University of Oregon
Intramural Sports

Stadium Football Rules

The Game
1. 2 teams of 7 players (ALL pass eligible)
2. Minimum to start is 5
3. COED must play one half with a 4:3 and one half with a 3:4 ratio of men:women
4. 15 minute halves
5. The clock does not stop (regardless of score)
6. Each team has one 30 second timeouts per game
7. There is a 5 minute grace period from the start of the game.

Eligibility
1. Current U of O students, faculty and staff
2. EVERY PLAYER MUST BE ON THE ROSTER BEFORE PARTICIPATING
3. Players must bring a valid UO ID to EVERY game
4. NO ID = NO PLAY
5. Varsity football players are not eligible

Equipment
1. Teams must provide a game ball (minimum high school regulation size)
2. Flags will be provided
3. Proper footwear and attire is mandatory
4. Articles that may endanger other players not permitted (i.e. jewelry, plaster casts, etc.)
5. Eye glasses are NOT permitted; Contact lenses or protective goggles are highly recommended
6. Shirts must be tucked in at all times to avoid flag interference

Playing Field
1. Games are played between the 40 yard line and the end zone (Endzones are 10 yards)
2. The 50 yard line will act as an out of bounds line
3. Any time an offensive player crosses the 50 yard line it will result in a turnover
4. Any turnover will result in a change of possession with the possession starting at the 40 yard line, unless
   the turnover is returned past the 45 yard line, in which case their ensuing possession will start at the 20
   yard line
5. Teams have 4 downs to gain NEXT zone to gain

Play
1. Two games played simultaneously.
2. Offensive team starts on 40 yard line moving towards end zone
3. First down at the 20 yard line
4. Field goals may be attempted on any down
   All players clear out, no rush
   Center snaps ball through legs a minimum of 5 yards before placed for a try
   Must be kicked within 3 seconds or is considered a miss
   If no kick attempted (i.e. bad snap) and there are more downs remaining, team may choose to attempt
   another field goal. Ball placed where bad snap touched ground
5. No punts. All changes in possession result in offense taking over at 40 yd line (except interceptions)
6. Interceptions: if returned past 45 yard line, awarded possession at 20 yd line with 4 downs to score
   if not returned past 45 yard line, regular change in possession (start at 40 yard line)
7. 25 second play clock once the referee has put the ball in play
8. Offense must have at least 4 players on the line of scrimmage at the time of the snap
9. A snap must be made from below the knees
10. Teams must line up outside the neutral zone (2 yards between line of scrimmage and defense)
11. Fumbles are dead where they hit the ground
12. Ball is dead if ball carrier’s person (excluding hand or foot) touches ground
13. Any lateral/backwards pass is dead at the spot where it hits the ground
14. Ball carrier is downed by hand tag between shoulder and knee if the flag belt is inadvertently lost
15. Handing the ball forward beyond line of scrimmage or second time behind LOS is illegal
16. Tie Game: Coin toss determines which team starts with the ball
   Start from 10 yard line with 3 downs to score until a winner is determined
   1 timeout per team

Scoring
1. Touchdowns are 6 points
2. Point after Touchdown:
   1 point: ball starts on 3 yard line must be kicked within 3 seconds (no rush)
   2 points: ball on 10 yard line
   3 points: ball on 20 yard line
3. Safety = Turnover (when player downed or penalty in own 'safe zone')
4. Field goals are 3 points
   - Players may not jump off of their teammates or use teammates in any way to gain a vertical advantage to block an opponent’s field goal attempt.

Unsportsmanlike Conduct - Penalty: 10 yards – disqualification if flagrant
1. Abusive or insulting language
2. Unfair play
3. Excessive celebration
4. Fighting

Rouging Passer - Penalty: 10 yards and first down – disqualification if flagrant
Defense must make definite effort to avoid charging the passer after the ball is thrown. Any contact with the throwing arm or body is Roughing the Passer

Screen Blocking - Penalty: 10 yards
Offensive blocking rule is similar to the block-charge rule in basketball. Hands and arms must be at the side or behind the back

Flag Guarding/Stiff Arm – Penalty: 10 yards
Ball carrier may not use hands or arms to guard flags and may not stiff arm

Impeding the Runner – Penalty: 10 yards
Defender may not obstruct forward movement of ball carrier in the act of removing flags

Defensive Pass Interference – Penalty: 10 yards, automatic first down

Offensive Pass Interference – Penalty: 10 yards, loss of down

Note: deflagging the receiver early is also pass interference
For a full list of penalties come to the SRC

Substitutions
1. Unlimited substitutions on a dead ball (must be called onto the field by an official)
2. The official must be given notice when any substitution for the goalkeeper is made

Sports Code
1. All participants and spectators are governed by the SPORTS CODE available in the SRC
2. Only captains may address umpires
3. Team captains are responsible for their sidelines and spectators.
4. Negative consequences for the team may result as a direct reaction to spectators’ behaviors

NO alcoholic beverages permitted on University property

PROTESTS
Protests based solely on a decision involving the accuracy of judgement on the part of an official will not be considered
Protests involving player eligibility will be considered

Revised 2/23/2016