TEAMS
Co-Rec:
Seven (7) players constitute a team. A game may start with five (5) players on a team to avoid a forfeit. Each team must have at least one (1) female on the field during play. If a team shows up with no females, they will play a member down. Maximum of ten (10) players to a team.

ELIGIBLE PLAYERS
1. All students who are matriculated, registered and paying Baker College tuition for classes on the Muskegon campus are eligible. All Baker College of Muskegon Faculty & Staff are also eligible.
2. Every student will be required to present his/her valid student ID card to the game official prior to the start of the game.
3. A team may add a player at game time within the regular season providing he/she has proper identification. This player’s name will be added to the team roster after checking eligibilities. To delete a player, the manager must come to the Director of IM Sports at Baker College Muskegon. A player must participate in one (1) regular season game to be eligible for post-season playoffs.
4. A participant may only play for one (1) flag football team.

FORFEIT POLICY
If game time arrives and one team does not have the minimum of players, the captain of the other team prepared to play has two choices: 1) take the win by forfeit, or, 2) give the opposing team 5 additional minutes to show up. If the team shows up during the additional time period, game time will be reduced by the number of minutes late the game begins. If the captain chooses to take the win by forfeit, the decision may not be changed. If the captain decides to play the game, the captain must accept the results of the game. After the additional 5 minutes have expired and the team still does not have the minimum number of players the game will be a forfeit.

RAIN OUT POLICY
Rained out games will be rescheduled whenever possible. A decision to play or not to play will be made one hour before the first game of the day. After the first game, IM staff will decide the status of the cancellations. The team captain must contact the Coordinator of IM Sports forty-eight (48) hours or more after the rained out games to obtain rescheduling information. Please call the Coordinator of IM Sports at 777-5217 for announcements concerning cancellations.

EQUIPMENT AND UNIFORM
1. Shoes: Players may NOT wear metal or screw-on cleats. Rubber molded cleats are allowed. No player may play without shoes. No player will be allowed to play in bare feet, socks, boots, or flip-flops.
2. Teams should attempt to wear shirts of similar color.
3. The ball used in co-rec games will be an intermediate or regulation size football. Team Offenses can decide which ball will be used.
4. Jewelry is not allowed to be worn when playing (exception: post earrings (must be taped), wedding rings and medical bracelets).
5. The flag belts may not have knots.
6. Shorts/ pants with pockets are not recommended.

GAME RULES
The National Intramural Recreational Sports Association and *N.C.A.A. rules have been used as a base and will be consulted concerning interpretations.
1. Game Time: Playing time shall be 40 minutes, divided into two (2) halves of twenty (20) minutes each. The intermission between halves shall be five (5) minutes. When overtime occurs (only during playoffs, regular season games which are tied at the end of regulation will result in a tie), there will be a three-minute intermission. The
clock will only stop in the last two (2) minutes of the game for time-outs, official time-outs, touchdowns, first downs, injuries, PAT, penalties, incomplete pass, out of bounds, or touchbacks.

2. Field: The playing field will be eighty (80) yards long and twenty-five (25) yards wide. There will be three (3) playing zones of twenty (20) yards each and two (2) ten (10) yard end zones.

3. Start of Game: The team that won the toss will choose either offense or defense. The captain who lost the toss will chose the goal they want to defend. For the second half, team option will be reversed. The offensive team will begin the game on the 12-yard line, with twenty (20) being the first line to gain.

4. Scoring:
   Touchdown - six (6) points.
   PAT (point after touchdown) from three-yard line - one (1) point
   PAT from twelve-yard line - two (2) points
   PAT from the 20 yard line (3) three points

If defense intercepts on a PAT they may return the ball for the same point value as the offense attempts.

Safety - two (2) points (a safety shall be scored when the ball becomes dead in the end zone of the team in possession and that team provides the momentum which placed the ball into the end zone.) The team scored upon shall place the ball in play with a punt from their twenty-yard line.

5. Mercy: If a team is up by 19 points with under two (2) minutes to go the game will be ended.

6. Time-outs: Each team shall be entitled to two (2) sixty (60)-second time-out per half. The time-out ends when the ball is whistled ready for play.

7. Delay of Game: A team has ten (10) seconds from the time the ball is whistled ready for play to snap the ball.

8. First Down: A team shall be allowed four (4) downs to advance the ball across each zone line (twenty (20) yards apart). Each time a team does, it is awarded a first down and is allowed four (4) more downs to cross the next zone line. If a team is pushed backwards, it must still reach the original first down line. Upon a change of team possession, the line to gain shall be that line immediately down field from the spot where the ball becomes dead.

   In case of penalties during a play involving change of team possession, the line to gain shall not be established until after the penalties have been assessed.

9. Line of Scrimmage:
   A. Any offensive player may be on the line of scrimmage, except the quarterback or the punter. The quarterback (player receiving the snap) or the punter must be at least two (2) yards behind the line of scrimmage. The punter must be positioned directly behind the snapper. The quarterback must be directly behind the snapper at the time of the snap (he can be in motion). Penalty: illegal procedure.
   B. There is no requirement for defensive players on the line of scrimmage, except during a punt when there must be four (4) defensive players on the line of scrimmage until the ball is punted. Penalty: illegal procedure.
   C. The offensive line of scrimmage is the yard line and its vertical plane, which passes through the point of the ball nearest its own goal line. The offensive line of scrimmage will be marked with a cone.
   D. The defensive line of scrimmage is the yard line and its vertical plain, which passes one (1) yard from the point of the ball nearest its own goal line. The defensive line of scrimmage will also be marked with a cone.

10. Huddle: Teams do not have to huddle after every play.

11. Offsides: Offsides occurs when an offensive or defensive player is in the neutral zone (space between the two lines of scrimmage) when the ball is snapped. This violation does not involve movement.

12. Encroachment: Encroachment occurs when an offensive or defensive player illegally moves into the neutral zone prior to the ball being snapped.

13. False Start: No player of the offensive team shall make a false start. A false start includes faking a charge or a play. An infraction of this rule may be penalized whether or not the ball is snapped and the penalty for any resultant encroachment or contact foul by an opponent shall be canceled. Penalty: illegal procedure.

14. Shift: A shift is the action of one (1) or more offensive players who, after taking set positions, move to a new set position before the ensuing snap. If two (2) or more players are involved in the shift, the action must be simultaneous. The player(s) shifting must come to a “set” position for one (1) second before the ball is snapped.

15. Motion: One player only may go into motion providing he/she does not move towards the line of scrimmage. Penalty: illegal procedure. A player who sets up off the line of scrimmage and then goes into motion is not required to be five (5) yards from the LOS at the time of the snap. (The player cannot, however, take more than one (1) step toward the LOS prior to the snap.)
16. **Stance**: All players must assume an "upright", two (2) -point stances. **Penalty**: illegal procedure.

17. **Snap**: Legally snapping the ball is passing it back from its position on the ground with a quick and continuous motion of the hand(s). After the ball has been adjusted by the center, it is **not** a legal snap if the ball is first moved forward or lifted. The center may not be called for offsides as long as he/she is facing forwards or sideways. **Penalty**: illegal procedure.

18. **Passing**: A forward pass (any live ball thrown towards the opponent's goal line) must be thrown from a point behind the line of scrimmage. On punts and interceptions, no line of scrimmage has been determined; therefore, forward passing is not allowed. Backward passes (a live ball thrown toward or parallel to the passer's goal line, also referred to as laterals) may be made at anytime on any play.
   A. All players are eligible to be passing receivers.
   B. A receiver must have control of the ball when he/she first returns to the ground in bounds. One foot in bounds constitutes a legal catch. **The lines are considered out of bounds in football.**
   C. Two (2) or more offensive and/or defensive players may touch the ball in succession. If two (2) opposing players catch the ball simultaneously, the ball is dead and belongs to the offensive team at that point.
   D. An offensive player, who goes out of bounds on his/her own volition loses eligibility to handle the ball during that down until an opponent has touched the ball.
   E. Players of either team have equal rights to the ball. It is not pass interference if two (2) or more players are making a simultaneous and bonafide attempt to reach, catch, or bat the pass. A player must not go "over" or "through" another player to pursue the ball.

19. **Dead Ball**: A live ball shall become dead and an official shall sound the whistle when:
   A. A ball carrier has a flag removed legally by a defensive player.
   B. A ball carrier is legally touched with one (1) hand between the shoulders and knees, if the flag is no longer attached.
   C. Any part of the ball carrier's body other than hands and feet touch the ground.
   D. A quarterback is downed if his/her flag is legally removed before the ball is released.
   E. A forward or backward pass strikes the ground.
   F. A ball goes out of bounds or a player in possession touches the out of bounds line, the ground or any person or object that is out of bounds.
   G. The ball breaks the vertical plane of the goal line (nearest edge). A touchback, safety or extra point occurs.
   H. Specific fumble or punt rules apply.

20. **Fumble**: A fumbled ball becomes a **dead ball** when it touches the ground. The team fumbling retains possession of the ball at the point where the ball left the possession of the player. (Unless it occurs on the fourth down in which case possession is determined by whether a first down has been earned.)

21. **“Punt”**: 
   A. The offensive team must inform the officials of their intent to punt while they are in the huddle. The decision to punt is irreversible. **Penalty**: illegal procedure.
   B. The punter when receiving the snap must be at least five (5) yards directly behind the snapper and must **THROW the ball immediately**. **Penalty**: illegal procedure.
   C. No player on either team may move into the neutral zone or off the line of scrimmage until the ball is "punted." **Penalty**: illegal procedure.
   D. A “punted” ball that has bounced on the ground or is muffed may be picked up and advanced by the receiving team, providing the ball has not been downed by the kicking team. (A muff is an unsuccessful attempt to recover a ball; the ball being touched in the process, but possession is not established.)
   E. A “punt” that enters the receiving team’s end zone will result in a touchback and the ball will be placed at the receiving team’s 12-yard line.

22. **Legal Offensive Blocking**: An offensive player must not move into a defensive player or initiate contact.
   *Blockers must keep their hands grasped behind their backs (female blockers will be allowed to have their arms in front of their bodies, but must have their hands and elbows in contact with their bodies at all times). The offensive player is limited to forcing a rusher to alternate their path by moving laterally. Any use of the arms, elbows or legs to initiate contact is illegal. A blocker must be on his/her feet before, during and after a block. Beyond the line of scrimmage, one moving screen blocker is permitted.
23. **Defensive Rushing**: Defensive players must attempt to go around the offensive player's block. Defensive players may not use their hands to hold or push. Once a rusher gets alongside or past a blocker, the blocker is responsible for contact that occurs.

24. **Substitutions**: Substitutions may be made without restrictions during any dead ball situation. An offensive player entering the game must report to the huddle.

25. **Inadvertent Whistle**: A live ball becomes dead at the sound of the whistle and:
   A. If a live ball is loose behind the line, or a legal forward pass, snap or punt is in flight, the down will be replayed.
   B. If a live ball is loose following a backward pass (lateral) or fumble beyond the offensive team's line of scrimmage, or behind the offensive team's line of scrimmage following a change of team possession, the ball will be awarded to the team last in possession at the spot where possession was lost and the down will be counted.
   C. If a live ball is in player possession, team may choose to accept the play at that point or replay the down.

26. **Tie Games**: During the regular season, the game will be recorded as a tie. During play-offs, the team captain, winning the coin toss has the option of offense, or defense. All overtime periods are played toward the same goal line. Each team will have a series of 4 downs from the 10-yard line. If the defense intercepts a pass or fumble and returns it for a touchdown, they win the game. If they do not return the interception or fumble for a touchdown, the ball will be placed at the Team B 10 yard line to begin their series of 4 downs, if available. Tries will be attempted and scored as indicated.

27. **Conduct of Players - Offensive**:
   A. A ball carrier may spin to "make a move" to avoid being downed, but he/she may not continually spin down the field. **Penalty: unsportsmanlike conduct.**
   B. A ball carrier may not defend or guard their flags in any manner. **Penalty: unsportsmanlike conduct.**
   C. The ball carrier must have his/her belt completely exposed and properly fastened around his/her waist. Clothing may not cover the belt. **Penalty: loss of five (5) yards**
   D. All players are required to wear a flag belt. If a player breaks the huddle not wearing a flag belt, the referee may point out the problem to the player. If the twenty (20) second count expires before the player secures a belt and the ball is snapped, the team is penalized for delay of game. If the player refuses to acquire a flag belt, the team is penalized for unsportsmanlike conduct. If the referee does not notice the player without a flag belt until after the ball is snapped, the opponents have the option of accepting the result of the play or penalizing the team five (5) yards from the line of scrimmage.
   E. Offensive diving is allowed. If contact is initiated while airborne, the offensive player may be called for unnecessary roughness.

28. **Conduct of Players - Defensive**:
   A. No player shall steal the ball from a player in possession. **Penalty: unsportsmanlike conduct.**
   B. A player who removes the flag belt from the ball carrier **should immediately HOLD the flag belt above his/her head** to assist the official in locating the spot where the capture occurred.
   C. The feet of a player who removes the flag belt may leave the ground. A player may not dive into a ball carrier to remove the flag belt or present a hazardous situation for himself/others by lifting feet from the ground. **Penalty: unnecessary roughness.**
   D. If an eligible receiver is deflagged prior to touching the ball on a forward pass thrown beyond the passing teams scrimmage line, the penalty will be the same as pass interference. All elements of defensive pass interference must be present. Defensive pass interference is contact beyond the neutral zone by a defensive player whose intent to impede an eligible opponent is obvious and could prevent the opponent the opportunity of receiving a catchable forward pass. **Defensive pass interference occurs only after a forward pass is thrown.** Any other time a defensive player deliberately withdraws an opponent's flag before that player has possession, the penalty will be unsportsmanlike conduct.
E. A defensive player may not hold, push or knock the ball carrier down in an attempt to remove the flag. The
defensive player is restricted to reaching for the flags. Penalty: unnecessary roughness or for more severe
infractions, unsportsmanlike conduct.

29. Summary of Penalties:
   A. Loss of Five (5) Yards and Repeat of Down
      1. Clothing covering flag
      2. Delay of game
      3. Offsides
      4. Encroachment
      5. False start
      6. Illegal procedure

   B. Loss of Five (5) Yards and Loss of Down
      1. Intentional grounding (marked from spot of pass)
      2. Illegal forward pass (marked from spot of pass)
      3. Illegal backward pass (marked from the spot of pass)

   C. Loss of Ten (10) Yards and Repeat of Down - Major Penalties
      1. Defending the flag
      2. Illegal locking/contact
      3. Illegal use of hands
      4. Unnecessary roughness
      5. Holding
      6. Clipping
      7. Pushing
      8. Tripping
      9. Illegal time out

   D. Roughing the Passer: automatic first down and ten (10) yards (marked from line of scrimmage).

   E. Defensive Forward Pass Interference: Ten yards from the previous line of scrimmage and an automatic 1st
down.

   F. Offensive Forward Pass Interference: Loss of ten (10) yards from line of scrimmage and loss of down.

   G. Unsportsmanlike Conduct:
      Against offense: loss of ten (10) yards and a down
      Against defense: ten (10) yards and automatic first down
      Possible player ejection.

30. Summary of Penalty Enforcement Spot
   A. Penalty Enforcement Spot: Unless specified, infractions which occur behind the line of scrimmage will be
      penalized from the line of scrimmage and infractions which occur beyond the line of scrimmage will be
      penalized from the point of infraction. Any dead ball penalty should be assessed from the succeeding spot
      (the point at which the ball would next be put in play if that foul had not occurred).

   B. Half the distance: A measurement cannot take the ball more than half the distance from the enforcement
      spot to the offending team's goal line. If the penalty is greater than this, the ball is placed halfway from
      the enforcement spot to the goal line.

   C. A penalty, which occurs against the defending team on a successful extra point attempt, shall be
      administered on the following possession.

   D. If both teams commit live ball fouls, each foul is an offsetting foul. The penalties cancel each other and the
      down is replayed.

   E. When two (2) or more live ball fouls are committed by the same team, the offended team is given the
      option of selecting one (1) of the penalties.

   F. Loss of down penalty: A loss of down penalty cannot cause a team to lose possession; a loss of down
      penalty accepted on fourth down does not result in a turnover; that part of the penalty will not be
      enforced. On a play involving change of possession, the team gaining possession cannot lose a down that
      they have not yet been awarded; the team would start with first down, not second down.
31. Flag vs. Whistle: The whistle will be blown and the ball will be declared dead on the following violations: encroachment, false starts and delay of game. A thrown flag will indicate all other violations. Play will continue and the offended team is offered the option of accepting or declining the penalty after the ball becomes dead.

PARTICIPANT CONDUCT

Vulgar, obscene, abusive, derogatory and demeaning comments and gestures are not consistent with the environment IM sports desires. Such comments and behavior create a hostile environment, generate ill-will, place unnecessary pressure on participants and contribute to a negative recreational experience. Therefore, such actions will not be tolerated in IM sports. Violators will face suspension or expulsion from the program. Serious incidents or repeat abuses will be subjected to further disciplinary sanctions.

ASSUMPTION OF RISK

Baker College of Muskegon and the Department of Residence Life assume no responsibility for injuries received during intramural sports, special events and other recreation activities. While we strive to provide safe and well supervised activities, there is an inherent risk for physical injury and/or death in all sports activities. It is highly recommend that all Intramural Sports participants undergo a medical examination and obtain their own medical coverage or verify their coverage under their parent’s policy. All injuries that occur during intramural play should be immediately reported to the intramural supervisor on duty. The supervisor will handle the incident according to the Baker College of Muskegon emergency plan.