must be behind the back, allowing one normal step between the blocker and an opponent.
- b. Individuals are not permitted to use feet, knees, elbows, dip shoulders, trip, or kick legs to initiate contact.
- c. Contact with an opponent on the ground is prohibited.
- d. Helping a ball carrier through pushing or contact is prohibited.
- e. Defensive players must go around a block - no holding, tackling, aggressive pushing or other use of arms and hands - no holding or obstructing the ball carrier to remove the flag.
- f. The ball carrier may not run into or hurdle a defensive or offensive player.  
Penalty: 5 yards from line of scrimmage.
- g. Any contact not consistent with screen blocking tactics will be penalized 5 yards from line of scrimmage or point of infraction (which ever is greater) followed by a possible ejection.

### VII. OVERTIME

- a. Overtime. There is no overtime during pool play. Games that end in a tie will be recorded as such. During tournament play:
- b. A new coin toss will occur.
- c. The away team captain will call the toss and the winner has the option of offense, defense, or direction.
- d. All overtime periods are played toward the same goal line.
- e. Each team will attempt to score by passing from the 3 yard line for 1 point, the 10 yard line for 2 points, or the 20 yard line for 3 points.
- f. An overtime period consists of each team receiving a set of 4 downs.
- g. If the first team which is awarded the ball scores, the opponent will still have a chance to win, re-tie, or lose the game.
- h. If the defense intercepts the ball and returns it for a touchdown, they win the game. If they do not return the interception for a touchdown, the ball will be placed on their 3 or 10 yard line to begin their series of 4 downs.
- i. If the score is still tied after one period, the teams will go to a second overtime period, or as many as needed to determine a winner. Starting with the third overtime, teams must attempt at least a 2 point try.

- j. Each team is entitled to one time-out per overtime period.
- VIII. SUMMARY OF PENALTIES**
- a. (3) THREE - YARD PENALTIES
- i. Equipment worn illegally (from the line - replay down)
  - ii. Delay of game (from the line - replay down)
  - iii. Substitution infraction (from the line - replay down)
  - iv. False start (from the line - replay down)
  - v. Illegal snap (from the line - replay down)
  - vi. Illegal formation - 4 players not on line (from the line - replay down)
  - vii. Player out-of-bounds when ball is in play (from the line - replay down)
  - viii. Illegal shift/motion (from the line - replay down)
  - ix. Illegal forward hand off (from the spot or line, which ever is greater - loss of down)
  - x. Intentional fumble [illegal pass] (from the spot or line, which ever is greater - loss of down)
  - xi. Illegal forward pass (from the spot or line, which ever is greater - loss of down)
  - xii. Intentional grounding (from the line - loss of down)
  - xiii. Aiding runner [illegal participation] (from the spot or line, which ever is greater - replay down)
- b. (5) FIVE YARD PENALTIES
- i. Delay start of either half (from the 15yd line)
  - ii. Quick kick (from line & re-kick OR take kick)
  - iii. Fair catch interference (from spot + if contact, possible ejection)
  - iv. Forward pass interference - offensive (from the spot - loss of down)
  - v. Forward pass interference - defensive (form the line - automatic 1st down)
  - vi. Illegally secured belt on touchdown (from line + loss of down & no score if on TD)
  - vii. Spiking, kicking, throwing ball by Offense (if after TD from 15yd line, all other from end of play)
  - viii. Attempt to steal or hit the football from the hands of an opponent (from the spot - replay down)
  - ix. Tripping; non-intentional (from spot or line, which ever is greater - replay down)
  - x. Contact with opponent on ground [unsportsmanlike]
  - xi. Hurdling player [non-contact foul] (from the spot - replay down)
  - xii. Illegal removal of belt (from the spot - replay down)
  - xiii. Clipping (from the spot - replay down)
  - xiv. Illegal use of hands or arms - holding/blocking (from the spot - replay down)
  - xv. Flag guarding (from spot - replay down)
  - xvi. Illegal participation (from the line - replay down)
  - xvii. Intentionally kicking or attempting to strike an opposing player or official [unsportsmanlike].

- xviii. Unsportsmanlike player /coach /bench conduct - verbal (taunting) or physical abuse of an official. (from the line or end of play, which ever is greater - possible ejection)
  - xix. Tackling or throwing a player to the ground [unsportsmanlike].
  - xx. Tripping; intentional [unsportsmanlike].
  - xxi. Roughing the passer; intentional, (from the line - automatic 1st down).
- C. HALF THE DISTANCE - The penalty is enforced half the distance to the goal when:
- i. 3 yard penalty - on or inside of the 6 yard line.
  - ii. 5 yard penalty - on or inside of the 10 yard line.