Expectations of Behavior:

The Emmanuel College Intramural Sports program has four primary objectives.  
First, the encouragement of a closer, more intimate one-to-one relationship with God;  
Second, others before self;  
Third, to provide for a social activity within a physical arena that encourages positive competition while advancing a whole-body, whole-community well-being concept;  
Fourth, to have fun!

Toward these objectives the following statement of expected behavior will be applied to every player and fan in every aspect of our Intramurals program.  

Ejection: “If a player or nonplayer is ejected from a game due to unsportsmanlike conduct, he/she may be allowed to remain on the bench. If the ejected player or nonplayer creates a problem for the game officials from the bench area, he/she will be told to leave the field area. The field area is defined as “out of sight, out of sound”. If the ejected player or nonplayer refuses to leave after a reasonable amount of time, the Referee will inform the captain/coach that the game will be forfeited.”

** Ejection for profanity or overly aggressive play or violence is automatically an “out of sight, out of sound” ejection !

Profanity, rude and/or aggressive verbal or physical behavior will not be tolerated. This includes language that makes fun of any ethnic, cultural, gender, religious, or socio-economic group from an individual or group perspective. There is ‘no fun’ in language or behavior that ridicules others.

Profanity or rude language, or aggressive or rude behavior (including slang or short names & gestures) will result in immediate ** ejection from the current matches and may result in suspension from Intramurals. Repeated occurrences of the language or behavior expectations will be referred to the Vice President for Student Life for disciplinary action.

Physical violence of any type will result in: immediate ** ejection from the current matches; a minimum three-game suspension from all Intramurals activities; and referral to the Vice President for Student Life for disciplinary action.

Waiver of Injury Liability:

Emmanuel College and the Intramural program are not responsible for any injury that occurs during practice for or during actual game playing time. All intramural participants are wholly liable for the payment of their medical care that is a result of any injury incurred. Participants are encouraged to have private-personal medical insurance. Participation in intramural activities is voluntary and all medical expenses incurred through participation are the sole responsibility of the participant.

Participants indicated their understanding of the Emmanuel College ‘Expectations of Behavior’ and the ‘Waiver of Liability’ when they initialed their Intramural Draft Application.
Game Play

Field (Measurements Are Approximate)
- 80 yards long and 40 yards wide (men)
- 70 yards long and 40 yards wide (women)
- 10 yard zones

Game Specific
- Four (4) non-playing (non-team playing) members of the Intramurals Leadership Team or student-leader specified students will serve as the ‘Game Referees’.
  - A game may be played with only three (3) game referees on the field.
  - Referees are under the direct supervision of Intramurals Student Intern (Richard Robertson) and/or the Referee Team Leader (Caleb Newberry).
  - Referee assignments are posted on the current game schedule as posted on the Intramurals web site.
  - Two no-shows will result in the individual being suspended as a referee.
  - Each referee MUST avoid interaction with fans and MUST NOT allow their ‘social aspect’ to interfere with completing their assigned duties as a referee.
  - Each referee MUST wear one of the traditional referee shirts.
  - Each referee will be provided a whistle & yellow flag.
  - Each referee MUST read both the 2010 Intramurals Student Handbook and the Intramurals Game Rules as posted on the Intramurals web site.
  - A referee MUST never make physical contact with any player.
- One (1) non-playing (non-team playing) member of the Intramurals Leadership Team will serve as the ‘Official Score Keeper & Timer’ for all games. The score keeper will NOT make any calls regarding rule violations.
  - The score keeper must clearly announce the time remaining at 5-minute intervals for the first 15 minutes, then every minute after the 5 minutes remaining warning.
  - When there are two (2) minutes remaining the score keeper must announce time remaining at one (1) minute, 45-30 & 15, & 5-4-3-2-1 seconds remaining.
  - The score keeper will also administer and track all team time out periods.
- Two (2) 20:00 halves
  - Clock will run continuously until after the 2:00 minutes remaining point of each half.
  - The clock will NOT stop at the two minutes remaining unless there is a dead-ball exception.
  - The game clock will stop after the 2:00 mark of each half for:
    - Penalties
    - Scoring plays
    - Incomplete plays
    - Out-of-bounds
    - Injured players
    - First downs (until the ball is set at the line of scrimmage signified by the offensive referee’s whistle.)
  - 2:00 half time
- Overtime
  - If at the end of regulation game time the score is tied, overtime will be played.
  - A coin toss will take place at the end of regulation time.
  - The winning team of the coin toss will be given choice of offense or defense.
The object is to score a touchdown in four (4) downs starting from the 20 yard line. After the team with the ball first scores, then the other team is given four (4) downs to score.

- This process repeats until a winner is declared.

- When a pass is intercepted the defense becomes the offense and begins their series of downs. If the interception is returned for a touchdown, the game is over.

- Penalties are assessed similar to the regular game. A team shall be given a new series of downs when an automatic first down penalty is assessed. Dead ball penalties after a touchdown are assessed on the extra point attempt.

- Coin toss
  - The winner of a pre-game coin toss shall have the first choice of options:
    - Offense/defense
    - Which goal to defend
    - To defer their choice of i or ii until the second half
  - The loser of a pre-game coin toss will be given second choice of the remaining option(s).

- End of Play/Dead Ball
  - A play is considered dead/ended when:
    - A flag belt is removed by an opposing player.
    - A tag is applied to a player in possession of the ball only if their flag belt has fallen off without being removed by an opposing player.
    - A player in possession of the ball falls to the ground.
      - Unless this player is holding themselves up with their hand.
    - A player in possession of the ball has their forward progress stopped.
      - This includes but is not limited to a tackle/bear hug.
  - The ball makes contact with the ground as a result of:
    - A fumble
    - Lateral/backward pass
    - Incomplete pass
    - Touching the ground as a result of a punt

Penalties **ALL PENALTIES ARE SUBJECT TO THE DISCRETION OF THE OFFICIALS ON THE FIELD** (Definition of penalties are given at the end of rules)

- 5 yards
  - Required equipment worn illegally
  - Illegal procedure
  - Offsides
  - Delay of game
  - Encroachment
  - Illegal forward pass (loss of down)
  - Intentional grounding (loss of down)

- 10 yards
  - Delaying the start of either half
  - Illegal participation
  - Obstructing the runner
  - Personal foul (stated in rule)
  - Spiking the ball or not returning the ball to the official during the dead ball
  - Holding
  - Bull rushing
- Illegal blocks
- Offensive pass interference (loss of down)
- Defensive pass interference (automatic first down)
- Roughing the passer (automatic first down)
- Flag guarding

- **Personal fouls** *(all personal fouls result in an automatic ejection from the game)*:
  - Punch, strike, strip, steal, or attempt to steal the ball from a player in possession
  - Trip an opponent
  - Contact an opponent on the ground
  - Throw the runner to the ground (automatic first down)
  - Hurdle another player
  - Contact an opponent either before or after the ball is declared dead.
  - Deliberately drive through or run into a defensive player.
  - Clip an opponent
  - Position themselves on the shoulder of a teammate or opponent to gain an advantage.
  - Tackle the runner
  - Stiff arming
  - Screen blocking with contact
  - Intentional flag belt tampering

- **Direction of play**
  - Direction of play will remain the same throughout halves.
  - Direction of play will change at half time.

- **Timeouts**
  - Each team is given three (3) 1:00 timeouts per half.
  - Time outs do not carry over, if a timeout is not used in a half, it is lost.
  - Players
    - Seven (7) players are maximum.
    - Five (5) players is minimum

- **Attire**
  - All players must be in appropriate attire at the discretion of the officials
  - No breakaway pants/shorts may be worn.
  - Jewelry must be taken off or secured.
  - Hard-billed hats are not permitted.
  - No metal spike or hard plastic cleats.
  - Towels shall not be worn; a towel shall be kept behind the play.
  - No pads except to protect an injury.
    - Except soft pliable basketball or wrestling knee pads on legs, knees and/or ankles.
    - ALL SHIRTS MUST BE TUCKED IN AT ALL TIMES.

- **Ball**
  - Men shall use an official “Collegiate” size ball
  - Women shall use a “Youth – Rec-League” size ball
    - A team can use a bigger ball, but shall not use a smaller ball.
Substitutions
- Open substitutions are permitted during a dead ball.
- Any participant that is noted to be bleeding during competition will be removed from the game until bleeding stops. The Team Captain and game officials are jointly responsible for removing the bleeding player. The game officials will determine when the player may return. In the event that a team has no substitutes, the game will be stopped for no more than five (5) minutes. If the bleeding has not stopped after the 5 minute pause, the team will forfeit.

Fumble
- A fumbled ball or missed backward pass is dead immediately upon touching the ground and is not recoverable by either team.
- The fumble belongs to the team that had possession of the ball prior it hitting the ground.
- The following down is placed at the place where the ball makes contact with the ground.

Scoring
- Immediately after a scoring play, the player who completes the scoring play must stop and remain at one location in their end-zone until a game referee reaches the players location.
  - After a game referee reaches the scoring player, the PLAYER must demonstrate that their flag is properly worn by ‘holding on to one flag and then removing their flag-belt just as if a defensive player had attempted to remove the player’s flag belt’.
    - The first non-compliance of this rule will result in a ‘Delay of Game’ penalty to be assessed after the extra point attempt.
    - The second non-compliance of this rule will result in the denial of the scoring points, a forfeit of the attempt of the extra point conversion, a change of possession, and will also result in a ‘Delay of Game’ penalty to be assessed after the change of possession !!

Touchdowns- 6 points
- Point after touchdown
  - 5 yds.- 1 point
  - 10 yds.- 2 points
  - Defensive conversion of PAT- 3 points
  - Safety- 2 points

The Flag Belt
- Flags must be secured but the clipping them around the waist only.
- Do not tie
- Do not secure in any other fashion other than the clip.
- Failure to comply will result in a warning for first violation, then a personal foul for the second violation.
- All shirts must remain tucked in, and are not permitted to hang over the flag belt.
- Should a player lose their flag belt during a down and gain possession of a live ball, that player will be considered down when a legal tag is applied.
- Legal tag- one hand touched by the defense between the shoulders and knees, this includes the hand and/or arm.
- A player is not allowed to remove the belt of an opposing player without that player having possession of the ball.
  - This will result in an optional personal foul penalty to be assessed from the spot of the foul.

  o **Offense**
  - **Play clock**
    - A 25 second play clock will be given to the offensive team to run a play.
      - This countdown will be kept by the offense referee.
      - This countdown will start once the ball is set at the line of scrimmage and is signified by the offense referee’s blowing of the whistle.
      - The referee will announce to the offense team the 15, 10, 5-1 second marks.

  o **Eligible players**
    - All offensive players must be within 15 yards of the huddle momentarily after the 25 second clock begins.
    - During a play, a player that steps out-of-bounds is no longer allowed to make contact with the ball. This will result in an illegal participation penalty to be assessed from the previous spot and a replay of the down.

    o **Line of Scrimmage**
      - With 7 players
        - At least 4 players must line up on or within one yard of the line of scrimmage for the ball to be signaled ready to be played.
      - With 5-6 players
        - At least 3 players must line up on or within one yard of the line of scrimmage for the ball to be signaled ready to be played.

  o **Snapping**
    - The center, after assuming the position for the snap and adjusting the ball must leave the ball on the ground and may not move or change the position of the ball once “Line Set” has been declared.
    - Women’s Teams may use an upright snap.
    - The center must not make a motion with the ball that simulates a snap.
    - A snap may occur either between the legs or to the side of the center.

  o **Motion/shift**
    - Only one offensive player may be in motion after “Line Set” is declared.
    - The motion may not be in the motion of the line of scrimmage.
    - Motion toward the line of scrimmage will result in an illegal procedure penalty.
    - A player that is considered on the line is not allowed to move into motion after “Line Set” is declared.
      - This action will result in an illegal procedure penalty.

  o **Passing**
    - A passer shall not intentionally ground the ball, or throw the ball to place where there is not a receiver within five (5) yards of the destination, this is will result in an intentional grounding penalty being assessed from the point where the ball was thrown from and a loss of down.
    - **receivers**
      - All players on the offense team are eligible to receive a pass
      - Any attempt by the offensive receiver to screen a defensive player will be considered offensive pass interference.
- If a player is in the air attempting to catch a ball, the player must contact the ground with at least one body part in-bounds with the ball in their possession prior to going out-of-bounds, unless contact by an opponent causes the player to first touch out-of-bounds.
- If possession of the ball is lost simultaneously when they hit the ground, it is not a catch.
- If a forward pass is caught simultaneously by members of opposing teams, the ball is dead at that spot and the ball belongs to the team that snapped the ball.
  - Bump and run pass offense is offensive pass interference.
  - Contact with a defensive player that obstructs that player from contacting with a catchable ball is offensive pass interference.

- **Runners**
  - Stiff arming is not allowed
  - A personal foul will be called in the event of a stiff arm, to be assessed from the spot of the foul.
  - Diving for yardage/touchdown is not allowed
    - The play will be considered dead and marked down at the point the player in possession of the ball leaves their feet.
  - Flag guarding
    - Players with possession of the ball shall not flag guard by using any part of the body or ball to deny the opportunity for an opponent to remove the flag belt.
    - Flag guarding includes but is not limited to:
      - Swinging the hand or arm over the flag belt to prevent an opponent from removing the flag belt.
      - Placing the ball in possession over the flag belt to prevent an opponent from removing the flag belt.
      - Lowering the shoulder in such a manner that would prevent an opponent from removing the flag belt.

- **Screen blocking**
  - Legally obstructing an opponent without using any part of the body to initiate contact.
  - Screen blocking shall take place without contact.
  - The blocker shall have their hands and arms at their sides or behind their back.
  - A screen blocker cannot use their hands, arms, elbows, legs or body to initiate contact.
  - If they do initiate contact a personal foul penalty will be assessed from the spot of the penalty.
  - Screen blockers may not:
    - Take a position closer than a normal step when behind a stationary opponent.
    - Make contact when assuming a position at the side or in front of a stationary opponent.
  - Take a position so close to an opponent that they cannot avoid contact by stopping or changing direction.
Safety
- If a player carries the ball across the goal line they are defending and the ball becomes dead while in their possession, it is a safety.
- If a player commits a foul in the end zone they are defending where the spot of enforcement is designated as the spot of the foul, it is a safety.
- A backward pass or fumble into the defending end zone will result in a safety.
- A team recording a safety will receive two (2) points, and that team shall retain possession of the ball on that team’s 20 yard line.

All penalties obtained after the ball is dead to the scoring team will be assessed from the start of their series of plays.

Punting
- On the fourth (4th) down, the offensive referee must ask the offensive captain (or co-captain) if they want to punt or go for the first (1st) down. Once the offensive captain has declared their choice, the referee will inform the defense of the choice.
- The only way the offense can change their choice is:
  - Call a time-out
  - If a foul occurs any time prior to or during the down and the down is replayed.
- The kicking team must have all of its players except for the punter on the line of scrimmage.
- No kicking team players may move until the ball is kicked.

Defense
- Eligible players
  - A maximum of 7 players are to be on the field once “Line Set” is declared.
  - More than 7 players results in a delay of game penalty.
  - Line of Scrimmage
    - A defensive player shall not have any part of their body in the neutral zone (signified by the orange cones) at any time once “Line Set” is declared.
    - Doing so results in an encroachment penalty.
  - Pass defense
    - Bump and run pass defense is defensive pass interference.
    - Any contact with an offensive receiver that obstructs that player from receiving a catchable ball is defensive pass interference.
    - Removal of the flag belt of a receiver prior to receiving a pass, a defensive pass interference penalty will be assessed from the spot of the foul.
  - Obstructing the runner
    - A defensive player shall not hold, grasp or obstruct the forward progress of the player in possession of the ball while attempting to remove the flag belt.
    - An obstructing the runner penalty will be assessed from the end of the play.
    - A defensive player can dive in an attempt to remove the flag belt.
    - If the defensive player trips the ball carrier in the process of diving, an obstructing the runner penalty will be assessed from the end of the play.
o **Passer Defense**
  - A defensive player shall make effort to deflect a pass.
  - A defensive player shall not charge a passer or make contact with the throwing arm. This will result in a roughing the passer penalty.
  - A defensive player shall not run straight over another player in order to reach the passer. There should be an obvious attempt to go around the blocking player.
    - If the defensive player does commit this violation, a bull rushing penalty will be assessed at the end.

  ▪ Penalties
    o Illegal procedure - movement of any kind by the offensive team that is not considered a legal motion (see rule).
    o Offsides - defensive player lines up in the neutral zone at the snap of the ball.
    o Delay of game - the offensive team does not snap the ball into play before the 25 second play clock expires.
    o Encroachment - a defensive player moves into the neutral zone prior to the snap of the ball.
    o Illegal forward pass - a player that has crossed the line of scrimmage throws the ball in a forward manner, or if a player receives a forward pass behind the line of scrimmage then throws the ball forward.
    o Intentional grounding - the passer throws the ball and it lands in an area that does not have an eligible receiver within 5 yards.
    o Delaying the start of either half - forcing the half to start after the referees have signaled for the start.
    o Illegal participation - a player from the off of the field of play interferes in the game.
    o Obstructing the runner - a defensive player obstructs the player in possession of the ball from forward motion in any manner other than to remove the flag belt.
    o Spiking the ball or not returning the ball to the official during a dead ball - the ball is to be returned to any referee, this includes but is not limited to leaving the ball at the spot where the player stops motion or the player places the ball anywhere other than in a referee’s hands.
    o Holding - a blocker uses their hands, arms, elbows to obstruct a defensive player from getting to the player in possession of the ball.
    o Bull rushing - intentional running over a player with no attempt to go around the blocking player.
    o Illegal blocks - a player block another player from making a motion to defend another player.
    o Offensive pass interference - an offensive player makes contact with a defensive player in way that hinders the defensive player from having a fair attempt at touching a catchable ball.
    o Defensive pass interference - a defensive player makes contact with an offensive player in a way that hinders the offensive player from having a fair attempt to catch a catchable ball. *(automatic first down)*
    o Roughing the passer - a defensive player charges (bull rushes) or makes contact with the throwing arm of a passer. *(automatic first down)*
    o Flag guarding - using any part of the body or ball to deny the opportunity for an opponent to remove the flag belt.