These rules are an adaptation of the National Intramural-Recreational Sports Association (NIRSA). Any rule not stated expressly in this document or situation not addressed by the statements herein will be governed by the 2013-2014 NIRSA Flag & Touch Football Rules Book & Officials' Manual.

I. General Information
   A. Rules Understanding
      i. It is the responsibility of each captain to read and understand the rules and relay to his/her team.

   B. Fees
      i. Each team must pay a $35.00 entry fee to participate in the intramurals league.
      ii. Each team is required to pay a $20.00 forfeit deposit. If the team does not forfeit any games/matches and/or gives at least 24 hours notice to (816) 235-2719 or via email to intramurals@umkc.edu prior to their scheduled games/matches that they will not be able to participate, a full refund will be issued at the conclusion of the season. If any game is forfeited or proper notice is not given, the forfeit deposit will not be returned.

   C. Participation
      i. Participants are not allowed to have in their possession or their presence any alcoholic beverages or drugs during any intramural event whether on campus or not. Officials reserve the right to prevent any person from participating if they are in possession of or suspected to be under the influence of alcohol or drugs.
      ii. Any student of the University of Missouri-Kansas City is eligible to participate.
      iii. Intramural teams are allowed to carry up to two (2) former junior or senior college/university football athletes.
      iv. ID must be carried by all participants in case of eligibility questions.
      v. Males can participate on one men’s team or one men’s team and one co-rec team. Females can participate on one women’s team or one women’s team and one co-rec team. Conflicts with scheduling for playoffs may force a player on more than one team to choose with which team to participate.
      vi. Roster deletions or additions are allowed until your game/match time of your second scheduled game/match.
D. Sportsmanship
   i. Any player, team, or spectator displaying unsportsmanlike conduct will be assessed the appropriate penalty(ies). If a player, team, or spectator is ejected from the event, they are required to leave the premises immediately. Failure to abide by this rule may preclude future participation in intramural events. Any player, team, or spectator ejected is automatically ejected from their next scheduled game/match (regular season or playoffs). Additionally, they may face further disciplinary action if deemed necessary by the Campus Recreation Sports Council. A second ejection during the season disqualifies a player, team, or spectator from further participation in regular season and playoff games/matches.
   ii. At the conclusion of each contest, each team will be graded on 0-4 scale. If a team does not have a minimum of 3.0 average then that team will not be eligible for playoffs.
      1. Note: Inappropriate language will be considered unsportsmanlike conduct.

E. Protests
   i. **Official judgment calls cannot be protested.** Rule interpretations must be protested immediately following the play. To do so the team must use a timeout and declare the wish to protest. If the protest is upheld, the team will not be charged the timeout. If the protest is not upheld, the team will lose that timeout.
   ii. Protests concerning eligibility must be filled out prior to, during, or immediately following the conclusion of the game. Protests not filled out during this time period will not be considered.

F. Playoffs
   i. Playoffs will be conducted at the end of the regular season. The format, number of teams making playoffs, dates and times of the playoffs is dependent on the number of teams, field availability, etc. All teams will be contacted prior to the playoffs as to their time, date, and location of games/matches, if applicable.
   ii. To be eligible for the playoffs, a player must have participated in at least one game/match during the regular season.
   iii. A Championship T-Shirt will be awarded to all roster players on the playoff champion team that have played in at least one regular season game/match.
II. The Field
A. The field will be 40 yards in width and 80 yards in length, inclusive of the 10 yard end zones.

B. Field lines will be marked in three twenty yard zones. To gain an additional series of downs, the team in possession must advance the ball to the next forward 20 yard line from where the ball was located at the start of the first down in the current series.
   i. The succeeding line of scrimmage will be located at the spot of the ball when the play becomes dead, granted there are no accepted penalties.

III. Rules
A. The Game
   i. Starting the game – The game shall be played between 2 teams of 7 players each (8 players for Co-Rec).
      1. Each team must have at least five (six for Co-Rec) eligible players to start a game and be at their scheduled field. There is a five minute grace period from the scheduled start time to have the minimum number of players. Failure to have the minimum number of players results in a forfeit. Opposing teams will gain a point each minute a team does not have the minimum number of players to start.
         a. If a team falls below five players during a game, the game can only continue if the referee reasonably believes that the team with less than five players has a chance to win.
         b. If neither team has minimum number of players by end of the grace period, both teams will receive a forfeit loss (score 1-0).
      2. Team captains shall call odd/even or use a coin toss to begin the game. The captain winning the toss will have the first choice for either first or second half. The loser will have the first choice in the half the winner did not select. The options in each half are to start with the ball or to choose the direction. Note: Because in flag football you do not play quarters and there is not automatic switching of direction in the second half, it is possible that a team could start each half with the ball and/or be going the same direction the entire game.
   ii. Scoring and Timing
      1. Forfeit score is 1-0 for any game forfeited.
      2. Touchdowns: 6 points
      3. Extra points
         a. 3 yard try: 1 point
         b. 10 yard try: 2 points
         c. 20 yard try: 3 points
      4. Safety: 2 points
      5. Each game will consist of two 20 minute halves. The first 18 minutes of each half will run continuously except for timeouts. The final two minutes of each half will operate under NFHS rules in regard to timing.
      6. Play clock is 25 seconds from the referee’s “ready-for-play” whistle.
7. Overtime is conducted similar to college rules with each team starting at same ten yard line.
   a. An odd/even or coin toss will determine who receives first choice. The choices are to decide to play offense or defense first or determine which end of the field both teams will play on.
   b. Each team will have equal opportunities to score.
   c. Following a touchdown, a team can go for 1, 2 or 3 extra points. There is no restriction at any time on the number to try for.
   d. If, during overtime, the ball is intercepted, it cannot be returned for a touchdown nor the number of points the offensive team was attempting on a try.

8. Mercy rule: If a team is ahead by 19 (25 for Co-Rec) or more points at two minutes remaining in the game or any point thereafter, the game will be called. Extra point tries are not allowed once the mercy rule is invoked.

B. Rules
   i. General Game Rules
      1. The ball must be of college dimensions and inflation. NFL or similar balls are not allowed. Underinflated balls are not allowed. Each team will be allowed to use their own ball if they wish. However, they will be responsible for getting the ball on and off the field as appropriate and within the guidelines of the play and game clocks.
      2. Teams must furnish their own practice balls.
      3. All players must keep the shirt tucked in or have their shirts short enough so that there is a minimum of 4 inches from the bottom of the shirt to the player’s waistline. Failure to maintain the shirt in a proper position is considered illegal equipment.
      4. All players must have flags on for each play. Failure to have flags on is considered illegal equipment.
         a. If a player’s flags fall off inadvertently without force by the opposing team, the player is down only when tagged with at least one hand between the shoulders and knees.
      5. All players must be dressed appropriately for an athletic event. Officials have final decision about whether a player is properly attired.
      6. Pants/shorts with belt loops are not allowed. Players are only allowed to wear athletic shorts or pants without pockets.
ii. During the Game

1. The Line of Scrimmage
   a. The line of scrimmage for the offensive team is the yard line and its vertical plane that passes through the edge of the orange disc closest to the offensive team’s own goal line.
   b. The line of scrimmage for the defensive team is the yard line and its vertical plane that passes through the edge of the yellow disc closest to the defensive team’s own goal line. The line of scrimmage is approximately one yard in width. The space between the discs is considered the neutral zone.
   c. The offensive team must have at least four (five for Co-Rec) players on the line of scrimmage at the snap. To be considered on the line of scrimmage, the player must be within a yard of the line of scrimmage.
   d. If a defensive player enters the neutral zone prior to the snap, play will be stopped. Encroachment will be called and the proper penalty assessed.
   e. Offensive players must come to a complete stop for at least one full second prior to the snap. However, one player can be in motion laterally or away from the line of scrimmage as long as they are at least 1 yard behind the line of scrimmage.

2. Offensive Play
   a. There are no kickoffs. Possessions will begin at the offense’s own 14 yard line following touchdowns, touchbacks, or to start a half.
   b. Any time the ball hits the ground, the ball is dead. The ball will be placed at the spot where it hit the ground. Exception: The ball is fumbled forward—ball will be placed at the spot where the ball left the player’s hands. Additionally, an intentional forward fumble is considered a forward pass and may be illegal.
   c. The player receiving the snap must be at least two yards behind the snapper.
   d. Blocking
   e. Blocking must be done without the use of hands or extended arms. Screen blocking in an upright position is allowed and the blocker cannot create contact with any defensive player. No arm blocking allowed.
f. Forward Passes
   i. All players are eligible to receive a pass.
   ii. A legal forward pass may be made anywhere from behind the line of scrimmage.
   iii. Only one forward pass per down is allowed. This includes forward passes completed behind the line of scrimmage.
   iv. A receiver must be established inbounds with at least one foot for a catch to be awarded.
   v. A pass intercepted in the end zone may be run into the field of play or downed for a touchback.

g. Handoffs and Running the Ball
   i. All players are eligible to run the ball.
   ii. Normal handoffs are allowed.

h. Running With the Ball
   i. The ball is declared dead when a defensive player forces the flag belt from the ball carrier.
   ii. Pushing a runner or passer unnecessarily hard in an attempt to pull the flag is considered unnecessary roughness.
   iii. Hurdling is an attempt to jump over a player who is on their feet. Hurdling is not permitted.
   iv. Diving is permitted into open space.
   v. Ball carriers may not stiff arm, guard their flags, nor initiate contact with a defensive player.

i. Protected Scrimmage Kicks (Punts)
   i. On 4th down, the offensive team has the option to play ("go for it") or kick the ball. Once a decision is made, it cannot be changed unless a timeout is used.
   ii. There must be at least 4 offensive players on the line of scrimmage.
   iii. No player may cross the line of scrimmage until the ball is kicked.
   iv. The kicker must immediately kick the ball after the snap.
3. Defensive Play
   a. Rushing—Must make an attempt to go around the blocker.
   b. Pass interference occurs when contact impedes a receiver's opportunity to catch the ball, a receiver is deflagged before possessing the ball, or a receiver is face guarded. A pass does not need to be catchable for pass interference to be called.
   c. If a player’s flag inadvertently becomes disengaged, a one hand tag must be employed between the shoulders and knees.
   d. A player’s feet may leave the ground in order to remove the flag but it is not recommended.
   e. Intentional contact is not allowed, including “bump and run” coverage.”

4. Penalties: Following is a partial listing of penalties and yardage and/or loss of down associated. Additional penalties may be assessed. Note: Penalty yards are established PRIOR to first down line being established.
   i. Offense
      1. False Start  5 yards from the original spot
      2. Illegal Motion  5 yards from the original spot
      3. Illegal Blocking*  10 yards from spot of foul
      4. Tripping*  10 yards from spot of foul
      5. Flag Guarding  10 yards from the spot of foul
      6. Illegal Forward Pass  5 yards from spot and loss of down
      7. Pass Interference  10 yards from original spot
      8. Illegal Formation  5 yards from original spot
      9. Illegal Participation  10 yards from original spot
     10. Intentional Grounding  5 yards from spot of foul and loss of down

   *Unless ball is behind the spot of the foul

   ii. Defense
      1. Encroachment**  5 yards from original spot
      2. Pass Interference  10 yards from original spot
      3. Illegal Contact***  10 yards from original spot
      4. Holding***  10 yards from original spot
      5. Roughing Passer  10 yards from end of run and automatic first down
      6. Stripping the Ball  10 yards from spot of foul

   **Unless done twice in a row, then it is 10 yards
   ***Unless committed during run, then from end of run
iii. Either Team
   1. Delay of Game
      a. 5 yards from original spot
   2. Illegal Forward Pass 5 yards from spot of foul and loss of down
   3. Illegal Equipment****
      5 yards from original spot
   4. Unnecessary Roughness
      10 yards from end of play
   5. Unsportsmanlike Conduct
      10 yards from end of play

**** Flag tied on--immediate ejection

C. Other Rules/Comments
   i. If a player passes the line of scrimmage, that player can return behind the
      line of scrimmage and make a forward pass.
   ii. Failure to maintain at least a one yard distance from the sideline while not
      in the current play will result in one warning from the referee. Subsequent
      violations will result in a call of a sideline warning or unsportsmanlike
      conduct.
   iii. A mouthguard is strongly suggested.
   iv. Jewelry is not allowed. Any jewelry that must remain on for medical or
      religious purposes must be secured with athletic tape. Officials have final
      decision regarding the appropriate handling of jewelry.
   v. No hard casts or braces allowed on hands or arms. Casts or braces on
      hands or arms must be made of cloth or pliable plastic. Braces with
      proper padding will be allowed on other parts of the body. Officials will
      have final discretion on whether the cast or brace is legal.
   vi. Substitutions are allowed at any time between plays. However, all
      substitutes must be on the same side of the field.
   vii. Touchbacks are placed on 14 yard line.
   viii. 3 and 4 point stances are legal.
   ix. No baseball caps allowed. Other headgear or other gear that may come
      off during the normal course of play is not allowed.
   x. Cleats made of single plastic pieces are allowed. No other cleats are
      allowed.
   xi. Each team receives three timeouts per half with no carryover to the
      second half. In the event of overtime, each team will have only one
      timeout to be used for the duration of all overtime periods.
   xii. Timeouts must be requested by a player on the field.
   xiii. Gloves are allowed as long as no foreign substance is used.