



## **Indiana University South Bend FLAG FOOTBALL RULES FALL 2009**

### **Indiana University South Bend Intramural Policies and Procedures**

#### **WAIVERS**

Each participant is required to read and sign a WAIVER form before they can participate. The university assumes **NO medical or financial responsibility for any voluntary participation in intramural sports**. The university encourages all intramural participants to maintain their own health and/or accident insurance, as well as insurance to cover personally owned equipment.

#### **ELIGIBLE PLAYERS**

- A. Students who are registered for classes, pay IU South Bend tuition, and have valid Student Activities Center (SAC) memberships
- B. Faculty and staff (*not* faculty and staff spouses) who have valid SAC memberships
- C. Dues-paying members of the IU South Bend Alumni Association who have valid SAC memberships
- D. Participants listed on a team/individual the entry forms located at the front desk of the SAC
- E. (Team sports) Players added at any time during the regular season, providing they have not already played for another team. Teams can add a player at game time, provided he/she has proper identification. This player's name is then added to the team roster, after checking eligibility. Rosters are frozen for teams participating in playoffs. Players must have participated in at least one regular-season game to be eligible to participate in a playoff game.
- F. Students, faculty, and staff who can present a **valid IU South Bend picture identification (ID)** card to the game official prior to the start of the game or event. **If an IU South Bend student/faculty/staff picture ID is not presented, the participant cannot play.**
- G. IU South Bend Alumni Association members who can present a valid **SAC membership card and a valid form of picture identification** (e.g., driver's license, state ID, etc.)
- H. A team is limited to the **TWO** former varsity/junior varsity squad members meeting the specified criteria.

\* Current intercollegiate (varsity or junior varsity) and military academy players are ineligible. If listed as a member of a varsity sport (or on "Squad List") in the same or related activity and gender during the 2008-2009 academic year you are ineligible.

## **FORFEIT POLICY**

- A. If game time arrives and one team does not have the minimum number of **five** players, then the team is awarded an additional five minutes for participants to arrive.
- B. If the team has at least **five** players present by the end of the additional time period, then the game must start promptly, and game time is reduced by five minutes.
- C. If, after the additional five minutes, the team does not have the minimum of **five** players, then the game is awarded to the team that has enough players.
- D. If neither team has the minimum of **five** players, then there it is a double forfeit.

**Once a participant or team forfeits twice, they are automatically eliminated from league and post-tournament play.**

## **OFFICIALS**

Game and event officials are comprised of intramural officials from IU South Bend. Players and coaches are expected to treat officials with respect and dignity.

## **CONDUCT**

All players are encouraged to play to the best of their ability and make every effort to win, within the spirit of the rules. Teams are responsible for the actions and behavior of their players, coaches, and spectators. Please behave in a courteous and responsible manner. Good sportsmanship is required at ALL TIMES.

- Any player ejected from a game must sit out the remainder of that game and cannot play again until they meet with the intramural coordinator.
- If problems on the field/court continue, the player/participant will be asked to leave the field/facility.
- An ejection of a participant is also subject to further discipline that can go to the Office of Student Judicial Affairs at IU South Bend.

## **AWARDS**

The championship team is awarded IU South Bend championship t-shirts immediately following the championship games/tournaments.

## **SPORT-SPECIFIC RULES**

**The National Intramural Recreational Sports Association (NIRSA) rules are used as a base and are consulted concerning interpretations.**

### **1. Game, Field, Players, Equipment**

- 1.1 The game shall be played between two team of 7 players, 6 males and 1 female. If team does not have a female they shall play with six players. A team must have 5 players to start the game.
- 1.2 The playing field is one 100 yards long and 40 yards wide. There are four playing zones of 20 yards each and two 10 yard end zones.
- 1.3 Games are played with a regulation-size football

- 1.4 Teams should attempt to wear shirts of similar color. If a team does not have a uniform shirt color, mesh shirts are provided. Jerseys must be either:
  - 1.4.1 long enough to be tucked into shorts/pants
  - 1.4.2 short enough so there is a minimum of 4" between the bottom of the jersey and top of shorts/pants
- 1.5 Each player must wear shorts or pants. **Pockets and belt loops are prohibited.**
- 1.6 Each player must wear a flag belt without knots on the waistline, with three permanent flags, one flag on each hip and one in the center of the back.
- 1.7 Sneakers or molded cleats are required to play. Players may not wear metal or screw-on cleats, baseball shoes (either of metal or plastic), or street shoes. Molded rubber cleats are allowed. Barefoot play is prohibited. No player is allowed to play in boots.
- 1.8 Knit or stocking caps may be worn on the head. Soft pliable headbands no wider than 2" may be worn on the head.
- 1.9 Illegal Equipment
  - 1.9.1 Jewelry may not be worn during intramural activities. The only jewelry permitted is medical bracelets, wedding bands and stud earrings (**must be taped. We do not provide tape**). If a player is wearing jewelry, a 10 yard penalty is assessed (for each and every infraction).
  - 1.9.2 Towels may not be worn in the waistline.
  - 1.9.3 Exposed metal or plastic on the person may not be worn.
  - 1.9.4 *Penalty:* Unsportsmanlike conduct, 10 yard penalty

## 2. Periods, Time Factors, Substitutions

- 2.1 Before the game starts, a coin toss will be used to decide possession of the football. The team that wins the toss chooses either offense or defense or to choose which goal his/her team will defend. Deferring is not an option. The captain who loses the toss chooses the goal they want to defend. For the second half, team option will be reversed.
  - 2.1.1 The offensive team begins the game (and all possessions immediately following a touchdown) on the 14 yard line, with 20 being the first line to gain
- 2.2 The teams should switch goals at the beginning of the second half.
- 2.3 Playing time is forty-four minutes, divided into two halves of twenty-two minutes each
- 2.4 The clock runs continuously until the last 2 minutes of the second half.
  - 2.4.1 During the last two minutes the clock will stop for:
    - a. Incomplete legal or illegal forward pass – starts on snap.
    - b. Out-of-Bounds – starts on snap.
    - c. Safeties, Touchdowns (Clock is stopped for PAT attempt) – starts on snap.
    - d. Team time-out – starts on snap.
    - e. First down – depends on the previous play.
    - f. Penalty and administration – depends on previous play (Exception: Delay of game – starts on the snap).
    - g. Referee's time-out – starts at his/her discretion
    - h. Touchback – starts on snap
- 2.5 The intermission between halves is five minutes.
  - 2.5.1 Period may not end on an accepted defensive penalty
- 2.6 There is **NO Overtime** in the regular season.
  - 2.6.1 When overtime occurs:

- 2.6.1.1 There is a three minute intermission.
- 2.6.1.2 Each overtime period consists of each team having a possession starting at the 10 yard line, with object of scoring a touchdown.
- 2.6.1.3 If defense scores on an interception, the game is over.
- 2.7 Each team is entitled to two 60 second timeouts per half. The timeout ends when the ball is whistled ready for play.
- 2.8 The offensive team has 25 seconds **from the time the ball is whistled ready for play** to snap the ball.
  - 2.8.1 *Penalty:* Delay of Game, 5 yard penalty
- 2.9 Substitutions may be made without restrictions during any dead ball situation provided the substitution is completed by having the replaced players off the field before the ball is snapped.
  - 2.9.1 *Penalty:* Illegal Substitution, 5 yard penalty

### 3. Definition of Terms

#### 3.1 Removal of flag belt

- 3.1.1 When the flag belt is clearly taken from the ball carrier the down shall end and the ball is declared dead.
- 3.1.2 A player may dive to remove a flag belt as long as no contact is made with the opposing team.
- 3.1.3 The position of the ball when the player is deflagged determines the next line of scrimmage.
- 3.1.4 If flag inadvertently falls off the ball carrier, a one hand touch between the shoulders and knees constitutes capture.

#### 3.2 Line of Scrimmage

- 3.2.1 The scrimmage line for team A is the yard line and its vertical plane, which passes through the point of the ball nearest its own goal line. The scrimmage line for team B is the yard line and its vertical plane, which passes one yard from the point of the ball nearest its own goal line. A colored puck will signify each.

#### 3.3 Inadvertent Whistle

- 3.3.1 A live ball becomes dead at the sound of the whistle and:
  - 3.3.1.1 If a live ball is loose behind the line, or a legal **forward** pass, snap or punt is in flight, the down will be replayed.
  - 3.3.1.2 If a live ball is loose following a backward pass (lateral) or fumble beyond the offensive team's line of scrimmage, or behind the offensive team's line of scrimmage following a change of team possession, the ball is awarded to the team last in possession at the spot where possession was lost and the down is counted.
  - 3.3.1.3 If a live ball is in player possession, the team may choose to accept the play at that point or replay the down.

### 4. Ball in Play, Dead Ball, Out-of-Bounds

#### 4.1 The ball is declared dead when:

- 4.1.1 the ball touches the ground on a fumble, lateral, forward pass, a punt touched by a player, and a dropped snap.
- 4.1.2 Any part of the ball carrier other than hand or foot touches the ground

- 4.1.3 When player is determined caught by opponent removing flag belt or tagging when flag inadvertently falls off
- 4.2 The sidelines and endlines are considered out of bounds.
  - 4.2.1 Only one foot needs to touch in bounds to be considered a catch.
- 4.3 Once an offensive player steps out of bounds they are no longer eligible to touch the ball
  - 4.3.1 *Penalty:* Illegal Procedure, 5 yard penalty
- 5. **Series of Downs, Number of Downs, and Team Possession After Penalty**
  - 5.1 The offense shall have 4 consecutive downs to advance to the next zone. Any down may be repeated or lost if provided by the Rules.
  - 5.2 The zone line to gain in any series shall be the zone in advance of the ball.
  - 5.3 A new series of downs shall be awarded when a team move the ball into the next zone on a play free from penalty; or a penalty against the opponent moves the ball to the next zone.
- 6. **Kicking the ball**
  - 6.1 The offensive team must announce that they are punting. They may punt on any down but must punt when they announce it.
  - 6.2 Quick kicks are illegal.
    - 6.2.1 *Penalty:* Delay of Game, 5 yard penalty
  - 6.3 Neither the kicking or receiving team may advance past their respective line of scrimmage until the ball is punted.
    - 6.3.1 *Penalty:* Illegal Procedure, 5 yard penalty
  - 6.4 After receiving the ball the punter must immediately punt the ball in a continuous motion.
  - 6.5 If the punt is downed in the endzone it is ruled a touchback.
    - 6.5.1 Receiving team will get the ball on the 14 yard line.
- 7. **Snapping, Handling, and Passing the Ball**
  - 7.1 All plays must start with a legal snap
  - 7.2 Prior to the snap
    - 7.2.1 Encroachment
      - 7.2.1.1 Following the ready to play and until the snap, no defensive player may encroach, touch the ball, nor may any player contact opponents or interfere with them in any way.
        - 7.2.1.2 *Penalty:* Dead Ball Foul, Encroachment, 5 yard penalty
    - 7.2.2 False Start
      - 7.2.2.1 No offensive play shall make a false start.
        - 7.2.2.2 *Penalty:* Dead ball foul, False Start, 5 yard penalty
  - 7.3 The snap must start with the ball on the ground and may be snapped between the legs or from the side in one continuous motion.
  - 7.4 The receiver of the snap must be at least two yards behind the line of scrimmage.
    - 7.4.1 Direct snaps under center are illegal.
  - 7.5 Anytime on or after the ball is marked ready to play each offensive player must momentarily be within 15 yards of the ball before the snap.
    - 7.5.1 *Penalty:* Illegal Formation, 5 yard penalty.
  - 7.6 The offense must have at least 4 players on their line of scrimmage at the snap.

7.7 Only one offensive player may be in motion, but not in motion toward the opponent's goal line at the snap.

7.7.1 *Penalty:* Illegal Motion, 5 yard penalty.

7.8 In a snap preceded by a huddle or shift, all offensive players must come to a complete stop and remain stationary in legal position for at least one full second before the snap.

7.8.1 *Penalty:* Illegal Shift, 5 yard penalty

7.9 Any player may hand the ball forward or backward at any time.

7.10 When a backward pass or fumble hits the ground it is a dead ball.

7.11 All players are eligible to catch a forward pass.

7.12 A forward pass is illegal:

7.12.1 If the passer's foot is beyond the line of scrimmage.

7.12.2 If intentionally thrown to the ground or out-of-bounds to save loss of yardage.

7.12.3 If a passer catches his/her untouched forward pass.

7.12.4 If there is more than one forward pass per down.

7.13 A receiver must have control of the ball when he/she first returns to the ground in bounds. One foot in bounds constitutes a legal catch. **The lines are considered out of bounds in football.**

7.14 During a legal forward pass, contact which interferes with an eligible receiver who is beyond the line of scrimmage is pass interference. Hindering an opponent's vision without making an attempt to catch the ball, even though no contact is made is also pass interference.

7.14.1 *Penalty:* Pass interference, 10 yards and automatic first down

7.14.2 Offensive Pass interference: *Penalty:* 10 yards, Loss of down

## 8. Scoring Plays and Touchback

8.1 Touchdown = six points/ 9 points for female

8.2 PAT (Point after touchdown)

8.2.1 From 3 yard line – 1 point/ females 2 points

8.2.2 From 10 yard line – 2 points/ females 4 points

8.2.3 From 20 yard line – 3 points/ females 6 points

8.3 Safety is scored when the ball becomes dead in the end zone of the team in possession and that team provides the momentum which placed the ball into the endzone.

8.3.1 Safety = 2 points

8.3.2 The scoring team shall snap the ball from their own 14 yard line

8.4 Mercy Rule – when a team is up by 30 points with less than two minutes remaining in the game, the game ends.

## 9. Conduct of Players and Others

9.1 Any player who receives two unsportsmanlike conduct penalties in one game shall be ejected

9.2 Any team to receive 3 unsportsmanlike conduct penalties in one game shall forfeit the game.

9.3 It is illegal to steal (strip) the ball or attempt to steal the ball from the ball carrier.

9.3.1 *Penalty:* 10 yards from the end of the run

9.4 No player may hurdle or attempt to hurdle another player.

9.4.1 *Penalty:* 10 yard penalty

- 9.5 Defensive players must make a definite effort to avoid charging into a passer after it is clear the ball has been thrown forward legally. No defensive player shall contact the passer who is standing still or fading back as he/she is considered out of the play after the pass.
- 9.5.1 *Penalty:* Roughing the passer, 10 yards, automatic first down
- 9.6 The offensive screen block shall take place without contact. The screen blocker shall have his/her hands and arms at his/her side or behind his/her back. Any use of the hands, arms, elbows, legs, or body to initiate contact during an offensive player's screen block is illegal.
- 9.6.1 *Penalty:* Personal Foul, 10 yards
- 9.7 Teammates of a runner or passer may interfere for him/her by screen blocking, but shall not use interlocked interlocking interference by grasping or encircling one another in any manner.
- 9.7.1 *Penalty:* Personal Foul, 10 yards
- 9.8 Defensive players must go around the offensive player's screen block. The arms and hands may not be used as a wedge to displace the opponent.
- 9.8.1 *Penalty:* Personal Foul, 10 yards
- 9.9 Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove the flag belt.
- 9.9.1 *Penalty:* Flag Guarding, 10 Yards
- 9.10 The feet of a player who removes the flag belt may leave the ground. A player may not dive into a ball carrier to remove the flag belt or present a hazardous situation for himself/others by lifting feet from the ground.
- 9.11 A defensive player may not hold, push, or knock the ball carrier down in an attempt to remove the flag. The defensive player is restricted to reaching for the flags.