INJURY AND HEALTH DISCLAIMER:

Participants should be aware that there is a risk of injury in participation due to the inherent nature of the activity. Individuals are encouraged to have a physical examination and to obtain adequate health and accident insurance prior to participation. Individuals participate in intramural activities at their own risk. Since participation is completely voluntary, injuries and their resulting costs are the responsibility of the participant. Iowa State University assumes no responsibility for injuries received during intramural sports activities.

All participants must present a current and valid ISUCard at each game. Questions call Nathan Pick 294-4186 or ndpick@iastate.edu

$20 FORFEIT FINE for missed games. Try to reschedule your game. Call or email 24 hours in advance to avoid the fine if you cannot make the game.

ELIGIBILITY:

All players must present a current and valid ISUCard. You may play on only one team in men's or women's divisions. Once you play for a team in the playoffs that is your team. Report to the officials upon arrival at your game to get signed in. New players may be added prior to the semi-final game in the tournament. Former varsity collegiate football players must play in the highest skill level - even in tournament play. Exceptions must be approved by the Intramural Sports Coordinator. (Nathan Pick, 294-4186 ndpick@iastate.edu)

Players may play on only 1 (one) team. It is illegal to “sub” or “fill in” for another team if you are already playing with a team (this goes for both prelim games and tournament games). Playing on more than 1 (one) team may result in both teams being eliminated from playing flag football.

If you have a question regarding the eligibility of a player on your team/yourself, please contact Nathan Pick at ndpick@iastate.edu or 515-294-4186 to check that person’s eligibility status.

SPORTSMANSHIP RATING:

Teams will be given a sportsmanship rating by the officials for each game. Ratings are A, B, and C. A “C” rating is not satisfactory and the team will receive a letter to encourage better behavior. A second "C" rating could result in the team being dropped from further competition. A “C” rating is subjective and is given by the game officials/supervisors or sport director. There does not need to be any specific penalties of unsportsmanlike behavior to receive a “C” rating. Likewise, unsportsmanlike penalties during the contest do not necessarily mean a team will receive a “C” rating. Failure to treat officials/supervisors and opponents with respect could lead to a “C” rating.

Teams/individuals may be dropped/disqualified on the first offense if the conduct is racial, excessively violent in nature, or any other act as determined by the Intramural Coordinator.

Awards may be withheld from championship teams or selected individuals if their sportsmanship following the contest is inappropriate. This will be determined by the Intramural Coordinator.
Each team is responsible for the conduct of individual members of the team and spectators. Teams may be liable to forfeit for failure to control the behavior of team members and fans.

Any individual ejected from a game for any reason is automatically suspended from all further IM participation until he/she seeks reinstatement through the Intramural Sports Coordinator.

Rule I.  THE PLAYERS, GAME AND EQUIPMENT

Players

1. Seven (7) players on the field at one time. You may have as many team members as you desire. A minimum of four players are required to start a game. If injuries or ejections reduce your team to less than 4 players, you may continue if the referee feels that you still have a chance to win. Players who arrive late may be added to the scorecard and enter the game at a dead-ball situation.

Eligibility:

See the player eligibility qualifications on the first and second pages of this rules document. An individual may play on one men's/women's team.

Affiliation for Divisions: At least half of the team members on the official roster must be affiliated with the association for which the team is playing. Residence Halls – at least half must be affiliated with the same residence house. Fraternity – half must be a member of the chapter or a pledge. Any team not having at least half of its roster affiliated with either of these associations must play in the Independent division. Any team can choose to play in the Independent division. Frederiksen Court participants are considered off-campus (independents).

Ineligible/Restricted: Individuals who are on or practicing with the ISU intercollegiate football team are not eligible to play Intramural flag football. Former intercollegiate football players must play in the A/B division. (Exceptions must be cleared through the Intramural Coordinator)

Equipment

1. Game ball - Jerseys - Flag belts
The Intramural Sports Program will supply the game ball, 12 jerseys and flag belts for each team. If equipment is missing or broken through abuse, you will be notified and then billed. Teams may use their own ball if approved by the officials. Women's teams use an intermediate size ball.

2. Shoes - Shoes must be worn. Tennis/running shoes, soft-soled shoes, and football shoes are permitted. Metal spikes, hiking boots, steel-toe boots, sandals and cleats with metal exposed are prohibited.

3. Pads and Braces - No pads or braces may be worn above the waist. Leg and knee braces made of hard, unyielding material must be covered on both sides and all edges with appropriate padding. No casts are allowed. Soft pliable basketball or wrestling kneepads may be worn on the leg, knee or ankle.

4. Shorts/Pants – Players should wear pants or shorts that DO NOT have belt loops, pockets or an exposed draw string. Players may not wear towels that hang from the waist.

5. Tape / Casts - Tape or bandages of the hand, wrist, forearm or elbow are prohibited except to protect an injury. The IM Supervisor before the game must approve this. Under no circumstances will a player wearing a cast or splint be allowed to play.

6. Foreign Substance - Any slippery or sticky substance of a foreign nature on equipment, clothing, or an exposed part of the body is illegal. (5 yard penalty from the previous spot)
7. Jewelry – Any jewelry pieces that are deemed dangerous by the referee may NOT be worn. Illegal items include dangling earrings, hoop earrings, rings that are not flat, and any type bracelets or rubber bands. Pieces that will be acceptable to wear include stud earrings and flat banded rings. The final say regarding whether a piece of jewelry is acceptable or unacceptable resides with the head referee/supervisor at the game field. If a referee requests a piece of jewelry be removed and it is not complied with, that player will not be able to play until the jewelry is removed.

8. Headgear and Gloves - Players may wear a knit or stocking cap (no caps with bills). Bandanas are okay as long as the knot is tucked under. Gloves must consist of a soft, pliable and non-abrasive material. It is okay to wear pliable and non-rigid sunglasses.

9. Flag belts - Flag belts must remain outside of shirt/IM jersey during the entire down. Tampering with the flag belt in any way to gain advantage, including tying or other such acts is unsportsmanlike conduct. [Penalty: 10 yard previous spot – Ejection]

10. Shirts – All shirts must be tucked in. If a player wears a half shirt, it must be a minimum of 4 inches above the waist. Flags covered by clothing will result in an illegal equipment penalty. [Penalty: Illegal Procedure Live ball – 5 yards previous spot]

11. Mouth and Tooth Protector – it is recommended that all players wear a mouth guard.

Rule II.  COIN TOSS AND OPTIONS

The winner of the coin toss shall have a choice of options for the first half or shall defer his/her option to the second half. The options for each half shall be: 1) choosing to start on offense or defense or 2) choosing a goal to defend. The captain, not having the first choice of options for a half, shall choose the remaining option.

Unless moved by penalty, the ball shall be snapped on the 10 yard line to start each half.

Rule III.  DEFINITIONS

1. Removing the Flag Belt - When the flag belt comes off the ball carrier, the down shall end. The player who removes the flag belt should immediately hold the belt above his/her head to assist the officials. (If a flag belt inadvertently falls to the ground, a one-hand touch between the shoulders and knees constitutes capture.) If, in the judgment of an official they deem removing the flag as unnecessarily rough, it will result in a penalty and possibly ejection. [10-yards from end of run or spot of foul]

Contact - In an attempt to remove the flag belt, defensive players may contact the body and shoulders, but not the face, neck or any part of the head of an opponent with their hands. A defensive player may not hold, push, or knock the runner down in an attempt to remove the flag belt. [10-yards from end of run or spot of foul]

A runner is also down if any part of that runner touches the ground other than a hand or foot. A ball in the hand of the player where the ball touches the ground, the player is ruled down as well.

2. Scrimmage

A. Offensive scrimmage line - the yard line and its vertical plane, which passes through the forward point of the ball.

B. Defensive scrimmage line - the yard line and its vertical plane, which passes two yards from the point of the ball nearest its own goal line. If the ball is inside the two yardline, the defensive line of scrimmage will be the goal line.

C. There is no minimum number of players who must be on the line of scrimmage.
3. Live Ball - A live ball is a ball in play and a dead ball is a ball not in play. A pass or fumble, which has not yet touched the ground, is a live ball in flight and therefore can be caught and advanced by either team.

Rule IV: PERIODS, TIME FACTORS AND SUBSTITUTIONS

1. Period - Two halves of 20 minutes each. Three-minute break between halves. The clock will stop during the last two (2) minutes of the game (i.e. out of bounds, incomplete pass, etc.).
   Extension of Periods - A half must be extended by an untimed down, except for unsportsmanlike or non-player fouls, if during the last timed down, one of the following occurred:
   A. There was a foul by either team and the penalty is accepted.
   B. There was a double foul.
   C. There was an inadvertent whistle.
   D. If a touchdown was scored, the try is attempted unless the touchdown is scored during the last down of the 2nd half and the point(s) would not affect the outcome of the game.
   If (A), (B) or (C) occurs during the untimed down, the procedure is repeated.

2. Mercy Rule - If a team is 19 or more points ahead when the Referee announces the 2 minute warning, the game shall be over.

3. Flags: There is a flagpole near the building at the north end of the field complex.
   Green Flag - starting time
   Black Flag - 10 minutes late...FORFEIT

4. Delay of Start - Each team shall have its members on the field for the opening play at the scheduled time for the beginning of each half. Ready to play includes having your team members names checked in on the scoresheet. If a team is not ready, their opponents will be awarded the ball at midfield to start play and also their choice of goal to defend. (The official will flip a coin at the beginning of the second half to determine who gets the 2nd half options.) The game clock will be started at game time when the green flag goes up. The game may be started a couple of minutes early if both teams indicate they are ready to play.

5. Forfeit - Any team not ready to play by 10 minutes (black flag) after the scheduled starting time shall lose by forfeit. (Must have 4 players to start) Captains will be assessed a $20 fine.

6. Time Outs - Each team is entitled to one (1) time out per half. A time out shall not exceed 1 minute. The official shall deny requests for time outs in excess of one per half, unless such a request is for an injured player. Overtime periods: no time out. The clock stops during time-outs. An unused time out does not carry over to another half or overtime period.

7. Tie Game - In the event of a tie game there will be an overtime period. The captain that didn't call the toss at the start of the game will call this one. Winner of the toss has the option to take the ball first or last or the choice of which end of the field to play. The loser of the toss chooses which side of the field to play from (you will play at that end of the field every overtime possession) or choose to take the ball first or last if the opposing team chose which end to play. Each team will start 1st and goal from the 10-yard line. The overtime period consists of one possession by each team. If the score is still tied after one period, they go to a second period or as many as needed to determine a winner. The scoring options are the same as during regulation play. If the defense intercepts the ball and returns it for a touchdown, they win the game. If they do not return the interception for a touchdown, the ball will be placed at the 10-yard line to begin their series of 4 downs. The goal line will always be the zone line-to-gain in overtime. PAT's will be run after touchdowns in overtime. For
successive overtimes, there will not be a coin flip. The choices will alternate from the first overtime coin flip.

8. Substitutions – Players may substitute freely between downs. Each substitute shall be in uniform ready for play, with flags in position.

Rule V. BALL IN PLAY, DEAD BALL, OUT OF BOUNDS

A dead ball, after having been declared ready for play, becomes a live ball when it is snapped legally.

1. Illegal Delay of Game – The offense must snap the ball within 25 seconds after the Referee has sounded his/her whistle. [Penalty: Delay of Game, 5 yards previous spot]

   The Referee may order the game clock started or stopped whenever, in his/her opinion, either team is trying to conserve or consume playing time by tactics that are unfair.

2. Ball is declared dead when:
   1. A forward pass strikes the ground or is caught simultaneously by opposing players.
   2. A backward pass or fumble by a player strikes the ground.
   3. A runner has a flag belt removed legally by a defensive player.
   4. A runner is legally touched with one hand between the shoulders and knees, including the hand and arm, once the flag belt is no longer attached.
   5. A snap hits the ground.
   6. A muff of a punt strikes the ground.
   7. The passer is deflagged before releasing the ball.

3. Fumbles - A fumble or backward pass is dead when the ball hits the ground

4. Out-of-bounds - A ball in player possession is out-of-bounds when either the ball or any part of the runner touches the ground or anything else, except a player or game official, which is on or outside a boundary line. If the runner inbounds bumps into or is touched by a player or an official on the sidelines out-of-bounds, the ball is still in play.

Rule VI. SERIES OF DOWNS, LINE TO GAIN

1. Downs and Line to Gain - The zones formed by the marking of the twenty and forty yard lines are used instead of the ten-yard chain to determine the distance to be gained. The distance of the line to gain will vary. It might be the full twenty yards or as little as one inch. This procedure makes the distance to be gained comparable to the situation in football when a team has the ball with first down and less than 10 yards to the goal line. The team in possession of the ball shall have four consecutive downs to advance to the next zone line-to-gain. When the defense gets the ball it is always first down.

2. The zone line-to-gain in any series shall be the zone (next field line) in advance of the ball, unless distance has been lost due to penalty or failure to gain. In such case, the original zone (next field line) in advance of the ball at the beginning of the series of downs is the zone line-to-gain. The most forward point of the ball, when declared dead between the goal lines shall be the determining factor.

Rule VII. KICKS

1. There are no kick offs, extra point kicks or field goals in ISU flag football. Punts are allowed with some restrictions.
2. On a punt the kicking team will have 25 seconds to kick the ball from when the ball is marked ready by the official. From that time until the kick is attempted, the ball cannot become dead from touching the ground. Any contact with the ball by the kicking foot constitutes the kick.

3. A punt that hits the ground is dead. These balls cannot be advanced and will always belong to the receiving team at the spot the punt first touches the ground. A ball that is downed in the end zone or goes out of bounds behind the goal line is a touchback and the ball will be put in play at the 14 yard line.

4. No player may cross the line of scrimmage until the ball has been kicked...so the defense is not allowed to rush a kick. [Penalty: Offsides/DEAD BALL/No play- 5 yards previous spot]

5. Punts:
   A. Offensive team may put the ball in play with a punt on any play, but they must notify the officials who should then inform the defensive team. There are no quick kicks. [Penalty: Dead Ball 10 yards from Previous Spot]
   B. The punter may get the ball directly from the center and may walk back to kick, but no stalling. (Must kick within 25 seconds of when the ball is marked ready to play by the official) [Penalty: Delay of game 5 yards previous spot]
   C. If a ball hits a player from the kicking team in the air or on the ground, the ball is dead at that spot and belongs to the receiving team.
   D. Out of Bounds - If the punt goes out of bounds it belongs to the receiving team at the point where it went out.
   E. A punt must be kicked, it cannot be passed. All punts belong to the receiving team after the kick. [Penalty: Dead ball- Illegal Procedure 5 yards previous spot]
   F. Kick Catch Interference - A player of the receiving team who is within the boundary lines and who is so located that he/she could catch a scrimmage kick in flight which is beyond the neutral zone, must be given an unmolested opportunity to catch the kick.

6. Safety – After a safety, the ball is put in play at the 10 yard mark, unless moved by penalty.
Rule VIII. **SNAPPING, HANDBLING AND PASSING THE BALL**

1. **Snap** – The player receiving the snap MUST be at least 2 yards behind the scrimmage line.  
   [Penalty: Dead ball- Illegal procedure 5 yards previous spot]

2. **False Start** – No offensive player shall make a false start. A false start is any movement simulating the start of a play. An infraction of this rule may be penalized whether or not the ball is snapped and the resultant encroachment shall be cancelled.  
   [Penalty: Dead Ball Illegal procedure, 5 yards previous spot]

3. **Encroachment** - After the snapper has touched the ball, it is encroachment for any player to break the plane of his/her scrimmage line, except the snapper’s right to be over the ball. Players do NOT have the opportunity to jump across the line and "get back" onside. It is a foul as soon as the player initially enters the neutral zone.  
   [Penalty: Dead Ball 5 yds. from previous spot.]

4. **Sleeper plays** – If there is a huddle all players must be in it for at least one second. No sleeper/trick plays allowed. After the ball is ready and before the snap, all offensive players must momentarily be within 15 yards of the spot where the ball is to be snapped.  
   [Penalty: Illegal Procedure – 5 yards previous spot]

5. **Fumbles**
   A. On the snap, or when fumbled, the ball is dead immediately. If the ball in fumbled backwards, the ball is spotted where the ball hit the ground. If the football is fumbled forward, the ball is spotted at the spot where the fumble occurred.  
   B. Out of bounds - A fumble going out of bounds without hitting the ground remains in possession of the fumbling team at the spot fumbled.

6. **Handing the Ball**
   A. Backward: any player may hand the ball backward at any time.  
   B. Forward: during a scrimmage down, a player may only hand the ball forward behind the line:  
      [Penalty: illegal forward handing down field, 5 yards spot of foul and loss of down.]  
   C. Change of Possession: during a scrimmage down after a change of team possession, no player may hand the ball forward to a teammate. [Penalty: illegal handing, 5 yards spot of foul.]

7. **Forward Pass**
   All players are eligible to touch or catch a pass, except the passer. **Only one forward pass can be thrown per down.**
   Forward pass is illegal:  
   A. If the passer’s foot is beyond the scrimmage line when the ball leaves his/her hand;  
   B. If any part of the ball has crossed the line of scrimmage  
   C. If a passer catches his/her untouched forward or backward pass;  
   D. If intentionally grounded or thrown out-of-bounds to save loss of yardage;  
   E. Second forward pass in that down;  
   F. If thrown after team possession has changed during the down (interception)  
      [Penalty: Illegal pass, 5 yds. from spot of foul and loss of down]

8. **Pass caught/intercepted** – One foot inbounds is needed for a legal reception.

9. **Simultaneous Catch** - A pass caught simultaneously by opponents becomes dead and belongs to the team that snapped the ball.
10. Offensive Player in Motion - One offensive player may be in motion, but not in motion toward the opponent's goal line. Such a player must be behind the line of scrimmage when the ball is snapped. Other offensive players must be stationary in their positions without movement of the feet, body, head or arms for one second before the snap. [Penalty: Live ball - 5 yards previous spot]

Rule IX. SCORING

1. Point Value
   A. Touchdown - 6 points....
   B. Safety - 2 points
   C. Point(s) after touchdown:
      - running/passing from 3 yards - 2 points
      - running/passing from 10 yards - 3 points
   D. Intercepted PAT ATTEMPT returned for a score - 2 points
      [No PAT kicks or field goals are allowed]

2. Touchdown Verification - The player scoring the touchdown must raise his/her arms so the nearest official can deflag the player. If the player is not deflagged with one pull, and the official determines the flag belt has been secured illegally, the TD is disallowed and the player is disqualified. [Penalty: Dead ball 10 yards Previous Spot]

3. A touchdown (or PAT) is scored when the ball crosses the plane of the goal line. A person's body doesn't necessarily need to be in the endzone for a touchdown (PAT) to be scored.

Rule X. BLOCKING, RUSHING, AND CONDUCT

1. Blocking - All blocking is screen blocking. No player in an attempt to block an opponent shall leave his/her feet during the execution of the block. Contact does not have to be made for the attempted block to be illegal. [Penalty:Live ball 10 yards -ALL BUT ONE]

4. Offensive Blocking - The offensive screen blocker shall have his/her hands and arms at their sides, folded across the chest or behind the back. Any use of the hands, arms, elbows, legs or body to initiate contact during a screen block is illegal. A player must be on his/her feet before, during and after screen blocking. Teammates of a runner or passer shall not use interlocked interference by grasping or encircling one another in any manner.

        After assuming a legal screening position - to move or maintain it the screener must move in the same direction and path as his/her opponent. If the screener steps in front of the opponent and causes contact, the screener has committed a personal foul. [Penalty:Live ball 10 yards Spot of Foul or End of Run]

3. Defensive blocking, rushing: [Penalty: Live ball 10 yards-ALL BUT ONE]

   A. A defensive player must go around the offensive screener. The defensive player may use his/her hands and arms only to maintain his/her balance or break a fall.
   B. He/she may make incidental contact but may not force his/her way through the blocker. Pushing, pulling, or running over a blocker is a violation.
   C. A player who screens may not take a position so close to a moving opponent that his/her opponent cannot avoid contact by stopping or changing direction.

4. Player Restrictions

   A. No player shall punch, strike, strip, steal, or attempt to steal the ball from the player who has possession. [Penalty:Live ball 10 yards-ALL BUT ONE]
   B. There shall be no tripping or clipping. [Penalty:Live ball 10 yards- ALL BUT ONE]
C. No player shall make contact with an opponent which is deemed unnecessary.  
[Penalty: Live ball 10 yards – ALL BUT ONE]

D. No hurdling any other player. It is not considered hurdling if jumping over an opponent or teammate who has fallen to the ground.  [Penalty: 10 yards – ALL BUT ONE]

E. Pull or remove a flag from an offensive player by a defensive player as the ball is snapped or before a pass reception with the obvious intent of confusing the offensive player as an eligible pass receiver or ball carrier is an illegal flag pull.  [Penalty: 10 yards previous spot]

F. No opponent shall exert any extra force than is necessary to pull the flag.  
[Penalty: Live ball 10 yards – ALL BUT ONE]

G. A defensive player may not bump or push a runner out of bounds, but must pull the flag to down him/her.  [Penalty: Live ball 10 yards – ALL BUT ONE]

H. Offensive charging - The ball carrier may not run into nor contact an opponent in his/her path nor attempt to run between two opponents or between an opponent and a sideline, unless the space is such as to provide a reasonable chance for him/her to go through without contact. The runner shall be allowed to spin in order to avoid a tackle attempt as long as he/she does not charge into an opponent during the spin. The officials will decide these cases just as the basketball official rules on charging and blocking.  
[Penalty: 10 yards - ALL BUT ONE]

I. Stiff arming - Stiff-arming by the ball carrier is illegal. Holding or swinging the arm near the flag to ward off attempts to seize the flag is illegal.  [Penalty: 10 yards - ALL BUT ONE]

J. No player may position himself/herself on the shoulders or body of a teammate or opponent to gain an advantage.  [Penalty: 10 yards – ALL BUT ONE]

K. Profanity, taunting, insulting or vulgar language or gestures are not acceptable from players, substitutes, coaches or fans.  
[Penalty: 10 yards succeeding spot, possible ejection]

5. Miscellaneous

A. Flags must be worn on the right and left hip with the 3rd flag behind you. They cannot be rolled under or to prevent pulling.  [Penalty: 10 yards previous spot (offense) or succeeding spot (defense/interception return]

B. The flag belt should be fastened around the waist by use of the end clip. Any tampering to secure the flags so as to make them more difficult to pull is a violation. Do not tie the flag belt in a knot. The flags do not come off – the entire belt comes off.  
[Penalty: 10 yards previous spot - Ejection]

C. Protecting the flag belt with the hands, arms, or ball is illegal. Running while holding the ball at hip level, intentionally or unintentionally, may be considered flag guarding. Placing the ball over the flag belt in order to prevent an opponent from deflagging is illegal. Lowering the shoulder in such a manner which places the arm over the flag belt to prevent deflagging is also illegal.  [Penalty: Flag Guarding 10 yards Spot of foul]

D. No ball carrier is allowed to dive forward. If a player leaves their feet in a purposeful attempt to gain yards, the ball will go back to the spot where the player left their feet on the dive attempt.
Rule XI. **PROBLEM AREAS**

1. Pass Interference - Once a pass is in the air, any contact which interferes with an eligible receiver is pass interference unless it occurs between two or more players making a bonafide attempt to catch or bat the pass...then it is considered incidental (it is not incidental if you push or go through/over your opponent). It is also pass interference if an eligible receiver is deflagged prior to touching the ball. Screening a player's eyes or waving of the hand and arms in his/her face to distract him/her is also considered interference.

   A. Defensive Pass Interference – [10 yards from previous spot and automatic first down]

   B. Offensive Pass Interference – [10 yards from previous spot]

   **NOTE:** If the pass interference by either player is unsportsmanlike, his/her team shall be penalized an additional 10 yards.

2. Roughing the Quarterback - Defensive players must make a definite effort to avoid charging into a passer. Contact other than incidental will result in a penalty.  

   [Penalty:  10 yards, automatic first down previous spot (incomplete) or end of competed pass & run]

3. Inadvertent Whistle - If an inadvertent whistle is sounded while:

   A. A legal pass is in flight or during a kick, the down will be replayed.

   B. The ball is in player possession, the team may choose to accept the play at that point where declared dead or choose to replay the down.

   C. The ball is loose from a fumble, backward pass, illegal kick, or illegal forward pass - the team in possession may elect to put the ball in play where possession was lost or replay the down.

   If a foul occurs during any of the above downs, an accepted penalty shall be administered as in any other play situation. When the foul is accepted, disregard the inadvertent whistle.

**Photographs**

Photographs and videos of activities may be taken and used to promote our activities. Please contact the Intramural Sports Program if you are opposed to having your picture/image/voice used for Intramural Program marketing and advertising purposes.

**Nondiscrimination**

Iowa State University does not discriminate on the basis of race, color, age, religion, national origin, sexual orientation, gender identity, sex, marital status, disability, or status as a U.S. veteran. Inquiries can be directed to the Director of Equal Opportunity, 3280 Beardshear Hall, 515-294-7612.
SUMMARY OF PENALTIES

TYPE OF PLAYS:
Running play: Everything that occurs during the play—penalize from the Basic Spot (end of the run or spot of foul), which ever “hurts” the penalized team the most.
Loose ball play (Passes or Kicks): Everything that happens until the final catch is penalized from the PREVIOUS SPOT EXCEPT if an offensive penalty occurs behind the previous spot (basic spot - ALL BUT ONE). If an offensive penalty occurs behind the previous spot during a loose ball play, penalize from the spot where the penalty occurred (i.e. if an offensive blocker makes contact with a rushing defender behind where the ball was snapped, or the previous spot, penalize from the spot where the contact was made). After the catch it becomes a Running Play.

ALL BUT ONE- is the basic spot EXCEPT if an offensive penalty occurs behind the previous spot

LOSS OF 5 YARDS FROM PREVIOUS SPOT
1. Delay of Game
2. Encroachment (Offsides)
3. False Start
4. Illegal Snap
5. Illegal Motion
6. Illegal Shift
7. Illegal Equipment
8. Offensive Player not within 15 yards of Ball after the “ready for play” whistle
9. Illegal Substitution
10. Player Out of Bounds When Ball is Snapped
11. Player Receiving Snap Within 2 yards of Scrimmage Line
12. Unfair Tactics (stop clock)

LOSS OF 5 YARDS FROM SPOT OF FOUL PLUS LOSS OF DOWN
1. Illegally Handing the Ball Forward
2. Intentionally Throwing/Fumbling Ball Out of Bounds
3. Illegal Forward Pass
4. Intentional Grounding

LOSS OF 10 YARDS FROM BASIC SPOT (ALL BUT ONE)
1. Stiff-arming, Tripping, Clipping
2. Charging By the Runner
3. Unsportsmanlike Conduct
4. Defensive Holding, Obstruction of the Runner
5. Unnecessary Contact of Any Nature
6. Illegal Block
7. Abusive Language (Previous or Succeding Spot)
8. Illegally Removing the Flag
9. Illegal Participation (PREVIOUS SPOT)
10. Contact an Opponent Who is on the Ground
11. Reentry of a Disqualified Player (PREVIOUS SPOT)
12. Kick Catch Interference (If foul is behind the goal line – touchback)
13. Guarding the Flag
14. Spiking, Kicking, Throwing Ball During a Dead Ball
15. Steal, Strike or Attempt to Steal the Ball
16. Throw Runner to the Ground
17. Hurdle a Player
18. Dead Ball Contact (Previous or Succeding Spot)
19. Drive or Run Into a Player
20. Quick Kick & Illegal Kicking [Dead Ball Previous spot]
21. Defensive Use of Hands

10 YARDS FROM PREVIOUS SPOT
1. Offensive Pass Interference
2. Offensive Player Tampering With Flag Belt [Player ejected]

10 YARDS FROM PREVIOUS SPOT PLUS AUTOMATIC FIRST DOWN
1. Defensive Pass Interference
2. Roughing the Passer [If competed, 10 yards at the end of the catch/run]

10 YARD PENALTY FROM PREVIOUS SPOT AND POSSIBLE DISQUALIFICATION/SUSPENSION
1. Flagrant Unsportsmanlike Conduct
2. Fighting
3. Intentionally Contacting an Official
4. Flagrant Personal Fouls
5. Any Contact Deemed To Be Unnecessarily Flagrant By the Official
6. Tackling the Runner (Basic Spot)