

INTRAMURAL TOUCH FOOTBALL
Manchester University
Rules and Regulations

1. Each roster will consist of 8-9 players. Six will play at one time. Co-Rec teams need equal numbers of men and women on the field. A game may be played with five players. **“In-Season” intercollegiate athletes are restricted from participating in their current sport. “Off-Season” athletes are allowed to participate with no more than two (2) intercollegiate athletes per roster in that sport. In the case of co-recreational leagues, no more than two (2) intercollegiate athletes are allowed on a roster in that sport. A student is considered an intercollegiate athlete in a sport if he/she is on the sport’s official roster after the start of intercollegiate competition for the season.**
2. The roster signature for each player indicates the participant has read about and assumes the risk for any injuries that may occur during the sports competition.
3. If a team is not ready to play five minutes after the posted starting time, it is considered a forfeit.
4. The field will be approximately 80 yards long, 40 yards wide, divided into four 20 yard sections for first downs. The end zones will be 10 yards deep.
5. The game will consist of two twenty minute halves. Halftime will be 5 minutes long. An official or an Intramural Student Supervisor will keep time.
6. Any game tied at the end of regulation play will continue with overtime play. In overtime, the ball will be placed on the 20 yard line and both teams will have 4 downs to score. If score occurs extra point will follow. If neither team scores or the score is still tied after one hour, the game will then be recorded as a tie.

SCORING - Touchdown 6 points
 PAT 1 point
 Safety 2 points

7. For PAT's the ball will be placed on the 5 yard line.
8. The clock will not stop except for a time out. Each team will be given 3 time outs per game. Time outs do not carry into overtime. Each team will be given one time out in overtime play.
9. After the ball is set by the officials the offensive team has 15 seconds to start the next play. After the ball is hiked, the offense has 12 seconds to get off a play or the play is dead and is marked as a loss of down.
10. Players may substitute any time the ball is not in play, and all present team members must play at least one series in each half.
11. See the MU Source for appropriate principles of conduct. No changes or additions to team rosters will be allowed after competition begins.
12. The winning captain is responsible for reporting the scores to the Intramural Student Supervisor. Any accident or injury must be reported immediately to the Intramural Student Supervisor on duty.
13. Direct any questions or concerns to the Intramurals Office, in the PERC, x5390.

PLAYING REGULATIONS

1. **STARTING THE GAME:** A coin is tossed, the winner chooses to kick or receive or defer to the second half. The loser chooses which goal to defend.
2. **PUTTING THE BALL IN PLAY:** At the start of each game and after each score, the ball will be put into play with a punt or place kick at the 20 yard line. The defensive team must be 20 yards away, all members of the kicking team must remain behind the line until the ball is kicked. Once the ball travels 20 yards it is live and may be recovered by the kicking team. Each team has one chance to kick-off. If the ball is kicked out of bounds, they get a "re-do" and must then throw the ball as a "kick-off".
3. **FUMBLES AND INTERCEPTIONS:** All fumbles and interceptions are live and returnable.
4. **START OF AN OFFENSIVE PLAY:** Every offensive play will start with a center to quarterback snap. The ball must be snapped between the center's legs.
5. **DOWNED BALL:** The play will be ruled dead when the ball carrier is touched with two hands simultaneously on the shoulders or below, when the flag is pulled, or when any part of the ball carrier's body touches the ground. (Except hands or feet)
6. **FIRST DOWNS:** The offensive team must advance the ball to the next zone in 4 plays or it is a turnover.
7. **PASSING:**
 - A. All players are eligible for a pass except the center.
 - B. Forward passes may be thrown from any point behind the line of scrimmage.
 - C. Lateral passes may be thrown anywhere on the field.
8. **PENALTIES:**
 - A. 5 yards for unnecessary roughness.
 - B. 10 yards for illegal block (holding, clipping, leaving feet).
 - C. 5 yards for offsides, encroachment.
 - D. Pass interference will be spot of foul with first down.

Any intentional blow to the head will result in ejection and 15 yard penalty.
9. **PUNTING:** When a team chooses to punt it must notify the officials. No quick kick or fakes. The defensive team is not allowed to rush, unless there is a bad snap or the punter drops the ball. The offensive team may not cross the line of scrimmage until the ball is kicked.
10. **RUSHING:** There is a three second rush count for the defense which will be done by the officials. If the ball is fumbled by the quarterback or the ball is handed off the defense may rush immediately.