State University College at Oneonta
Intramural Outside Football Rules

Players
1. A team shall consist of seven (7) players; however, a team may start a game with as few as 6 players. Starting a game with less than 6 players will constitute a forfeit.

Equipment
1. **NO METAL SPIKES** are to be worn at any time. If spiked shoes are worn, they must be made of single construction plastic or rubber.

The Game
1. A game shall have two (2), twenty (20) minute halves, running time.
2. Stop time will be in effect during the last two (2) minutes of the second half.
3. A three (3) minute half time is allowed.
4. Intramural Workers will warn teams when two (2) minutes remain in the half.
5. Each team is allowed two (2) sixty second (60) timeouts per half. Time outs are not cumulative.
6. Games will be self officiated.
7. Injury time outs or anything deemed necessary by the Intramural Workers will not constitute a charged timeout.
8. The offensive line must have three (3) players at the line of scrimmage.
9. No restrictions on the number of defensive players needed on the line of scrimmage.
10. The offensive team must notify the defensive team which lineman will be eligible to receive a pass.
11. One foot in bounds is needed with control to be considered a catch.
12. Diving tags, or tags from the prone position will not be considered legal tags.
13. The ball is dead when either knee of the ball carrier touches the ground.
14. No fumbles. The ball will be considered dead when it touches the ground.
15. Grounding the ball in the end zone will be considered a safety and the ball moved to the twenty (20) yard line.
16. If a team decides to punt on forth down, the offensive team must notify the defensive team of their decision.
17. All blocks must be below the shoulders.
18. Scoring: touchdowns six (6) points, safety two (2) points,
19. Points after touchdowns: pass play one (1) point, run play two (2) points
20. Tie score after regulation: During the regular season it will result in a tie. During the playoffs the ball will be placed on the twenty (20) yard line of offense. First team to score wins game.
21. The clock will not be running on extra points during the last two (2) minutes of the second half.
22. Defensive pass interference awards the ball to the offending team at the spot of the foul.
23. If the interference occurs in the end zone, the ball will be placed on the one yard line.
24. The game should not end in defensive a penalty, unless the safety of the participants is at risk. For example if lightning occurs.

Protests
1. Captain informs intramural worker that he/she wishes to play the game under protest.
2. Intramural worker records information
3. Game continues
4. Captain files written protest to Intramural Office within 24 hours of conclusion of contest.
5. The Commissioner’s committee will meet to determine outcome.
6. ONLY protest of rule interpretations and eligibility will be permitted.
7. The Intramural Office reserves the right to rule in any situation not covered in this supplement

*Mouth Guards Highly Recommended*

INJURIES
NOTE: PARTICIPATION IN INTRAMURALS IS VOLUNTARY. SUNY ONEONTA IS NOT LIABLE FOR INJURIES SUFFERED BY PARTICIPANTS. ALL PARTICIPANTS ARE ADVISED TO HAVE PROPER MEDICAL COVERAGE BEFORE PARTICIPATING.