



## ASI INTRAMURAL SPORTS

### FLAG FOOTBALL RULES

#### GENERAL INTRAMURAL RULES

The National Intramural-Recreational Sports Association (NIRSA) will govern play with the exceptions of the rules below.

#### 1. ELIGIBILITY

- a. Only LBSU Students, Faculty, Staff, and Alumni
- b. All participants must be **active members of the SRWC** and have a current Fusion Play account.
- c. Participants must present a CSULB Picture I.D. before the start of the game.
- d. Alumni may use Driver's License for picture I.D
- e. NO EXCEPTIONS! NO I.D., NO PLAY.

#### 2. ROSTERS

- a. The team rosters will be updated every Tuesday before the league starts. Players cannot play until they pay their \$20 league fee.
- b. Players MUST BE on the Fusion Play roster in order to play.

#### 3. TRADES

- a. Teams are allowed to add to their roster and trade players between teams up to the first game on the 4<sup>th</sup> week of games.
  - i. There will be no exceptions for this rule.

#### 4. UNIFORMS

- a. All players must bring a black shirt and a white shirt to every game; unless your team has a uniform.

## 5. FORFEIT POLICY

### Purpose

Our season is short, and every scheduled game matters. Forfeits reduce playing opportunities for teams and participants who look forward to competing each week. To protect the integrity of the league and the experience of all players, the following forfeit policy applies.

#### a. Defaults

- i. A default is recorded when your team forfeits the game by notifying the league supervisor that they are unable to attend the game at least 6 hours prior to game time.
- ii. If a team records two defaults in a single season, it qualifies as one forfeit.
- iii. If a team records three defaults in a single season, they are disqualified from playoff contention

#### b. Forfeits

- i. A forfeit is recorded when your team does not notify the supervisor at all (no call no show) or notifies them but fails to do so at least 6 hours before game time.

#### ii. Forfeit Penalty Structure

1. The first and second forfeit will result in a \$10.00 penalty that needs to be paid at the Intramural Desk one day prior to the team's next game. If the fee is not paid, the team will be removed from the schedule until the fee has been paid
2. The third forfeit will result in elimination from playoff schedule
3. The fourth forfeit will result in termination from the league

## 6. SPORTSMANSHIP

- a. Teams must display good sportsmanship throughout the intramural season in order to qualify for playoffs.
- b. Teams that fail to display good sportsmanship throughout the season can potentially be eliminated from the playoffs at the Recreational Sports Manager's discretion

## 7. PLAYER CONDUCT

- a. Actions that are potentially dangerous to participants, spectators, game officials or supervisors and/or conduct that is detrimental to the mission of the Intramural Sports Program will not be tolerated.
  - i. No players may physically intimidate or verbally abuse Intramural Sports Staff. Violations of this nature are considered unsportsmanlike

conduct and at the discretion of the game official or supervisor may result in an ejection.

- ii. Acts of aggression or physical violence will not be tolerated. These include but are not limited to throwing a punch, kicking an individual or any other aggressive act. Any player guilty of such an act immediately before, during, or after an Intramural Sports contest shall be expelled from further participation in Intramural Sports.
  - iii. Leaving the Bench Area or Defensive Position to participate in an altercation: A player, coach, or bench personnel shall be ejected if s/he leaves the bench or coaching area to participate in an altercation. In addition, any player who leaves his position to participate in an altercation, regardless of his/her intentions, shall be ejected.
- b. In any case, if you are ejected from the game for any reason, you are **SUSPENDED** for one week of league play. The Recreational Sports Manager has the final say on the matter and can extend suspension if deemed necessary.

## **THE GAME**

### **1. START TIME**

- a. Game time is start time. If the minimum number of players is not present at game time, there will be a five minute grace period. After five minutes, the game will be forfeited. All players must check in with the ASI Intramural League Supervisor with their student ID card.

### **2. THE PLAYERS**

- a. The game shall be played by two teams of seven players. Five players are required at the start of game time to avoid a forfeit.
- b. If at any time during the game a team has fewer than five eligible players, the game is over.

### **3. MANAGERS MEETING**

#### **a. PRE-GAME MANAGERS MEETING**

- i. Prior to the start of the game, a meeting between the two team managers and the official will take place at midfield. They will discuss rules and regulations which the manager must relay back to the team. Managers will play rock, paper, scissors to determine who gets the first possession.

#### **b. HALFTIME MANAGERS MEETING**

- i. At halftime, a meeting between the team managers and the officials will take place. They will discuss the flow of the game and any changes to the style of officiating for the second half.

#### **4. TEAM SPOKESPERSON**

- a. The team manager is the only person who may address the official and is the spokesperson for the team.

#### **5. THE FIELD**

- a. Games will take place on the Rugby Field on Tuesday nights.
- b. In order to ensure the safety of participants, staff, and fans, spectators will be asked to stay on the near side of the turf fields while viewing games.
- c. The field dimensions will be approximately 80 yards long and 40 yards wide.

#### **6. EQUIPMENT**

##### **a. UNIFORM**

- i. The home team wears white and the away team wears black.
- ii. Players must check their schedules on Fusion Play to know which color shirt to wear. If there is any doubt, bring both colors.
- iii. A player with blood anywhere on their uniform will be instructed to leave the game until the uniform has been changed or approved after an evaluation by an ASI Intramural Sports supervisor or an ASI facility supervisor.

##### **b. DRESS CODE**

- i. Tennis shoes and other designated football/soccer shoes are allowed.
  - 1. No open toed shoes, metal cleats, or screw-in cleats.
- ii. Athletic attire must be worn at all times during play.
- iii. Wearing a hat is not allowed during play.
- iv. Intramural officials can remove a player for improper dress code at their discretion.

##### **c. JEWELRY**

- i. Jewelry is not permitted; players must remove all jewelry before the start of a game.

#### **7. FOULS & PENALTIES**

##### **a. SPECTATORS**

- i. Spectators who interfere with play are subject to earn their team a “unsportsmanlike conduct” penalty and ejection from the Student Recreation and Wellness Center.
- ii. Teams are responsible for their spectators.

**b. ZERO TOLERANCE POLICY**

- i. Alcohol and drugs are not allowed at ASI Intramural Sports games. If a player or fan is under the influence, they will be ejected immediately, and disciplinary action may follow. If an ASI Intramural Sports supervisor feels that there is a threat to participant safety or suspects that a team might be under the influence, they are required to stop the game immediately. If there is no proof of substance use, the game will be rescheduled for another time.

**c. LOSS OF FIVE YARDS**

- i. Enforced at the spot of the foul:
  - 1. Free kick out of bounds
  - 2. Helping the runner.
- ii. Enforced at the line of scrimmage:
  - 1. False start
  - 2. Offensive player illegally in motion
  - 3. Required equipment worn illegally
  - 4. Delay of game
  - 5. Encroachment
  - 6. Illegal snap

**d. LOSS OF FIVE YARDS AND LOSS OF DOWN**

- i. Enforced at the spot of the foul.
- ii. Enforced at the line of scrimmage:
  - 1. Intentional grounding
  - 2. Illegal forward pass

**e. LOSS OF 10 YARDS**

- i. Enforced at the spot of the foul:
  - 1. Clipping
  - 2. Guarding the flag belt
  - 3. Hurdling any player
  - 4. Fair catch interference
  - 5. Stiff arm
  - 6. Illegal screen blocking
  - 7. Stealing or attempting to steal ball
  - 8. Tripping an opponent.

- ii. Enforced at the line of scrimmage:
  - 1. Defensive use of the hands
  - 2. Throwing runner to the ground
  - 3. Unsportsmanlike conduct.

**f. LOSS OF 10 YARDS AND LOSS OF DOWN**

- i. Enforced at the spot of the foul.
- ii. Enforced at the line of scrimmage:
  - 1. Offensive pass interference
  - 2. Illegally secured flag belt (offensive player)
  - 3. Roughing the passer
  - 4. Bull-rushing.
  - 5. Intentional tampering with flag belt

**g. LOSS OF 10 YARDS AND AUTOMATIC FIRST DOWN**

- i. Enforced at the spot of the foul.
- ii. Enforced at the line of scrimmage:
  - 1. Illegally secured flag belt (defensive player)
  - 2. Defensive pass interference.
  - 3. Roughing the passer
  - 4. Pass-rushing

**h. LOSS OF 10 YARDS AND DISQUALIFICATION**

- i. Enforced at the spot of the foul:
  - 1. Tackling the runner.
- ii. Enforced at the line of scrimmage: Unsportsmanlike conduct, intentional contact with an official.

**FLAG FOOTBALL RULES**

**1. GAME LENGTH**

- a. No Kickoffs. Defensive and Offensive teams shall be determined by a pre-game coin toss. Fumbled kicks are down at the spot at which the ball hits the ground.
- b. Playing time shall be 40 minutes, divided into two halves of 20 minutes each. Halftime will be three minutes.
- c. During the first half, the game clock will run continuously except for enforcing penalties in the final two minutes.
- d. During the second half, the game clock will run continuously until the two-minute warning. During the final two minutes of the second half, the clock will stop for an incomplete pass, out of bounds, score, time-out, penalty or change of

possession. The clock will also be stopped after an offensive team gains a first down until the ball is marked ready for play by the official.

- e. Each team will be granted two timeouts per half.
- f. Overtime (rules only apply to playoffs)
  - iii. Each team will be given four downs from the 20-yard line to score a touchdown going in the same direction. The team with second possession will always have an opportunity to score.
  - iv. If the game is still tied at the end of an overtime period, the team who was on offense first for the first overtime period will be on defense first for the second overtime period.
  - v. If after two overtime periods the score is still tied, the scoring team has to go for two points for their extra points. Interceptions may be returned for a touchdown. Play continues until there is a winner.

## **2. SCORING**

- a. A touchdown is worth six points.
- b. After a touchdown, teams have the opportunity to attempt a one- or two-point conversion. A one-point conversion is attempted from the five-yard line; a two-point conversion is attempted from the 10-yard line.
  - i. If a double foul occurs during the down, the down shall be replayed. When a distance penalty is incurred by the offense during a successful try, the down will be repeated, if accepted. However, if the offensive penalty carries a loss of down, the try has ended and will not be repeated.
- c. A ball intercepted during the point-after attempt may be returned for a value of the conversion.
- d. A safety is worth two points and is awarded when a player in possession of the ball is downed in their own end zone.

## **3. SUBSTITUTIONS**

- a. Substitutions can be made in between plays.

## **4. OUT OF BOUNDS**

- a. As soon as a player with the ball touches the sideline, the play is dead.
- b. Catches must be made with one foot landing in bounds before the player's momentum takes them out of bounds.
- c. If a player goes out of bounds, they are ineligible to be the first player to receive the ball.

## **5. GENERAL RULES**

- a. A team in possession of the ball shall have four consecutive downs to advance to the next zone. Prior to the fourth down, the offensive team will be given the option of a protected scrimmage kick. Teams are not allowed to fake a kick. A kick may be run out of an end zone or downed for a touchback in which the ball will be placed on the 20-yard line.
- b. The official shall use two rubber disks, one-yard apart, to mark the offensive and defensive scrimmage lines.
- c. At the beginning of each down, the offensive team is required to have four players on the line of scrimmage.
- d. All offensive players must be at least five yards away from the sidelines and remain stationary for at least one full second before the snap, except for the player in motion.
- e. There may be only one player in motion at the time of the snap. The player in motion may not be moving toward the line of scrimmage.
- f. Once the official marks the ball ready for play, the offensive team will have 25 seconds to snap the ball. The center will hike the ball from the ground in a continuous motion, either through the legs or to the side, to a quarterback who must be at least two yards from the line of scrimmage. There are no direct snaps.
- g. This league is a **PASSING** league only
  - i. Direct hand-offs are not allowed
  - ii. Players cannot immediately pass back to the center by shoveling the ball; the pass must be completed in a throwing motion
  - iii. Once a forward pass has been completed, the offensive team may throw an unlimited number of backwards passes during any play
- h. There will be no rushing of the QB. Any violation of this rule will result in a 10 yard penalty and an automatic first down
- i. All players are eligible receivers. Only one forward pass may be thrown per down. A player with the ball may not dive or hurdle another player to advance a ball. A defensive player may dive for the ball handler's flag.
- j. Once receiving the snap, the QB has five seconds to attempt a pass. If a QB does not get rid of the ball before the five second count expires the play will be ruled dead and result in a loss of down (sacked).
  - i. Intramural officials will provide both a visual and vocal five second count.
- k. When a runner loses his/her flag belt either accidentally or inadvertently (not removed by grabbing or pulling), play continues. The deflagging reverts to a one-hand tag of the runner between his shoulders and knees.

## 6. MERCY RULE

- a. If a team is 17 or more points ahead when the official announces the two-minute warning for the second half, the game shall continue with a continuous clock where only a timeout will stop the clock.



- b. If a team scores during the last minute of the second half and that score creates a point differential of 17 or more, the game shall continue with a continuous running clock and will only stop during timeouts.

## **7. EXPLANATION OF TERMS AND RULES**

### **a. FUMBLES**

- i. A player who has possession and control of the ball loses it before being downed or scoring.
- ii. All fumbles are dead as soon as the ball touches the ground.
- iii. Any loose ball that is fumbled into the offensive team's end zone is a safety.

### **b. INADVERTANT WHISTLE**

- i. An official blows the whistle before a play is over.
- ii. Play will stop and the offensive team will have the option of taking the play or replaying the down unless a penalty has occurred, which will then be assessed accordingly.

### **c. PUNTS**

- i. The offensive team must have at least four players on the line of scrimmage and must remain motionless until the ball is kicked.
- ii. The offensive team must announce whether they are going to punt or not.

### **d. SCREEN BLOCKING**

- i. The offensive screen block shall take place without contact.
- ii. Screen blockers shall have their hands and arms at their side or behind their back. Any use of arms, elbows, or legs to initiate contact during an offensive player's screen block is illegal.
  - 1. Blockers may use their hands or arms to break a fall or retain their balance.

### **e. INTENTIONAL GROUNDING**

- 1. When the quarterback is in the pocket and does not throw the ball within 10 yards of any eligible receiver.

## **NOMAD POLICY**

**Purpose:** To establish a guideline for teams short of the minimum number of participants required to participate in a scheduled intramural game the opportunity to field a competitive roster without compromising the integrity of the league.

**NOMAD DEFINITION:** Any current LBSU student/faculty/staff/alumni with an active SRWC membership and eligible Fusion Play account; rostered and playing an intramural sport

**HOW IT WORKS:** Any team may pick up current rostered player(s) from another team in the same league to play for their team to avoid forfeit and play competitively. Teams must be scheduled for a sanctioned intramural game and have at least one less player than the required minimum per sport. Teams may only add enough nomads to bring their team roster up to the required minimum needed to participate.

### **TEAM ELIGIBILITY:**

- i. Teams may not play nomads at any "position of significance" as defined by sport
- ii. Teams must announce nomads to officials and opposing captain during pregame captains meeting
- iii. Teams may only pick up enough players to field the minimum required participants as defined by sport
- iv. If at any time during the game a current rostered player signs in, a corresponding nomad must sign out.
- v. Teams are responsible for the sportsmanship/actions of entire team
- vi. Teams may NOT use nomads during the playoffs

### **NOMAD ELIGIBILITY**

- vii. Nomads must be eligible to participate in LBSU Intramural Activities
- viii. Nomads must prove that they have a current Fusion Play account
- ix. If a nomad is currently not on a roster, they will automatically be added to the first team they play with.
- x. Nomads cannot play a "position of significance" at any time during the game or serve as a team captain
- xi. Nomads cannot play in playoffs
- xii. Any sportsmanship/behavior penalties will carry over to Nomads current team.

**Nomad “Position of Significance” Chart:**

| Sport           | Position of Significance   |
|-----------------|----------------------------|
| Indoor Soccer   | Keeper and PK Shooter      |
| Coed Softball   | Pitcher and Top Six Hitter |
| Coed Volleyball | N/A                        |
| Flag Football   | Quarterback                |
| Open Soccer     | Keeper and PK Shooter      |
| Coed Basketball | Tech Shooter               |
| Open Basketball | Tech Shooter               |
| 6v6 Coed Soccer | Keeper and PK Shooter      |