

# 4-on-4 Flag Football Rules and Regulations

## Eligibility

Below are the guidelines that participants must follow in order to be eligible to enroll or play in UREC intramurals.

**1. Undergraduates/Graduate Students**

All undergraduate students enrolled in 7 or more hours (6 or more hours for graduate students) at JMU are eligible for intramural competition.

**\*Note: Undergraduate students enrolled in 1 to 6 hours (1 to 5 hours for graduate students) will be required to pay a recreation fee in order to participate in the program.**

**2. Faculty and Staff**

All full-time faculty and staff at JMU are eligible for intramural competition. Spouses of full-time faculty and staff are required to obtain a URAC card to participate in the program.

**\*Note: All part-time faculty/staff can participate in the program; however, their spouses cannot participate.**

**3. Alumni**

All alumni are ineligible to participate without a proper membership to UREC.

**4. Professional Athletes**

Students ineligible for varsity competition due to professional rank are prohibited from competition in the intramural sport(s). Those participants with professional rank will be ineligible for five (5) years from the date professional career ended. (This does not include try-outs and cuts from a professional team).

**5. Varsity Letter Person**

A person who has received a varsity award at any university (4 year college or junior college) within the last academic year is ineligible to compete in the lettered sport or a related sport. They will be allowed to compete one full year after their final varsity season. However, teams may only carry one former varsity player on their roster

**6. Student Athletes**

Any person whose name appears on a varsity, junior varsity, or freshman roster will be ineligible in that intramural sport during that academic year. This includes all players who are "red shirt" in any sport or anyone who practices with a team regularly but does not participate in intercollegiate competition.

**7. Sport Club Members**

Sport club members are defined as individuals who meet any **one** of the following criteria:

- Name appears on sport club team roster during the academic year.
- Signed a participation waiver **and** is actively participating in club functions.
- Actively participating with the club during their season.

**\*Note: Teams are restricted to *two Sport club members* in their related intramural activity. Sport Club members can only compete in Level 2 and Level 3 activities (Level 1 is prohibited).**

**\*Note: All Eligibility requirements can be located in the [Intramural Handbook](#).**

## Valid JACards are required for participation. “No JACard, NO play”

### \*Assumption of Risk\*

Individuals are highly encouraged to have a physical examination and obtain adequate health and accident insurance **prior to participation** in UREC activities. Individuals that choose to participate in UREC activities do so at their own risk. James Madison University does not provide insurance and is not responsible for any injury that may occur to individuals participating in any UREC activity. Participation is voluntary. Student Health and Accident Insurance information may be obtained at the University Health Center.

UREC strongly discourages the use of alcohol and/or drugs by participants prior to any recreational activity. The use of alcohol and/or drugs by participants during any recreational activity is prohibited. In addition, **food, beverages, and tobacco products (dip, chew, cigarettes, etc) are not allowed** at any intramural activity site. The following rules apply to all participants of University Recreation sponsored programs:

Smoking, drinking, or using smokeless tobacco products at an intramural site will result in removal from facility site and sound.

Leaving the bench area and/or consuming an alcoholic beverage will result in an immediate ejection from the game.

Games may be forfeited if, **IN THE JUDGMENT OF THE INTRAMURAL SITE MANAGER ON DUTY**, the participant’s unsportsmanlike conduct is due to the use of alcoholic substances either before or during the activity.

### Facilities

1. All games will be played on the UREC Upper Turf.
2. The field measures 40 yards in length, goal line to goal line, and approximately 30 yards in width.

### Game Time and Timing Regulations

1. Playing time shall be 40 minutes in duration, divided into two halves of 20 minutes each. Half-time shall be 5 minutes long. Time shall run continually throughout the entire game except for official or charged time-outs until the final 2 minutes of the second half.
2. The 20 minute half will start at game time. Teams that do not show up on time will lose 0.2 on their sportsmanship total for every minute tardy. After 10 minutes, the game will be deemed a forfeit.
3. During the final 2 minutes of the second half, the clock will stop under all situations laid out in the NIRSA rules book (similar to high school rules). The referee shall have discretion to reduce the length of half-time if conditions deem it necessary.
4. Games will begin with a coin toss. The home captain will make the call.

5. The winner of the toss shall have the option to begin with possession at the 10 yard line or defer until the second half.
6. The team losing the toss shall have the choice of options at the start of the 2<sup>nd</sup> half, unless the team winning the toss deferred their option until the second half.
7. During the final 2 minutes of the second half the clock will stop for the following:
  - Incomplete legal or illegal forward pass – starts on the snap.
  - Out-of-bounds – starts on the snap.
  - Safety – starts on the snap.
  - Team time-out – starts on the snap.
  - First down – dependent on the previous play.
  - Touchdown – starts on the snap (after the try).
  - Penalty and administration – dependent on previous play. (Except delay of game – starts on snap)
  - Referee’s time-out – starts at his/her discretion.
  - Team A is awarded a new series – dependent on previous play.
  - Team B is awarded a new series – starts on the snap.
  - Inadvertent whistle – starts on the ready
8. **OVERTIME will ONLY be played in the PLAYOFFS.**
9. Overtime will begin with a coin toss. The visiting team will call the toss.
10. The winner of the coin toss will choose either offense or defense. Both teams will have a chance to score and will be going towards the same goal.
11. Teams will alternate choices if additional overtime periods are played.
12. Each team will be given a series of downs from the same 10 yard line.
13. If the first team scores a touchdown, the second team still receives a series of downs to try and score.
14. If the defense intercepts the ball and returns it for a touchdown, they will win the game. If it is not returned for a score, the ball will be placed at the 10 yard line.
15. Extra points will be attempted and scored as previously stated. If the defense intercepts a pass during the try, it is a dead ball, and the defense will take over at their 10 yard line. Each team is entitled to only one time-out per overtime (no carry-over).
16. **MERCY RULE:** If a team is 19 or more points ahead when the referee announces the 2 minute warning for the second half, the game shall be over. The same rule applies if a team scores inside 2 minutes with this differential.

17. **Each team will be permitted 2 time-outs per half**, these time-outs shall be 1 minute in length (or less if both teams are ready to play) and 1<sup>st</sup> half time-outs do not carry over to the 2<sup>nd</sup> half.
18. The referee may start or stop the game clock whenever, in their judgment, either team is trying to conserve or consume playing time by using illegal or unfair tactics.

### **The Team**

1. A player's name must appear on the scorecard before he/she may enter the game. A team may add players to the scorecard anytime during the game.
2. A men's, women's, or co-rec team must have a minimum of 3 players to start the game. Team maximum is 4 players on the field of play. If at any time one team has less than 3 players, including result of injury, that team shall forfeit the game.
3. **Valid JAC Cards are required for participation.**
4. Players can enter and leave the game as many times as they want to, but substitutions must be made during a dead ball.

### **Player Equipment**

1. Shoes must be soft-soled soccer/football type cleats or cross-country, tennis or astro-turf shoes. Cleats must be made of nonabrasive rubber or rubber-type synthetic material, which does not chip or develop a cutting edge.
2. The use of headgear, all jewelry (medical bracelets/necklaces are okay but must be taped to the body), shoulder pads, body pads or any unyielding or dangerous equipment is prohibited. Players may wear a knit or stocking cap and use soft, pliable gloves if they desire. No baseball style caps or bandannas of any kind may be worn at anytime.
3. Tape or bandage on the hand, wrist, forearm, or any other part of the body is prohibited except to protect an injury. Under no circumstances will a player wearing a cast or splint be allowed to play. Braces with exposed metal parts must be covered.
4. Each team must wear the same type of jersey or shirt. If not, jerseys will be provided (a separate coin toss will be held if neither team volunteers to wear the intramural jerseys). Belt loops, pockets, exposed drawstrings, or untucked hoods on sweat tops are illegal.
5. The flag belt must be free of all knots.
6. Each player must wear pants/shorts without any pockets, belt(s), belt loops, or exposed drawstrings. No hooded sweatshirts.
7. Mouth guards are strongly recommended, and players wearing glasses should have shatter proof lenses and straps.

## Rules Section

### Scoring

1. A touchdown counts 6 points. In Co-Rec, a touchdown scored by a male is worth 6 points and a touchdown scored or thrown by a female is worth 9 points.
2. The scoring team can opt to go for a 1 point attempt from the 3-yard line, a 2 point attempt from the 10-yard line, or a 3 point attempt from the 20-yard line. This option must be chosen at the request of an official.
3. If penalty occurs on the offense on an extra point try and the team scores, the extra point will be replayed after assessing the penalty.
4. If there is a defensive penalty on the extra point, the penalty will be 1/2 the distance to the goal line, down replayed. If the offense scored, they must decline the penalty.
5. During extra point attempts, if the defense intercepts, the ball is dead.
6. A team is permitted the extra point if a touchdown is scored as time expires, if it will affect the game's outcome.
7. Safety results in 2 points.

### Plays from Scrimmage

1. The ball shall be placed at your own 10 yard line to begin each half of a game or after a touchdown.
2. The ball shall be placed at your own 10 yard line following a touchback or safety.
3. After gaining possession of the ball, a team has three downs in which to reach the next zone line to gain a first down. If this does not happen, the ball will be turned over to the opposing team at the same spot.
4. The offensive team must be behind the line of scrimmage prior to the snap.
5. The defensive team must line up behind the one yard restraining line, which will be designated with a cone by the official before each play.
6. The offensive team must have at least 1 player on the line of scrimmage, regardless of number of players on the field.
7. The quarterback must receive the snap at least 2 yards behind the center. No direct snaps.

8. Before the snap, 1 offensive player may be in motion. This player may not be moving towards the line of scrimmage. Other offensive players must be stationary in their positions without moving the feet, body, or arms.

### **Blitzing/Blocking**

1. Players are allowed 1 blitz per **every 3 downs** where they can rush immediately after the snap. Players do not have to call "blitz."
2. **No blitzes are allowed during extra point attempts.**
3. Offensive team's blockers can only screen block. Players may not interlock legs during an offensive set. Arms must be behind their backs or at their sides while they obstruct an opponent, without initiating contact.
4. Defensive rushers must go around the offensive player's screen block without using their hands as a wedge.
5. Screen blocking is also allowed for a ball carrier beyond the line of scrimmage.
6. After each play, the team on offense is responsible for returning the ball to the line of scrimmage. The referee will mark the ball set for play after a reasonable period of time for retrieval of the ball. Intentional delays will result in delay of game penalties.

### **Passing/Catching/Advancing the Ball**

1. Teams are allowed an unlimited amount of backward passes.
2. Teams are allowed *one* forward pass AND it must go beyond the line of scrimmage.
3. An offensive runner cannot advance the ball through the line of scrimmage, even if they catch a pass behind the line (3 yard penalty). There are no restrictions after an interception or once a legal forward pass has been caught beyond the line of scrimmage.
4. There must be a legal forward pass each down. The receiver must catch the ball beyond the line of scrimmage.
5. **The passer has 5 seconds to release the ball.** If not, the referee will blow the whistle, the play is over and the ball will be returned to the previous spot for the next down. (Loss of Down penalty)

### **Legal Catches, Possession, De-Flagging a Ball Carrier**

1. All players are eligible for a pass.

2. If a player has possession and control of the ball, and if one foot first lands in bounds, it is a catch or interception, even though a subsequent step or fall takes the receiver out-of-bounds. Just like high school rule.
3. Any time the knee touches the ground and the ball is in the player's possession, the play is dead. However, a catch by a kneeling or prone in-bounds player is a completion or interception.
4. No player may go out-of-bounds and return during the current down unless blocked out-of-bounds by an opponent.
5. De-flagging: A player is downed and his/her forward progress ceases when he/she is de-flagged (belt clip has come undone) as a result of the defense, while the ball is in his/her possession. The official will determine where the de-flagging occurred, not where the belt actually fell off.
6. To legally down a player, it is necessary to pull flag belt from the ball carrier.
7. If belt falls off inadvertently, the ball carrier will be downed by one hand touch between the shoulder and knee (includes ball carrier's arms and hands).
8. Flag Guarding - Ball carrier cannot guard/cover their flag by using their hands, arms, the ball, or their jersey in such a manner as to prevent an attempted de-flagging from being successful.
9. A fumbled ball becomes dead when it touches the ground. If the ball is fumbled forward, the ball is placed at the spot where the fumble occurred (when possession was lost). If the ball is fumbled backward, it is placed where it hit the ground. If the offense fumbles the ball in their own end zone, a safety is awarded to the defense. If the offense fumbles the ball into the opponent's end zone, the ball is awarded to the defense and placed on the 10-yard line (touchback).

## Punts

1. There are no punts. The ball is placed on the opponent's 10 yard line on 4<sup>th</sup> down.

## Penalties

1. **All 10 yd. penalties are now 5 yards, and all 5 yard penalties are now 3 yards.**
2. The ball carrier must run to evade tacklers. Under no circumstances may the ball carrier deliberately run through tacklers with the purpose of running over defensive players. Deliberate charging of an opponent is a 5-yard penalty from spot of foul. However, diving is permitted as long as it does not result in illegal contact (***diving is not recommended without clothing covering exposed skin due to turf burns***).
3. Any attempt by the ball carrier to stiff arm, or shield the belt (flag guarding) will result in 5-yard penalty from spot of foul.
4. Illegal forward pass: 3-yard penalty from spot of the foul and loss of down (i.e. throwing ball forward a second time during a down).

5. Illegal offensive contact (i.e. blocking) behind the line of scrimmage will be penalized 5 yards from the spot of the foul.
6. Illegal defensive contact when rushing results in 5-yard penalty.
7. Defensive pass interference - 5 yards from line of scrimmage and automatic first down.
8. If defender makes contact with passer's arm, a 5-yard penalty will result and an automatic first down. If the defender contacts the passer's arm, whether or not he/she touches the pass (ball) it is roughing the passer. Go for the flags only. If the pass was completed, the 5 yards will be added to the end of the play.
9. A defensive player shall not hold, push, grasp, obstruct forward progress, or deliberately step in front of ball carrier with no intention to grab the belt. 5-yard penalty from end of the run.
10. Loss or gain of 3 yards and repeat the down from line of scrimmage (note exceptions):
  - Delay of game (dead ball foul) -- 25 seconds from ball being placed includes "team area" violations
  - Illegal equipment/substance or illegally worn equipment.
  - Not enough players on line of scrimmage (M&W need **1** players min.)
  - Offensive player closer than three yards to the sideline at snap
  - Illegal substitution
  - False start (dead ball foul)
  - Illegal motion, procedure, shift
  - Illegal snap (i.e. ball is picked up/moved while set, prior to actual snap--dead ball foul)
  - Player receiving snap within 2 yards of scrimmage line
  - Illegal forward pass (loss of down, penalize from spot of foul.
  - Intentional grounding (loss of down) Note: There is no "out-of-pocket" rule like in NFL.
  - Encroachment (dead ball foul)
  - Helping the runner (offensive players physically pushing/pulling runner)
11. Loss or gain of 5 yards and repeat the down (note exceptions):
  - Unsportsmanlike or unnecessary conduct:
    - a. jewelry violations (always enforced as dead ball foul);
    - b. taunting/profanity
    - c. excessive force
    - d. excessive delay of game
  - a second penalty by the same player will result in disqualification
  - *a third unsportsmanlike conduct penalty on the same team will result in a forfeit*
  - Illegal offensive contact: ball carrier running into defender; stiff arms; initiating contact when blocking; interlocking arms/legs; clipping; tripping; offensive pass interference (loss of down)
  - Quick kicks, fake punts (**remember, there are no kicks**)
  - Flag guarding (Note: this is NOT a loss-of-down penalty)
  - Illegally secured flag belt (loss of down and player disqualification)



- Illegal participation: player who went out-of-bounds (without being blocked out by opponent), returns to the field and participates in a play. *Also, too many players on the field after the ball is snapped.*
  - Illegal defensive contact: obstructing/tackling ball carrier; pass interference (automatic first down); roughing the passer (automatic first down); defensive use of hands; tripping; strike, or attempt to steal ball from ball carrier
12. Illegal flag belt removal (removing belt from offensive player too soon)
  13. Two or more consecutive encroachments (defensive offsides) *during the same down*
  14. The offended team has the option of either taking the penalty or declining the penalty. For non-dead ball fouls, the official should throw a flag and delay the whistle until the play is completed. *Note: all distance penalties may be declined.*
  15. Captains are expected to ensure proper behavior by their players and spectators should an altercation develop.

### ***Co-Recreational Rules***

1. Teams consist of 4 players (2 males and 2 females). If a team plays with 3 they may play with either 2 males or 1 female or 2 females and 1 male. Games can not start with less than 3 players.
2. The regular, intermediate, youth or junior sized footballs may be used.
3. The mercy rule begins at the 2 minute warning of the second half if a team is winning by 25 points or more.
4. **If a female scores a touchdown, the point value is 9. If a female throws a legal forward pass during a play, and a touchdown is scored by anyone on her team during that play, the point value is 9.**

### ***“Open and Closed” Plays***

1. **During the offensive team’s possession there may not be 2 consecutive legal forward pass completions from male passer to a male receiver. This applies to point after attempts.**
2. If there is a male-to-male forward pass completion, the next legal forward pass must involve a female as either the passer or the catcher or both and the play must result in positive yardage.
3. **“Open”**- If a team is eligible to make a male-to-male forward pass during a down, that down is said to be “open”.
4. **“Closed”**-If a team has thrown a male-to-male forward pass, all of the downs during the series after that play are said to be “closed” until a legal forward pass involving a female “opens it back up”.

5. Penalties have no effect on a down's "open" or "closed" status.
6. When new series of downs are begun, the first play is always "open".

## Summary of Penalties

### Loss of 3 yards

1. Failure to wear required equipment
2. Delay of game
3. Unfair tactics
4. Substitution infraction
5. Putting the ball in play before whistle  
players, fans
6. Punt infraction  
runner
7. Illegal snap
8. Interlocked legs on scrimmage line
9. Interference with opponents' game ball
10. Defensive encroachment
11. False start
12. Failure to pause a full second following motion
13. Scrimmage formation infraction
14. Illegal motion – offensive player
15. Receiving snap within 2 yards of scrimmage line
16. Offensive player not within 15 yards of ball
- \*17. Intentional fumble out of bounds
18. Helping the runner
- \*19. Illegal forward pass (Loss of Down)

### Loss of Yards Key

- \*        *Loss of down*  
 \*\*      *Automatic first down*  
 \*\*\*     *Player disqualification*

### Loss of 5 yards

1. Quick Kick
  2. Kick catch interference
  3. Two or more consecutive encroachments
  4. Eligibility lost going out of bounds
  5. Unsportsmanlike conduct – coaches,
  6. Steal, strip or attempt to steal ball from
  7. Contact with opponent on ground
  8. Throwing runner to ground
  9. Diving for flag and contact made
  10. Hurdling
  11. Unnecessary contact
  12. Use of teammate to loft oneself
  - \*\*\*13. Tackling
  - \*\*14. Roughing the passer
  15. Illegal offensive screening
  - \*\*16. Defensive pass interference
  - \*17. Offensive pass interference
  18. Illegal use of hands
  19. Guarding flag belt
  20. Stiff arm
  21. Obstruction of runner
  22. Illegally batting a free ball
  23. Illegal participation
  24. Illegal kicking
  - \*25. Illegally secured flag belt – offense
  - \*\*26. Illegally secured flag belt – defense
- NOTE: 25 and 26 \*\*\***

## Sportsmanship

### Philosophy

Sportsmanship is individuals or teams doing unto others as they would have others do unto them.  
 Sportsmanship is individuals containing an understanding and appreciation of the rules developed for sport.

Players enjoying the recreational experience and encouraging others to participate regardless of skill level will help enhance the integrity of the program. All participants will take responsibility for his/her own actions regardless of the repercussions, which involves not blaming others for mistakes made or making excuses for wrong doings. Sportsmanship is recognizing and acknowledging character and honor among team members and opponents while practicing such characteristics themselves. Participants will respect officials, supervisors, and opponents during, before, and after a contest. Finally, sportsmanship will portray an overall respect and passion for the sport and recreation.

## Sportsmanship Mission

UREC and the Intramural Sports program are dedicated to promote and enforce positive sportsmanship among all JMU participants. Through each contest participants must portray fair play, respect for opponents, and intramural staff, as well as, graciousness in winning or losing. In order to encourage proper conduct during games, officials, supervisors, and administrative personnel will make decisions to warn, penalize and/or eject players, coaches, teams, and/or spectators for poor sportsmanship. The decisions made by these individuals are final and will be reviewed by the Coordinator of Intramural Sports. In the instance teams challenge their rating, only the captain will meet with the Coordinator of Intramural Sports to discuss the issue. **All captains are responsible for the conduct of their teams during an intramural contest.** The sportsmanship rating can be affected by actions occurring before or after a contest.

## Sportsmanship Criteria and Ratings

Based on this philosophy the following system will be used to evaluate a team's sportsmanship during each contest in which they participate:

Teams will receive a rating each week that will create an average at the end of the season. Teams in **Level I** must have an average of 3.0 at the end of their fourth week to continue play. Teams in **Level II** and **Level III** must have an average of 3.0 to be eligible for playoffs.

### Example:

Week 1: 3.0

Week 2: 3.0

Week 3: 2.5

Week 4: 3.0

**Total 11.5**

Average Conversion:  $11.5 / 4 = 2.875$ . This team would not be eligible for continued play or playoffs.

### **Superior: 4.0 "Win with class – lose with dignity"**

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. Teams respect all decisions made by the intramural staff.
3. All questions to the sport official must be respectful and reasonable. *Statements are not questions and will not be recognized.*
4. Teams are responsible for their actions and spectators they bring to the event.
5. Teams state positive comments of encouragement towards teammates and opponents.
6. Teams accept a loss and congratulate the opponent on their success.
7. Teams receive absolutely no warnings, ejections, yellow cards, unsportsmanlike penalties or technical fouls.

**Excellent: 3.5**

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. **Teams will ask questions and make statements in regard to the game.**
3. Teams are responsible for their actions and spectators they bring to the event.
4. Teams state positive comments of encouragement towards teammates and opponents.
5. Teams accept a loss and congratulate the opponent on their success.
6. Teams receive absolutely no warnings, ejections, yellow cards, unsportsmanlike penalties or technical fouls.

*\*Note: All teams that request to cancel within 24 hours of their next contest will receive a 3.5 rating. The opposing team will also receive a 3.5 rating.*

**Good: 3.0**

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. **Teams will ask questions and make statements in regard to the game.**
3. Teams are responsible for their actions and spectators they bring to the event.
4. Teams state positive comments of encouragement towards teammates and opponents.
5. Teams accept a loss and congratulate the opponent on their success.
6. **Teams receive and adhere to verbal warnings, but receive no ejections, yellow cards, unsportsmanlike penalties or technical fouls.**

**Average: 2.5**

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. **Teams will ask questions and make statements in regard to the game.**
3. Teams are responsible for their actions and spectators they bring to the event.
4. Teams state positive comments of encouragement towards teammates and opponents.
5. Teams accept a loss and congratulate the opponent on their success.
6. **Teams receive a technical foul, yellow card, or unsportsmanlike conduct, but receive no ejections.**

**Below Average: 2.0**

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. **Teams will ask questions and make statements in regard to the game.**
3. Teams are responsible for their actions and spectators they bring to the event.
4. Teams state positive comments of encouragement towards teammates and opponents.
5. Teams accept a loss and congratulate the opponent on their success.
6. **Teams receive two technical fouls, yellow cards, or unsportsmanlike conducts, but receive no ejections.**

*\*Note: Teams that forfeit through a no show will automatically receive a 2.0.*

**Poor Conduct: 1.0**

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.

2. **Teams will ask questions and make statements in regard to the game.**
3. Teams are responsible for their actions and spectators they bring to the event.
4. Teams state positive comments of encouragement towards teammates and opponents.
5. Teams accept a loss and congratulate the opponent on their success.
6. **Teams receive an ejection.**

**Unacceptable: 0**

1. Teams must display absolute respect for opponents, officials, supervisors, and administrative staff.
2. **Teams will ask questions and make statements in regard to the game.**
3. Teams are responsible for their actions and spectators they bring to the event.
4. Teams state positive comments of encouragement towards teammates and opponents.
5. Teams accept a loss and congratulate the opponent on their success.
6. **Teams receive multiple ejections or the game is forfeited by intramural staff.**

**Sportsmanship Sanctions**

The intramural program contains the right to address all issues that pertain to sportsmanship issues. Players that are ejected from an event will receive an automatic one game suspension and will have to meet with the Assistant Director or Coordinator of Intramural Sports. The captain of the team will have to attend this meeting to discuss the sportsmanship issue and the rating system. The intramural program also reserves the right to contact Judicial Affairs to resolve extreme disciplinary situations. All situations will be handling individually and sanctions may vary.

## **Blood Borne Pathogen Policies**

Any player, who sustains an injury where bleeding or oozing occurs, or where blood has saturated the uniform, must leave or be removed from the contest. The bleeding must be stopped and the area completely covered before the individual is allowed to reenter the game. An Intramural staff member must clear the individual before the participant can resume play. If the uniform has become contaminated with blood, it must be changed before the player reenters the game.