

# MEN'S 7 ON 7 FOOTBALL

## Information Sheet

Winter 2026

**This information sheet is intended to provide basic information and rules for this activity. Please refer to the 'Information' tab on the intramural web page for detailed information about policies and procedures of the Intramural Sports Program.**

### ENTRIES OPEN

Online team schedule registration will begin at 9:00 AM on Tuesday, February 17 and will end at 4:00 PM on Wednesday, February 18 (**Entries are limited**). Visit our website and click on the 'Registration' tab. Schedule distribution will begin at 9:00 AM on Thursday, February 19.

### ENTRY FEE

A \$50.00 entry fee will be required at registration for each team. Team schedules may only be purchased by those who have an active My Financial Center account.

### ELIGIBILITY

All current full-time BYU students are eligible. All current faculty, administrative staff,  $\frac{3}{4}$  and full-time staff employees and their spouses are eligible.

The following are eligible with an Intramural Activity Fee: Part-time students, students on leave of absence, non-degree seeking students (Post-Baccalaureate, Evening School, Salt Lake Center, English Language Center), student employees,  $\frac{1}{2}$  staff employees, and spouses of students. All students are also eligible to participate for two semesters beyond the last semester in which they were enrolled in classes.

The Intramural Activity Fee is paid online. **Payment must be made before a participant can be added to a team roster.** The cost is \$25 per semester (fall/winter) or \$15 per term (spring/summer). This fee enables a participant to compete in any intramural activity during the current semester or term. **Do NOT pay this fee before the first day of the applicable semester or term.**

To participate in a team sport, each player must be added to his online team roster by 3:00 PM for weekday games and by 3:00 PM on Friday for Saturday games. Team rosters are limited to **sixteen** players. Each participant may play for only **one** Flag Football team.

### RELEASE AGREEMENT

All Intramural participants must complete an online [release agreement](#) before they can be added to a team roster. Release agreements are valid for one academic school year – fall semester through summer term.

### DAYS, TIMES, AND LOCATION

Games will be played Tuesday through Friday 6:15 PM to 10:15 PM and Saturdays 9:15 AM to 1:15 PM. Games will be played on the RB Turf Fields located just west of the Richards Building.

### CHECK-IN

It is recommended that participants check-in with the activity supervisor at least ten minutes prior to game time. All participants must show a valid (government or school issued) picture ID before every game.

### FORFEITS

Teams are encouraged to arrive ten minutes before game time. **FORFEIT TIME IS GAME TIME!** A forfeit is given to teams with less than **five** legal players at game time. Teams receiving their second

forfeit may be dropped from regular season and elimination tournament play. *Refunds will not be given for forfeited schedules.*

## **EQUIPMENT**

The participants must provide footballs. The Office of Intramural Sports will provide field markers. The following equipment rules shall also apply:

- The official ball must be pebble-grained leather or rubber covered and meet the recommendations of size and shape for a regulation football.
- A player wearing illegal equipment shall not be permitted to play. This applies to any equipment which, in the opinion of the Supervisor or Referee, is dangerous or confusing. **Types of equipment or substances which shall always be declared illegal include:**
  - (a) Headwear containing any hard, unyielding, stiff material, including billed hats or items containing exposed knots.
  - (b) Jewelry.
  - (c) Pads or braces worn above the waist. Casts worn above or below the waist.
  - (d) Shoes with ceramic, screw-in, detachable cleats, or any projecting metal. Exception: Screw-in cleats are allowed if the screw is part of the cleat.
  - (e) Leg and knee braces, which are altered from the manufacturer's original design.
  - (f) Any slippery or sticky foreign substance on any equipment or exposed part of the body.
  - (g) Exposed metal on clothes or person.

## **UNIFORMS**

An appropriate, modest athletic uniform is permissible. Shirts, shorts or pants, and shoes must be worn. **Teams are required to have two sets of shirts/jerseys of differing colors (one white and one dark).** The lower numbered team will wear white, and the higher numbered team will wear dark.

## **OFFICIALS**

The Office of Intramural Sports will provide all officials. Officials and supervisors assigned to your game have the authority to make decisions on any point not specifically covered by rules of the game or by intramural policies.

## **LIABILITY**

**All participants play at their own risk and must acquire their own insurance.**

## **INCLEMENT WEATHER**

The decision to cancel activities due to inclement weather will be made by 4:00 PM on weekdays and 8:00 AM on Saturdays. Weather updates, when needed, will be posted on our website – [iSports.byu.edu](http://iSports.byu.edu).

## **SPIRIT OF SPORTSMANSHIP**

“Athletics are explosive, as any of us know who have participated in them. The problem therefore, is to do everything that is fair and honorable to win, and also to know the line where sportsmanship stops and mockery starts. Stop short of winning if integrity is to be impaired.... Sportsmanship is the spirituality in athletics” (The Teachings of Ezra Taft Benson).

Sportsmanship is everyone's responsibility. We hope everyone will conduct himself in a mature and friendly manner. The BYU Intramural Sports program has identified the following principles as our “Spirit of Sportsmanship” guidelines. We encourage all employees, participants, and spectators to incorporate these principles on and off the playing field.

1. **Stand as a Witness:** *We are to stand as witnesses of God at all times and in all things, and in all places* (Mosiah 18:9). Be consistent with who you are in all situations. “Never check your

religion at the door. That kind of discipleship cannot be – it is not discipleship at all.” (Elder Jeffrey R. Holland – Israel, Israel, God is Calling. September 2012)

2. **Live with Integrity:** *We believe in being honest, true, chaste, benevolent, virtuous, and in doing good to all men...* (Thirteenth Article of Faith). Honesty applies equally in sports as it does in all other areas of life. Never lower your standards because “it’s just a game.”
3. **Play by the Rules:** Do not push limits or escalate the level of physical play to match the style of enforcement. This style of play endangers other players. Intentional disregard for the rules of the game is unsportsmanlike. Play hard, but honor the rules.
4. **Be Accountable:** Although we are free to choose our actions, we are not free to choose the consequences. Others cannot determine our feelings or thoughts. We are each accountable for what we do and say and should never blame others for our behavior.
5. **Live the Golden Rule:** *And as ye would that men should do to you, do ye also to them likewise* (Luke 6:31). Sportsmanship is the Golden Rule in action. Treat others—officials, opponents, spectators, teammates—with honor and respect.
6. **Be Meek:** If you begin to feel unsettled or agitated, take a personal timeout. Step back to gain composure and perspective. Retaliation does not solve conflict, it only compounds the situation. Demonstrate humility in victory and dignity in defeat.
7. **Be Gracious:** Compliment your opponent after a good play. Focus on the good. Build people up, do not tear people down. Be genuine when you congratulate your opponent.
8. **Have Fun:** *Men are, that they might have joy* (2 Nephi 2:25). Be safe, play fair, and enjoy the experience.

### **YELLOW/RED CARD SYSTEM**

A yellow/red card system is used to monitor unsportsmanlike behavior and improper conduct. A participant who receives a yellow card will be required to sit out for two minutes of game time. A participant who receives a red card will be ejected from the game and must leave the facility before play resumes. A team with a carded player must play with one less player until the penalty time has expired (Yellow = 2 minutes & Red = 4 minutes).

The following are examples of yellow/red card offenses:

Yellow Card: Non-directional profanity; arguing; rough play; taunting.

Red Card: Illegal participation; directional profanity; flagrant contact; fighting; threatening behavior.

### **TOURNAMENT INFORMATION**

Each activity has a classification process that is intended to place similarly skilled teams against each other for tournament competition. Teams will be given a ranking between 1 and 5 (5 being the highest) for each regular season game they play. To receive a 5 ranking, a team must be proficient in each of the following five criteria:

1. Team has plays and can run them successfully.
2. Passes are thrown with accuracy.
3. Passes are caught with consistency.
4. Defense successfully reads plays and makes plays.
5. Team speed and athleticism.

At the conclusion of regular season play an overall average of each team's rankings will be computed and eligible teams will be placed in the tournament division that best fits their ability. Important tournament dates are listed below.

- Tournament classification rankings will be posted by 4 PM on Tuesday, March 24.
- Teams will have until **4:00 PM on Friday, March 27** to challenge classification rankings.
- Tournament brackets will be posted by 4:00 PM on Saturday, March 28.
- Tournament play begins Tuesday, March 31.

Tournament brackets may be viewed on the intramural web page or in the glass cases located next to the Intramural Office (145 RB). **Posted game times will not be changed for personal conflicts.** Team captains should notify the Intramural Office **in advance** to avoid potential scheduling conflicts for their team(s). This can be done with a schedule request form, which is available in the Intramural Office. This form must be submitted by 4:00 PM on Thursday for the following week's schedule.

## **RULES**

The 2025-2026 NIRSA Flag & Touch Football rules will apply with the following points of emphasis and/or exceptions. This rule sheet is only intended to provide the basic rules for intramural 7 on 7 football. The Intramural Office (145 RB) has copies of the official NIRSA Flag & Touch Football rulebook available for check-out. You can also order a copy of this rule book by contacting the NIRSA national office by calling 541-766-8211 or order online: <http://www.nirsa.org>:

1. *Team Composition:* Teams may consist of five (minimum) to seven (maximum) players on the field. Team rosters are limited to sixteen participants.
2. *Game Duration:* Games will consist of two 15-minute halves.
3. *Timing:* The clock will stop for all time-outs and injuries. The clock will stop during the last minute of each half on incomplete passes, out of bounds, first downs, penalties, sacks, changes of possession, and scoring plays.
4. *Timeouts:* Each team will have two time-outs per game. Only one time-out is permitted in case of overtime. No accumulation of time-outs is allowed.
5. *Coin Toss:* The captain winning the coin toss shall have a choice of options for the first half or shall defer his option to the second half. The options for each half shall be whether to start on offense or defense.
6. *Offense:* The offense consists of a quarterback, and 5 receivers. The offense may elect to have their 7<sup>th</sup> player snap the ball, but the center is not eligible to go out for a pass. A timing tee will be placed at the line of scrimmage and the ball can be snapped from the tee by the center or picked up off the tee by the quarterback. Every offensive play must be a pass play.
7. *Motion:* One offensive player may be in motion, but not in motion toward the opponent's goal line at the snap.
8. *Series of Downs:* Each possession starts on the 40-yard line. The field consists of 2 first down lines at the 25-yard line and the 10-yard line. The team in possession of the ball shall have 4 consecutive downs to advance to the next zone (first down line). A new series of downs shall be awarded when a team moves the ball into the next zone on a play free from penalty, or a penalty against the opponent moves the ball into the next zone, or an accepted penalty against the opponent involves an automatic first down.

9. *Passing:* A forward pass is counted as a completion or interception if the first part of the person to contact the ground after the catch, usually one foot, touches inbounds. The defense is not allowed to rush the quarterback. The quarterback has 4 seconds from the time of the snap to release the ball on a forward pass. Failure to do so will result in a sack. It is illegal for a passer to catch his untouched forward pass. No backward passes or handoffs are permitted until after the quarterback has released a forward pass.
10. *Fumble:* A backward pass or fumble that hits the ground is ruled dead and the offense retains possession.
11. *One-Hand Touch:* The play ends when the player with the ball is tagged or any part of the runner other than a hand(s) or foot (feet) touches the ground. Tagging is placing one hand anywhere between the shoulder and knees, including the hand and arm, of an opponent with the ball. Clothing is considered an extension of the body. The tagger may leave their feet to make the tag. Pushing, striking, slapping, and holding are not permitted. If the tagger trips the runner in their attempt to make a tag, it is a foul.
12. *Defending:* Defenders shall be prohibited from contacting an opponent with an extended hand or arm unless attempting to tag a ball carrier. The defensive player shall not charge into nor contact an opponent in his path. Defenders shall not hold, grasp, push, or obstruct the forward progress of an offensive player, including route runners.
13. *Penalty Provisions:* Offensive penalties that are committed when the enforcement spot is at or behind the 40-yard line will be a loss of down instead of a loss of yards. The team captain's first choice of any penalty option shall be irrevocable. Decisions involving penalties shall be made before any charged time out is granted to either team.
14. *Snapping and Associated Restrictions:* Following the ready for play whistle and until the snap, no player on defense may encroach, touch the ball, nor contact an opponent or in any other way interfere with them. This includes standing in the neutral zone to give defensive signals, or shifting through the zone. After the snapper or quarterback has placed his hand(s) on the ball, it is encroachment for any player to break the scrimmage line plane, except for the snapper's right to be over the ball. The snapper, after assuming position for the snap and adjusting the ball, may neither move nor change the position of the ball in a manner simulating the beginning of a play until it is snapped. During the play the snapper may not engage in any behavior that distracts or interferes the defense in any way.
15. *Scoring Plays:*
  - a. *Touchdown:* A touchdown shall count as six points.
  - b. *Try:* An opportunity to score 1 point from the 3-yard line or 2 points from the 10-yard line shall be granted to the team scoring a touchdown. It is the captain's decision for which try will be attempted. There will be no onside conversions.
  - c. *Interception or Fumble Recovery:* There is no opportunity to advance an interception or defensive fumble recovery (intercepting a backward pass). A change of possession will occur, and the possession will begin at the 40-yard line. An interception and defensive fumble recovery shall each count as three points.
  - d. *Turnover on Downs:* A turnover on downs will count as two points for the defense. A change of possession will occur, and the possession will begin at the 40-yard line.
16. *Running with the Ball:* The runner shall be prohibited from contacting an opponent with extended hand or arm. This includes the use of a "stiff arm" extended to ward off an opponent attempting to tag. The runner shall not grasp a teammate or be grasped, pulled or pushed by a

teammate. If a runner in his progress has established a straight-line path, he may not be crowded out of that path. But if an opponent legally establishes a defensive position in that path, the runner must avoid contact by changing directions.

17. *Overtime:* In the event of a tie game during regular season play, the game will stand as a tie and each team will be credited with a win. During tournament, a coin toss will ensue to begin the tiebreaker. The winner of the coin toss will be given the options of starting on offense or defense. The offensive team will start 1<sup>st</sup> and goal from their opponent's 10-yard line and will have 4 downs to score a touchdown. If they succeed in scoring, the offense will choose to go for a 1 or 2 point try. Following the try or missed conversion, the defense (now offense) will then attempt to score from the *same* 10-yard line and will be able to attempt a try if they score. If they win or fail to tie their opponent, the game is over. If a tie still exists, another overtime is played until a winner is determined. In the event of a triple overtime (or more), teams must go for 2 on the point after touchdown. No defensive points will be scored during the overtime period(s).

### **Summary of Fouls and Penalties**

#### **Loss of 5 Yards**

1. Delay of Game (Dead Ball)
2. Illegal Substitution
3. Encroachment (Dead Ball)
4. False Start (Dead Ball)
5. Illegal Snap (Dead Ball)
6. Disconcerting Act (Dead Ball)
7. Illegal Formation
8. Illegal Motion
9. Illegal Shift
10. Illegal Backward Pass (Loss of Down)
11. Illegal Forward Pass (Loss of Down)

#### **Loss of 10 Yards**

1. Unsportsmanlike Conduct
2. Offensive Pass Interference
3. Defensive Pass Interference
4. Illegal Contact
5. Illegal Batting/Stripping
6. Illegal Kicking
7. Illegal Participation

**If you have any questions, contact Hayden in 145 RB (801-422-7597) or access our web page.  
iSports.byu.edu Have a fun season!**