

Office Line: 303-492- [imsports@colorado.edu](mailto:imsports@colorado.edu)  
Website: [www.colorado.edu/rec-center/intramurals](http://www.colorado.edu/rec-center/intramurals)

Revised August 2024

---

**ROSTER SIZE IS LIMITED TO 16 PLAYERS**  
**Teams winning a championship will receive a maximum of 10 t-shirts.**

Games will be governed by the current rules of the National Intramural and Recreational Sports Association (NIRSA), with the following modifications and points of emphasis:

**GENERAL**

- Participants should have adequate health insurance to cover any injury which may occur.
- **SHORTS WITH POCKETS ARE NOT ALLOWED**
- Alcoholic beverages and drugs are prohibited in the Student Recreation Center, on any recreation center property, and at all Intramural Sports sanctioned events. Participation while under the influence of these substances is also prohibited in these areas. Any violation of this policy will be grounds for immediate ejection, forfeiture, and possible suspension.
- NO JEWELRY is allowed in Flag Football.
- **No Buff OneCard**

- If neither team has the required number of players at the scheduled contest time, both teams will be given 10 minutes to complete their team.
  - No scoring advantage will be given to either team in this case.



worn! Screw-in and Screw-on cleats will only be accepted if they are determined safe by an IM Sports Supervisor before each game.

- Players may not wear hats with bills or knots, watches, headphones,

- A team recording a safety will receive two points. The ball shall be snapped by the scoring team at their own 14-yard line unless moved by penalty.

### **ONSIDE CONVERSION**

- A team can elect for an onside conversion at any point in the second half after a touchdown unless the team is leading by 19 points or more after the score.
- After a score the official will ask the captain whether they would like to go for a Onside conversion following the try. If the decision is changed a time-out will be charged to the team.
- The conversion will take place on the 20-yard line. If the conversion is successful, the offensive team will retain possession on their 30-yard line. Unless moved by penalty.
- If the conversion is unsuccessful the defending team will receive possession of the ball on their 52-yard line. Unless moved by penalty.
- Onside conversions are considered dead when the offensive team converts, the defense secures possession, or the ball becomes dead by rule.

### **MERCY RULE**

- If a team is ahead by 19 points or more at the two-minute mark.

### **OVERTIME**

- There is no overtime during the regular season.
- During tournament play, if the game score is tied after regulation time, then a coin toss will determine possession and direction. Captains will alternate choices if additional overtimes are necessary. The winner of the coin toss will be given the options of offense, defense, or direction. Both teams will go in the same direction in time. Each team gets one time-out. Each team will be given a series of four downs from the same 14-yard line. If the first team is given the ball scores, the second team will still be given the ball and have four downs to attempt to win the game. Try for points after will still be attempted in the same manner.

## **RULE CLARIFICATIONS**

### **THE SNAP**

- The offense must snap the ball within 25 seconds after the Referee has blown their whistle to put the ball into play.
- The snapper shall pass the ball back from its position on the ground with a quick continuous motion of the hands. The snapper may pass the ball either between their legs or from the side. Both of their feet must be behind the line of scrimmage.

### **LINE OF SCRIMMAGE**

- The snapper is the only player required to be on the line of scrimmage.
- Once the center has placed their hands on the ball, no player may enter the neutral zone.
- Until the snap, no defensive player may encroach, touch the ball, stand in, or in any other way interfere with the offensive team.

### **PLAYERS IN MOTION**

- Only one player may be in motion at a time.
- A player in motion may not be in motion toward the line of scrimmage when the ball is snapped. If a player does go in motion toward the line of scrimmage, they must be set for at least one second before the ball is snapped.

### **RUNNING THE BALL**

- Any player, including the quarterback is eligible to run the ball past the line of scrimmage after the ball has been legally snapped.

### **BACKWARD PASSES AND FUMBLES**

- Any ball that is fumbled during a down will be ruled dead immediately at the spot where it touches the ground. Backward passes are unlimited. Backward passes that hit the ground are dead at the spot they hit the ground.

### **FORWARD PASSES AND INTERCEPTIONS**

- Vj g'r cuugtøu'hqqv'o wuv'dg"dgj kpf "vj g'hkpg"qh'uetko o ci g'y j gp'vj g'dcm'rgcxgu'j kulj gt'j cpf u0
- Only one forward pass is allowed per down, backward and lateral passes are unlimited,
- A player attempting to catch the ball in the air must contact the ground with at least one foot in bounds with the ball in possession prior to going out of bounds.
- If a forward pass is caught simultaneously by members of opposing teams, the ball is dead at the spot and is awarded to the offensive team that snapped the ball.

### **PASS INTERFERENCE**

- Pass interference is defined as bumping, pushing, or unnecessary contact with an opponent or restricting a player from access to a pass while on offense or defense.
- Vj gtg'f qgu'pqv'j cxg'vq"dg'eqpvcev'hqt'r cuu'kpvthgtgpeg'vq"dg'ecmgf."qduwvewkpi "cp"qr r qpgpvøu'xkgy "
- Rwnkpi "vj g'tgegkxgtøu'hci "dghqtg"j gluj g'ecvej gu'vj g'dcm'ku'eqpukf gtgf "r cuu'kpvthgtgpeg0

### **PUNTING THE BALL**

- On fourth down the Referee will ask the offensive team if they want a protected scrimmage kick or if they want to go for it. The referee must communicate this decision to the defensive team.
- There are no quick kicks.
- After receiving the snap the ball must be punted immediately in 1 continuous motion.
- Players not kicking on the kicking team may not move until the ball has been kicked.
- There are no restrictions for the number of players the defensive team must have on the line, but

- Should a player lose their flag belt legally or illegally during a down and then should that player gain possession of a live ball, that player will be down when a legal tag (one hand touched by the defense) is made.
- If this occurs during a touchdown, the team will receive the penalty and the touchdown will not be awarded.

### **GUARDING THE FLAG**

- Runners shall not guard the flag by using any part of the body or ball to deny the opportunity for an opponent to pull or remove the flag belt. Contact must be made to call Flag Guarding.

### **CONDUCT/SPORTING BEHAVIOR**

Intramural Sports prioritizes positive sporting behavior by all teams, spectators, and staff. The captain is responsible for the behavior of all team members and representatives. Acti(rehc)4(t0JET.4( pdD4(nd e)4( 68 T4e7es..13