Stanford University Intramural Sports follows NIRSA Flag & Touch Football Rules with minor modifications. Rules governing and specific to Co-Recreational play are listed after general rules.

Equipment
1) Shirts must remain tucked in the pants/shorts at all times.
2) Pants or shorts with BELT LOOPS or POCKETS are prohibited.
3) Towels may not hang from a player’s waist or otherwise interfere with the possible removal of a flag. Towels however may be used and kept on the ground on the ball before the snap.
4) All jewelry must be removed including watches, earrings, bracelets, etc.
5) Metal cleats are prohibited. Shoes must be worn. No sandals.
6) Game balls will be provided, but teams must bring their own equipment to warm up with. Captains can agree to use their own balls during the captain’s pre game meeting.

The Field
1) Field dimensions are 100 X 40 (yards). The field is divided into 4 zones of 20 yards each and 2 end zones of 10 yards each. The offense will have four downs to advance the ball past the Zone Line to Gain at the 20, 40, 20, or Goal. Once the ball is advanced a new series of downs is awarded.

Players
1) The game will be played between two teams of 7 players. Each team must have 5 players on the field in order to begin the game.
2) Each team shall designate a captain to act as team spokesperson and make decisions. Only the captain may talk to officials. Team representatives including players, spectators, and group members are subject to the rules.

Periods, Time Factors, Substitutions
1) The winner of the pre-game toss shall have the first choice of options:
   a) offense/defense
   b) which goal to defend
   c) to defer their choice of A or B until the second half.
2) A game consists of 2 – 20 minute running halves, except for stopped clock in the last two minutes of the second half. During the last 2 minutes of the second half, the clock will stop, such as in college football, for:
   a) Incomplete legal or illegal forward pass - starts on the snap
b) Out of bounds - starts on the snap
c) Safety - starts when the free kick is legally touched
d) Team time-out - starts on the snap
e) First downs - dependent on the previous play
f) Touchdowns - starts on the snap (after the try)
g) Penalties - dependent on the previous play
h) Touchback - starts on the snap
i) Inadvertent whistle - starts on the ready
j) Either team awarded a new series - starts on the snap
k) Injured players

3) Half time is 5-minutes in length.
4) Mercy Rule: If a team is ahead by 17 points (Co-Rec is 25 points) at the two-minute warning in the second half, the game is over.
5) To start each half the ball will be placed on the offensive team’s 14-yard line, first and six.
6) Each team is allowed two (2) one minute timeouts per half; time-outs not used in the first half are not carried over into the second half. The clock will stop during time-outs.
7) Free substitution is allowed after any whistle provided the substitution does not delay the game. However, no offensive substitute may enter unless he joins the huddle and is part of the huddle at the time when it breaks.
8) The offensive team has 25 seconds to put the ball in play after official signals "ready for play." Penalty: 5 yards.
9) **Tie Games**: Ties can occur in the regular season. In the playoffs, ties will be broken by the "Texas Tie Breaker" style.
   a) A coin toss will precede the "Tie Breaker". The team winning the toss has 3 options: Offense, Defense, or Direction. The opposing team then has the remaining choice.
   b) Play begins on the 10-yard line and teams will have 4 plays each. The object is to score a touchdown and subsequent extra point(s).
   c) After team A scores, team B then has 4 plays within which to score. If no team has scored after their respective plays the process is repeated.
   d) Both teams will go the same direction for all overtime periods.
   e) When a pass is intercepted the defense becomes the offense and begins their series of 4 plays. If the interception is returned for a touchdown, the game is over.
   f) Penalties are assessed similar to the regular game. A team is given a new series of 4 plays when an automatic first down penalty is accepted. Dead ball penalties after a touchdown are penalized on the extra point attempt. Live ball penalties committed by either team after team B gains possession in overtime or during an attempt are enforced at the succeeding spot. Dead ball penalties following a successful attempt will be penalized from the succeeding spot, the team B 10-yard line, if accepted.
Definition of Playing Terms
1) Removal of flag belt: When the flag belt is clearly taken from the ball carrier the down ends and the ball is declared dead. A player who removes the flag belt from the ball carrier should immediately hold the flag belt above his head to assist the official in locating the spot where the capture occurred. A player may dive to remove a flag belt as long as no contact is made with the opposing team.
   a. The position of the ball when a player is deflagged determines the spot of the next line of scrimmage (LOS).
   b. A defensive player may not hold, push, or knock down the ball carrier in an attempt to remove the flag, nor shall an offensive player hold, block, or run through a defensive player trying to remove the flag belt.
   c. When a runner loses his/her flag belt, either accidentally or inadvertently, the deflagging reverts to a one-hand tag of the runner between the shoulders and knees.
2) Scrimmage line: The scrimmage line for team A is the yard line and its vertical plane which passes through the point of the ball nearest its own goal line. The scrimmage line for team B is the yard line and its vertical plane, which passes one yard from the point of the ball nearest its own goal line. A colored disc will signify each. Orange disc = Offense, Yellow disc = Defense.

Ball in Play, Dead Ball, Out-Of-Bounds
1) The ball is declared dead when the ball touches the ground:
   a) on a fumble
   b) on a lateral
   c) on a pass or
   d) after touching a player on a punt
2) The ball is declared dead when any part of the runner other than a hand(s) or foot (feet) touches the ground. If the ball is in the hand that touches the ground and as a result also touches the ground, it is considered an extension of the hand and it still live.
3) The sidelines and end lines are considered out of bounds. (Only one foot needs to touch in bounds in order for a pass to be complete. However, it must be the foot that makes contact with the ground first).
4) Once an offensive or defensive player steps out of bounds, that player is no longer eligible to touch the ball. Penalty: Illegal Participation, 10 yards.

Series of Downs, Number of Downs
1) In a series of 4 downs, the ball must be advanced forward into the next zone, in order for a new series of downs to be awarded. Yardage lines are considered part of the forward zone.

Punting the Ball
1) The team in possession must announce their intent to punt before the down starts. After the announcement, the team must punt.
2) Defensive and offensive teams must have 4 players on the line of scrimmage until the punt is made. Penalty: Illegal Formation, 5 yards.
3) Neither team may move until after the ball has been punted. **Penalty: Illegal Procedure, 5 yards.**

4) After receiving the ball the punter must put the ball in play within 5 seconds. Quick kicks are illegal. **Penalty: Illegal Procedure, 5 yards.**

5) Linemen are allowed to jump and raise their hands behind the LOS in attempt to block the kick. They may not form a pyramid or hoist one another in the air.

6) Punts are dead when they hit the ground and cannot be returned.

**Snapping, Handling, and Passing the Ball**

1) The ball may be snapped between the legs or to the side of the snapper, in a quick and continuous motion.

2) The player who receives the snap must be at least 2 yards behind the offensive scrimmage line. Direct snaps are always illegal. **Penalty: Illegal Procedure, 5 yards.**

3) It is a personal foul if an eligible receiver is deflagged by the defense prior to touching the ball on a forward pass attempt. **Penalty: 10 yards.**

4) During the interval between downs, when 2 or more consecutive encroachments are committed by the same team, the penalty will be 10 yards for the second encroachment foul.

5) The offensive team must have a minimum of four players on the line of scrimmage prior to the snap.

6) All offensive players must be within 15 yards of the ball at the snap.

7) Players must be in a 2pt position. 3pt and 4pt positions are illegal.

8) All players are eligible for a forward pass. The passer may pass from anywhere behind the LINE OF SCRIMMAGE.

9) The passer shall not intentionally ground the ball in order to avoid a sack. **Penalty: 5 yards and loss of down.**

**Scoring Plays and Touchbacks**

1) Touchdown Verification: The player scoring the touchdown must raise his/her arms so the nearest official can deflag the player. If the player is not deflagged with one good pull, and the official determines the flag belt has been secured illegally, the touchdown is disallowed. The player is disqualified, and it is a foul. **Penalty: 10 yards from the previous spot and a loss of down.**

2) A team is given the choice of going for 1, 2, or 3 points after scoring a touchdown. Once the captain makes the choice, it may only be changed if a time out is called.

   a. Ways of scoring a successful Point-After-Touchdown (PAT):
      i. A) By running or passing from 3 yards = 1 point.
      ii. B) By running or passing from 10 yards = 2 points.
      iii. C) By running or passing from 20 yards = 3 points

3) Play after safety. After a safety is scored, the team that is awarded 2 points will automatically gain possession at their own 14-yard line. (No kick will take place)

**Players’ Conduct**

1) It is illegal to steal or attempt to steal (strip) the ball from a player in possession. The object of the game is to deflag a ball carrier, not to steal the ball. **Penalty: 10 yards from the end of the run.**
2) Roughing the Passer. Defensive players must make a definite effort to avoid charging into a passer after it is clear that the ball has thrown and may not make contact with the throwing arm. **Penalty:** 10 yards and automatic first down, tack on the end of the play (if positive yards have been gained), if not, 10 yards from the original spot and automatic first down.

3) Flag Guarding. Ball carriers may not guard/block their flags with their arms, hands or the ball, denying the opportunity for an opponent to pull or remove the flag belt. **Penalty:** 10 yards.

4) The defensive player shall not (intentionally or accidentally) hold, grasp, or obstruct forward progress of a ball carrier when in the act of removing the flag belt. **Penalty:** 10 yards.

5) Intentionally pulling or removing a flag belt from an offensive player without the ball by a defensive player is illegal. **Penalty:** 10 yards.

6) Offensive Screen Blocking. The offensive screen block must take place without contact. The screen blocker may have his/her hands and arms at his/her side or behind his/her back. Any use of the arms, elbows, legs, or knees to initiate contact during an offensive player’s screen block is illegal. A blocker may use his/her feet in order to gain position before, during and after screen blocking. **Penalty:** 10 yards.

7) Screen blocking fundamentals – a player who screen blocks must not:
   a) when he/she is behind a stationary opponent, take a position closer than a normal step from him or her
   b) when he/she assumes a position at the side or in front of a stationary opponent, make contact with him/her;
   c) take a position so close to a moving opponent that his opponent cannot avoid contact by stopping or changing direction. The speed of the player to be screened will determine where the screener may take his/her stationary position. This position will vary and may be one to two normal steps or strides from the opponent.
   d) after assuming his/her legal screening position, move to maintain it, unless he/she moves in the same direction and path of his/her opponent. **Penalty:** 10 yards.

8) Blocking and interlocked interference. Teammates of a runner or passer may interfere for him/her by screen blocking, but shall not use interlocked interference by grasping or encircling one another in any manner. **Penalty:** 10 yards.

9) Use of hands or arms by the defense. Defensive players must go around the offensive player’s screen block. The arms and hands may not be used to grab or push the opponent aside. The application of this rule depends entirely on the judgment of the official. A rusher may use his/her arms or hands to break a fall or retain his/her balance. **Penalty:** 10 yards.

10) There shall be no bumping, checking, or other intentional contact between a defender and an offensive pass receiver. Both offense and defense are limited to screening an opponent.

11) If a player attempting a diving flag removal trips the ball carrier there is a penalty of 10 yards from the spot of the foul.
1) Only one offensive player may be in motion at the time of the snap. This motion must not be toward the opponent’s goal line. (If two or more players go in motion before the snap, then this is considered a shift and all players must come set for one full second prior to the snap).

**Backward Pass and Fumbles**
1) A runner may pass the ball backwards or lose player possession by a fumble anytime.
2) Fumbles are dead when the ball touches the ground.
3) The ball is put into play by the offensive team at the point where the ball first touched the ground.
4) A backward pass or fumble may be caught or intercepted in flight by any player and advanced thereafter.
5) A fumble into the offensive team’s own 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).

**Legal catch**
1) For a legal catch the pass receiver:
   a) Must come down with at least one foot in bounds.
   b) A catch by any kneeling or prone inbounds player is a completion or interception.
   c) A loss of ball simultaneously with returning to the ground is not a catch or interception.

**Player Conduct**
1) No player shall commit the following acts:
   a) Intentional kick the ball.
   b) Intentionally kicking at any opposing player.
   c) Intentionally swinging an arm, hand or fist at any opposing player.
   *Penalty: Unsportsmanlike Conduct, 10 yards. If flagrant the offender will be disqualified.*

2) Prohibited acts:
   a) Disrespectfully addressing an official.
   b) Using profanity, taunting, insulting or vulgar language or gestures.
   c) Intentionally contacting a game official physically during the game.
   d) Fighting an opponent
   *Penalty: Unsportsmanlike Conduct, 10 yards. If flagrant the offender will be disqualified.*

3) Personal Fouls:
   a) Punch, strike, strip, steal or attempt to steal the ball from a player in possessions.
   b) Trip an opponent.
   c) Contact an opponent who is on the ground.
   d) Throw the runner to the ground.
   e) Deliberately drive or run into a defensive player.
f) Clip an opponent.
g) Tackle the runner.

*Penalty: 10 yards, and if flagrant, the offender will be disqualified.*

**Clarification**
1) Any contact with the quarterback is considered roughing the passer. *Penalty: 10 yards and automatic first down.*
2) Pushing a receiver/defender is not allowed. *Penalty: Illegal use of hands, 10 yards.*
3) Any dead-ball penalty on the defense occurring during a touchdown or a successful PAT will be assessed on the next play from scrimmage at the 14 yard line.
4) When an *inadvertent whistle* is blown by an official, the ball is dead at the point when the whistle was blown. The team against which the inadvertent whistle was blown dead has the option of accepting the play or replaying the down.
5) Spiking, taunting, and any intentional antagonizing of the opposing team will be considered unsportsmanlike conduct. *Penalty: 10 yards.*

**Co-Rec Rules of Play**
1) Co Rec is played 8 v 8. A minimum of three women is needed on the field at all times. Teams can start with a minimum of 6 players.
2) **RULE CHANGE:** in prior years touchdown point values were different for males and females. Moving forward all touchdowns will carry the same point value (6 pts.)
3) PATs count the same regardless of who scores, 1 point from the 3-yard line, 2 points from the 10-yard line, 3 points from the 20 yard line.
4) Must have 5 players on the line of scrimmage at the time of snap.
5) Male runners cannot advance the ball past the line of scrimmage.

**Open and Closed Plays**
1) Each series will begin with an "open" play.
2) On an "open" play, any player can complete a legal forward pass to any other player (male to male forward passes are permitted).
3) Once a male to male forward pass is completed, the following plays will be "closed" until a male to female, female to male, or female to female forward pass is attempted (male to male forward passes are NOT permitted).
4) The pass does not have to be complete and no positive yards must be gained. A true attempt must be made. Once this condition is met, play is "re-opened" with another "open" play permitted.
5) “Open” and “closed” play situations apply to the Try and are dependant upon the previous play.

**Summary of Fouls and Penalties**
*Loss of 5 Yards:*
1) Illegal equipment.
2) Delay of game.
3) Illegal snap.
4) False start.
5) Encroachment.
6) Illegal procedures.
7) Illegal forward pass (5 yards from point of pass and loss of down).
8) Intentional grounding (5 yards from point of pass and loss of down).
9) Helping the runner: the runner shall not grasp a teammate or be grasped, pulled or pushed by a teammate.
10) Unfair tactics.
11) Offensive player not within 15 yards of ball.
12) Illegal Shift.

Loss of 10 Yards
1) Delaying the start of either half.
2) Two or more consecutive encroachments during same interval between downs. The initial encroachment is a 5 yard penalty.
3) Illegal participation.
4) Offensive pass interference. (Loss of down).
5) Defensive pass interference. (Automatic 1st down).
6) Illegally secured belt. (Loss of touchdown, loss of down, player ejection).
7) Unsportsmanlike conduct.
8) Spiking the ball or not returning the ball to the official during the dead ball.
9) Attempt to steal the ball from the carrier.
10) Hurdling.
11) Unnecessary contact of any sort.
12) Roughing the passer (Automatic 1st down).
13) Defensive use of hands.
14) Flag guarding (and stiff arming).
15) Illegal batting.
16) Illegal flag belt removal (prior to runner in possession).
17) Personal foul.
18) Flagrant Unsportsmanlike conduct. (Disqualification).
19) Flagrant personal fouls. (Disqualification).
20) Intentionally tampering with flag belt. (Disqualification).