

Indoor Flag Football 5vs5

Schedules

League schedules will be posted on the bulletin boards at the Student Activity Center and on imleagues.com

General Procedures

1. All participants must register on imleagues.com and be accepted by the captain 24 hours prior to the game they wish to play. Upon the start of a competition, the IM Sports staff will check all rosters to ensure eligibility. Players who do not appear on a team's roster will be classified as ineligible and will be required to register before being allowed to play.
2. No roster additions will be allowed after the completion of regular season play.
3. Default vs Forfeit - Any team knowing in advance that they will be unable to play a regularly scheduled game has the opportunity to default. If a team defaults, they will receive a loss in the standings, an "Exceptional Sports" sportsmanship rating, and does not count as a forfeit. In order for a team to default, the team captain must contact the Intramural Coordinator in writing by 5:00 p.m. on the day prior to their contest. Otherwise, it is considered a forfeit. If a team forfeits, they will receive a loss in the standings and a "Needs Improvement" sportsmanship rating.
4. Teams must arrive 15 minutes before their scheduled start time to insure that the event runs on schedule. A 10 minute grace period will be allowed before a forfeit is awarded.
5. All players must have their valid LSSU ID card at the appropriate playing area in order to play.
6. Teams must present their LSSU ID's to the Student Activity Center to enter the facility and must present their LSSU ID to the site supervisor to check-in prior to play that night. Community members and alumni must present a photo ID to the site supervisor to check-in prior to play that night
7. Any player that is bleeding must leave the game immediately. The bleeding must be stopped and the wound securely covered with a bandage before the player can continue. If there is blood on any clothing or jersey, it must be changed before the player resumes play.
8. The Sport Supervisor and Intramural Assistant is responsible for recording scores, running clock, and keeping order. The Sport Supervisor has the authority to eject any player for unsportsmanlike behavior (profanity, fighting, and participating in a contest under the influence of alcohol or other drugs, etc.). See Intramural Participant Handbook for more details.

Reporting Scores

1. Final scores and team sportsmanship ratings must be reported to the Sport Supervisor.
2. If you have another game, always check with the Sport Supervisor about return time before you leave the facility. It is our intention to keep games moving.

Game Format

Players and Equipment

1. Each team fields 5 players, but may play with 4 to avoid a forfeit.
 - a. 1 females must be on the field at all times. If the team is only fielding 4 players only 1 female needs to be on the field.
2. Shirts must be tucked in so that they do not cover flag belts.
3. Pants or shorts with BELT LOOPS are prohibited.
4. Pants or shorts with Pockets, pockets must be turned out.
5. Baseball hats are not allowed. Winter hats without brims are allowed.
6. Players must remove watches, rings, chains, and all other jewelry.
7. Game balls will be provided, but offensive teams may choose to use their own footballs, provided they

are regulation size. The offense is responsible for retrieving the football and returning it to the line of scrimmage after each play.

Playing Field, Time Factors, Substitutions, Scoring

1. The field is divided into 2 zones and 2 end zones. Teams have 4 downs to reach the next zone line.
2. The defensive line of scrimmage will be set one yard away from the offensive line of scrimmage.
3. The winner of the pregame coin toss shall have the first choice of options: kickoff or receive.
4. The game shall consist of two 20-minute halves, running clock. During the last 2 minutes of the 2nd half, the clock will stop for the following:
 - a. Incomplete pass - starts on the snap
 - b. Out-of-Bounds – starts on the snap
 - c. Safety – starts on the snap
 - d. Team time-out – starts on the snap
 - e. Referee time-out – starts at his/her discretion
 - f. Touchdown – starts on the snap (after the extra point)
 - g. Penalty administration – dependent on previous play
 - h. Touchback – starts on the snap
 - i. Change of possession – starts on the snap
 - j. Inadvertent whistle – starts on the ready
 - k. The game cannot end on a defensive penalty.
5. Mercy Rule: if a team is up **21 points** after 10 minutes in the 2nd half, or anytime thereafter, the clock will run continuously.
6. The offensive team has a 20 second play clock to snap the ball after the referee signals "ready for play."
7. Overtime will be used to break all ties. Each team will have four downs to score from the half court. Extra points are still in effect. This format is repeated until the tie is broken.
8. Each team is allowed 2 timeouts per game.
9. Free substitution is allowed on any dead ball, and the substitute must join the team huddle.
10. Scoring: Touchdown = 6 points;
PAT from 3 steps from the end zone = 1 point;
PAT from 10 steps from the end zone = 2 points;
PAT from 20 steps from the end zone = 3 points;
Safety = 2 points; after a safety, the scoring team will have possession at its own 2 yard line.
If a PAT is intercepted and returned to the end zone the team that returned the interception will receive either 1 point 2 points or 3 points depending upon what the offensive team was attempting.

Kickoffs

1. There are no kickoffs. Possession will start at a team's own 2 yard line

Position and Action During the Snap

1. The center, after assuming the position for the snap and adjusting the ball, may not move nor change the position of the ball in a manner simulating the beginning of play. The ball must be snapped in one continuous motion. Penalty: False Start, 5 steps.
2. The ball may be snapped between the legs or to the side of the center.
3. The player who receives the snap must be at least 2 steps behind the offensive scrimmage line, and cannot be moving forward. The snap may be direct or indirect. Snaps under center are always illegal. Penalty: Illegal Snap, 5 steps.
4. The offensive team must have a minimum of three players set within 1 yard of the offensive line of scrimmage when the ball is snapped (not necessarily lineman, but can include receivers). Penalty: Illegal Formation, 5 steps.

5. Only one offensive player may be in motion at the time of the snap, and this motion may not be towards the line of scrimmage. Penalty: Illegal Motion, 5 steps.
6. The defense is not allowed to say or do anything to interfere with the snap of the ball. Penalty: Unsportsmanlike Conduct, 10 steps.
7. No defenders or offensive players are allowed in the neutral zone until the ball is snapped. Penalty: Encroachment/Offsides, 5 steps.
8. All false starts, illegal procedures, and off-sides penalties will be blown dead at the line. There are no free plays.

Passing, Ball in Play, Dead Ball, Out-Of-Bounds

1. All players are eligible for a forward pass. The passer may pass from anywhere behind the offensive line of scrimmage.
2. Pitches and laterals are legal anywhere on the field.
3. Rushing the passer is legal after 10 seconds has been counted off by the lead official. If the Quarterback is rushed by an opposing player they may run. Count must be able to be heard by the official.
4. Defensive players must make a definite effort to avoid charging into the passer after it is clear the ball has been thrown, also there should be no attempts to hit the player's arm during a throwing motion. Penalty: Roughing the Passer, 10 yards, automatic first down
5. Throwing the ball away in order to avoid a sack is illegal. Penalty: Intentional Grounding, 5 steps (from spot) + loss of down.
6. THERE ARE NO FUMBLES!! The ball is declared dead when the ball touches the ground and that spot is the new line of scrimmage (except when the ball is fumbled forward, in this case it is dead where the runner lost control). A fumble in the end zone is a safety.
7. A ball carrier is ruled down when their knee touches the ground. The ball is considered part of the ball carrier's hand, hip, knee, or elbow.
8. The sideline and end lines are considered out of bounds. Only one foot, hand, hip, knee, or elbow needs to touch in bounds in order for a pass to be complete.
9. Once an offensive or defensive player steps out of bounds, that player is no longer eligible to touch the ball. Exception: If a player is forced out of bounds by an opposing player they must make a definite effort to re-enter the playing field in order to become eligible to catch the ball.
10. Players **may not hurdle, charge, or stiff arm** teammates or opponents Penalty: 10 steps.
11. Players **may not dive** to gain yardage or to remove opponents' flags Penalty: 10 steps. .
12. There shall be no bumping, checking, or other intentional contact between a defender and an offensive pass receiver. On pass attempts, both the offensive and defensive players have a right to "go for the ball". Some contact is legal, provided the contact does not give one player a distinct advantage while putting the other player at a disadvantage. Penalty: Pass Interference, 10 steps + automatic first down/loss of down (plus additional 10 steps if blatantly deliberate).

Flag Belt Removal

1. Tampering with the flag belt in any way to gain an advantage including tying, using foreign materials, or other such acts is illegal. Penalty: Unsportsmanlike Conduct, 10 steps + player ejection.
2. When the flag belt is clearly taken from the ball carrier (determined by when the belt is "unclipped") the down shall end and the ball is declared dead. The position of the BALL (not the player or flag) determines the spot of the new line of scrimmage.
3. The defensive player shall not (intentionally or accidentally) hold, grasp, or obstruct forward progress of a ball carrier when in the act of removing the flag belt. Penalty: Obstruction/Holding: 10 steps.
4. Players must have possession of the ball before they can legally be de-flagged. A defensive player intentionally pulling a flag belt from an offensive player without the ball is illegal. Penalty: Defensive Pass Interference, 10 steps + automatic first down.
5. It is illegal to steal or attempt to steal (strip) the ball from a player in possession. The object of the game

- is to deflag a ball carrier, not to steal the ball. Penalty: Unsportsmanlike Conduct, 10 steps. (Spot Foul)
6. Players may not trip or push the ball carrier out of bounds to stop play. Penalty: Personal Foul, 10 steps. (Spot Foul)
 7. When a runner loses his/her flag belt accidentally (no defensive player pulled it), play continues. The deflagging reverts to a one-hand tag of the runner between the shoulders and knees.
 8. Ball carriers shall not intentionally or unintentionally guard their flags by blocking, with arms, hands, or ball, the opportunity for an opponent to pull or remove the flag belt. Penalty: Flag guarding, 10 steps. (Spot Foul)

Blocking

1. All blocking must be "Screen Blocking"-- Offense cannot initiate contact with defense to prevent defense from reaching quarterback or ball carrier. Any use of the arms, elbows, legs, or knees to initiate contact during an offensive player's screen block is illegal. Blockers may use their hands to protect themselves, but may not "push" defensive players away. A blocker may use his/her feet in order to gain position before, during and after screen blocking. The player initiating the block must have their feet set. Penalty: Illegal Block, 10 steps.
2. There is NO downfield blocking, or blocking on returns - only "screen blocking". Penalty: Illegal Block, 10 steps.
3. Teammates of a runner or passer may interfere for him/her by screen blocking, but shall not use interlocked interference by grasping or encircling one another in any manner. Defensive players must go around the offensive player's screen block without charging into the blocker in any way. The arms and hands may not be used to grab or push the opponent aside. Penalty: Personal Foul, 10 steps.

NOTE: Screen blocking is enforced the same as the block/charge rule in basketball.

Punting the Ball

1. There is not punting. Offensive teams must attempt all fourth down conversion. If the offensive fail a conversation there will be a change of possession at the last spot of the football.