



Referee and Player Handbook

2025-2026

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Referee and Player Handbook for Regent Intramural Sports
Updated September 2025

1. Conduct

Attendance at the University and participation in institutional activities are viewed as privileges rather than rights. Along with these privileges come a variety of responsibilities. It is assumed that all students are mature individuals needing limited guidance and direction regarding personal and behavioral activities. Biblical standards for personal conduct are assumed to be understood by University participants. By agreeing to follow the Standard of Personal Conduct, a student certifies that he or she will submit themselves to the standards of the Regent University community throughout the time of enrollment as a student. Regent University members maintain a life of discipline, which promotes the well-being of themselves and other community members. This Standard of Personal Conduct applies to a student's conduct while on-campus, off campus, and online.

- a. Referees are expected to conduct themselves in a Christ-like manner at all times. Referees are direct representatives of Intramural Sports and Regent University.
- b. Referees are expected to follow the Standard of Personal Conduct found in the Student Handbook.
- c. Referees are required to call all games fairly and equally for both sides.
- d. Referees are required to be punctual and show up 20 minutes before game time.
- e. Referees are to report any harassment from players outside of the scheduled game times to the League Coordinators and, through extension, the Office of Student Engagement.

2. Rules Application

- a. Referees should keep up-to-date on any rule changes for the current leagues.
- b. The Referee Coordinator is responsible for keeping the referees informed on changes.
- c. The Referee Coordinator is responsible for any final decisions regarding real time, on-field decisions.

3. Pre-Game Checklist

- a. Referees are responsible for ensuring all students have proper equipment.
- b. Referees are responsible for making sure all players on the team's roster have signed the liability waiver and are eligible to play.

Regent University Intramural Sports Policies

4. Player Eligibility

- a. Players are expected to follow the Standard of Personal Conduct found in the Student Handbook.
- b. Currently enrolled Regent Students are eligible to play **ONLY**.
 - i. Regent University varsity athletes are ineligible and cannot sign up for the intramural sports leagues.
- c. Any games in which an ineligible player(s) are used will be forfeited by the offending team. In the case of both teams using an ineligible player(s), the game will be a double forfeit.
- d. Any team who knowingly allowed an ineligible player(s) to participate on their team will be suspended from the league for the remainder of the respective season.
- e. All final decisions regarding eligibility will be at the discretion of the league administrators.
- f. To be eligible to play in the playoffs, a player must have been present for at least one-third of his/her team's games. Every player must check in with the league coordinators before the start of the game.
- g. No player is allowed to play until he/she has completed the liability release form.

5. A team may only add or substitute one player after the end of registration **for one week after the first day of games for that league**. For additions, the added player must turn in a completed liability form before entering his/her first game.

- a. No substitutions or additions will be permitted past the first week of the season.
- b. No players can be added/substituted on a game day.

6. Games will start as close to on time as possible. Teams are responsible for ensuring they have enough players to begin the game at the scheduled time.

- a. If one team does not have sufficient players to begin a game, the opposing team **may** give that team a 5-minute grace period to allow time for more players to arrive at the game.
 - i. If this grace period is given, the game clock will start to run at the scheduled time. The game will then begin when both teams have a sufficient number of players. The time that has run off the clock will be lost playing time.
 - ii. If the opposing team chooses not to grant the team with an insufficient number of players the 5-minute grace period, the game will result in a forfeit.
- b. If neither team has enough players to begin the game, the game will result in a forfeit with neither team getting a win.

7. Officials

- a. Officials are expected to follow the Standard of Personal Conduct found in the Student Handbook.
- b. For sports that have officials, Officials assume authority 15 minutes before the scheduled game time until they leave the field.
- c. The officials have the authority to rule on any situation not specifically covered in the rules. His/her decision is final unless ruled otherwise by one or more of the league coordinators.
- d. All complaints about officials must be in writing.
- e. Call Appeals
 - i. Officials' calls may be appealed in a respectful, sportsmanlike manner by the team captain.
 - ii. Players are not permitted to argue with the officials or appeal any decisions made by the referees. Players are required, instead, to bring their concerns to their team captain, who will then approach the official to discuss the call. Players who disregard the appeals procedure will risk penalties for unsportsmanlike conduct and/or cost their team penalties as determined by the League Coordinators.
 - iii. Any discrepancies between the officials and the team captains may be brought to the league coordinator for a final ruling. Final rulings may not be appealed any further.
 - iv. Concerns about the written rules may be brought to the league coordinators by the team captain, and then, if necessary be addressed with Student Engagement.

8. Decisions to cancel games or practices due to weather conditions or any other circumstances are made by the Intramural League Coordinators and Student Engagement. League Coordinators will inform team captains of all cancellations and/or postponements. The team captains shall be responsible for notifying their players of cancellations. Outdoor games and practices will end immediately if there is any lightning or thunder and may not be resumed until half an hour after the most recent lightning and/or thunder.

- a. The only way a game could start earlier than the scheduled time is due to weather conditions rather than having to cancel the event.

9. Attire

- a. Shirts provided for players by Intramural Sports must be worn for all games. If a player does not have a shirt for any reason, he/she may still be allowed to play by the league coordinators after review, if they deem it acceptable. In this case, a

- shirt the same color as the team's jerseys should be worn.
- b. Sandals, boots, bare feet, and metal cleats are prohibited (except bare feet in sand volleyball). For sports played on grass fields, non-metal cleats may be worn.
- c. No jewelry or accessories, including wedding rings, are to be worn in games except medical alert bracelets. Players who wear a knee brace with exposed metal or metal hinges are required to cover it.
- d. If a player is bleeding or if any of any of his/her clothing is stained with blood, they must be removed from the contest until one of the League Coordinators clears them to play.

10. Equipment

- a. All balls, Frisbees, etc. will be provided by Intramural Sports for every game. If both teams can agree on a different ball to use (not provided by Intramural Sports) and it meets regulation standards, then it may be used.
- b. Official balls shall meet the high school regulations for size, shape, and weight.

11. Conduct

- a. If any participant is thrown out of two games, he/she will be suspended for the remainder of the season.
- b. The following behaviors are prohibited:
 - i. Excessive and aggressive arguing with an official. This includes excessive chirping.
 - ii. Abusive insulting.
 - iii. Inappropriate language/audible swearing.
 - iv. Anything else deemed so by the League Coordinators and Student Engagement.
- c. Physical contact with an official will result in an automatic ejection from the league.
- d. The League Coordinators and Student Engagement reserves the right to require team names to be changed if deemed inappropriate or questionable for any reason.

12. All final decisions on any rule, policy, or procedure are under the discretion of the three League Coordinators and Student Engagement. Their decisions are final.

INTRAMURAL FLAG FOOTBALL RULES SUMMARY

Fall 2024

Regent rules take precedence over national rules

Rules not specifically covered in the document below will default to the national flag football rules

A. (Please refer to the **Regent University Intramural Sports Policies** document if there are any further questions.)

1. NUMBER OF PLAYERS

- a. Each team should start the game with 7 players; a minimum of 5 is needed to avoid a forfeit.
- b. Team rosters may be composed of a maximum of 12 players per team. Free agents signing up individually will be assigned a team at the discretion of the league coordinators.
- c. The league coordinators and administration of the university reserve the right to require team names to be changed if deemed inappropriate or questionable for any reason.

2. CHAMPIONSHIP QUALIFICATION

- a. Team standings will be determined by win-loss record.
- b. In the case of an exact tie, the leader will be determined by the following steps, in order as needed:
 - i. Head-to-head winner.
 - ii. Record versus the highest ranking common opponent
 - iii. Record versus second highest ranking common, then third, fourth, etc.
 - iv. Coin toss

3. THE FIELD AND MARKINGS

- a. The field shall be rectangular and divided into four equal zones of 17.5 yards each with 8 yard end zones.
- b. The overall length of the field shall be 86 yards and the width shall be 33 yards. c. There shall be 3 lines at each end of the field, located 3, 10 and 17.5 yards into the playing field and parallel to the goal line. These lines are for the purpose of the "try-for-point" after a touchdown.

4. TEAM BOX

- a. Each team shall have a team box on the sidelines, located between the 20 and 40 yard lines.
- b. All team personnel must remain in this area while not involved in playing action on the field.
- c. If agreement cannot be made between the teams on which team box they will use the referee will conduct a coin toss.
- d. Team members may not move past the 20 yard line on either end of the field when not actively involved in the play.

5. LENGTH OF GAME

- a. Playing time shall be 44 minutes, divided into two 22-minute halves. Half-time shall be 3 minutes, except during the Championship Game.
- b. There shall be a running clock for the entire first half and the first 20 minutes of the second half.
- c. Clock will stop the last two minutes of the game if the ball goes out of bounds, on an incomplete pass, or a timeout.
- d. A period must be extended by an untimed down if during the last down of the period, one of the following occurred:
 - i. If there was a foul, except for unsportsmanlike or non player fouls which specify loss of down, by either team and the penalty is accepted. In the latter case, any score by the team which fouled is cancelled.
 - ii. If there was a double foul.
 - iii. If there was an inadvertent whistle and the down is to be replayed.
 - iv. If a touchdown was scored, the try for point is attempted as a part of the same quarter, except when in the second half and the outcome of the game is decided.
 - v. If (a), (b), or (c) occurs during the extra down, the procedure is repeated.

6. COIN TOSS

- a. A coin toss shall determine who receives the choice of possession and side at the beginning of the game. If only one team is ready to play at game time, they shall automatically be given the choice.
- b. If a team is not present and ready to play within five minutes of the official game start time, the opposing team *may* give that team a 5-minute grace period to allow time for more players to arrive at the game.
 - 1. If this grace period is given, the game clock will start to run at the scheduled time. The game will then begin when both teams have a sufficient number of players. The time that has run off the clock will be lost playing time.
 - 2. If the opposing team chooses not to grant the team with an insufficient number of players the 5-minute grace period, the game will result in a forfeit.
 - 3. If neither team has enough players to begin the game, the game will result in a forfeit, with neither team getting a win.
- c. There will be a 3-minute intermission prior to any overtime.
- d. Should darkness threaten the completion of a game, periods may be shortened by mutual consent of captains, the referee, and the game coordinators.

7. MERCY RULE

- a. The game shall end if a team is at least 19 points ahead at the two-minute warning during the second half.

- b. The game shall also end if a team scores during the last two minutes of the second half, creating a point differential of at least 19 points.

8. OVERTIME (TIE GAME)

- a. When a game ends in a tied score, after one 3-minute intermission, the referee shall toss a coin in the presence of the opposing Field Captains. The home team shall call the fall of the coin.
- b. The ball shall be placed on the 20 yard line nearest the designated goal. The offensive team will have a series of four downs to attempt a score, as in regulation play unless intercepted by the defensive team, the series ends for the offensive team.
- c. If a touchdown is scored, the PAT will be attempted, series ending after the attempt, unless the ball does not cross the scrimmage line and it is not yet 4th down.
- d. After the offensive team completes its series, the teams will reverse positions and the opposite team will have a series of four downs to score.
- e. If the score remains tied, the procedure is repeated until a winner is determined.

9. TIME-OUTS

- a. Each team shall be allowed two (2) 60 second time per half.

10. KICKOFFS

There will be **no** kickoffs during games. Instead, the ball will be placed at the 20 yard marker for the offense to start their series.

11. PUNTING

- a. Quick punts are illegal. On fourth down the Referee must ask the Offensive team whether they want to punt the ball to the opposing team or proceed with the final down.
- b. If the offense wishes to change their decision, they must call a time-out. They may also reverse their decision if a foul occurs at any time prior to or during the down where the down is to be replayed.
- c. The punting team must have all of its on-field players, with the exception of the punter, on the line of scrimmage.
- d. No team players may move until the ball is thrown.
- e. The defensive team must have 3 players on the line. Defensive players MAY NOT penetrate the line of scrimmage.
- f. If a punt crosses the scrimmage line, touches a player from either team, and then hits the ground, the ball is considered dead at that spot and belongs to the receiving team.

- g. All punts that go out of bounds during the punt that do not make contact with a player or the field of play will be marked by the official who will determine where the ball actually went out of bounds, specifically airborne punts.
- h. A punt may be thrown or kicked. Kicks must be as a regular football punt.

12. LINE OF SCRIMMAGE

- a. The offensive team must have a minimum of 4 players set anywhere on the line of scrimmage at the snap (may extend the width of the field).
- b. The center is an eligible receiver.
- c. Penalty: Illegal Procedure, 5 yards from the previous spot. Players in motion do not count as players on the line of scrimmage.
- d. Failure to snap the ball within 25 seconds after the ball is declared ready for play results in a 5 yard penalty.
- e. Once the center has placed his hands on the ball no offensive player may enter the neutral zone. The center may not move.
- f. Following the ready for play whistle, up until a legal snap, no defensive player may encroach, touch the ball, stand in or in any other way interfere with the offensive team. Encroachment Penalty = Dead Ball foul and 5 yards from succeeding spot.

13. BACKWARD PASSES AND FUMBLES

- a. Any ball that is fumbled during a down will be dead by rule once it has touched the ground.
- b. A backward pass or fumble may be caught or intercepted by any player inbounds and advanced.
- c. A player may not intentionally throw a backward pass out of bounds to conserve time or to avoid being downed. This will be penalized as an illegal pass: loss of 5 yards, loss of down and the clock will start on the ready for play.
- d. Once a ball has touched the ground, the ball is considered dead.

14. FORWARD PASSES AND INTERCEPTIONS

- a. If a player is in the air, attempting to catch a ball, the player must contact the ground with at least one foot inbounds 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.
- b. It is not considered a catch if possession of the ball is lost simultaneously when the player hits the ground.
- c. If a forward pass is caught simultaneously by members of opposing teams, the ball is dead at that spot and belongs to the team that snapped the ball.
- d. Interceptions may be returned back for a touchdown by the defense.

15. PASS INTERFERENCE

- a. Any contact that, in the view of the official, interferes with the attempt to catch a pass (offensive or defensive players) is pass interference unless, in the view of the official, it occurs when two or more eligible receivers make a simultaneous and bona fide attempt to reach, catch, or bat a pass.
- b. It is also interference if an eligible receiver is de-flagged or touched prior to touching the ball on a pass thrown beyond the offensive line of scrimmage.
- c. Penalty is assessed 10 yards from the line of scrimmage for both offense and defensive pass interference.
- d. Pass interference by the defense is a 10 yard penalty and automatic first down.
- e. Pass interference by the offense is a 10 yard penalty and a loss of down.

16. SAFETY

- a. If a player carries the ball across the goal line they are defending and the ball becomes dead while in their team's possession, it is a safety.
- b. If a team commits a foul in the end zone where the spot of enforcement is designated as the spot of the foul, it will be declared a safety.
- c. A team recording a safety will receive two points, and the opposing team (the team who was scored upon) will punt the ball from their own 20 yard line.
- d. When a player intercepts a pass, receives a punt, or receives a kick-off in the end zone and is de-flagged in the end zone, it is a touchback, and the receiving/intercepting team gets the ball at the nearest 20-yard line.
- e. When a player intercepts a forward pass or catches a scrimmage throw between their five yard line and their goal line and their momentum carries them into the end zone where the ball becomes dead, the ball will belong to the receiving team at the spot of the catch or reception.

17. SCORING

- a. Touchdown scored and thrown (if applicable) by males= 6 points
- b. Touchdown scored or thrown by female = 9 points
- c. Extra points=1 point if successful from the 3 yard line
- d. Extra points=2 points if successful from the 10 yard line
- e. Extra points=3 points if successful from the 17.5 yard line
- f. Safety=2 points
- g. Defensive Conversion on Extra Point Attempt=3 points
- h. Interceptions that are returned back for touchdowns during normal play = 6 points

18. EXTRA POINT CONDITIONS

- a. A team can only change their extra point decision by taking a time-out.
- b. If any loss of down penalty occurs during a try-for-point, or if there is any other foul by the offensive team only and the try is not successful, no point is scored and there is no replay.
- c. If there is any other foul by the offensive team and the try is successful or if there

is any foul by the defensive team and the try is not successful or if there is a double foul, the try is replayed after measurement. For such replay, the snap will be from the yard line in the middle of the field through the spot where the measurement places the ball.

- d. If during a successful try, there was a foul by the defense, the offense is given the choice of accepting the penalty and replaying the down following measurement or of accepting the result of the play.
- e. A try shall end when the defensive team gains possession of the football.
- f. If an interception occurs on the extra point try, the defense can run the ball back for 3 points.
- g. If a touchdown is scored on the last play of the second half, the try is not attempted, unless it will affect the outcome of the game.

19. PERSONAL FOUL

20. Any act listed below or any other act of unnecessary roughness is a personal foul.

Players shall not:

- a. Punch, strike, steal, or attempt to steal the ball from a player in possession
- b. Trip an opponent
- c. Contact an opponent who is on the ground
- d. Throw the runner to the ground
- e. Hurdle another player
- f. Contact an opponent either before or after the ball is declared dead
- g. Make any contact with an opponent that is deemed unnecessary
- h. Deliberately drive or turn into a defensive player
- i. Clip an opponent
- j. Position themselves on the shoulders of a teammate or opponent to gain an advantage
- k. Tackle the runner - warrants ejection

21. BLOCKING

- a. There is no blocking or screening allowed. Any effort from an offensive player to inhibit a defender's ability to reach the ball carrier's flags will result in a personal foul for that offensive player.

22. STIFF ARMING

- a. Stiff arming IS NOT allowed; a personal foul will be called, and if warranted an unsportsmanlike conduct or ejection will result.

23. OBSTRUCTING THE RUNNER

- a. 22.1 A defensive player shall not hold, grasp, or obstruct the forward progress of the runner when attempting to remove the flag.

24. ILLEGAL CONTACT

25. 23.1 Flag football is a game of minimal contact. There is no intentional contact between

the offensive line and defensive line. “Jamming/shoving” (aka extending your arms or making contact with a player which prevents them from getting off the line of scrimmage) a receiver is not allowed. The penalty for illegal contact will be 10 yards from the spot of the foul.

26. BLOCKING IN THE OPEN (Screening)

- a. There is no screening allowed.

27. PLAYER CONDUCT – OFFENSE

- a. There shall be no hurdling. Hurdling shall be interpreted as an attempt by the runner to jump over a player with both feet or knees to avoid being de-flagged.
- b. There will be no diving permitted, regardless of whether anyone is within the vicinity of the ball carrier or not. Personal Foul = 10 yard penalty from basic spot.
- c. Players shall not deliberately drive or run into a defensive player. Personal Foul = 10 yard penalty from basic spot; if flagrant, the player will be disqualified.
- d. The offensive team shall be prohibited from obstructing an opponent with extended hand or arm. This includes the use of a stiff arm extended to ward off an opponent. Personal Foul = 10 yard penalty from basic spot; if flagrant, the player will be disqualified.
- e. The ball carrier shall not protect his/her flags by blocking, with his/her arms or hands, the opportunity of an opponent to pull or remove the ball carrier’s flags. Flag Guarding = 10 yards from basic spot. Examples of flag guarding include, but are not limited to:
 - i. Placing or swinging the hand or arm over the flag belt
 - ii. Placing the ball in possession over the flag belt
 - iii. Lowering the shoulders in such a manner which places the arm over the flag belt
 - iv. Offensive players shall not push, pull or lift the runner. Helping the Runner = 5 yards
 - v. Offensive players may not grasp or encircle any teammate to form interlocked interference. Personal Foul = 10 yard penalty from basic spot.
- f. Once a runner has passed the line of scrimmage, offensive players (except the runner) shall not use their hands, arms or legs to hook, lock, clamp, grasp, encircle or hold in an effort to restrain an opponent. Personal Foul = 10 yard penalty from basic spot.

28. PLAYER CONDUCT- DEFENSE

- a. Minimal Contact Standard. Personal Foul 10 yards from basic spot.
- b. The pulling or removing of a flag from an offensive player by a defensive player prior to ball possession is illegal. Personal Foul = 10 yards from basic spot. Repeat offenders will be disqualified.
- c. The defensive player is restricted in the use of his/her hands to the shoulders of the body of his/her opponent (not the head) to the waist area. Personal Foul = 10 yards from basic spot.
- d. The defensive player may not strip, punch at or take the ball out of an opponent’s hands when the ball carrier has secure control of the ball. Personal Foul = 10 yards from basic spot.

- e. Anyone can rush, but no one has to. Person who rushes must be within 5 yards of line of scrimmage before snap. Illegal Rusher = 5 yards from basic spot.

29. DE-FLAGGING

- a. A de-flag occurs when the ball carrier's flag is clearly no longer attached to the waist.
- b. The ball shall be declared dead at the spot of the flag removal.
- c. Players must have possession of the ball before they can be de-flagged legally by an opponent. In circumstances where a flag belt is removed illegally, play should continue with the option of the penalty or the play.
- d. An opponent intentionally pulling the flag belt from an offensive player without the ball is illegal. Personal Foul = 10 yards from basic spot.
- e. A defensive player shall not hold, grasp, or obstruct forward progress of the ball carrier while in the act of removing a flag belt or making a legal tag. Holding to de-flag = 10 yards from basic spot.
- f. If a defensive player physically tackles a ball carrier who, in the judgment of the official, had an open field for a touchdown, it is an infraction. Personal Foul = 10 yard penalty from basic spot and disqualification of offending player. Touchdown awarded and penalized from succeeding spot.

30. SUBSTITUTIONS

- a. There shall be no limit to the number of substitutions a team may make, providing such substitute remain in the game for at least one play and providing the substitutions cause no delay in the game.
- b. No substitute shall enter during a down. Substitution Infraction, 5 yards.
- c. During a down a replaced player or substitute who attempts unsuccessfully to leave field and who does not participate in nor affect the play, constitutes an illegal substitution. Substitution Infraction = 5 yards.
- d. During the same dead ball interval, no substitute shall become a player and then withdraw and no player shall withdraw and then re-enter as a substitute unless a penalty is accepted, a dead ball occurs, there is a charged timeout, or the period ends. Substitution Infraction = 5 yards from previous spot. If it is a dead ball or non-player foul = 5 yards from the succeeding spot.
- e. A replaced player must leave the field at the sideline nearest his/her team area prior to the ball being snapped. Substitution Infraction = 5 yards from previous spot. If it is a dead ball or non-player foul = 5 yards from the succeeding spot.

31. THE FLAG BELT

- a. All shirts must be tucked in and are not permitted to hang over the flag belt.
- b. Should a player lose their flag legally or illegally during a down and should that player gain possession of a live ball, the player will be considered down when a legal tag (one hand touched by the defense between the shoulders and knees, including the hand and arm) is made.
- c. Players must have possession of the ball before they can legally be de-flagged.
- d. It is illegal for a defensive player to intentionally pull a flag from an offensive player who is not in possession of the ball.

- e. In cases where a flag belt is removed illegally, play should continue with the option of the penalty of the play. (Penalty: Personal foul = 10yards)

32. PLAYER ATTIRE

- a. All pants/shorts must be pocket-less. Players who arrive on the field in shorts with pockets shall be given the option of either not participating in the game or changing into shorts provided by the league administrators.
- b. Metal cleats are prohibited; all other cleats are permitted.
- c. No jewelry, including wedding rings, is to be worn on the field. League administrators will provide a jewelry pouch to hold any jewelry for the duration of the game. The university and the league coordinators are not responsible for any lost or stolen jewelry on or off the field. Player attire rules are non-negotiable.

33. FEMALE PLAYER RULE

- a. Female players are allowed, but not required.

34. UNSPORTSMANLIKE CONDUCT

- a. Unsportsmanlike conduct includes, but is not limited to:
 - i. Excessive and aggressive arguing with an official.
 - ii. Abusive insulting, or inappropriate (audible swearing) language, and generally disruptive behavior.
- b. Any team whose players or coaches exhibit unsportsmanlike conduct will be given one warning by the officials for conduct. After a team/player receives one warning for unsportsmanlike conduct, he/she will be ejected for any following offenses, in addition to the penalties currently in place. ***Officials include not only the referees on the field, but also any league administrator or league official.*

35. SUMMARY OF PENALTIES

36. Five Yard Penalties

- a. Delay of game. (Dead Ball)
- b. Required equipment worn illegally
- c. Illegal substitution
- d. Encroachment (Dead Ball)
- e. False start (Dead Ball)
- f. Illegal Snap (Dead Ball)
- g. Helping runner
- h. Illegal motion or shift
- i. Punt formation
- j. Offensive player not within 15 yards of the ball
- k. Player out-of -bounds when ball is snapped
- l. Player receiving the snap within 2 yards of the scrimmage line

37. Five Yards and Loss of Down

- a. Intentional grounding
- b. Illegal forward pass
- c. Illegally handing ball forward

- d. Failure to declare a punt (undeclared kick)
- e. Illegal co-rec passing
- f. Intentionally throwing backward pass or fumble out-of-bounds (Loss of down if Team A)

38. Ten Yard Penalties

- a. Illegal use of hands
- b. Obstructing or holding the runner
- c. Interlocked interference
- d. Illegal screen block
- e. Hurdling any player
- f. Deliberately running over or into defender
- g. Straight arm or stiff arm by runner
- h. Protecting flags by runner
- i. Removing flags when player doesn't have the ball (intent to restrict movements or receivers)
- j. Unnecessary roughness, contacting opponent on the ground
- k. Illegal participation
- l. Unsportsmanlike conduct by players, coaches, substitutes or others
- m. Tripping
- n. Clipping
- o. Illegally kicking or batting the ball
- p. Illegal screen
- q. Spiking, Kicking or throwing the ball during a dead ball
- r. Strip or attempting to strip the ball
- s. Tackling the runner or throwing runner to the ground
- t. Kick Catch Interference
- u. Two or more consecutive encroachments during the same interval between scrimmage downs
- v. Quick Kick
- w. Illegal Player Equipment
- x. Batting a loose ball
- y. Illegal flag belt removal
- z. Illegal Participation
- aa. Illegal Substitute/Replaced Player
- bb. Pretended, Unfair substitution
- cc. Position upon shoulders or body of teammate

39. Ten Yard Penalties & Loss of Down

- a. Offensive pass interference.
- b. Illegally secured flag belts (Offense)

40. Ten Yards & Automatic 1st Down

- a. Roughing the passer.
- b. Illegally secured flag belt (Defense)

41. Disqualification Associated with 10 yard Penalties

- a. Flagrant Unsportsmanlike Conduct
 - b. Abusive language to officials or opponents.
 - c. Intentional Tampering with Flag Belt-Offense. (Loss of down)
 - d. Intentional Tampering with Flag Belt-Defense. (Automatic First Down)
 - e. Tackle the runner
 - f. Flagrant spiking, kicking or throwing the ball
 - g. Intentionally contacting an official
 - h. Flagrant Personal Fouls
 - i. Flagrant Unsportsmanlike Conduct by Players, Coaches, Substitutes subject to the rules
42. Defensive Pass Interference
- a. Penalty will be assessed from the line of scrimmage and an automatic first down.
43. Offensive pass interference
- a. Penalty will be assessed from the line of scrimmage and a loss of down.

REGENT INTRAMURAL BASKETBALL RULES

SUMMARY

Regent rules take precedence over national rules

All Regent University Intramural basketball games are played by high school basketball rules. The official rules are written and published by the International Basketball Federation (FIBA). In case of a dispute, the annual rulebook published by FIBA 3x3 will be used to find the correct rule and/or procedure.

1. Basic basketball rules are as follows:

2. Team may have a maximum of 3 players on the court when the ball is in play.

3. Players on the bench may not come on to the court when the ball is in play. i.

This infraction will result in a team technical foul.

4. Each player is able to commit 5 personal fouls over the course of the game. Upon reaching the 5 foul limit, the player will no longer be eligible to participate in that game. i.

Technical fouls count as personal fouls.

5. Each team receives 2 timeouts per half.

i. Timeouts do not transfer into a succeeding half or overtime. (If you don't use them, you lose them).

ii. Each team will receive 1 timeout per overtime period.

iii. Timeouts are to last 1 minute, unless a timeout was used for the purpose of stopping the clock, in which case both teams must consent to playing through the timeout.

iv. Coin flip will determine who starts the game with possession. The away team will call.

v. Individual's technical fouls will be assessed at the discretion of the Referees including, but not limited physical contact deemed unnecessary, unsportsmanlike activity, hate speech, obscene gestures etc.

vi. One Technical foul will result in the player being benched for the half. Two technical fouls will result in the player being ejected from the game and will not be allowed to play for the following game. If a player receives more than four technical fouls throughout the season, they will be banned from the current Intramural Sports basketball league.

6. In addition to the NFHS rules, all Regent University Intramural basketball participants will be subject to the following rules specifically designed for play in this league. i. In order to participate in this league, a player must be a: current enrolled undergraduate or graduate student.

ii. Rosters are limited to 5 players.

- iii. Each team has the opportunity for 1 substitution after the deadline for original rosters to be submitted if the substitution is based on an injury to a current member of the roster.
 - iv. No exceptions will be granted that would allow more than this substitution.
 - v. If a player is substituted because of injury, the injured player will be ineligible to return to the team for the duration of the basketball season.
- 7. A player must participate in at least 1 regular season game to be eligible for the playoffs.
- 8. Games will start as close to on time as possible. Teams are responsible for ensuring they have enough players to begin the game at the scheduled time.
 - i. If one team does not have sufficient players to begin a game, the opposing team may give that team a 5 minute grace period to allow time for more players to arrive at the game.
- 9. If this grace period is given, the game clock will start to run at the scheduled time. The game will then begin when both teams have a sufficient number of players. The time that has run off the clock will be lost playing time.
- 10. If the opposing team chooses not to grant the team with an insufficient number of players the 5 minute grace period, the game will result in a forfeit.
- 11. If neither team has enough players to begin the game, the game will result in a forfeit, with neither team getting a win.
- 12. Forfeits will count as a 20-0 win for the team that was ready to play.
- 13. Games will consist of two 12 minute halves.
- 14. The game clock will run the entire game, except during timeouts, or within the last 2 minutes of the second half.
 - i. During this last two minutes, regular basketball timing rules will apply.
- 15. If the Point Differential is greater than 20 with 2 minutes on the clock (2nd half), the mercy rule will be applied.
 - i. Any overtime periods will be 3 minutes long, with the clock only stopping within the last minute of each overtime period.
- 16. There is no limit to the number of overtime periods that may be played.
- 17. Any cursing or displays of unsportsmanlike conduct will result in a technical foul (warning) given to the offending player.
 - i. Physical contact with an official will result in an automatic ejection from the league.
 - ii. Any fighting or physical altercations will result in an automatic ejection from the game for the offending player(s).

ANY QUESTIONS REGARDING THESE RULES OR REGENT UNIVERSITY INTRAMURAL PROCEDURES MAY BE DIRECTED TO THE INTRAMURAL COORDINATOR AND THE STUDENT ENGAGEMENT OFFICE.

REGENT INTRAMURAL VOLLEYBALL RULES SUMMARY

The rules to be adhered to can be found here: <https://www.wilson.com/en-us/blog/volleyball/how-tos/beach-volleyball-rules>

****Intramural Sports rules supersede those of any other institution. Where Intramural Sports is silent, the other rules take effect.****

1. Intramural Sports members, when reffing, have the final say. When a call is made by the ref, it is final and cannot be contested or argued with. However, the point can be replayed if both teams agree.
2. Since the teams are co-ed, we will not be adjusting the net height.
3. We will be playing the best of 3 matches to win the game. Matches go to 21 points, and you must win by 2 points. If a third match is needed, teams will play to 15 points (The first team to 15 wins. There is not a win by 2 system for the third match).
4. Regarding contact with the ball, players can touch the ball with any part of the body. The ball cannot be held, lifted, pushed, caught, carried, or thrown. All other rules that discuss how contact with the ball can result in a fault are void.
5. The rules in the link above that mention faulting in sets, are void. Sets are allowed in any fashion (including sending the ball over the net) as long as the player does not hold, lift, push, catch, carry, or throw the ball.
6. When a ball touches a boundary line, it is considered in play.
7. Players are allowed to go under the net as long as the net is not contacted and they do not obstruct the play of the other team.
8. Serving must be completed behind the baseline. A server cannot pass or touch the baseline until after they have released their serve. Passing or touching the line during a serve will result in a fault. Any style of serve is permitted if it follows the ball contact guidelines.

9. Any player may serve the ball. There are no rules regarding who may or may not serve at any point in the game.
10. If 2 players on the same team contact the ball simultaneously, it counts as one contact, and any player may play the ball.
11. Be aware that a block DOES count as one of the three possible hits to get the ball over the net.
The same player who blocked the ball is allowed to hit it again for the second hit. Besides blocks, double hits by a single player are not allowed (this is outlined in the official rules above).
12. The ball may touch the net while crossing the net INCLUDING during a serve. The net serve is considered in-play unless 1) it does not continue over the net or 2) lands outside the opposing team's court-side untouched by the opposing team.
13. A ball hit into the net is playable and may be recovered by the receiving team as long as it's done within the allotted three team contacts.
14. Players may not touch the net. If a player touches the net, that is a fault. If 2 opposing players touch the net simultaneously, the ball is declared dead and the point is replayed.
15. The receiving team is not allowed to block or spike a served ball.
16. If the ball hits any part of the outside of the net, the team may attempt to recover the ball with their remaining hits. However, if the ball hits the red boundary/guide poles that stick out above the net, the ball is declared "out of bounds."
17. Each team may choose to rotate extra players into any position on a continuous basis. In all substitutions, participants must inform the referee and wait for the referee to initiate the substitution. Substitutions can only occur when the ball is not in play.
18. Game time is the forfeit time. Teams are strongly encouraged to arrive AT LEAST 10 minutes early for their games. The opposing team may allow an additional 5 minutes for the opposing team to gather enough players. Any game whose outcome is declared a forfeit will result in a loss

being credited to the forfeiting team. A forfeit will be declared if a team does not field the required minimum number of eligible players (4 players) by the designated game time.

19. Each team is permitted 1 minute-long time-out per match. Time-outs may be requested to the referee only when the ball is dead. Time-outs are not in effect until the referee recognizes the time-out with a whistle or vocal command.

*****These rules are subject to change per Intramural Sports leadership. Intramural Sports will notify the players (via their Regent email that they have provided to Intramural Sports) regarding changes if they are made***

REGENT INTRAMURAL 6V6 SOCCER RULES SUMMARY

****Intramural Sports rules supersede those of any other institution. Where Intramurals is silent, the other rules take effect.****

1. Refs

- a. Intramural Sports members, when reffing, have the final say. When a call is made by the ref, it is final and cannot be contested or argued with.

2. Game Time

- a. Two twenty-minute halves with a five-minute halftime.

3. Draws

- a. There may be draws during regular season games
- b. During *playoffs*, there will be five-minute *golden goal* overtimes until a winner is decided.
 - i. If the teams are still tied after *two* five minute overtimes, the game will be taken to penalty kicks. It will be played to 3, and if they are tied, it will be sudden death penalty kicks until a winner is decided.

4. Forfeit Time

- a. Game time is the forfeit time. Teams are strongly encouraged to arrive AT LEAST 10 minutes early for their games.
- b. The opposing team may allow an additional 5 minutes for the opposing team to gather enough players.
- c. Any game whose outcome is declared a forfeit will result in a loss being credited to the forfeiting team.
- d. A forfeit will be declared if a team does not field the required minimum number of eligible players (4 players) by the designated game time.
- e. The Mercy Rule will be applied when a team is up 10 goals with less than 5 minutes remaining in the second half.

5. Field Dimensions

- a. The playing field is 60 yards long by 40 yards wide.

6. Offsides

- a. There are no offsides during regular gameplay.
- b. Offsides will solely be called when players are on the opposing half of the field during a kickoff.

7. Substitutions

- a. There is no limit on the number of substitutions allowed during a game. b. Substitutions may only be made during a dead ball and at the cue of the lead referee.
- c. Subs must occur at the midfield where the head ref can see and acknowledge a substitution occurred.
- 8. The ref is not responsible for miscued subs. Teams are responsible for proper substitutions.

9. Kickoffs

- a. Kickoffs are INDIRECT. The opponents of the team taking the kick-off are at least 8 yards from the ball until it is in play.
- b. Kick-ins from sidelines are INDIRECT.
- c. Any ball played out of bounds on either touchline will result in a kick in for the team that did not touch the ball last.
- d. On any free kick there is a 6 second rule. If the team awarded the kick does not play the ball in 6 seconds the other team will gain possession of the ball at the spot of the foul.

10. Penalties/Prohibited Actions

- a. Slide-tackling is *PROHIBITED* and will result in a penalty or ejection from the game.
- b. Penalties are INDIRECT. Opposing players must maintain a 5 yard distance from the ball.
- c. A free kick will be given on any foul besides entering the box as a defensive player, in which a half field penalty kick shall be given.
- d. A Foul includes:
 - i. Handballs (any part of arm shoulder to fingers)
 - ii. Pushing, shoving, and elbowing
 - iii. High kicking
 - iv. Entering the box when ball is in box (offensive and defensive)

11. Cards and Player Ejection

- a. Excessive fouls will result in a yellow card where the player will be asked to leave for playing field for 2 min before returning to play.
- b. If a 2nd yellow card is given, then a red card will follow resulting in player

ejection.

- c. Referees have the right to eject a player from the game for continual disobedience and player misconduct or as a result of an incident that warrants sending off. The

team may then continue with their remaining two, three or four players, however, if the player receiving the red card was on the field of play, the team must complete the entire game a player short.

- d. Players that are red-carded need to leave the immediate playing area, including the fan and team areas.
- e. Any player may be cautioned with a yellow card if it is deemed by the referee that the player is intentionally wasting time.
- f. The Intramural Sports Board reserves the right to eject any player based on unnecessary contact to officials or opposing players. The final decision will be left up to the League Coordinators.

12. Throw-Ins

- a. In place of throw-ins there will be kick-ins OR a dribble-in with the ball placed stationary on the touchline.
- b. A player may not directly kick a ball into the goal from its stationary restart position.

13. Goalkeepers

- a. Goalkeepers may handle the ball anywhere within eight yards of their goal.
- b. If goalkeepers step out of their 8 yard area while holding the ball, it is a handball.
- c. Goalkeepers are NOT allowed to handle the ball if a teammate plays the ball back to them.
- d. Goalkeepers must kick balls on the ground for goal kicks. No punting is allowed.
- e. Goalkeepers may not throw the ball into the opposition's goal. If this takes place, the opposing goalkeeper will be granted possession of the ball, and no goal will be granted.

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