League Registration:
All intramural registration will take place on IMLeagues through the UWRF Intramural Sports website. During team registration, captains will select the league and division they wish for their team to participate in. The league and division will indicate the nights and times of the contests for the regular season.

Captain’s Quiz:
During registration, team captains will take a short quiz related to the general intramural rules and rules of the specific sport they are registering for. Successful completion of the quiz ensures the captain knows the rules and policies prior to the start of the intramural league. Online quizzes have replaced the mandatory in-person captains meeting.

Entry Fee:
The team entry fee of $35 must be paid online with a credit/debit card after the successful completion of the quiz. Payment will not be accepted in any other form. Teams cannot register without payment.

Schedules, Results, and Standings:
Schedules, results, and standings for league play and playoffs will be on IMLeagues. Please go to the UWRF Intramural Sports website at www.uwrf.edu/campusrec and click on the Intramurals Sports and IMLeagues to access IMLeagues.

Forfeit/Default:
If your team is unable to compete in a contest, please notify the campus recreation staff by phone (715.425.4289) before 1pm on the day of your contest to avoid a forfeit fee. If you do not notify the campus recreation staff before the deadline or you do not show up for the contest, your team will be charged a forfeit fee of $5.

Questions:
Please contact the Campus Recreation Staff with any questions or concerns.

<table>
<thead>
<tr>
<th>Contact Name</th>
<th>Position</th>
<th>Phone Number</th>
<th>Email Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Campus Rec Staff</td>
<td>General Information</td>
<td>715.425.4289</td>
<td><a href="mailto:campusrec@uwrf.edu">campusrec@uwrf.edu</a></td>
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<td>Ryan Rudesill</td>
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</tr>
</tbody>
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General Procedures:
Please refer to the Intramural Sports Handbook for all policies and procedures related to intramural contests.

1. Each participant must present a valid UWRF ID to the intramural supervisor or scorekeeper at every contest. No other form of ID will be accepted.
2. All participants must be on the team roster. Any member not on the roster may complete an add sheet at the time of the contest. No participant may play on two teams in the same league or a forfeit will be charged to the second team he/she participated on.
3. Each participant must wear appropriate apparel and athletic footwear.
4. Minor first aid treatment is available during intramural contests. Any bleeding must be stopped and cleaned up before participant can re-enter the contest.
5. All visible jewelry, watches, and bracelets must be removed prior to participation.
RULES:

1. GAME SETUP:
   a. Three intramural flag football officials will officiate the contest and keep time. There calls are final.
   b. A scorekeeper will keep track of the score, stats, and check participants in.
   c. Games will consist of two-20 minute halves with running clock and a 3-minute halftime. The clock will stop in the last 2 minutes of the second half during dead ball situations.
   d. The clock does not run on extra point attempts in the last two minutes of the second half.
   e. If time expires during a touchdown scoring play, attempt for extra points will be allowed, if needed.
   f. Each team will have 2 timeouts of 30 seconds each and must be called by a player on the field.
   g. In the event of overtime, each team will have 1 timeout of 30 seconds.
   h. A timeout may only be called between plays and must be directed to an official.

2. MEN’S/WOMEN’S PARTICIPATION:
   a. Teams will consist of seven players on the field at one time.
   b. Teams may start with as few as five players.
   c. If a team is reduced to less than five players at any time during the contest, a default will result.

3. CO-REC PARTICIPATION:
   a. Teams will consist of eight players on the field at one time, four male and four female.
   b. Teams may start with as few as six players as long as there are 3:3 or 2:4 male to female ratio.
   c. Teams with seven players may play in a 3:4 or 4:3 ratio of males to females.

4. ATHLETIC ATHLETE ELIGIBILITY:
   a. The 2016-17 UWRF Football team may not participant in intramural flag football leagues or tournaments during the 2016-17 academic year.
   b. Only one 2015-16 collegiate football player may be on a competitive league team, when available.
   c. There are no restrictions for members of the 2014-15 UWRF Football team.

5. THE FIELD:
   a. All games will take place at the IM Complex.
   b. Each team will have a designated “team box” for their personal equipment, bags, and subs to stand.

6. EQUIPMENT:
   a. Team jerseys will be made available for rent at the fields prior to the contest.
   b. Players must wear shorts or pants that differ in color from the flags.
      i. Shorts and pants cannot contain any belts, belt loops, or exposed drawstrings.
      ii. Shorts without pockets are preferred, but not required.
iii. It is not legal to tape belt loops or belts in an attempt to make clothing legal.
  c. Flag belts with three flags will be provided. Players are not allowed to knot, twist, or tie their flag belts.
     i. Flags must be positioned on each hip and across the back of the participant.
  d. A game ball will be available, though teams may provide the game ball for their offensive possessions. Any game ball must be approved by an official before the start of your game.
  e. Football gloves and mouth guards are legal pieces of equipment.
  f. Athletic shoes or molded plastic cleats are legal. Metal cleats are not allowed.
  g. Participants may wear skull caps without a knot or knit/stocking caps without brims or bills.
  h. Participants may NOT wear a bandana, baseball hat, or any headwear with a visor or knot in it.
  i. Participants may not have towels tucked into their pants, jerseys, or attached to their person.
  j. All tops (t-shirt, sweatshirt, etc.) must be tucked into the participants bottoms (shorts, pants, etc.).

7. GAME PLAY:
   a. The official will flip a coin to determine possession.
      i. The winner of the flip will have a choice to start on offense, defense, or choose goal.
   b. At the start of each half the ball will be placed at the 14 yard line nearest to your end zone.
   c. The player with the ball will be marked down where the flag is removed.
   d. DIVING IS PROHIBITED AT ALL TIMES, with exception of DIVING TO CATCH A PASS.
   e. Spiking the ball, taunting, or excessive celebration will be considered unsportsmanlike conduct.

8. OFFENSE:
   a. The offense has 25 seconds to snap the ball between plays.
   b. The ball may be snapped between the legs or off to the side of the player.
   c. At least 4 players on the line (1 yard behind line of scrimmage constitutes "off" line).
   d. Offensive line must be motionless for 1 second.
   e. 2 point stance ONLY (3-point and 4-point stance NOT allowed).
   f. All players are eligible for a pass including lineman.
   g. A player may hand the ball off forward of their position providing they are behind the line of scrimmage.
   h. The ball carrier may not hurdle an opponent or leave his/her feet at any point during the play.
   i. Flag guarding is prohibited. It is defined as the act of defending your flags by blocking your opponent’s hands form grabbing your flags (i.e. stiff-arm, straight arm, etc.)
   j. Use of hands is prohibited at all times by the offensive line. Lineman must keep their hand behind their back or crossed on their chest similar to setting a screen in basketball.
   k. One foot inbounds is considered a legal catch.
   l. There is no blocking. Any use of arms or legs to initiate contact is illegal.
   m. Quarterback does NOT have to be rushed in order to run – he/she can run at any time.

9. FIRST DOWNS:
   a. You will have 4 downs to reach the “line to gain”. The line to gain will either be the 20 yard line, 40 yard line, or 20 yard line (whichever is closest and has not been crossed yet during the possession).
      i. Line to gain is established prior to penalty assessment for live balls.

10. SCORING:
    a. Touchdown
       i. Receiving Touchdown in Co-Rec Involving Female 6 points
    b. Extra Point – 3 Yard Line 9 points
    c. Extra Point – 10 Yard Line 1 point
    d. Extra Point – 20 Yard Line 2 points
    e. Interception return during an extra point 3 points
    f. Safety 2 points

11. PUNTS:
    a. Punts must be announced, there are no fake punts.
    b. After receiving the ball, punter must put ball in play within 5 seconds.
    c. Both teams must have at least 4 players on the line of scrimmage.
    d. No movement on the line until after the ball is punted.
    e. If the ball is muffed, the ball is dead.
    f. Out of bounds - ball taken at the spot where the ball goes out of bounds.
g. If ball hits ground on snap, ball is dead and the defense takes possession.

h. Ball is placed on 14 yard line for touchback.

12. DEAD BALLS:
a. Ball carrier falls to the ground (i.e. knee, elbow, rear end, etc.).
b. Ball carrier losses flags and then is 1 hand touched by an opponent.
c. Incomplete pass.
d. Ball carrier goes out of bounds.
e. Fumbled balls are considered dead balls and cannot be advanced. (The ball will be spotted at point of contact with the ground)
f. A snapped ball hits the ground.
   i. A snapped ball hitting the ground in the end zone is a safety.

13. DEFENSE:
a. The defensive players must run around offensive players without using their hands or arms.
b. Attempts at the ball, clothing, or body are illegal.
c. Holding or grabbing a ball carrier in order to slow his/her progress to grab flag is illegal and will be assessed as unnecessary roughness.
d. Physical tackling is illegal and ruled as unnecessary roughness.
   i. If flagrant, the offender shall be disqualified.

14. MERCY RULE:
a. Men’s/Women’s Leagues: If a team is ahead by 19 or more points at the 2 minute warning of the second half, the game will be ruled a victory for the team in the lead.
b. Co-Rec Leagues: If a team is ahead by 25 or more points at the 2 minute warning of the second half, the game will be ruled a victory for the team in the lead.

15. OVERTIME:
a. The official will flip a coin to determine possession.
   i. The winner of the flip will have a choice to have possession first or play defense. The loser will chose the goal for both teams.
b. Each team will have one 4 down possession from the 20 yard line to score a touchdown and extra point value of their choosing.
c. If after each team has two possessions and the score remains a tie, the process will continue until a winner is determined. Each team must attempt their extra point attempts from the 2 or 3 point spot.
d. If the defense returns a pass for a touchdown they win the game.
   i. If the defense makes a stop or intercepts the ball without scoring on the first possession, they will start from the 20 yard line with 4 downs to score.
e. Each team will be granted one timeout per overtime period.

16. CO-REC RULES:
a. The term “open” means any player may complete a forward pass to any other player.
b. The term “closed” means a male player may NOT throw a forward pass to another male player.
c. Each possession will begin with the play being “open”.
d. For an “open” play to turn to a “closed” play, a male passer must complete a pass to a male receiver.
e. For a “closed” play to become “open”, a female must to be involved in a forward pass.
   i. A female passer completing a forward pass to a male receiver behind the line of scrimmage on a “closed” play with the male running past the line of scrimmage is an illegal forward pass.
      1. An illegal forward pass results in 5 yards from the spot of the pass and loss of down.
f. This rule applies to the extra point attempt. If a male passer completes a legal forward pass to a male receiver, the next legal forward pass MUST involve either a female passer or a female receiver for positive yards.
g. All “closed” play violations shall be penalized as an illegal forward pass resulting in 5 yards from the spot of the pass and loss of down.
h. At no point may a male runner advance the ball past the line of scrimmage.
i. There are no restrictions during a run by a female runner.
j. There are no other restrictions concerning a male passer completing forward passes to a female receiver, or female to female, or female to male. The following play will always be “open”.
k. Any penalties, whether accepted or declined, shall have no effect on whether the next forward pass completion is “open” or “closed”.

17. PENALTIES:
   a. 5 YARD PENALTIES:
      i. Delay of game (25 seconds from the end of the last play)
      ii. False start
      iii. Encroachment (10 yards for 2 or more consecutive encroachments by the same team)
      iv. Illegal procedure
      v. Illegal motion
      vi. Illegal shift
      vii. Illegal snap
      viii. Less than required number of players on the line of scrimmage (need at least 4 players on the line of scrimmage)
      ix. Player receiving snap within 2 yards of scrimmage line
      x. Illegally handing ball forward (also loss of down)
      xi. Illegal forward pass (also loss of down)
      xii. Intentional grounding (also loss of down)
      xiii. Illegal substitution
      xiv. Aiding runner by teammates
      xv. Illegal equipment
      xvi. Hurdling (anytime a player with possession of the ball leaves their feet)
   b. 10 YARD PENALTIES:
      i. Illegal contact (includes clipping, holding and tripping)
      ii. Unnecessary roughness
      iii. Eligibility - going out of bounds and participating in play
      iv. Offensive pass interference from previous spot (also loss of down)
      v. Defensive pass interference from previous spot (also automatic first down)
      vi. Straight arm/Stiff arm
      vii. Unsportsmanlike conduct
         1. Defense: from previous spot, automatic first down
         2. Offense: from previous spot, loss of down
      viii. Roughing the passer (also automatic first down)
      ix. Fair catch interference
      x. Illegally secured flag belt (also loss of down/automatic first down)
      xi. Bull rushing
      xii. Too many players on the field
      xiii. Flag guarding (from the spot of the foul)
   c. **ANY FLAGRANT ACTION IS AN AUTOMATIC EJECTION!!!**