Eligibility

To participate in Ball State University Intramural Sports, you must:

- Be a currently enrolled student with a valid and current Ball State University ID Card.
- Be a current Ball State University faculty or staff member with a valid ID Card.
- Be a Ball State University Rec Cardholder with a valid current Rec Card.
- No Burris or Indiana Academy Student may participate in the intramural sports program.
- Daily or Complimentary Passes DO NOT substitute for a valid BSU ID Card.
- Participation in intramural sports may be limited due to the following constraints:
  - Medical red shirts, as designated by the NCAA, cannot participate within intramural sports at any time.
  - If you are currently participating (includes practicing/playing) with an intercollegiate athletic team, you may NOT participate in the “associated sport” (see the Intramural Sports Policies and Procedures at www.bsu.edu/recreation/intramurals) within intramural sports. Once you cease your affiliation with the intercollegiate athletic team, you may become eligible to play intramural sports in the “associated sport.” Once your eligibility ends and you have been removed from that team’s active roster, you may participate within an associated sport in intramural sports. The Athletic Department Compliance Office to the NCAA reviews all eligibility designations and remains in full contact with this office.
  - ONLY TWO registered sport club team members may participate on an intramural sports team in an “associated sport” relating to their club sport.

Forfeits

- A forfeit will be assessed under three conditions:
  - If minimum amount of players on team do not show up within ten (10) minutes of a scheduled event.
  - A game that ends in result of a team’s unsportsmanlike behavior (i.e. 3 unsportsmanlike technical in a basketball game) will be scored a forfeit against the team that behaved inappropriately.
  - If a team is found to have an ineligible player on their roster.
- A team that forfeits twice in league play will not be eligible for the playoffs.

Protests

Invariably, disagreements may arise due to lack of knowledge of the rules and procedures. A system has been
set aside for participants to “protest” two items within an intramural sports activity. Thus, there are only TWO times that you can file a protest:

- An eligibility concern
- A misinterpretation of a published procedure or rule.
  - A protest **CAN NEVER** be filed on the judgment call(s) of an official**

If a team feels that one or both of the following have happened, a team must do the following:

- Call a time out and request a protest.
- A protest is considered valid only at the time that the discrepancy has taken place. For eligibility protests, you can only protest between the start and completion of a game. For a rule misinterpretation, a team must signify their intent to protest at the exact time. If subsequent play has started before the protest is signified, it’s too late to protest.
- If a protest is deemed invalid or the official’s rule interpretation is correct, the protesting team will be charged one (1) time out.
- If a protest is signified in time, the protesting team’s captain must make themselves available to file a protest form with the on-site intramural sports supervisor. The protest must be filed on the PARTICIPATION PROTEST FORM to be considered valid. This procedure will take a few minutes, as there is important information from participants, officials, and staff. The game will stop during this time and will resume when the proper paperwork is complete.
- The intramural sports supervisor will document all necessary information about the protest and game conditions.
- The game will continue when all paperwork is completed.

**Players**

Each team may have a maximum of five (5) players on the field at one (1) time. A team may begin a game with a minimum of four (4) players.

- All players must check in using a valid Ball State University issued ID.
- Between downs, any number of eligible substitutes may replace players provided the substitution is completed by having the replaced players off the field before the ball is snapped.
- All substitutes must enter the field from their sideline and all replaced players must leave the field on their sideline.

**Captains**

Each team shall designate to the Referee the team captain or captains. The captain’s first choice of any penalty option shall be irrevocable. Decisions involving penalties shall be made before any charged time-out is granted to either team. The team captain is responsible for all information contained in the Intramural Indoor Football Rules.

**Equipment**

- Recreation Services will provide balls, flags, and various colored pennies for all players and teams.
- Each player must wear one flag belt at the waistline with three permanent flags, one on each side and one in the center of the back.
- Teams are required to wear the same colored shirts that contrast with the opponents. If teams cannot provide their own shirts, they may use the provided pennies. Shirts/jerseys/pennies may not be tied in a manner that creates ant type of knot.
- All equipment is subject to the approval of the Intramural Staff on duty.
o Players must wear shoes. Soccer / football type cleats, tennis, or Astroturf shoes are legal. All cleats must be less than 1/2 inch. No sandals, boots, or metal/sharp plastic cleats will be allowed.

o Players may NOT wear pads/braces above the waist, casts/splints at any time, baseball caps or bandanas with knots.

o Players MAY wear kneepads, gloves, covered knee braces, headbands, knit caps, and plastic sunglasses.

o **Players MUST wear athletic apparel with NO exposed metal, NO belt loops, & NO pockets.**

o Players may not wear any exposed jewelry of any type. Medical alert bracelets and necklaces are allowed only when covered and held down.

**The Playing Field**

- Respective lines to gain (1st down) for each team will be the 20-yard line. The point of the ball determines if it crosses the line. The end zones will be five (5) yards in length. One foot must land in bounds and ball in secure possession for a legal catch. Players, coaches, and fans shall stay behind the nets at all times. Two ball spotters (small plastic cones) will be used during play. The ORANGE cone marks the offensive scrimmage line; the YELLOW cone marks the defensive line. The ball spotters will always be one yard apart.

**Playing the Game**

- **Start of Game**
  o The game shall begin with a captain’s meeting and coin toss. The team winning the coin toss may choose to defer their option to the second half or choose from the following two (2) options:
    1. Select to play offense or defense first.
    2. Select which end they would like to defend.
  o The team losing the coin toss shall exercise the remaining option.
  o The ball will be spotted on the 5-yard line to start the game

- **Timing**
  o The game shall consist of two (2) 15-minute halves.
  o The clock shall stop in the last minute (1) of each half. Otherwise, the clock will run continuously barring timeouts.
  o Each team is permitted two (2) timeouts per half and one (1) additional timeout during the entire overtime. Timeouts do NOT carry over.
  o Overtime will be played if regulation ends in a tie.

- **Scoring**
  o A touchdown is scored when the ball breaks the vertical plane of the opponent’s goal line. A touchdown is worth six (6) points.
  o After a team scores a touchdown, they will have the option of trying for one (1) from the 2-yard line, two (2) from the 5-yard line, or three (3) from the 10-yard line. A try is good when the ball breaks the vertical plane of the opponent’s goal line.
  o Each try will be from the following distances and the captain MUST declare their choice to the referee:
    1. Try for one (1) will be from the 2-yard line.
    2. Try for two (2) will be from the 5-yard line.
    3. Try for three (3) will be from the 10-yard line.
    4. If a live ball is recovered by the defense during a try, and they run the ball across the opponent’s goal line, they are awarded three (3) points.
A safety is scored when the ball becomes dead in a team’s own end zone while the team is in possession of the ball or has caused the ball to become dead in its end zone. A safety is also scored when the team in possession of the ball incurs a penalty which leaves the ball on or behind its goal line. A safety is worth two (2) points.

**Mercy Rule**
- If a team is 19 or more points ahead with two (2) minutes or less remaining, the game shall be over.

**Ball In Play, Dead Ball, Out of Bounds**
- **Ball in Play**
  - The offense must snap the ball within 25 seconds of the referee sounding the ready for play whistle.
    - Penalty: Delay of game, five (5) yards.
- **Ball is Declared Dead When:**
  - A forward pass strikes the ground or is caught simultaneously by opposing players.
  - A backward pass or fumble by a player strikes the ground.
  - A runner has a flag belt removed legally by a defensive player.
  - A runner is legally touched with one (1) hand between the shoulders and knees, including the hand and arm, once the flag belt is no longer attached.
  - A snap hits the ground.
  - The passer is deflagged before releasing the ball.
  - A fumble or backward pass hits the ground. The team in control of the ball prior to the fumble or backward pass will maintain possession, unless it was fourth down and the offense did not reach the goal line to gain.
- **Out of Bounds**
  - A ball in player possession is out of bounds when either the ball or any part of the runner touches the ground or anything else, except a player or game official, which is on or outside a boundary line. If the runner in bounds, bumps into, or is touched by a player or an official on the sidelines out of bounds, the ball is still in play.

**Zone Line-to-Gain, Number of Downs**
- **Zone Line-to-Gain**
  - Each zone is 20 yards in length.
  - The zone line-to-gain in any series shall be the zone (next field marker) in advance of the ball, unless distance has been lost due to penalty or failure to gain.
    - In such case, the original zone line-to-gain shall be maintained.
  - The most forward point of the ball, when declared dead between the goal lines, shall be the determining factor.
- **Number of Downs**
  - The offense shall have four (4) downs to reach the zone line-to-gain.
  - If the Offense elects to punt on 4th down, the defense will take possession at the 5yd line on their own end of the field.

**Snapping, Handing and Passing the Ball**
- **The Scrimmage Line**
  - Snapping - the snap does not have to be between the snapper's legs. The player receiving the snap must be at least two (2) yards behind the scrimmage line.
    - Penalty: Illegal Snap, five (5) yards from the previous spot.
  - During the snap, the men's or women's offensive team must have at least three (3) players on their scrimmage line within one (1) yard of the scrimmage line.
    - Penalty: Illegal Formation, five (5) yards from the previous spot.
- No player of the offensive team shall make a false start. A false start is any movement simulating the start of a play.
  - Penalty: False Start, five (5) yards from the previous spot.
- Encroachment - After the snapper has touched the ball, it is encroachment for any player to break the plane of his/her scrimmage line, except the snapper's right to be over the ball.
  - Penalty: Encroachment, five (5) yards from the previous spot.
- Offensive players are responsible for retrieving the ball after the scrimmage down. The snapper will bring the ball from the huddle to the scrimmage line (first ball spotter-orange). A towel may be used to help keep the ball dry and placed under the ball.
- All offensive players must be motionless for one (1) second preceding the snap. After all players are set, a player moving parallel to or away from the scrimmage line is legal.
  - Penalty: Illegal motion, five (5) yards from the previous spot.
- An offensive player that moves or shifts (other than going legally in motion) must stop for one (1) second before the snap.
  - Penalty: Illegal Shift, five (5) yards from the previous spot.
- **Handing the Ball**
  - Any player may hand the ball forward or backward at any time.
- **Forward Pass**
  - All players are eligible to touch or catch a pass. Only one (1) legal forward pass per down is allowed.
  - **A Forward Pass is Illegal**
    - If the passer’s foot is beyond Team A’s scrimmage line (first ball spotter orange) when the ball leaves his/her hand.
    - If thrown after team possession has changed during the down.
    - If intentionally grounded to save loss of yardage.
    - If a passer catches his/her untouched forward or backward pass.
    - If it is the second forward pass in that down.
      - Penalty: Illegal Forward Pass, five (5) yards, spot of the pass, and loss of down, unless there is possession change.
- **Interference**
  - After the ball is snapped and until it has been touched, there shall be no offensive pass interference beyond the offensive scrimmage line when the legal forward pass crosses the offensive scrimmage line (orange ball spotter).
    - Penalty: Offensive Pass Interference, five (5) yards from the previous spot.
  - After a legal forward pass is released by the passer and until it is touched, there shall be no defensive pass interference beyond Team A’s scrimmage line while the ball is in flight which crosses Team A’s scrimmage line.
    - Penalty: Defensive Pass Interference, five (5) yards from previous spot.
- **If opposing players catch a pass simultaneously, the ball becomes dead, is considered a completed pass, and belongs to the offensive team.**
- **Enforcement of Penalties**
  - **Basic Spot**
    - For loose ball plays the basic spot of enforcement is the Previous Spot.
      - Legal forward pass
      - Backward pass, including the snap or fumble made by A-1 from on or behind his/her scrimmage line
      - The run or runs which precedes such legal pass, punt or fumble
      - On all running plays the basic enforcement spot is from the end of the run.
• All fouls are marked off from the basic enforcement spot except an offensive foul behind the basic enforcement spot that becomes a spot foul.
• Live ball fouls committed by either team after Team B gains possession during a try or in overtime shall be enforced at the succeeding spot. All dead-ball fouls are administered separately and in the order of occurrence.

• **Yardage for Penalties**
  o Loss of Five (5) Yards/Replay Down unless otherwise noted.
    ▪ Delay of game (dead-ball foul)
    ▪ False start (dead-ball foul)
    ▪ Encroachment (dead-ball foul)
    ▪ Illegal snap (dead-ball foul)
    ▪ Offensive player leaving the field on the wrong side (dead-ball foul)
    ▪ Illegal procedure
    ▪ Illegal formation
    ▪ Illegal motion
    ▪ Illegal shift
    ▪ Player receiving snap within two (2) yards of scrimmage line
    ▪ Illegal forward pass (loss of down, if by Team A)
    ▪ Intentional grounding (loss of down)
    ▪ Illegal substitution
    ▪ Aiding runner by teammates
    ▪ *Male advancing ball through the neutral zone
    ▪ *Two (2) consecutive male-to-male forward pass completions (loss of down)
    ▪ *Male catches pass and runs beyond scrimmage line (loss of down)
    ▪ Required equipment worn illegally
    ▪ Offensive player not within 15 yards of the ball once the ready for play whistle is blown, the player may line-up outside the 15-yard zone
    ▪ Player out-of-bounds when ball is snapped
    ▪ Intentionally throwing a backward pass or fumble out-of-bounds (loss of down)
    ▪ Illegal contact
    ▪ Eligibility lost by going out of bounds and participating in the play
    ▪ Offensive pass interference
    ▪ Defensive pass interference
    ▪ Stiff arm
    ▪ Flag guarding
    ▪ Illegal flag belt removal
    ▪ Personal foul (Automatic first down if on Defense)
    ▪ Roughing the passer (automatic first down)
    ▪ Illegally secured flag belt on touchdown (Team A - loss of down, Team B automatic first down and player disqualified)
    ▪ Illegal participation
    ▪ Illegal kicking (treated as a fumble)
    ▪ Illegal stripping
    ▪ Unsportsmanlike conduct (players, coaches, substitutes, or others) (Automatic first down if on Defense)
    ▪ Illegal player equipment
    ▪ Spiking, kicking or throwing ball during dead ball
    ▪ Two (2) or more encroachment fouls during the interval between downs
    ▪ Hurdle any player
NOTE: if any of the above infractions are deemed “flagrant,” the player will be disqualified.

**Sportsmanship Policies**

This portion of the document is designed to be a summary of the Sportsmanship Policy for Intramural Sports. Please refer to the Intramural Policies and Procedures Manual for a complete version of this policy.

- **No Player, Coach, or Team Follower Shall:**
  - Use foul or derogatory language, threaten, or verbally abuse any other participant or intramural sports employee before, during, or after the game. This includes trash talk.
  - Participate in a game for which he/she is ineligible.
  - Argue or talk back to the game official.
  - Intentionally strike, push, or trip another person. Fighting is prohibited.
  - Mistreat the facility, equipment, or supplies of Ball State University.

- **Warning/Ejection**
  - A warning/ejection system will be used to enforce the sportsmanship policy. Individuals will be issued a warning for unsporting behavior. A second penalty will result in an ejection. Ejections may be issued without warnings in specific situations, including all those that involve fighting.

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<td>2nd penalty Unsportsmanlike penalty</td>
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- Team captains are responsible for the conduct of their players, sidelines and spectators.
- Fighting is defined as a participant intentionally striking, pushing, slapping, punching, elbowing, tackling or committing any other malicious act toward any other person. Fighting is never permitted during intramural sports contests. Participants who fight will be ejected immediately and suspended from all further participation until the outcome of a disciplinary action meeting with the Office of Recreation Services Staff.

**Co-Ed Modifications**

- A team shall play with a maximum of five (5) player, with the ratio for males and females being 3:2 or 2:3. A minimum of four (4) players is required to begin the game which is two (2) females and two (2) males.
- If a female throws, catches or runs the ball across the goal line for a touchdown, the touchdown shall be worth nine (9) points.
- If a male passer completes a legal forward pass to a male receiver, the next legal forward pass completion must involve either a female passer or a female receiver for positive yards. Any foul, whether accepted or declined, shall have no effect on whether the next legal forward pass completion is "open" or "closed."
  - Open - males are eligible to catch a pass.
  - Closed - male to male forward pass completions are illegal. This rule applies to the try.
  - One (1) foot inbounds is needed for a legal reception.
  - If officials erroneously indicate open/closed play, Team A can either replay or take result of the play.
- **Male Runner**
- A male runner cannot advance the ball through the scrimmage line.
- There are no restrictions concerning runs by a female.
- Once the line of scrimmage has been legally penetrated, all advancement restrictions are eliminated (i.e., a female runner may advance beyond the line and then pitch to a male who is still behind the line and he may advance with no restriction.)
- After a change of team possession any male runner may advance the ball without restriction, as in an interception or punt return.

**Overtime Procedures**

- There will be only one coin toss. The winning captain will have choice of offense of defense. Unless moved by penalty, each team will start 1st and goal from the opposing team’s 20 yard line. The offensive team will have 4 downs to score a touchdown. One overtime period consists of 4 downs for each team. If the score is still tied after one period, play will proceed to a second period or as many as are needed to declare a winner. If the first team with the ball scores, the second team will then have 4 down in which to tie the score. If the defense intercepts a pass or fumble and returns it for a touchdown, they win the game. If they do not return it for a touchdown, the series is over and they will receive the ball on the opponent’s 20 yard line. Each team is entitled to only one time-out during the entire overtime.

*These rules are not meant to be all-inclusive. It is the team captain’s responsibility to consult the Office of Recreation services for clarification on any of these rules. Intramural Sports Staff has the right to alter the operational aspects of a sport at any time during an event if necessary for the completion of the competition.*