

**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)
7. Each team has one 30 second timeouts per game
8. There is a 5 minute grace period from the start of the game.

**Eligibility**

1. Current U of O students, faculty and staff, spouses of students/faculty/staff members
2. EVERY PLAYER MUST BE ON THE ROSTER BY ROSTER DEADLINE
3. Players must bring a valid UO ID to EVERY game
4. NO ID = NO PLAY
5. Current Varsity football players are not eligible
6. Varsity football players are not eligible to participate in their respective or alike intramural sport, activity or event until a period of one year has passed following completion of all activities for the Department of Athletics. After the period has passed, former intercollegiate athletes must participate at the highest level of competition offered in their respective sport.
7. Professional athletes, current or former, may not participate in their respective or alike sport, activity or event. A professional athlete is defined as a person who has been paid to participate in a sport, under contract with a professional team, included on a professional team roster, practiced with a professional team and/or compensated for trying out for a team.

**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 50 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. If a ball carrier is "tackled" between the 48-50 yard line, then the ball will automatically be placed on the 48 yard line in order to allow the offense to still be able to get a snap off.
5. There is also no minimum of how far back the snap must go back on any snap that occurs between the 45-50 yard lines. This is a result of us using an unorthodox playing field.
6. Any turnover will result in a change of possession with the possession starting at the 40 yard line, unless a live-ball turnover is returned past the 45 yard line, in which case their ensuing possession will start at the 20 yard line
7. 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. A snap must be made from below the knees
9. Teams must line up outside the neutral zone (1 yard between line of scrimmage and defense)
10. Fumbles are dead where they hit the ground
11. Ball is dead if ball carrier's person (excluding hand or foot) touches ground
12. Any lateral/backwards pass is dead at the spot where it hits the ground
13. Ball carrier is downed by hand tag between shoulder and knee if the flag belt is inadvertently lost
14. Tie Game: Coin toss determines which team starts with the ball  
Start from 10 yard line with 4 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
  - 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
  - No rushing. Players also 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.

### **Dead Ball Penalties**

**False Start** – Penalty: 5 yards – Dead Ball penalty

Offensive players may not enter the neutral zone or simulate the start of a play prior to the ball being snapped. Doing so will result in the play being blown dead by the officials

**Illegal Snap** – Penalty: 5 yards – Dead Ball penalty

A player must make one continuous motion to snap the ball from the ground to the person receiving the snap

**Encroachment** – Penalty: 5 yards – Dead Ball penalty

Defensive players may not enter the neutral zone prior to the ball being snapped. Doing so will result in the play being blown dead by the officials

\*\*Any player intentionally jumping into the neutral zones to illegally consume time shall be assessed an Unsportsmanlike Conduct penalty for "unfair play"

**Delay of Game** – Penalty: 5 yards – Dead Ball penalty

Offense has a 25 second play clock that starts once the Referee blows the ready-for-play whistle

**Unsportsmanlike Conduct** - Penalty: 10 yards – disqualification if flagrant

1. Abusive or insulting language
2. Unfair play
3. Excessive celebration
4. Fighting
5. Spiking the ball

### **Live Ball Penalties**

**Illegal Motion** – Penalty: 5 yards – Live Ball penalty

A player may be in motion, but not moving towards the line of scrimmage at the time of the snap.

**Illegal Substitution** – Penalty: 5 yards – Live Ball penalty

Offense may only have 7 players on the field at the time of the snap. Failure to substitute in and out legally prior to the ball being snapped will be a live ball, 5 yard penalty

**Illegal Shift** – Penalty: 5 yards – Live Ball penalty

There can be no more than one person shifting/moving at once.

**Illegal Participation** – Penalty: 10 yards – Live Ball penalty

A player may not go out of bounds to gain an advantage on a defender, come back in bounds and be the first to touch the ball

**Roughing Passer** - Penalty: 10 yards *and* automatic 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

**Illegal Equipment** – Penalty: 10 yards

Players are required to have proper, legal equipment prior to the snap and the ball becoming live. Examples would be having jewelry, having pockets or a hood.

**Illegally Secured Flag Belt** – Penalty: 10 yards *and* ejection

A participant must not tamper with the flag belt and have it tied to prevent the removal by the defense. This would include tying or looping the clip so that it makes it more difficult for participants to pull the flag belt

**Flag Guarding/Stiff Arm** – Penalty: 10 yards from the spot of foul

Ball carrier may not use hands or arms to guard flags and may not stiff arm

**Holding** – Penalty: 10 yards added to end of run

Defender may not hold an opponent by contact or with their clothing to gain an advantage to de-flag the runner

**Illegal Contact** – Penalty: 10 yards

Participant may not use excessive contact to gain an advantage

**Defensive Pass Interference** – Penalty: 10 yards

Note: De-flagging a receiver prior to the receiver catching the ball is Pass Interference

Note: "Face-Guarding" a potential receiver is also Pass Interference

**Offensive Pass Interference** – Penalty: 10 yards

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

**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 can only be made based on rule misinterpretation by the Intramural Sports Staff at the time of the incident. (i.e. you cannot protest a rule misinterpretation after the game is over). A time-out must be called, and a protest requested to the officials must be made by the captain of the team. If the staff was incorrect, you will not lose the time-out. 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 also be considered

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