



Intramural Sports

FLAG FOOTBALL IS A NON-CONTACT SPORT, HOWEVER, INJURIES ARE A POSSIBILITY. THE INTRAMURAL SPORTS PROGRAM ASSUMES NO RESPONSIBILITY FOR INJURIES; HOWEVER, BASIC FIRST AID WILL BE AVAILABLE.

ALL RULE CHANGES ARE HIGHLIGHTED IN GRAY.

THE GAMES WILL BE PLAYED ACCORDING TO THE NIRSA FLAG & TOUCH FOOTBALL RULES BOOK WITH THE FOLLOWING CLARIFICATIONS AND EXCEPTIONS:

STARTING THE GAME

1. **START TIME:** Teams are to be at the field and signed in before the official game time. If any team is not at the field and ready to play at the scheduled game time, the game will be declared a forfeit. It is recommended that teams arrive at the game site fifteen (15) minutes

required to wear white or a matching light team color. Teams that are designated as 'Away' on the IMLeagues schedule will be required to wear black or matching dark team color. Teams who do not comply with the color policies are subject to a reduced sportsmanship rating.

9. COIN TOSS: A coin toss between team captains will begin each game. The winner of the toss may choose to be on offense, a goal to defend, or defer their option to the second half. The opponent then has the choice from the remaining options.
10. JEWELRY/ACCESSORIES: No jewelry or accessories may be worn. Earrings may NOT be covered with band aids or tape. A player suspected of covering an earring with tape will NOT be permitted to participate.

PLAYING THE GAME

11. GAME TIME: The game will be played in four quarters of ten (10) minutes each. The clock is running time except for the last two (2) minutes of the second half. During this time the clock will start and stop according to the NIRSA Flag and Touch Football Rules Book.
12. HALF TIME: Three (3) minutes will be allowed between halves. However, teams may agree to take less time.
13. LAST TWO MINUTES: With less than 2 minutes remaining in the game, the offended team of any foul will have the option to start the game clock on the snap when it would have normally started on the ready for play whistle.
14. TIME-OUTS: Each team will be granted two (2) time-outs per half. Time-outs will be one (1) minute in length, and do not carry over from the first half to the second half. Teams must be ready to play immediately following a time-out. The clock starts on the snap following all time-outs.
15. ILLEGAL EQUIPMENT:
 - A. Headwear containing any hard, unyielding, stiff material (including billed hats) or items containing exposed knots is illegal.
 - B. All players must wear shoes. Shoes with metal, ceramic screw-in or detachable cleats are illegal.
Any players wearing an illegal type shoe will be removed from the game until they return with a legal type shoe.
 - C. ALL jewelry/accessories are illegal and must be removed.
 - D. Pads or braces with exposed metal or other hard, unyielding material are not allowed.
 - E. Pants or shorts with any belt loops, pockets, or exposed drawstrings are illegal. Short pockets may NOT be taped or turned inside-out for play.
 - F. Towels may not be attached at any player's waist. A towel may be left next to the orange ball spotter or behind the deepest back to wipe off the ball in-between plays.
 - G. Hand warmers worn around a player's waist.
16. MERCY RULE: If a team is at least thirty-seven (37) points ahead at any time during the second half, or nineteen (19) points ahead when the Referee announces the two (2) minute

- a. There will be no game clock (untimed), teams have 0 timeouts. The 25-second play clock is still in effect.
- b. There will be 1 coin toss. The winner can choose; offense, defense or side. The other team will be presented with the remaining options.
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7. ENCROACHMENT -