INTRAMURAL CO- FLAG FOOTBAL RULES

Play will be governed by all University of Tulsa Intramural Flag Football Rules, with the exception of the following special Co-Rec. rules.

I. Special Co-Rec. Rules

A. Number of players:

1. Teams may play with a maximum of eight players and a minimum of five players.
2. Games must be played with 4 –4 ration of 4 males – 4 females. With seven players, a 4-3 ratio of 4 males – 3 females or vice versa will be used. With six players a 3 – 3 ratio MUST be used.
3. With five players a 3 - 2 ratio of males – females or vice versa will be used.

B. Quarterback Position. In Co-rec games a female or male may play the quarter back position with the following guidelines:

1. A female has the option of receiving the ball from center and executing a forward pass to a male or female, a running play, or laterling the ball.
2. A male has the option of receiving the ball from center and executing a forward pass to a female only, a running play or lateraling the ball.
3. A forward pass by a male in the aforementioned situation will result in an illegal forward pass, which is a loss of five yards from the line of scrimmage and loss of down.

II. Scoring

A. Normal rules

1. Touchdown-6 points
2. Pass/run after touchdown from twenty (20) yard line – 3 points
3. Pass/run after touchdown from ten (10) yard line - 2 points
4. Pass/run after touchdown from three (3) yard line - 1 point
5. Safety- 2 points
6. Opposing team can return the extra point conversion try to the end zone for 1 point on the 1point attempt, 2 points on the 2 point attempt, 3 points on the 3 point attempt.

B. Special Co-Rec. rules

1. If female scores a touchdown, the point value is 9. If a female player throws a legal forward pass and a touchdown is scored by any teammate, the point value is 9.