1. **Player Eligibility and Check-In:**
   - All players must be registered on IMLeagues, and must be listed on the team roster to participate in a game. Write-ins will NOT be accepted until the player has registered on IMLeagues.
   - All participants must be current members of the gym/recreational facilities, and have a current Duke ID card. Non-members wishing to play intramurals must purchase a membership.
   - Each player must check-in prior to game time, before entering the game, and present their current Duke ID card. Participants will not be allowed to play without the proper ID that has all information, including the picture clearly visible. Misuse of an identification card (borrowing, lending, counterfeiting, altering, etc.) is a violation of the Duke University Duke Card policy. Misuse of the Duke Card may result in a forfeit for that team and a suspension or ejection from the league for the participant.
   - **Current/former Olympic and professional athletes** are not eligible to participate in their respective or alike intramural sport, activity or event. **Intercollegiate athletes** are not eligible to participate in their respective or alike intramural sport, activity or event until a period of one calendar year has passed following completion of all activities for the Department of Athletics, and must compete in the “A League”, or “Competitive League.” **Sport Club athletes** are eligible to participate in their respective or alike intramural sport, activity or event, but a limited amount of Sport Club athletes are permitted per roster. No more than 50% of one team’s roster may be comprised of Sport Clubs athletes of their respective sport. For more information regarding these policies please view the Intramural Sports Participant Handbook.
   - Players are allowed to compete on only ONE Coed League team and ONE Open League or Fraternity League team (a two team maximum); regardless of league classification. Any player found to be violating this policy will be considered ineligible and suspended for a minimum of one game. Teams risk forfeiting any matches an ineligible player has participated in.
   - Roster additions can be made at any time up until the final date for roster additions; generally, prior to the post-season. Please check the flag football sport page on IMLeagues for this information. Following this date only special requests will be accommodated, but the Intramural office must be contacted to approve any requests.
   - Coaches: Coaches may be recognized for an intramural team, but MUST be on the team roster and also be checked off and identified by the intramural staff and its officials prior to the start of the game. Any ineligible coach found to be interacting with the intramural staff will be asked to leave the bench area. Teams and the Team Captain risk further penalty for any ineligible coach.

2. **Number of Players:**
   - A team will consist of maximum of 7 players on the field for any Open League and Fraternity League play. For the Coed League teams may consist of a maximum of 8 players on the field during play. A team must have at least 4 players to begin and end the game for any Open League and Fraternity League play. The Coed League requires at least 5 players to begin and end the game. (*Please see below for 'Coed League Rules' for further rules and game modifications*.)

3. **Equipment:**
   - Shoes shall be made of a canvas, leather, or synthetic material which covers the foot attached to a firm sole of leather, rubber, or composition material which may have cleats or be cleatless.
     - i. Metal Cleats are NOT permitted
     - ii. Cleats of any kind are NOT permitted for any games on the East Turf Field location
     - iii. Cleats will be allowed for games on West Campus Turf & the Pascal Facility.
   - Players may wear a knit or stocking cap. The cap may NOT have a bill; it can have a knit ball on top. Bandanas with a tied knots and hats with brims on them are NOT allowed.
   - No jewelry such as watches, rings, bracelets, necklaces or any other loose accessories.
   - No hard casts or braces of any kind when worn on the elbow, hand, finger, wrist or forearm. Ankle or knee braces are acceptable; exposed metal parts must be covered and padded.
   - All players must wear jerseys or shirts with numbers on them and the same color or similar likeness. Pennies are provided if you can’t supply your own. Jerseys or shirts must be tucked in at all times to access pulling of the flag belt or be at a cut above the flag belt that is acceptable.
   - **Belt loops, shorts or pants with pockets**, or un-tucked hoods are **NOT ALLOWED**.
   - All decisions on the legality of equipment will be made by the officials and his/her decision is final.

4. **Playing Field:**
   - The playing field is 100-yards long by 40-yards wide. The field will be divided into (4) 20-yard zones – these zones will be used as the zones-to-gain for first downs. Each end zone is 10-yards deep.

5. **Start of the Game:**
   - The VISITING team captain will call the toss. The captain winning the toss will have a choice of options for the 1st half or shall defer his/her option to the 2nd half. Options for each half:
     - i. Start on offense or defense
     - ii. Choose the goal his/her team will defend
   - There will be NO Kick-off to begin each half. Teams will start from the designated 14-yard line. At the start of each half, following a safety, touchback, and after a TRY (following a touchdown) the ball will be placed at 14-yard line; unless moved by penalty.

6. **Playing Time & Intermissions:**
   - Games will consist of two 20-minute halves. The clock will run continuously for the entirety of the 1st half, and the first 18 minutes of the second half except for when a timeout is called, an injury occurs, or at the discretion of the Officials.
   - The clock will stop for the following:
i. 2-minute warning (2nd half only) – clock will stop on or after the 2-minute mark depending on play, and will restart on the snap.
ii. Scoring (touchdown or safety) – clock remains stopped for the TRY; clock will restart on the opponent’s snap following the change of possession.
iii. Incomplete Pass – clock restarts on the snap.
v. Time-Outs – clock restarts on the snap.
vi. First Downs – clock restarts depending on the result of the previous play.
vii. Inadvertent Whistle – clock restarts on the ready for play whistle.
viii. Penalties & Enforcement – clock restarts depending on the result of the previous play.
ix. Change of Possession – clock restarts on the snap.

•   **Timeouts:** Each team will have 3 timeouts for the entirety of the game, and will be 1-minute in length. Timeouts may be called by any player on the field; timeouts may NOT be called from the bench area.
•   **Tie Games (Regular Season):** Games will end in a tie; no additional time will be added.
•   **Tie Games (Playoffs Only):** Options will be determined by a coin flip; the VISITING team captain will call the toss. Winner of the toss will be given the option of offense or defense; officials will choose the direction of play (all OT periods will be played towards the same goal line). Teams will alternate choices if additional overtime is needed.
   - Each team will be entitled to 1 timeout for the entire overtime. Any timeouts remaining from regulation time do NOT carry over.
   - Each team will be given a series of (4) downs from the 10-yard line to score a touchdown.
   - After a touchdown the TRY will still be attempted, and scored as indicated by what the offensive team chooses to attempt for (1, 2 or 3-point TRY).
   - If the defense intercepts the ball during the offensive team’s series of downs, the ball is dead at the point of the interception and the series is over.
•   **Extension of Halves (untimed downs):** A half will be extended by an untimed down, if during the last timed down, one of the following occurs:
   1. There was a foul (other than unsportsmanlike) by either team and the penalty is accepted.
   2. Double Fouls.
   3. Inadvertent Whistle.
   4. If a touchdown was scored, the Try will be attempted.

***Note: Accepted penalties that carry a Loss of Down will not extend the half.

7. **Scoring:**
   - Touchdown – 6 points
   - The TRY (point after touchdown):
     - From 3-yard line – 1 point
     - From 10-yard line – 2 points
     - From 20-yard line – 3 points
   - Safety – 2 points
   - Following each score the player scoring the points will be de-flagged by the official to ensure the player did not have an illegally secured flag belt.

8. **The TRY:**
   - Following a Touchdown, the scoring team must announce what points they will be attempting – 1, 2 or 3 points. The official will announce this to the defending team. The offensive team may ONLY change their decision when a timeout is taken by either team.
   - If, during the Try, a loss of down penalty is given on the offense, then there is no score and no replay.
   - If there is a foul on the defense during a successful Try, the penalty will be enforced from the 14-yard line once the change of possession has occurred.
   - If a double foul occurs, the down will be replayed.

9. **Safety; occurs when:**
   - A runner carries the ball into their own end zone, and it becomes dead while in their possession: they become de-flagged, step out of bounds, or drop the ball.
   - A player on the offense commits any foul for which the penalty is accepted and the measurement is from a spot in their end zone.

10. **General Game Play:**
   - **Snapping the Ball:**
     - The Official will initiate a ‘Ready-for-Play’ whistle for each down prior to the snap. The ball may NOT be snapped before the ready-for-play whistle.
     - The ball must be on the ground prior to the snap and the ball passed back with a quick and continuous motion. The snapper may stand in any position they like, but may not stand or have any portion of their feet in the neutral zone.
     - The snapper, after assuming position of the ball may neither move nor change the position of the ball in a manner simulating the beginning of play.
iv. The offense has 25 seconds from the ready for play whistle to snap the ball.

v. The player that receives the snap must be at least 2-yards behind their line of scrimmage.

- Offensive Responsibilities at the time of the Snap (Minimum Line Players):
  
  i. The offensive team is ONLY required to have 1-player on the line of scrimmage prior to the snap which will be the ball snapper. The defense has no requirements prior to the snap in this regard.

- Offensive Motion prior or at the time of the Snap:

  i. Only one offensive player may be in motion, but not in motion towards the opponent’s goal line at the time of the snap. All other offensive players must be stationary in their positions without movement of their feet, body, head, or arms.

- Screen Blocking, Rushing, & Contact:

  i. Screen blocking is legally obstructing an opponent without using any part of the body to initiate contact. The screen blocker must take place with no to very minimal contact. The screen blocker shall have their arms at his/her side or behind his/her back when screen blocking. Any use of the hands, arms, elbows, legs, or body to initiate contact during an offensive player’s screen block is illegal.

  ii. A player may use his/her hand(s) or arm(s) to break a fall or to retain balance.

  iii. Defensive players must go around the offensive player’s screen block. Arms and hands may not be used as a wedge to displace the opponent. The application of the rule depends entirely on the judgment of the official. Any player who screens shall not:

    1. Take position closer than a normal step when behind a stationary opponent.

    2. Make/Initiate contact when assuming a position at the side or in front of a stationary opponent.

    3. Take a position so close to a moving opponent that his/her opponent cannot avoid contact by stopping or changing direction. Time and distance will be used to determine legal screening of an opponent.

  iv. Runners are prohibited from contacting an opponent with an extended hand or arm; “stiff-arming” an opponent is illegal.

- Passing the Ball:

  i. Defensive players may NOT make contact with the passer at any time during or after the play. Players may ONLY go for the flag. Players may try to deflect or block the ball, but cannot make contact with the passer in any way; even if the ball is deflected or blocked. If contact is made this is considered Rouging the Passer.

  ii. All players are eligible to touch a forward pass after it is thrown. The passer may catch his/her own forward pass provided it has been touched by another player first.

  iii. Only one foot must touch inbounds in order for a pass reception to be considered legal.

  iv. If a legal forward pass is caught simultaneously by members of opposing teams, the ball is immediately dead upon the player’s return to the ground and belongs to the offense.

  v. A forward pass constitutes a live ball thrown towards the opponent’s goal line. A backwards pass is a live ball thrown parallel or backwards. Players may pass the ball backwards at any time.

  vi. Only 1 forward pass is allowed per down.

  vii. For a legal forward pass the ball must be released behind the offensive scrimmage line. It is legal for an offensive player to cross their line of scrimmage, and then retreat back behind that line of scrimmage to attempt a forward pass given that is the team’s first attempted forward pass.

  viii. The offense is permitted to take the snap and immediately throw the ball to the ground to stop the clock.

  ix. It is illegal to intentionally throw the ball out of bounds or to the ground to avoid a loss of yardage.

- Batting/Stealing/Stripping the Ball:

  i. It is illegal to attempt to steal the ball while in player possession. Once a player has obtained possession of the ball, his/her opponent must play the flag, not the ball. Any attempt or motion to strip, slap, punch or strike at the ball while in player possession is also illegal.

- Ball Hitting the Ground:

  i. A snap, pass, muff or fumble is dead at the spot where it first contacts the ground.

  ii. If a player in possession of the ball fumbles then the play is blown dead, and possession remains with that team that fumbled, unless the result is a turnover on downs.

- Punting (Kicking/Throwing):

  i. On Fourth Down the official will ask the team captain if they will be punting or “going for it,” and announce this decision aloud for both teams.

  ii. Punts may be thrown or punted (this decision is up to the kicking team/player).

  iii. Punts will be snapped. After receiving the snap, the kicker/thrower must release the ball immediately. Official’s discretion will be used with any team “trying to consume time” if delaying the kick/throw following the snap of the ball, and a penalty can be enforced.

  iv. Neither the kicking nor the receiving team may advance beyond their scrimmage lines until the ball has been released; there is no rushing of the punter.

  v. When a punt touches a player from either team and then hits the ground, the ball is dead and belongs to the receiving team. If a punt first hits the ground, then it may be received and advanced by the receiving team.

    1. A kicking player cannot release the ball to themselves or any other kicking player. If first caught or touched by a player from the kicking team, the ball is dead, and the receiving team takes possession of the ball at the spot of the catch or touch.
2. If the ball hits any player in the air, and then is caught by a receiving player, it can be advanced. If the ball hits a receiving player, and is caught by a player from the kicking team before hitting the ground, the ball is dead at the spot of the catch, and belongs to the kicking team; a new series is awarded.
   vi. Fake punts are NOT allowed. There are no “fair-catches” on punts – the ball remains live.
   vii. If a (thrown) punt goes out of bounds between the receiving team’s goal line and 14-yard line, the ball is spotted at the 14-yard line. If a (kicked) punt goes out of bounds between the receiving team’s goal line and 14-yard line, the ball is spotted at where it went out of bounds. If a thrown or kicked punt goes out of bounds at any other point in front of the 14-yard line the ball is spotted at the spot where it went out.
   viii. If the punt breaks the plane of the receiving team’s goal line, it is a touchback; the ball is spotted at the 14-yard line.

- **Establishing Zone-to-Gain following Loss of Yardage or Penalty Enforcement:**
  i. If a penalty forces the offensive team to retract yardage into a previous zone after establishing a new zone, then that team will still be required to advance to the next zone-to-gain. This is commonly referred to as “double-sticks”.

- **Flag Belts & Flag Guarding:**
  i. Players must have possession of the ball before they can be de-flagged legally by an opponent.
  ii. If a player loses their flags inadvertently or without having been contacted by an opponent, then play continues and they are only de-flagged by a one hand touch between the shoulders and knees.
  iii. A player running with the ball CANNOT cause contact by intentionally blocking access to or preventing the removal of their flags. Fellow offensive teammates also may NOT run alongside or nearby a teammate who has the ball and screen defensive players from having access to the ball carrier.
  iv. Opponents may NOT hold, push or knock a player or ball carrier down in an attempt to gain advantage or remove their flags.
  A player with the ball may NOT be pushed out of bounds – **Illegal Contact**.
  v. A ball carrier cannot deliberately run through an opponent who is attempting to de-flag them. Ball carriers must make an attempt to avoid contact – **Illegal Contact**.

- **Inadvertent Whistle:**
  i. If an inadvertent whistle occurs, the play is immediately blown dead. The team in possession of the ball may elect to put the ball in play where it was declared dead or replay the down.
  ii. In the event that an inadvertent is sounded during a loose ball (forward pass or punt, for example), the ball is returned to the previous spot and the down replayed.
  iii. No time will be added back to the game clock for an inadvertent whistle.

- **In-Game Protests:**
  i. Protests concerning a Rule Interpretation will be considered on the field by the Head Supervisor following the incident in question. Only the captain may call for a protest and present the situation in question to the Head Supervisor. The game will be suspended until a decision is made regarding the protest. If a team continues with the next play following the incident in question and does not call for protest, then the team forfeits their right to protest.
  ii. Judgment calls cannot be protested, and will not be overturned.
  iii. A team choosing to protest will be charged with a timeout if the protest is ruled invalid. If the protest is valid, the timeout will be charged to the officials. If a team chooses to protest with no timeouts remaining they may do so, however, they will be charged with a 5-yard delay of game penalty if the protest is ruled invalid.

- **Disqualifications:**
  i. Two unsportsmanlike fouls by the same player results in a disqualification, and the player will be removed from the game; in addition, the disqualified player will serve a 1-game suspension, missing their next scheduled contest. Any player receiving two disqualifications during the course of the season will forfeit the remainder of their season. Any team receiving four unsportsmanlike fouls in one game will automatically forfeit the contest.

**11. Mercy Rule:**
- Any team ahead by 19 or more points when the 2-minute warning is announced in the 2nd half, the game is over. Any team scoring in the last 2-minutes of the 2nd half and that score results in a point differential of 19 or more points, the game is over.

**12. Sportsmanship:**
- The goal of Duke Intramural Sports is to provide recreational environments for its participants who are safe, fun, and inclusive and further promotes teamwork, communication, integrity and healthy lifestyles. While the game environment can be competitive, ensuring player safety, providing a fun atmosphere, and promoting sportsmanlike behavior for participants, spectators, and staff are the program’s primary concerns and are the sole responsibility of its participants, spectators, and staff.
  ➢ Participants and spectators are expected to maintain good sportsmanship throughout their participation in Duke Intramural Sports as it applies to Intramural Staff, fellow participants, team followers, and spectators.
- The team and captain(s) are responsible for the actions of the individual team members and spectators or team followers. Coaches may be recognized for an intramural team, but MUST be on the team roster and also be checked off and identified by the intramural staff and its officials prior to the start of the game.
  ➢ Only the recognized head team captain (1) and/or coach are permitted to speak to the officials regarding administrative matters such as protests, ejections, rule clarifications, etc. Intramural staff will only recognize these persons when communicating matters in an intramural game, and only when addressed in a civil, good-natured manner.
  ➢ Furthermore, it is expected of team captains and/or coaches to assist the intramural staff and its officials to calm difficult situations, restrain troubled teammates, and assist in other administrative matters as asked by the intramural staff.
Coed Flag Football Rules (All the above rules apply unless otherwise noted):

1. **Number of Players:**
   a. A team will consist of maximum of 8 players on the field.
   b. A team must have at least 5 players to begin and end the game. A team may only continue with fewer than 5 players as long as the team has a chance to win the game.
   c. There must be an equal ratio of female to male participants on the field at all times (4:4) when having 8 players present. If starting with 7 players it can be a 4:3 ratio of males to females or vice-versa. With 6 players a 4:2 ratio of males to females or vice-versa or a 3:3 ratio is acceptable. A team with 5 players present is required to have a 3:2 ratio of males to females or vice-versa.

2. **Male Runner:**
   a. A male runner on the offensive team cannot advance the ball through their own scrimmage line unless a legal forward pass has occurred. There are no restrictions on a female runner.
   b. If a female passer completes a legal forward pass to a male receiver behind the offensive scrimmage line, the male runner MAY advance past their own scrimmage line.

3. **Male to Male Completion:**
   a. During the offensive team’s possession, there may not be 2 consecutive legal forward pass completions from a male passer to a male receiver. This rule applies to the TRY. 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. There are no other restrictions concerning a male passer completing a legal forward pass to a female receiver, or female to female, or female to male. A legal forward pass caught jointly by male and female teammates is considered a female reception.

4. Open & Closed Plays:
   a. Announcement: Prior to each play, the head referee will announce both the down and either "open" or "closed" status for the upcoming play.
   b. Open Status: The term “open” means any player can complete a legal forward pass to any other player anywhere on the field (male to male forward passes are permitted).
   c. Closed Status: The term “closed” means a male player may not complete a legal forward pass to any other male player anywhere on the field. The next legal forward pass completion must involve either a female throwing the pass or receiving the pass (male to male forward passes are NOT permitted).
   d. Open to Closed: The status changes from “open” to “closed” on any legal male to male forward pass completion, regardless of a gain or loss of yardage on the play.
   e. Closed to Open: The status changes from “closed” to “open” on any legal male to female, female to male, or female to female forward pass completion, that results in positive yardage gain.
   f. Restricted Play: Any male to male forward pass completion during a “closed” play is considered an Illegal Male Reception. PENALTY – the penalty is 5 yards from the previous spot AND a loss of down.

5. Scoring:
   a. If a female player scores a touchdown, the point value for the score is 9. If a female player throws a legal forward pass and a touchdown is scored, then the point value for the score is also 9.
   b. All other touchdowns are worth 6 points.
   c. All TRYs following a touchdown remain as the same value (1, 2 or 3 points) regardless of who scores.

6. Mercy Rule:
   a. If a team is ahead by 25 or more points when the 2-minute warning is announced in the 2nd half, then the game is over. If a team scores in the last 2-minutes of the 2nd half and that score results in a point differential of 25 or more points, then the game is over.