CSUSM Campus REC Intramural Flag Football Rules



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CSUSM Campus REC

IM Open & Co-Rec Flag Football Rules

- **Player Eligibility:**
  - <u>All participants must be:</u>
    - Full-time/Part-time Student at CSUSM during the current semester.
    - Faculty/Staff
    - Graduate Student
  - Players must successfully register and pay using IMLeagues.com
  - Rosters will lock on the 2nd day of the season.
  - Any player attempting to participate illegally will cause their team to forfeit the game, and player(s) will be suspended.

- **Team Roster:**
  - *Open League*: Each team will consist of <u>a maximum of 7</u> and <u>a minimum of 5</u> players on the field. *Co-Rec League*: Each team will consist of a maximum of 8 and a minimum of 5 players on the field.
  - Each team may carry a maximum roster of 16 eligible players for *Open League* and 16 eligible players for *Co-Rec League*.
  - Co-Rec League **ONLY** Roster(s):
    - Minimum # of females on field is 3
    - Minimum # of males on field is 1

<u>All possibilities of what Co-Rec games could look like:</u>

8v8	
Females	***Males***
7(max)	*1(min)*
6	*2*
5	*3*
4	*4*
3(min)	*4(max)*

5v5	
Females	***Males***
4	*1(min)*
3	*2*

7v7	
Females	***Males***
6	*1(min)*
5	*2*
4	*3*
3(min)	*4*

6v6	
Females	***Males***
5	*1(min)*
4	*2*
3(min)	*3*

- Rosters may be modified on IMLeagues until **the second day of the season.** At that point, each team's roster is locked.

- NOTE: Any additions will need to pay the $10 registration fee through IMLeagues. If unable to make payment online, contact the Campus Recreation Assistant Director (Ryan Groth, rgroth@csusm.edu). Any dropped players WILL NOT receive a refund.

- Players must play in at least one regular season game to be eligible for the playoffs.

➢ **Pregame:**

- <u>All players must check-in with their CSUSM student ID cards at the OPS table before entering the game.</u>
  - Any individual without a CSUSM ID will NOT be eligible to participate in the game. Any other forms of identification are not accepted.
- Please arrive 10-15 minutes before the start of the game to ensure all participants are checked-in and ready to play.
- Late arriving players must check in with the scorekeeper before entering the game.
- **LATE PENALTY**
  - The team in attendance will automatically start with the ball. In addition, every 2 minutes that the missing team is late, the present team will be awarded 5 yards from the 14-yard line.

➢ **Forfeits:**

- **<u>The forfeiting team will be charged a $50 forfeit fee and will receive a sportsmanship score of 3. *Unless a 48-hour notice is given*, the fee will be waived, but a sportsmanship score of 3 will remain.</u>**

*<u>** Ways to forfeit a game: **</u>*

- Failure to field minimum number of eligible players required by 10 minutes after game time.
- Double Forfeit: both playing teams are not ready by 10 minutes after game time.

- All forfeit fee payments must be received by Campus Recreation 48 hours (about 2 days) prior to the next regularly scheduled game. Failure to pay the fee will result in the team forfeiting the next game and may be subject to an additional forfeit fee.

➢ **Equipment & Uniforms:**

- Footballs, flag belts, and other game equipment will be provided by IM Staff.
- Athletic closed-toed shoes are required at all times. Metal spikes are prohibited. No sandals permitted.
- Team colors will be chosen on ImLeagues
  - Multiple colors can be picked.
- All participants must wear the same color jersey/ shirt as their teammates. If one team member is not wearing the appropriate color, pennies will be provided by IM Staff.
- Jerseys/Shirts must be tucked into pants/ shorts during entire game.
- Players may not wear any kind of jewelry, hard-billed hats, bandanas, or scarves while participating.

- **Game Regulations:**
  - Games will consist of two 20-minute halves. The clock will run continuously for the entire first half, and for the first 18-minutes of the 2nd half except for when a timeout is called or at the discretion of the Officials. During the last 2-minutes of the 2nd half the clock will stop for an incomplete pass, any plays resulting in an out-of-bounds, penalties and administration, change of possession, timeouts, on any score (will remained stopped during the PAT), and first downs. During the last 2 minutes of the 2nd half - the clock will stop for the following:
    - Two-minute Warning – clock will stop on or after the 2-minute mark of each half depending on a play and will restart on the snap.
    - Scoring (touchdown or safety), and clock will remain stopped for the PAT – clock will restart on the opponent's snap from scrimmage.
    - Incomplete Pass – clock restarts on the snap.
    - Out-of-Bounds – clock restarts on the snap.
    - Time-Outs – clock restarts on the snap.
    - First Downs – clock restarts depending on the result of the previous play but will normally restart on the ready for play whistle.
    - Inadvertent Whistle – clock restarts on the ready for play whistle.
    - Penalties & Enforcement – clock restarts depending on the result of the previous play.
    - Touchbacks – clock restarts on the snap.
    - Awarding of a new series; turnover on downs – clock restarts on the snap.
    - Delay of Game Penalties – clock restarts on the snap.
  - Timeouts: Each team will have 2 timeouts per half and will be 1-minute in length. First half timeouts do not carry over to the second half. ONLY the designated captain/ "coach" for each team will be recognized when asking for a timeout.
  - Tie Games (Regular Season): All games ending in a tie will end in that matter.
  - Tie Games (Playoffs Only): Options will be determined by a coin flip; the AWAY Team Captain will call the toss. Winner of the toss will be given the option of offense or defense; officials will choose the direction of play. Teams will alternate choices if additional overtime is needed.
    - Each team will be entitled to (1) timeout only for the entire overtime. Any timeouts remaining from the second half do not carry over.
    - Each team will be given a series of (4) downs from the 10-yard line to score a touchdown.
    - After a touchdown, the TRY will still be attempted and scored as indicated by what the offensive team chooses to attempt for (1-, 2- or 3-point attempt).
    - If the defense intercepts the ball during the offensive team's series of (4) downs and returns it for a touchdown, then they win the game. If the ball is not returned for a touchdown the ball is placed at the 14-yard line to begin a new series of downs for the intercepting team.
  - Extension of Halves (untimed downs): A half will be extended by an untimed down, if during the last timed down, one of the following occurs:

  - There was a foul (other than unsportsmanlike) by either team and penalty is accepted.
  - Double Fouls.
  - Inadvertent Whistle.
  - If a touchdown was scored, the Try will be attempted.
- ***Note: Accepted penalties that carry a Loss of Down will not extend the half.**

➢ **Tiebreakers (Regular Season):**
- Forfeits
- Sportsmanship
- Head-to-Head
- Point Differential – Scored/Against

➢ **Game Play:**
- Ball-Spotters – Establishing the Line of Scrimmage and the Neutral Zone: (2) discs/cones will be used to mark-off/establish the line of scrimmage and the neutral zone for each team and each down.
  - The official will be responsible for moving these cones, and then initiating the ready for play signal.
- Downs and Zone/Line to Gain
  - In a series of (4) downs, the offensive team must advance the ball to the zone which is in advance of the one where the ball is located at the start of the first down of the series.
- Establishing Zone/Line to Gain following Loss of Yardage or Penalty Enforcement:
  - If a play or penalty forces the offensive team to retract yardage into a previous zone after establishing a new zone with a new set of (4) downs, then that team will still be required to advance into the originally, newly establish zone/line to gain from where the first down of the series was placed.
- Snapping the Ball:
  - The Official will initiate a **'Ready-for-Play'** signal or whistle for each down prior to the snap.
  - The ball must be on the ground prior to the snap and pass the ball back with a quick and continuous motion. The snapper may stand in any position they like.
  - The snapper, after assuming position of the ball, may neither move nor change the position of the ball in a manner simulating the beginning of play; in other words, NO fake snaps.
  - The offense has (25) seconds, from the ready for play whistle, to snap the ball.
  - The player that receives the snap from the center must be at least 2-yards behind their scrimmage line.
- Offensive Responsibilities in an *Open League and Co-Rec* game at the time of the Snap (Minimum Line Players):

        - In an *Open League AND Co-Rec Game* the snapper is the only offensive player required to be on their scrimmage at the snap.
        - Prior to the snap the Line Judge will assist the offensive team and defensive team in avoiding a penalty on the line of scrimmage. The Line Judge will make sure the offense has a minimum of 1 player on the line of scrimmage.
        - The defense has no requirements prior to the snap in this regard other than staying out of the neutral zone.
- <u>Offensive Motion prior or at the time of the Snap:</u>
    - Only one offensive player may be in motion, but not in motion towards the opponent's goal line at the time of the snap. All other offensive players must be stationary in their positions without movement of their feet, body, head, or arms.
    - A player in motion is NOT counted as one of the offensive team's minimum line players.
- <u>Screen Blocking, Rushing, & Contact:</u>
    - Screen blocking is legally obstructing an opponent without using any part of the body to initiate contact.
    - The screen block must take place with no to very minimal contact. The screen blocker shall have their arms at his/her side or behind his/her back when screen blocking. Any use of the hands, arms, elbows, legs, or body to initiate contact during an offensive player's screen block is illegal.
    - A player may use his/her hand(s) or arm(s) to break a fall or to retain balance.
    - Defensive players must go around the offensive player's screen block. Arms and hands may not be used as a wedge to displace the opponent. The application of the rule depends entirely on the judgment of the official.
    - Fundamentals:
        - Any player who screens shall not:
            - Take position closer than a normal step when behind a stationary opponent.
            - Make/Initiate contact when assuming a position at the side or in front of a stationary opponent.
            - Take a position so close to a moving opponent that his/her opponent cannot avoid contact by stopping or changing direction. The speed of the player to be screened will determine where the screener may take his/her stationary position.
            - After assuming his/her legal screening position move to maintain it unless he/she moves in the same direction/path as his/her opponent.
    - Runners are prohibited from contacting an opponent with extended hand or arm; the use of "stiff-arming" an opponent is illegal.
- **<u>Co-Rec ONLY</u>**

An offensive male runner cannot advance the ball through their scrimmage line. There are no restrictions:

A. **During a run by a male runner once the ball has been touched behind either scrimmage line**
B. **During a run by a female runner**
C. **After a change of possession.**

(Penalty: Illegal advancement, 5 yards from the previous spot.)

- Passing the Ball:
  - Defensive players must not contact the passer at any time during or after the play. Players may ONLY go for the flag. Players/Rushers may try to deflect or block the ball but cannot make contact with the passer in any way; even if the ball is deflected or blocked. If contact is made at any point this is considered roughing the passer.
  - All players are eligible to touch a forward pass after it is thrown. The passer may catch his/her own forward pass provided it has been touched by another player first.
  - Only one foot must touch inbounds in order for a pass reception to be considered legal.
  - If a legal forward pass is caught simultaneously by members of opposing teams, the ball is immediately dead upon the player's return to the ground and belongs to the offense.
  - A forward pass constitutes a live ball thrown towards the opponent's goal line. A backwards pass is a live ball thrown parallel or backwards.
  - Only 1 forward pass is allowed per down.
  - For a legal forward pass the ball must be released behind the offensive scrimmage line.
    - Note: It is legal for an offensive player (without the ball) to cross their line of scrimmage, and then retreat back behind that line of scrimmage to attempt a forward pass given that is the team's first attempted forward pass.
  - The offense is permitted to take the snap and immediately throw the ball to the ground to stop the clock (during the last 2 minutes of each half).
  - It is illegal to intentionally throw the ball out of bounds or to the ground to avoid a loss of yardage.
  - Players may pass the ball backwards at any time.
  - If the passer is deflagged prior to releasing the ball, then the ball is dead, and the down has ended at the spot of the flag pull. The timing of any flag pull in conjunction with a thrown pass will be left to the discretion of the official(s).
- **Co-Rec ONLY:**

  Male to Male Completion: During the offensive team's possession, there may not be 2 consecutive legal forward pass completions from a male passer to a male receiver. This rule applies to the Try. If a male passer completes a legal forward pass to a male receiver, the next legal

forward pass completion must either involve a female passer or a female receiver for positive yards.

- Stealing/Stripping the Ball:
  - It is illegal to attempt to steal the ball while in player possession. Once a player has obtained possession of the ball, his/her opponent must play the flag, not the ball.
  - Any attempt or motion to strip, punch, or strike at the ball while in player possession is also illegal.
- Ball Hitting the Ground:
  - A backward pass or fumble which touches the ground is dead at the spot where it first touches the ground.
  - If a player in possession of the ball fumbles, then the play is blown dead, and possession remains with that team that fumbled, unless lost on downs.
- Punting (NO THROWING ALLOWED):
  - On Fourth Down the official will ask the team captain if they will be punting or "going for it," and announce this decision aloud for both teams.
    - There are NO fake punts allowed.
  - Punts will be snapped. After receiving the snap, the kicker must kick the ball immediately. Official's discretion will be used with any team "trying to consume time" if delaying the kick following the snap of the ball, and a penalty can be enforced.
  - Neither the kicking nor the receiving team may advance beyond their scrimmage lines until the ball has been released; there is no rushing of the punter.
  - When a punt touches a player from either team and then hits the ground, the ball is dead and belongs to the receiving team.
  - **Recovery -** If a punt first hits the ground, then it may be picked up and advanced by the receiving team.
    - A kicking player cannot release the ball to themselves or any other kicking player. If first caught or touched by a player from the kicking team, the ball is dead, and the receiving team takes possession of the ball at the spot of the catch or touch.
    - If the ball hits a receiving player in the air, and then is caught by another receiving player, it can be advanced.
      - If the ball hits a receiving player and is caught by a player from the kicking team before hitting the ground, the ball is dead at the spot of the catch and belongs to the kicking team; a new series is awarded.
  - There are no fair-catches on punts – the ball remains live.
  - If a (**kicked**) punt goes out of bounds between the receiving team's goal line and 14-yard line, the ball is spotted where it went out of bounds. If a punt goes out of bounds at any other point in front of the 14-yard line the ball is spotted at the spot where it went out.
  - If the punt breaks the plane of the receiving team's goal line, it is a touchback; the ball is spotted at the 14-yard line.

Co-Rec ONLY:

Open & Closed Plays:

- Closed- a male player may NOT complete a legal forward pass to any other male player.

  (*All illegal forward pass fouls are classified as fouls during a running play. Thus, illegal forward passes do not change the "open/closed" status of a down.)
- Open- any player can complete a legal forward pass to any other player.
- If a male passer completes a legal forward pass to a male receiver, the next legal forward pass completion must involve either a female passer or female receiver for positive yards. The spot where the ball becomes dead by Rule must be beyond their scrimmage line. There is no foul for a female receiver being deflagged behind their scrimmage line. **The next legal forward pass completion remains "closed."**
- **Penalty: Illegal forward Pass, 5 yards from the spot where the 2nd consecutive male to male completed legal forward pass is released, and a loss of down.**

Touchback: (refer to pgs. 50-51 in NIRSA Handbook)

(When 1 of the following occurs)

- The kicking team's punt breaks the plane of the receiving team's goal line.
- The ball goes out of bounds behind a goal line (except from an incomplete forward pass), when the ball becomes dead in the possession of a player on, above, or behind the player's own goal line.
- When the ball becomes dead, the defensive team loses possession of the ball on, above, or behind the team's own goal line.
  - Example: The defensive team intercepts a pass in their own end zone but is deflagged or steps out of bounds within the end zone – it is a touchback.
- After a touchback, the ball shall be snapped from the nearest 14-yard line (unless moved by penalty).

➢ **Scoring:**

- Touchdown – 6 points
- Extra Point Try:
  - From 3-yard line – 1 point
  - From 10-yard line – 2 points
  - From 20-yard line – 3 points
- Safety – 2 points

The Try:

- Following a Touchdown, the scoring team's captain must announce what points they will be attempting to gain – 1, 2 or 3 points. The official will announce this to the defending team and OPS.
  - The offensive team may ONLY change their decision when a timeout is taken by either team.
- If, during the Try, a loss of down penalty is given on the offense, then there is no score and no replay.

- If there is a foul on the defense during a successful Try, the penalty will be enforced from the 14-yard line once the change of possession has occurred.
- If a double foul occurs, the down will be replayed.

**Try ends if the defending team secures possession. The defending team cannot score during Try. **

❖ **Onside Try:**

- Can only be attempted if a team is tied or losing
- Must be taken from the 20-yard line
- If attempt is converted- receive ball on own 14-yard line
- If the attempt is no good, the opposing team starts at their own 34-yard line.

Safety:

- A runner carries the ball into their own end zone, and it becomes dead while in their possession – they become deflagged, step out of bounds, or drop the ball.
- A player on the offense commits any foul for which the penalty is accepted, and the measurement is from a spot in his/her end zone.
- After a safety, the ball will be snapped by the scoring team at their own 14-yard line (unless moved by penalty).

Scoring and Penalty Enforcement:

- <u>Foul during a Touchdown:</u>
  - For any fouls by the scoring team during a down which results in a touchdown, the acceptance of the penalty nullifies the score.
  - If an opponent of the scoring team commits a foul during a down in which a touchdown is scored, the offensive team may accept the score and then choose to have the foul enforced on the Try or after the Try, following the change of possession, from the opponent's 14-yard line.
- <u>Unsportsmanlike foul following a Touchdown:</u>
  - The most common unsportsmanlike penalty is taunting.
  - If on the offense then the defending team may choose for the penalty to be enforced at the succeeding spot on the Try, or after the Try from the 14-yard line following a change of possession.
  - If on the defense, then the scoring team may choose to have the foul enforced at the succeeding spot during the Try or after the Try from the 14-yard line once possession has changed.
- <u>After Scoring a Touchdown</u>
  - The player who scored the touchdown/Try must raise his/her hands above the head so the nearest Referee can deflag the player. If the player is unable to be deflagged and the Referee determines that the flag belt was illegally tied, the score will not count, the offending team is penalized, and the player who committed the foul is disqualified.

➢ **Miscellaneous Rules of Game Play:**

- Flag Belts & Flag Guarding:
    - Players must have possession of the ball before they can be deflagged legally by an opponent.
    - If a player loses their flags inadvertently or without having been contacted by an opponent, then play continues and they are only deflagged by a 1-hand touch between the shoulders and knees.
    - During ALL plays, a player running with the ball CANNOT intentionally block access to or prevent the removal of their flags. Fellow offensive teammates also may NOT run alongside or nearby a teammate who has the ball and screen defensive players from having access to the ball carrier; this is defined as **Flag Guarding** and is illegal.
    - Opponents may NOT hold, push, or knock a player or ball carrier down in an attempt to gain advantage or remove their flags. A player with the ball may NOT be pushed out of bounds – **Illegal Contact/Personal Foul.**
    - A ball carrier cannot deliberately run through an opponent who is attempting to deflag. Ball carriers must make an attempt to avoid contact – **Charging/Personal Foul**
- Inadvertent Whistle:
    - If an inadvertent whistle occurs, the play is immediately blown dead.
    - The team in possession of the ball may elect to put the ball in play where it was declared dead or replay the down.
    - In the event that an inadvertent is sounded during a loose ball (forward pass or punt, for example), the ball is returned to the previous spot and the down replayed.
    - No time will be added back to the game clock for an inadvertent whistle.
- Disqualifications:
    - Two unsportsmanlike fouls by the same player result in a disqualification, and the player must be removed from the game.
    - Any team receiving four unsportsmanlike fouls in one game will automatically forfeit the contest.
- Mercy Rule:
    - If a team is 25 or more points ahead after 10 minutes have passed in the Second Half, the game is over. Prior to applying the Mercy Rule, there must be a down free of any accepted live ball fouls.
    - If a team scores during the last 10 minutes of the 4th quarter and the score creates a point differential of 25, the game will be declared over.

NOTE: All decisions are made at the discretion of the Referee

Sportsmanship:

Following each game, officials and/or on-site supervisor will evaluate team behavior and award sportsmanship points to all teams. To be eligible for playoffs, a team must have an average regular season sportsmanship score of 4. Any team with an average regular season sportsmanship score less than 4 will forfeit their place in the playoffs. During playoffs, a minimum score of 4 will guarantee advancement for the winning team.

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- Respect shown to the game and staff by the participants, coaches, and spectators. Participants speak to their peers and event staff appropriately at all times. Awarded to teams that show up prepared and are unable to play due to their opponents forfeiting.

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- Participants display disagreement/frustration with decisions of staff/officials in an inappropriate manner. Minor incidents of unsportsmanlike behavior towards opponents, spectators, or staff. Examples include but are not limited to trash talk, cursing, publicly questioning an official's ability, mocking the opponent, etc.

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- Participants are not cooperative with staff. Captains displayed little to no control over their team. Repeated questioning of officiating abilities. Forfeiting a game.

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- Multiple unsportsmanlike penalties, the harassment of the officials, staff, or opponents by spectators.

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- An ejection of any kind.

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- Fighting or any extenuating conduct as deemed by the officials; this includes threatening an employee. Any player on a team that receives a zero may be suspended indefinitely or subject to probation. Behaviors in violation of CSUSM standards for student conduct will be referred to the Dean of Students' Office.

**Any ejection or score of 2 or below may result in a meeting with the Team Sports Supervisor and a possible suspension or expulsion from the league.