



2014 University Med Center Intramural football rules

New NO POCKET Rule: Must wear athletic shorts WITH NO POCKETS to participate in flag football. Previous injuries have resulted. This is to avoid injury to our students and keep everyone safe. Thank you for complying.

Runner down, out of bounds, first down and touchdown where feet are, not where ball is. (UNLESS HE SLIDES FEET FIRST; DOWN WHERE BALL IS)

ON snaps and punts.....if ball is not possessed it is still alive IF IT HITS THE GROUND..... only offense or receiving team can maintain possession. (restated: If ball is muffed it is still playable; not so if fumbled)

Flag guarding call.....player is down at that point (no foul). (Where feet are).

Diving not allowed, player down from where they dive.

(Jumping and spinning o.k. as long as the runner stays in control and does not cause illegal contact)

1. if flag falls off.....down by one hand touch.....

2. no (initiating contact) blocking.....only screen (in-the-way) blocking allowed (can be moving).

3. no flag-guarding.....player down at spot ; no foul

4. 20 minute running halves.....stop the last "one", "1"

Minute of each half.....with a regular high school clock (OOB, inc. pass, delay of game, 1st down until the ready, etc.)

5. "fumble" (not a muff -prior to possession) is down.....

6. Snap is alive until quarterback "possesses" it..... o.k. if it rolls around, muffs the snap. (this always causes problems)...restated:...if a snap hits the ground we keep playing until someone picks it up and then fumbles it.



**6.b Punts are alive until rec. team possesses it (and then maybe fumbles it.)
restated: kicks can hit the ground and bounce a around and the receiving team can then pick it up and run.**

7. extra points.....1 pt from the 3....2 from the 10...defense cannot advance the ball.

8. false start or encroachment (off-sides) is a dead ball foul (no free play).....we are somewhat lenient on this.

9. Illegal contact is penalized from the spot of the foul (10 yards) replay the down if by defense; 10 yds loss of down if by offense.

10. one forward pass. (unlimited backward passes).....penalty, 5 yds from spot of illegal pass and loss of down.

11. forward pass or lateral or handoff beyond the line of scrimmage.....5 yds from the spot of pass and loss of down..

12. Major penalties 10 yds.....

13. Def. Pass interference.....10 yds from LOS and automatic first down.....

14. Off. Pass interference.....10 yds from line of scrimmage and loss of down.

15. Offense starts on 25 for a new series after a score.....

16. Punt from 20 yd line after a safety.

17. 2 timeouts per half.....per team.....no carryover..

18. No overtime.....

19. Ball carrier touches anything other than hand, foot or ball to the ground.....he is down. (can touch the ball to the ground).

20. Spinning and jumping allowed.....no diving.....(player down at spot of dive).....when spinning or jumping, contact rule on runner should be applied at a stricter level (out of control call).

21. Runners "must" avoid contact



22. No using hands in rushing or blocking.....leg must stay in (not extended)....preferably hands stay behind the back for offensive Blockers, but not required.....
23. Punts are like snaps.....alive until possessed and dropped.....bouncing or muffing is o.k.....not fumbling (after possession is gained.)
24. Illegal to strike the ball in the runner's grasp or the passer's arm.....unavoidable contact in trying to block the ball from being thrown is not a foul.....unless excessive or obvious attempt to contact the arm. (10 yards tack on and replay the down).
25. Flip coin.....choice.....offense, defense, which end of the field or "defer" to 2nd half.
26. 4 offense on line of scrimmage.....
27. 4 defense on line of scrimmage during punts.....no rushing no movement except for kicker.
28. Ball does not have to be snapped to punter.....
29. On scrimmage plays the ball cannot be snapped to a lineman.....must be to a player in the backfield.
30. Ball must be snapped from the ground.....but not necessarily thru the snappers legs.....
31. No hand to hand snap.
32. Defense must line up at least 1 yd off the ball on the line of scrimmage.....there should be markers.....
33. When spiking to stop the clock the quarterback does not have to take a hand-to-hand snap.....can be in shotgun formation and spike it.....