

All games will be governed by the NIRSA Flag & Touch Rule Book with the following SIUE Intramural Sports modifications.

Players & Equipment

- Each participant must present a current Cougar ID Card in order to be eligible to participate.
- Each participant must sign a liability waiver.
- *Eligible Participants:* Students, Staff/Faculty with Student Fitness Center Memberships.
- All participants must have an [IMLeagues](#) account and be on the appropriate team roster to be eligible.
- **Each Men's and Women's team shall consist of 7 players.** Each team must have a minimum of 4 players in order to begin a game. **Each Co-Rec team shall consist of 8 players (4 men and 4 women).** Teams with 7 players shall be 4 men and 3 women or 4 women and 3 men. Each Co-Rec team must have a minimum of 5 players (3 men and 3 women, 2 men and 4 women, or 4 men and 2 women) in order to begin a game. (Rosters are capped at 14 for single gendered teams and 16 for Co-Rec teams).
 - Due to injury, a team may continue a game with less than the minimum number of required players as long as the team has a chance to win. An ejection that leaves a team with less than the minimum number of required players will result in a forfeit by that team.
- Player's clothing must be presentable and appropriate for competition at the discretion of the Supervisor.
- **Shirts:** must be tucked into the shorts or pants and flag belts must remain outside of the shirt/jersey during play. Any untucked jersey must be four inches above the waist. Jerseys which have an arm opening more than 4" below the armpit are illegal.
- **Players must wear shorts or pants without belt loops or pockets.** Zipper pockets are not permitted. Shorts with pockets may not be turned inside-out or taped. Shorts or pants must be of a different color than the flag belts worn.
- **Shoes:** Regulation rubber-soled or plastic cleats, detachable rubber cleats that screw into the shoe, and tennis shoes are the only permissible footwear. No player will be allowed to participate in bare feet. No metal/steel cleats or shoes with detachable metal/steel cleats that screw onto the shoes may be worn.
- **Jewelry:** No jewelry or any other item deemed dangerous by the Intramural Staff may be worn. Any player wearing exposed permanent jewelry (i.e. body piercings) will not be permitted to play. Medical alert bracelets must be secured to the participant.
- **Headwear and Gloves:** Players may wear a knit or stocking cap (no caps with bills) and/or soft, pliable, non-abrasive gloves. Bandanas which are tied with a knot are not permitted.
- Players may wear soft, pliable pads or braces on the leg, knee, or ankle. Braces may not have any exposed metal or screws. Braces made of any rigid materials (including plastic) must be covered with protective padding for safety reasons. Under no circumstances will a player wearing a cast or splint be permitted to play.
- Men shall use a regulation-sized football. The regular or junior football shall be used for Women's and Co-Rec play.
- **Jerseys:** Each team is required to wear numbered shirts of one distinguishable color. Numbers must be clearly legible on the front and/or back of each jersey. No taped-on numbers will be allowed. Any team not dressed in shirts of one color with numbers may wear colored jerseys provided by Intramural Sports. When Intramural jerseys are used, a t-shirt must be worn underneath each jersey.

Playing Surface

- All games will be played on the RecPlex Multipurpose Turf, unless otherwise noted.
- The field will have red lines for boundaries.
 - Field is 40 yards x 100 yards

- Only players listed on the roster and a coach are permitted on the team sideline.

Definitions

- **Flag Belt Removal:** When the flag belt is clearly taken from the ball carrier (flag belt is detached), the ball is declared dead.
 - If a flag belt inadvertently falls to the ground, a 1-hand tag between the shoulders and knees constitutes capture.
 - A runner is down if any part of the runner touches the ground other than the feet, hands, or the ball while in the runner's hand.
 - An opponent intentionally pulling a flag belt from an offensive player without the ball is illegal.
Penalty: Personal foul, 10 yards
 - A non-player may not deflag or interfere with a runner. *Penalty:* Personal foul, 10 yards, automatic touchdown, and disqualification of non-player.
- **Scrimmage Line:**
 - Offensive scrimmage line - the yard line and its vertical plane which passes through the forward point of the ball.
 - Defensive scrimmage line - the yard line and its vertical plane which passes one yard from the point of the ball nearest its own goal line.
 - Minimum line players - The offensive team's snapper is the only player required to be on the scrimmage line at the snap.
- **Penalties:**
 - Penalty Accepted - the down shall remain the same unless otherwise specified by the rules regarding change of team possession, penalty enforcement, or the ball is left beyond the zone line to gain.
 - Penalty Declined - the number the next down shall be whatever it would have been if that foul had not occurred.

Periods, Time Factors, and Substitutions

- Each game will consist of two 20-minute halves and a 3-minute halftime. **The clock will stop during the last two minutes of each half.**
- **Game time is forfeit time.** A team must have a minimum number of players to start a game. If there are fewer than the required number of players, the opposing captain has the option of taking the win or waiting for the minimum number of players to show.
 - In the event that the opposing team decides to wait, that decision is irreversible and game clocks will be adjusted accordingly. If a team chooses to wait, it will be required to wait until the opposing team has the minimum number of players present or a maximum of 10 minutes. Play will start as soon as the opposing team has the minimum number of players present. The minimum number of players to start a game is **4 for Men's/Women's and 5 for Co-Rec.**
- The game will begin with a captains meeting where the coin toss will be conducted. The winner of the coin toss shall have the option of starting on offense or defense, defending a goal, or deferring the options until the second half. The remaining options shall be given to the opposing captain. Unless moved by penalty, play starts at the beginning of each half with the ball placed on the offensive team's 14-yard line.
- **Mercy Rule:** If a team is ahead by 19 or more points when the official announces the two-minute warning in the second half or at any time after the two-minute warning, the game shall be declared over. If at any time following the first half any team accumulates 30 points more than the opposition, the game shall be declared over and said team shall be declared the winner.

- **Timeouts:** Each team is permitted 2 timeouts per half and 1 timeout during the entire overtime. Timeouts do not carry over from the first or second half or from overtime periods. A timeout shall not exceed 1 minute. The clock stops during all timeouts.
- **Overtime:** If the score remains tied at the end of regulation play, an overtime period will be played. An overtime period consists of a series of downs by each team from the 10-yard line, the object of which is to score a touchdown. If the score remains tied after one overtime period, play will proceed to a second period or as many as needed to determine a winner. All overtime periods are played toward the same goal line. Possession at the beginning of the overtime period shall be determined by a coin toss.
 - If a team scores during the first series, the opponent will still have a chance to attempt a series.
 - If the defensive team secures possession during a series, the ball is dead and the series is over. If available, the original defense will begin its series.
- **Interruption of Game:** If it becomes necessary to stop play due to inclement weather or other reasons beyond staff control, the final decision will be made by the Intramural Supervisor on duty. In the event of postponement/cancellation of a game in progress, the following procedures will be used:
 - When inclement weather delays a game in progress and play may be resumed at the discretion of the Intramural Sports Staff, the game will be resumed from the point of interruption.
 - If a game in progress is cancelled before it has reached halftime, the game may be resumed from the point of interruption on an alternate date. Rescheduling of games cancelled is at the discretion of the Intramural Sports Office.
 - If a game in progress is cancelled and the first half has been completed, this will constitute a complete game; the game will end with the winning team being the team ahead in score at the time of cancellation. If the game is scoreless or tied when cancelled, then the game will end in a tie.
- **Delay of Game:** After a ball is declared ready for play, the offensive team has twenty-five (25) seconds after the Referee has sounded the whistle to put the ball in play. *Penalty:* Delay of game, 5 yards. The official may order the clock to be stopped/started when, in their opinion, either team is trying to conserve or consume playing time using tactics in their judgment to be unfair.
- **Substitutions:**
 - Substitutions are allowed at any time that the ball is dead, but games must not be delayed by them. Each substitute shall be in uniform and ready for play with flags in position.
 - Substitutions used with the obvious attempt to confuse or deceive the opposing team will result in an unsportsmanlike conduct penalty.
- **Extension of a Period:** A half may be extended by an untimed down when, during the last timed down, there was a foul by either team and the penalty is accepted, there was a double foul, there was an inadvertent whistle, or there was a touchdown scored. *NOTE:* A period will not be extended for a foul that specifies a loss of down, if accepted.

Ball in Play, Dead Ball, Out Of Bounds

- **Ball declared dead:**
 - When a forward pass strikes the ground or is caught simultaneously by opposing players.
 - When a backward pass or fumble by a player strikes the ground.
 - When a runner has a flag belt removed legally by a defensive player.
 - When a runner is legally touched with one hand between the shoulders and knees, including the hand and arm, once the flag belt is no longer attached.
 - When a snap hits the ground.
 - When a muff of a protected scrimmage kick strikes the ground.
 - When the passer is deflagged before releasing the ball.

- **Fumbles:** A fumble or backward pass is dead at the point it hits the ground. The ball goes to the team that last had possession. Just touching the ball is not sufficient for legal possession. A fumble by the offense into the opposing team's end zone will result in a touchback.
- **Out-of-Bounds:** A ball in player possession is out-of-bounds when either the ball or any part of the runner touches the ground or anything else, except a player or game official, which is on or outside a boundary line. If the runner in-bounds bumps into or is touched by player or an official on the sidelines out-of-bounds, the ball is still in play.

Series of Down and Line to Gain

- **Series of Downs:** A team in possession of the ball has four (4) consecutive downs to advance to the next zone by scrimmage.
- **Zone Line to Gain:** 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. The zones formed by the marking of the twenty and forty yard lines are used to determine the distance to be gained. The most forward point of the ball, when declared dead between the goal lines, shall be the determining factor.

Kicking the Ball

- **Unfair Act:** There are no fair catches. Any "fair catch" signal or other action by the receiving team meant to confuse the kicking team and gain an unfair advantage will be penalized as an unfair act. Penalty: Unfair act, live ball foul, 10 yards.
- **Touchback:** It is a touchback when the kicking team's punt breaks the plane of the receiving team's goal line.
- **Punt:** Prior to putting the ball in play on fourth down, the offensive team must declare whether it chooses to go for a first down or punt. If the offensive team chooses to kick, the ball must be kicked.
 - The offensive team may punt on any play, but it must notify the defensive team. There are no quick kicks.
 - The snap must be received at least 5 yards back and the kick must be executed behind the scrimmage line within a reasonable time. There are no fake punts.
 - After receiving the snap, the kicker must kick the ball immediately and in a continuous motion.
 - No player may cross the line of scrimmage until the ball has been kicked.
 - Kick out of bounds - If the kicked ball goes out of bounds between the goal lines or comes to rest in bounds untouched and no player attempts to secure it, the ball is dead and belongs to the receiving team at that spot.
 - Opportunity to catch a kick - A player of the receiving team who is within the boundary lines and who is so located that they could have caught a kick which is beyond the scrimmage line while such a kick is in flight must be given a clean opportunity to catch the kick. Penalty: Kick Catch Interference, 10 yards.
 - The defensive team may attempt to block a punt as long as team members do not cross the plane of the defensive restraining line. A blocked punt that is caught behind the line of scrimmage (on the offender's side) may be advanced by the offense.
 - When a punt, which has crossed the line of scrimmage, touches a player from either team and then hits the ground, the ball is dead and belongs to the receiving team. If it hits a player on the receiving team and then is caught in the air, it can be advanced by the receiving team. If it is caught by the kicking team (after the ball contacts a receiving team player), the ball is dead, belongs to the kicking team, and a new series begins for the kicking team.

Snapping and Passing the Ball

- The ball must be snapped backwards and off the ground. The ball need not be snapped between the center's legs, but the center cannot have their feet over the scrimmage line. In a legal snap, the movement must be a quick and continuous motion of the hand or hands backwards. Once the ball leaves the ground, the defense may rush.
- The player who receives the snap must be at least 2 yards behind the offensive scrimmage line.
- Any time at or after the ball is ready for play, each offensive player must momentarily be at least 5 yards inbounds before the snap.
- The offensive team's snapper is the only player required to be on the scrimmage line at the snap.
- **Offensive Player in Motion:** One offensive player may be in motion, but not in motion toward the opponent's goal line. The player must be behind the line of scrimmage when the ball is snapped. Only one offensive player may be in motion at a given time. *Penalty:* Illegal motion, 5 yards from the previous spot. Other offensive players may not draw the defense offsides.
- **Fumbles:**
 - A backward pass or fumble which touches the ground between the goal lines is dead immediately at the spot where the ball hits the ground and belongs to the team last in possession unless lost on downs.
 - Out of Bounds - A backward pass or fumble going out of bounds between the goal lines remains in possession of the fumbling team at the out of bounds spot. If out of bounds behind the goal line, it is a touchback or safety.
- **Encroachment:** After the snapper has made their final adjustment of the ball, it is encroachment for any player to break the plane of their scrimmage line (Exception: the snapper/center has the right to be over the ball.) *Penalty:* Encroachment, 5 yards from the previous spot.
- Offensive players are responsible for retrieving the ball after each scrimmage down. The snapper will bring the ball from the huddle to the scrimmage line (first ball spotter - orange). A towel may be used to help keep the ball dry and must be placed behind the deepest offensive player at the start of each play from scrimmage.
- All offensive players must be motionless for one second preceding the snap, except for a (one) player moving parallel to or away from the scrimmage line. *Penalty:* Illegal motion, 5 yards from the previous spot.
- An offensive player that shifts (other than going legally in motion) must stop for one full second before the snap. *Penalty:* Illegal shift, 5 yards from the previous spot.
- A player may hand the ball forward or backward at any time.
- **CO-REC ONLY:** A Team A (offensive) male runner cannot advance the ball through the scrimmage line. There are NO restrictions:
 - During a run by a male runner once the ball is beyond the scrimmage line.
 - During a run by a female runner.
 - After a change of team possession.
 - After a legal forward pass*Penalty:* Illegal Procedure, 5 yards from the previous spot.
- **Forward Pass:** All players are eligible to touch or catch a pass. During a scrimmage down and before team possession has changed, a forward pass may be thrown provided the passer's feet are behind the offensive scrimmage line when the ball leaves the passer's hand. Only 1 forward pass can be thrown per down.
- A forward pass is counted as a completion or interception as long as the first part or the person to make contact with the ground after the catch, usually one foot, touches in bounds.
- A forward pass is illegal:
 - If the passer's foot is beyond Team A's scrimmage line (orange ball spotter) when the ball leaves their hand.

- If thrown after team possession has changed during the down.
- If intentionally grounded to save a loss of yardage.
- If a passer catches their untouched forward pass.
- If it is the second forward pass during a down.

Penalty: Illegal forward pass, 5 yards from the spot, loss of down, if prior to change of possession.

- After the ball is snapped, and until it has been touched, there shall be no offensive pass interference beyond the offensive scrimmage line when the legal forward pass crosses the offensive scrimmage line (orange ball spotter). Penalty: 10 yards from the previous spot and loss of down.
- After a legal forward pass is released by the passer and until it is touched, there shall be no defensive pass interference beyond Team A's scrimmage line while the ball is in flight which crosses the Team A scrimmage line. Penalty: 10 yards from the previous spot and automatic first down.
- **Simultaneous Catch:** If a forward pass is caught simultaneously by members of opposing teams, the ball becomes dead and belongs to the team that snapped the ball at the spot of the catch.
- **CO-REC ONLY:** If a male passer completes a forward pass to a male receiver, the next forward pass completion must involve either a female passer or a female receiver. This rule applies to the Try. Any foul, whether accepted or declined, shall have no effect on whether the next forward pass completion is "open" or "closed." Penalty: Illegal forward pass, 5 yards from the spot where the second consecutive male-to-male pass is released and loss of down.

Scoring Plays

- **Touchdown Values:** All touchdowns are 6 points. **CO-REC: touchdowns with female involvement are no longer worth 9 points.** The player scoring must raise their arms so the nearest official can deflag the player. If the official determines the flag belt has been secured illegally, the touchdown is disallowed, the player is disqualified, and a penalty will result.
- **Try for 1, 2, or 3:** An opportunity to score 1 point from the 3-yard line, 2 points from the 10-yard line, or 3 points from the 20-yard line by running or passing only shall be granted the team scoring a touchdown. Once the offensive captain has declared their choice (try for 1, 2, or 3), they may change the decision only when a charged timeout for either team is taken. A team's choice cannot be changed if a penalty should occur. The try ends when the defensive team secures possession, the try is successful, or the ball becomes dead by rule.
- **Safety:** A safety results when a runner carries the ball from the field of play to or across their own goal line, and it becomes dead there in that team's possession. A safety results in 2 points for the defensive team, and the succeeding snap will be from the defending teams 14-yard line.

Blocking, Rushing, and Conduct

- **Offensive Screen Blocking:** Screen blocking is permitted and shall take place without contact. The screen blocker shall have their hands and arms at their side or behind their back. Any use of the hands, arms, legs, elbows, or body to initiate contact by an offensive player is illegal. A player must be on their feet before, during, and after screen blocking.
- Defensive players must go around the offensive player's screen block. The arms and hands may not be used as a wedge to contact the opponent.
- **Player Restrictions:**
 - No player shall make contact with an opponent which is deemed unnecessary.
 - There shall be no clipping or tripping.
 - There shall be no bumping the receiver. The defensive player must play the ball and shall not interfere with a receiver. However, defensive and offensive players are equally entitled to a passed ball.

- Pulling or removing the flag belt from an offensive player as the ball is snapped or before a pass reception with the obvious intent of confusing the offensive player as an eligible pass receiver or ball carrier is illegal.
- A defensive player may not bump or push a runner out of bounds.
- Offensive charging is not permitted. The ball carrier may not run through a defensive player but must attempt to evade the player. The runner is allowed to spin in order to avoid being deflagged as long as they do not charge during the spin.
- A runner shall not flag guard by using their hands, arms, or the ball to cause contact between the runner and an opponent that denies the opponent the opportunity to pull or remove the flag belt.
Penalty: Flag guarding, 10 yards from the spot of the foul.
- Stiff arming by the ball carrier is illegal. Holding or swinging the arm near the flag to ward off attempts to seize the flag is illegal and results in flag guarding.
- Defensive players may not steal or strip the ball from an offensive player once he/she has control.
- The flag belt is to be fastened around the waist by use of the end clip. Any tampering to secure the flags so as to make them more difficult to pull is illegal and will result in ejection from the game.
Penalty: Personal Foul, Tampering with the Flag Belt, 10 yards from the previous spot, player disqualification. If by A, loss of down. If by B, Automatic 1st down.
- K. Players and coaches are to position themselves between the 20-yard line markers on their team's sideline.
- **Pass Interference:** During a down in which a legal forward pass crosses A's scrimmage line, contact that interferes with an eligible receiver who is beyond A's scrimmage line (1st ball spotter—orange) is pass interference unless it occurs when 2 or more eligible receivers make a simultaneous and bona fide attempt to reach, catch, or bat a pass. Penalty: Pass Interference, 10 yards from the previous spot.
 - Whether a pass is catchable or uncatchable has no bearing on offensive and defensive forward pass interference.
- **Roughing the Passer:** Defensive players must make a definite effort to avoid charging into a passer after the ball has been thrown. No defensive player shall contact the passer, this includes during the passers throwing motion and follow through. Penalty: Roughing the Passer, 10 yards, automatic first down.
- **Personal Fouls:** There shall be no personal fouls committed by players' substitutes or coaches. Personal fouls include: Using fist, foot, knee, or leg to contact an opponent; tackling the ball player (disqualification); illegal contact; unnecessary roughness, hurdling. Penalty: Personal Foul, 10 yards, and if flagrant the offender will be disqualified.
- Two unsportsmanlike conduct fouls against the same participant in the same game shall result in ejection.
- The third unsportsmanlike foul by the same team results in forfeiture of the game by that team.

Co-Rec Specific Rules:

- A Team A runner who is a male may not advance the ball through the Team A scrimmage line unless the ball has been touched beyond the Team A or K scrimmage line or after a legal forward pass.
- A legal forward pass completion from a male to a male will make the next play closed. The play will remain closed until: (a) there is a legal forward pass completion involving a female who is a passer or receiver, and (b) the play gains positive yardage. This also applies to the Try.
- Team A cannot have two consecutive male-to-male forward pass completions. Penalty: Illegal Reception, 5 yards from the previous spot, loss of down, play remains closed. This also applies to the Try.
- A legal forward pass caught jointly by teammates, one of whom is a male and one of whom is a female, is considered a reception by a female.

- All fouls other than a foul for Illegal Reception, whether accepted or declined, shall have no effect on whether the next play is open or closed.
- During a Try, Team A may score 1, 2, or 3 points, as determined by the yard line where the Try is attempted; a female being involved in the play has no bearing on the points scored. Example: If a male passer completes a legal forward pass to a male receiver, the next legal pass completion must involve a female passer or female receiver for positive yards in order for the next play to be “OPEN”.

Enforcement of Penalties

- Penalty Enforcement at the basic spot:
 - Pass play or during the punt (see exception below) – basic enforcement spot is the scrimmage line (where ball was snapped).
 - Post Scrimmage Kick Foul - Any foul by the receiving team on its side of the expanded neutral zone prior to the end of the kick, the receiving team shall retain possession of the ball. The basic spot is the spot at which the kick ends and the penalty will be enforced using the “all but one principle”.
 - On all running plays - basic enforcement spot is the end of the run.
 - All fouls are marked from the basic enforcement spot (Exception: An offensive foul behind the basic enforcement spot which becomes a spot foul, or the “all but one principle”).
 - The only exception to the above regulations is roughing the passer; this penalty will be added on to the play’s end result.
 - If there is a foul by the offensive team, other than unsportsmanlike or non-player, during a down which results in a successful touchdown or try, the acceptance of the penalty nullifies the score.
 - If there is a foul (including unsportsmanlike or non-player) by the defensive team during a down that results in a successful touchdown or try, the scoring team may choose to accept the result of the play and have the foul enforced at the succeeding spot (enforced on the try) or the 14-yard line (after the try).
 - If there was a change of possession during the down, such foul must occur after the change of possession to enforce as described above.
 - If either team commits an unsportsmanlike or non-player foul during a down which results in a successful touchdown or try, the scoring team may choose to accept the result of the play and have the foul enforced at the succeeding spot (enforced on the try) or the 14-yard line (after the try).

SUMMARY OF NIRSA FOOTBALL PENALTIES

Loss of 5 yards:

- | | |
|--|--|
| <ol style="list-style-type: none"> 1. Required Equipment Worn Illegally 2. Delay of Game (Dead Ball Foul) 3. Eligible Substitutions 4. Illegal Substitution 5. Infraction of Punt Formation – Line players 6. Infraction of Punt Formation – Kickers 7. Encroachment (Dead Ball Foul) 8. False start (Dead Ball Foul) 9. Illegal Snap (Dead Ball Foul) 10. Offensive Player Not Within 15 Yards of the Ball 11. Illegal Formation (Minimum Line Players) 12. Player Out-of-Bounds When the Ball is Snapped 13. Illegal Motion | <ol style="list-style-type: none"> 14. Player receiving the snap within 2 yards of Scrimmage Line 15. Illegal Shift 16. Illegal Advancement by a Male Runner (Co-Rec only) 17. Intentionally throwing backward pass or fumble out of bounds (Loss of Down, if by Team A) 18. Illegal Forward Pass (Loss of Down, if by Team A) 19. Intentional Grounding (Loss of Down) 20. Illegal Forward Pass - 2 Consecutive Male-to-Male Forward Pass Completions (Loss of Down) (Co-Rec only) 21. Illegal Forward Pass – Male Catches Pass and Runs Beyond Scrimmage Line (Loss of Down) (Co-Rec Only) 22. Helping the Runner |
|--|--|

Loss of 10 Yards:

- | | |
|---|--|
| <ol style="list-style-type: none"> 1. Illegal Player Equipment 2. Quick Kick 3. Kick Catch Interference 4. Two or more consecutive encroachments during same interval between scrimmage downs 5. Offensive Pass Interference (Loss of Down) 6. Defensive Pass Interference (Automatic 1st Down) 7. Illegally Secured Flag Belt on Touchdown (Loss of Down and Disqualification if Offense) (Automatic First Down and Disqualification if Defense) 8. Unsportsmanlike Player Conduct (Disqualification if Flagrant) 9. Spiking, kicking, or throwing ball during dead ball (Disqualification if Flagrant) 10. Unsportsmanlike Conduct by Coaches, Substitutes, or Others (Disqualification if Flagrant) 11. Illegal Contact <ol style="list-style-type: none"> A. Strip or Attempt to Strip the Ball B. Contact With Opponent on Ground C. Throw Runner to the Ground D. Hurdling Any Player | <ol style="list-style-type: none"> E. Contact Before or After Ball is Dead F. Unnecessary Contact of Any Nature G. Drive or Run Into Player H. Position Upon Shoulders or Body of Teammate I. Tackle Runner (Disqualification) J. Fight an Opponent K. Roughing the Passer (Automatic 1st Down) L. Defensive Use of Hands M. Holding the Runner 12. Illegal Offensive Screen Blocking 13. Interlocked Interference 14. Stiff Arm 15. Flag Guarding 16. Batting a Loose Ball 17. Illegal Kicking 18. Illegal Participation 19. Illegal Substitute/Replaced Player 20. Pretended/Unfair Substitution 21. Illegal Flag Belt Removal 22. Intentionally Contacting an Official (Disqualification) 23. Flagrant Personal Fouls (Disqualification) |
|---|--|

Sportsmanship and Inclusion:

In order to ensure proper conduct before, during, and after a game, officials, supervisors, and Campus Recreation Staff will award Sportsmanship points will be awarded to each participating team after every game. An average of the points from each game will factor into team standings.

The following scale will be used to rate all teams in all contests played:

- 4: Excellent, no problems.
- 3: Occasional problems, some verbal dissent.
- 2: Unreasonable comments and conduct.
- 1: Continuous verbal dissent, unreasonable conduct.

SIUE Intramural Sports

Flag Football



- 0: Fighting, vulgar language, unreasonable conduct.
- *Non-unsportsmanlike penalties such as wearing jewelry or not having checked improperly will not count against sportsmanship rating unless it is a repeated offense during the same game.

Statement of Inclusion Language for Intramural Sports Department

SIUE Campus Recreation is dedicated to providing a positive intramural sports experience for students of all abilities. Please contact Imani Welch (imwelch@siue.edu or 618-650-3248) at the Student Fitness Center, Room 1524A, to discuss options should you require an accommodation to fully participate in the Intramural Sports program because of a disability or impairment.