



- 1) All participants must have their current valid FSC ID card with them
- 2) Jewelry, pockets, and metal cleats are not allowed.
- 3) All participants must arrive to the playing surface 15 minutes before game time.



- 1) A team shall consist of 7 players. A team can play with a minimum of 5 players.
- 2) The offensive team must have 4 players within 1 yard of the line of scrimmage at the time of the snap.
- 3) Substitutions are allowed between plays and time-outs.
- 4) All players must have checked in with the supervisor/scorekeeper and be recorded on the game sheet before they are allowed to participate.
- 5) The designated team area is located between the 20 yard lines, one yard off the sideline. This area is for all players and maximum of two coaches.

The official ball shall be pebble-grained leather or rubber covered and meets the recommendations of size and shape for regulation football. There are no requirements regarding ball pressure and markings. Men shall use the regular size while women shall use the men's, intermediate, youth, or junior size. The referee shall be the sole judge of any ball offered for play and may change the ball during play at his/her discretion. During the game each team must use a legal ball of its choice when in possession.

Flags will be provided to each team on site. Shirts **MUST** be tucked in and flag belts must be worn on the outside of all clothing with the clip in the front.

All equipment is subject to the approval of the intramural staff on duty.

- 1) All players must wear shoes.
- 2) Rubber cleated shoes will be allowed. Screw-in cleats will be allowed, only if the screw is part of the cleat. Open toe, open heel or hard soled shoes will not be allowed. **NO METAL CLEATS!!**
- 3) Pants/and or shorts with belt loops and/or pockets are strictly prohibited. A player may not turn his/her shorts inside-out or tape his/her pockets in order to play.
- 4) Towels may not hang from a participant's waist or otherwise interfere with the removal of a flag.
- 5) All flag must be free of knots. Penalty: Unsportsmanlike conduct and ejection from the game.
- 6) Equipment such as helmets, pads or braces worn above the waist, leg, and knee braces made of hard, unyielding substances, casts and all jewelry are strictly prohibited. Knee braces made of hard, unyielding substances covered on both sides with all edges overlapped and any other hard substances covered with at least ½ inch of slow recovery rubber or similar material will be allowed.
- 7) Teams must use flags provided by intramural sports. All team members must wear the same shade of color shirt. Shirts must be tucked in the players' pants. Shirts may not have pockets.



- k. Team B is awarded a new series – starts on the snap.
 - l. Either team is awarded a new series following a legal kick – starts on the snap.
 - m. Inadvertent whistle – starts on the ready.
 - n. Team attempting to converse time illegally- starts on the ready.
 - o. Team attempting to consume time illegally- starts on the snap.
- 2) Half time = Three minutes

2)



- a. Fumbles are dead when the ball touches the ground.
 - b. The ball is put into play at the point where the ball first touched the ground.
 - c. Any passed or fumbled ball that does not touch the ground may be advanced by any player catching the ball.
 - d. A ball fumbled into the offensive team's end-zone will result in a safety. If the ball is fumbled into the opponent's end-zone the result is a touchback (opponent's ball on their 14 yard line).
- 13) The ball is placed on the 14 yard line after a safety. The team scoring the safety will have possession of the ball.
 - 14) The ball is placed on the 14 yard line after a touchback. The team puts the ball into play with a series of downs.
 - 15) During the playoffs, the overtime format will be repeated until a winner is declared. The winner of the toss shall be given the option of either offense or defense. If additional overtime periods are necessary, captains will alternate choices. Each team will be given 4 downs from the same 20 yard line to score a touchdown. If the first team scores, then the second team will still have 4 downs to attempt to win or tie the game. If the defense intercepts the ball and returns it for a touchdown, the game will be over. If not, the ball will be placed at the 10 yard line to begin the series of four downs. Conversion attempts will be held as in regulation play. Each team is entitled to one time-out per overtime period.
 - 16) No players may dive to gain extra yardage. If a player dives they will be marked down where they left their feet.
 - 17) An airborne



3)



- 2) If a male passer completes a legal forward pass to a male receiver, the next legal forward pass completion must involve either a female passer or a female receiver for positive yards. Any foul, whether accepted or declined, shall have no effect on whether the next legal forward pass completion is "open" or "closed".
 - Open - mal