

**University of Oregon  
Recreational Sports**

**Stadium Football Rules**

**The Game**

1. 2 teams of 7 players (ALL pass eligible)
2. Minimum to start is 5 (COED minimum 5 with a ratio maintained within 1 at all times)
3. COED must play one half with a 4:3 and one half with a 3:4 ratio of men:women
4. 20 minute halves
5. The clock does not stop except for the last minute of the first half (regardless of score)  
And the last 2 minutes of the second half provided the score is within 16 points  
During 'stop time' the clock will stop when: player goes out of bounds, incomplete passes, scores (including point after touchdown), all timeouts, penalties, and 1<sup>st</sup> downs until the ball is set
7. Each team has two 30 second timeouts per half (timeouts do not stop the clock during 'run time')
8. Game time is forfeit time

**Eligibility**

1. Current U of O students, faculty and staff
2. EVERY PLAYER MUST SIGN 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. 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. Between the 45 yard lines is the 'safe-zone' which acts as the end zone for both offensive teams
3. Ball carrier (i.e. quarterback, runner, receiver) may not go past the back of the 'safe-zone'
4. Any play in the 'safe-zone' which would normally result in a safety in flag football (i.e. penalty, muffed snap, fumble etc.) will result in a turnover
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 and must be run or passed into end zone
3. Safety = Turnover (when player downed or penalty in own 'safe zone')
4. Field goals are 3 points

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

1. Abusive or insulting language
2. Unfair play
3. Excessive celebration
4. Fighting

### **Personal Fouls** - Penalty: 10 yards – disqualification if flagrant

1. Unnecessary contact with opposing players
2. Tackling ball carrier
3. Stripping, tripping or clipping

### **Roughing 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 Rec Sports Office (102 Esslinger)

### **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 102 Esslinger
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 10/17/06