1. TEAM CAPTAINS:

Team captains are responsible for informing their teammates of all Intramural sports governing rules and policies.

Only the team captain may address an official, on matters of rule interpretation or obtain essential information.

Team captains are responsible for picking up their team’s schedule and notifying their teammates of upcoming games. Team schedules will be available for pick-up Friday on the bulletin board and copies on the racks.

Team captains are responsible for their team’s behavior before, during and after the game.

Team captains are responsible for any equipment given to them, such as team jerseys and game ball. (Team captains will be charged for the missing items)

2. PLAYERS:

7 players on the field for men’s and women’s leagues, and 8 players for Co-Rec. Minimum number to start the game is 5, 6 for co-rec. (Co-Rec: 4 & 4, 3men & 4 women, 3 men & 3 women, 2 men & 4 women)

Players can only play for one team in each division! NO Exceptions. e.g. Bobbie Walker plays on team X-Bandits (mens team) he can play on one co-rec team, but no other men’s team.

Maximum number of players per roster is 15.

3. ELIGIBILITY:

All LMU and Loyola Law students, faculty and staff are eligible to play intramural sports.

Alumni and outside visitors are not eligible to participate.

ROSTER must be filled out front in order for players to be eligible to play. Team may add players to roster throughout the season, BUT can not drop players once they have played one game. Playoff rosters are frozen.

Players must play in at least 1 regular season games in order to be eligible for the playoffs.

NO ID NO PLAY! All participants must present their one card to the Intramural staff on duty to be eligible to play.

All participants must be members of the Burns Recreation Center. A forfeit deposit of $40.00 must be turned in at the Captain’s Meeting, or else the team will be dropped from the schedule. Team Forfeit equals loss of deposit.
4. FORMAT:

1 week of Preseason, Regular season play of 4 weeks, with single elimination playoffs to determine the champion of each division. Divisions will be men’s, Greek/Residence hall, women’s and Co-Rec. Then the champion from the men’s division will play the champion from the Greek Fraternity division.

5. EQUIPMENT:

The Intramural Office will furnish game balls. However, teams may bring their own ball.

All participants must wear shoes. Players are permitted to use cleated shoes provided that the rubber cleats are short. Metal spikes are not permitted or any metal revealed in screw in cleats.

No Jewelry; No hats/caps/bandanas. Participants may not cover up jewelry with tape, band-aids or other such items.

Team jerseys will be provided for each team if necessary.

No cast or splints (hard or soft) are permitted.

Participants must wear shorts / warm ups without pockets or belt loops. **NO POCKETS!**

Shirt must be worn underneath the team jersey. MUST be TUCKED IN!!!!

6. FLAGS:

Each player will wear a belt with three flags. Any player caught deliberately tying their flag belt will result in a 10-yard penalty and player ejection from the game for unsportsmanlike conduct. The player is down when the ball carrier's flags are removed. If ball carrier's flags fall off without being removed by an opponent, then the opposing team needs to touch the ball carrier between the shoulders and knees with one hand in order for them to be down. No article of clothing may cover any part of the flag. Shirts must be tucked in at all times. **Penalty 5 yds.**

7. GAME TIME:

Before the game begins: players must check in at the scorer's table

Game time is forfeit time, unless a team has at least one member present; then a 5-minute grace period maybe is added before the game is called a forfeit. One forfeited game will result in the loss of the $40.00 deposit. Two forfeited games will result in the elimination of playoff possibilities.

Teams may default by calling the Intramural Sports office 48 hours prior to the team’s game time. No money is lost by default.

2-20 minute halves, 5-minute half time; continuous running clock until the last two minutes of the second half. Clock stops on every dead ball during the last two minutes of the second half as in regular football.
Each team receives one full minute timeout per half and one timeout in overtime. Timeouts do not carry over.

Mercy Rule: Up by 17 points during or at the last two minutes of the game.

8. SCORING:

Touchdown -- 6 pts. (Men & Women) & 9pts. (Co-Rec, when female is involved in scoring)
Safety -- 2pts.
Extra Points (3 yd) -- 1 pt.
(10 yd) -- 2pts.
(20 yd) -- 3pts.
(interception for touchdown) -- 3pts.

9. SUBSTITUTES

There may be unlimited substitutions

Any player who is disqualified shall not re-enter the game. A disqualified player may not be substituted for the player substituted for shall be asked to exit the court/field as quickly as possible.

10. Start of Game

The winner of the coin toss shall have the option to choose offense/defense/goal line to defend or defer to the second half. The game shall start from Team A’s own 14 yard line with the line of gain is the 20 yard line.

11. PUNTS:

If a punt is to be made, the team kicking must announce it before the down starts. After such announcement, neither team may cross the line of scrimmage until after the kick. The kicker must not delay his/her punt after requesting protection. Players on the line of scrimmage must remain motionless until after the ball is kicked. The punter must be at least 2 yards behind the snapper to receive the ball. The receiving team may have all seven players eligible to receive.

12. FIRST DOWNS:

A first down will be awarded when a team enters the next zone. Zone lines are the 20, 40, and 20-yard lines.

13. SCRIMMAGE:

The offensive team must be behind the line of scrimmage, and the defensive team must be one yard from the line of scrimmage until the ball is centered/snapped. The snapper shall pass the ball back from its position on the ground with a quick and continuous motion of the hand. In a snap preceded by a huddle or shift, all players of the offense must come to a complete stop and remain stationary in legal position without movement of feet, body, head, or arms for at least one full second before the ball is snapped. A player receiving the snap must be at least 2 yards
behind the snapper. (Only one player may be in lateral motion from the line of scrimmage at the time of the snap.)

14. WHEN THE BALL IS SNAPPED:

At least four players must be on their offensive line of scrimmage. The remaining players must be either on their scrimmage line or behind their backfield line. No offensive player, while on the scrimmage line, may receive a snap. **Penalty: 5 yards.**

15. THE BALL IS DEAD WHEN IT HITS THE GROUND:

A backward pass or fumble which touches the ground between the goal lines is dead at the spot where it touches the ground and belongs to the team last in possession unless lost on downs.

16. LEGAL FORWARD PASS:

All players are eligible to receive a forward pass. During a scrimmage down and before team possession has changed, a forward pass may be thrown provided the ball, when it leaves the passer’s hand, is behind the line of scrimmage. Only one legal forward pass is allowed per down.

17. SCREEN BLOCKING:

Screen blocking is legally obstructing an opponent without contacting him/her with any part of the screen blocker’s body. The offensive player **may not** use their hands to obstruct the defensive player’s route to the ball carrier.

18. USE OF HANDS OR ARMS BY THE DEFENSE:

Defensive players **may not** use their hands and must go around the offensive player’s screen block. Defensive players **may not** use their hands to guard any receiver.

19. FLAG GUARDING:

Ball carriers shall not protect their flags (intentionally or unintentionally) by blocking with arms, ball, shirt or hands; thus obstructing the opportunity of an opponent to pull or remove a flag. **Penalty: 10 yards.**

20. OBSTRUCTION OF BALL CARRIER:

The defensive player shall not hold, grasp, or obstruct a flag. **Penalty: 10 yards.**

**10-YARD LINE OVERTIME PROCEDURE: (playoffs only)**

To start the overtime, the offensive team shall put the ball in play, 1st and goal on B’s 10-yard line anywhere between the inbound lines. Team A shall have a series of downs. After scoring a touchdown, a team may attempt an extra point with no loss of down. If team B intercepts a pass the series they may return the interception for a touchdown, in turn ending the game. After Team A has completed its series, Team B will become the offensive team with the ball in its
possession at the 10-yard line anywhere between the inbound lines. The same end of the field will be used for both possessions in order to insure equal game conditions and conserve time. If the score remains tied after each team has been given 1 series, the procedure shall be repeated until a winner is determined.

**21. CO-REC RULES**

Co-Rec team must be comprised of 8 players (4 men and 4 women on the field). If a team is forced to play with only 7 players the only ratio is 3 men and 4 women. 6 players are required to avoid a forfeit (3 men and 3 women or 2 men and 4 women).

The ball can be regular, intermediate or youth size. Each team determines this.

The minimum players on the line of scrimmage are 5 for the offensive team to begin a play.

A male runner may not advance the ball passed the line of scrimmage

During an offensive possession there may not be 2 consecutive legal forward pass completions from a male passer to a male receiver. This rule also applies for the extra point try. If a male completes a forward pass to a male, the next play is now considered “CLOSED.” CLOSED means that the next play must involved a female either catching the pass of throwing the pass and the ball must break the plane of the line of scrimmage while in flight. If the pass is completed to a receiver (male) behind the line of scrimmage the player may not advance past the line of scrimmage. In order to open a play the ball must break the plane of the line of scrimmage while in flight.

Once this has been accomplished the next play of the sequence of downs is considered “OPEN.” OPEN means that everyone on the field (male or female) is legal to catch a forward pass.

Mercy rule for Co-Rec is if a team is ahead by 25 points at or within 2 minutes remaining in the 2nd half the game will be considered over.

**22. SPORTSMANSHIP:**

The Intramural staff on duty will grade all teams on their sportsmanship and has the authority to ask anyone to leave the field. A team’s sportsmanship grade is a reflection of its **players** as well as **fans**.

Any team receiving below a “B/3.0” average for their entire regular season will not be eligible for the playoffs.

Any team receiving a below a “B/3.0” sportsmanship rating during playoffs will automatically forfeit and not advance to the next round of the playoffs tournament. At this point the opponent will advance.

When a player is ejected the team can not replace the player for the remainder of the game.

No player shall strike or attempt to strike or hit an official or player. “He/She hit me first” or “it was self defense” is not an excuse.

A player that is ejected for any reason must come in to speak to the Assistant Director of Intramurals before their team’s next game. They are ineligible to play until doing so.

In case of ejection, **NO** substitutes are allowed for the ejected player.
23. PROTEST:

A team captain may only protest before or during the game, not after. In protesting an official’s call, the team may only protest a rule interpretation or eligibility and not a judgment call. A timeout must be utilized in order to protest, and a team may get it back if the interpretation goes your way.