IM LeeSports League Flag Football Rules

Flag Football League Information
Flag Football: 7 vs 7
Player Minimum: 5
Player Maximum: 14
Games: Every Tuesday from 6:30pm-9:30pm from September 20 – November 1
Location: Moanalua Community Park, google location of the closest parking lot: Moanalua Middle School: http://tinyurl.com/moanaluamiddleschool
Check-in: Teams must check-in, fully dressed in proper attire, fifteen (15) minutes prior to scheduled game time, and initial that they read the rules on the sign in sheet.
  • Teams will be given a grace period of five (5) minutes from the scheduled start time to meet the minimum playing requirements of five (5) players before the game results in a forfeit.
  • Forfeited games will not be replayed

General Rules for all sports:

2. IM LeeSports staff is CPR and First Aid certified and will make the decision to keep a player off the court/field after an injury based on their judgement.

3. To ensure the safety of all players the IM LeeSports Coordinator, Leeward Community College Student Life Coordinator, will require the following steps to be taken if a player is injured in order for them to play in future games:
  • The player will need to receive a signed clearance note from a health professional
  • The campus Advisor will need to email the Leeward CC Student Life Coordinator to indicate that they clear the player to play in future games

Requirements:
1. Validated Student ID card must be shown at check in on every game day. It will be returned at the end of the game day.
2. GPA must be 2.0 cumulative or above
3. If the team wears their own jerseys they must be numbered and the same color. If not the league will provide the numbered jersey for the game.

www.leeward.hawaii.edu/studentlife

Email: leeintramurals@gmail.com
4. Proper attire must be worn on game day  
5. Athletic shoes must be worn on game day  
6. Player must have completed waiver forms and Advisors submitted to IM LeeSports staff

**Equipment NOT Allowed**
1. Shorts/pants with metal zippers, buttons, and belt loops  
2. Watches, earrings, necklaces, rings (jewelry)  
3. Slip on shoes  
4. Metal support braces  
5. Metal cleats  
6. Padded suits

**General registration period to ADD a player to an EXISTING Team for a sport:**
- Players can be added throughout the season.
- The deadline to add a player to your established team for a sport is **12pm on the game day.**

**Adding a player by 12pm on game day means:**

1. The Advisor/Student Life Office emails the changes to the IM LeeSports before 12pm on game day  
   a. The email subject line must read: **CHANGE REQUEST**  
      Changes include but are not limited to:
      1. Adding a player if player requirement is not maxed out in this format:
         - First Name, Last Name  
         - Student ID number  
         - Email address  
         - Phone Number  
         - Gender Identity  
         - Under 18 years old?  
         - Emergency Contact Name  
         - Emergency Contact Phone Number  
         - Emergency Contact Relationship  
      2. Removing a player if player requirement is maxed out and then adding a player  
      3. Editing inaccurate player information

   **IM LeeSports Team will verify the change based on the time stamp on the email.**

A player may switch teams **IF THEY HAVE NOT PLAYED** with their existing team. If the player already played a game with a team they cannot switch teams.
In order for the player to be eligible to participate in playoffs they must have been on the game roster for at least one game (league sports).

Field and Downs
The field will be seventy (70) yards by thirty-five (35) yards, including ten (10) yard end zones.

- First downs will be every ten (10) yards.

Each team will have four (4) downs to pick up a first down. Teams can choose to punt on fourth downs or go for it.

- If a team fails to get a first down on four attempts the ball is turned over to the opposing team.

Playing Time and Intermission
Playing time will follow the 15-2-15 format. The first half will be fifteen (15) minutes in length, running clock. There will be a two-minute halftime break. The second half will be fifteen (15) minutes in length, running clock.

Mercy Rule:
If a team is up more than twenty (20) points within two-minutes left of the game the game will end.

Tie Game
In the event of a tie game the following procedures shall govern play. During the regular season, the game shall be ruled a tie. During playoffs, if two teams have the same record and tied each other then:

- The team that advances to playoffs will be the team with the highest cumulative season score.

During the playoffs, the tie game will be resolved in the following manner:
After a tie game concludes; the game will be extended into overtime periods. The coin toss will be determined during the Captain’s Meeting. A rock, paper, scissors will determine who gets to call the coin toss. The team captains will call the coin toss. The winning toss will decide based on the following:

1. Play offense or defense first
2. Choose their side of the field
   a. If option 2 is chosen by the winning team, the other team will get to choose from option 1 to either play offense of defense first.

After each game, the teams will switch sides.

- During the first overtime period each team will be given four downs to attempt to score a touchdown from the 10 yard line. If a touchdown is scored, the PATs will be attempted. The second team will then be given four plays to match or beat the score of their opponent. If the second team does not match or beat the score, then the game is over with the first team winning the game.

- If the second team matches the first team score then the game will go into double overtime. No coin toss will be held during the double overtime period. Teams will alternate starting on offense
as the number of overtime periods increases. If the defense returns an interception for a touchdown, the game ends.

- There is no game clock, however, the 25-second play clock shall begin once each ball is placed and declared ready for play. Each team is entitled to one time-out during the overtime period.

**Timeouts**
Each team shall have one (1) timeout during each half of the game that must be called by the Captain of each team. Timeouts do not carry over from each half. An Official may stop the clock at other times if, in his/her judgment, unusual conditions prevail that call for such an action (i.e. an injury). Each Advisor has one (1) timeout per game, this timeout shall be used at the advisor’s discretion for the purpose of addressing the team on any issues. The advisor timeout may not be used for strategic purposes.

**Inadvertent Whistle**
If an official blows his or her whistle inadvertently, the ball is dead and the play stops. Officials judgment will govern the situation.

**Fumbles**
All fumbles are dead as soon as the ball touches the ground. The ball will be spotted for the next down from the point where the ball first touched the ground, if the ball lands parallel to or behind the ball carrier. If the ball lands in front of the ball carrier, it will be spotted from the point where the player fumbled the ball. (Exceptions: Fumbles that land in either end zone.)
  - Once any part of ball carrier’s body touches the ground (excluding hands and feet) play shall be ruled dead.

**Kick Offs/Punts**
As a result of the shortened field, all kicking situations (Kick-off and Punts) will be thrown and not kicked.
  - The ball will be thrown from the opposing teams’ ten (10) yard line for all kick-offs. The ten (10) yard line will act as the line of scrimmage.
  - There are no onside kick attempts
  - The ball will not be allowed fielded once it touches the ground
  - Offensive team must declare to punt. No fake punts are allowed.
  - During a punt, both teams must have six (6) players on their line of scrimmage until the thrown is made.
  - A fumbled return will be dead at the spot it touches the ground, unless it bounces forward then it will be spotted where possession was lost.
  - A fumbled return that lands in the end-zone will result in a touchback.

**Restricted Area**
The restricted area is defined as:

[www.leeward.hawaii.edu/studentlife](http://www.leeward.hawaii.edu/studentlife)  
**Email:** leeintramurals@gmail.com
For Receivers/Defenders: 1-4 yards in front of the line of scrimmage. Receivers must be allowed to move 1 yard down the field before entering the restricted zone. The zone ends immediately after 4 yards from line of scrimmage.

For Offensive and Defensive Linemen: 1-2 yards in front and behind the line of scrimmage. As well as 2 yards towards either sideline from the placement of the ball before the snap.

The restricted area allows minimal contact between players through the use of hands. Hands cannot be extended more than once and can only make contact with the other player's' torso. There is no cross blocking or crack backs of any type. Anything that is considered excessive by the Officials will not be tolerated and handled accordingly*

**Safety Infractions**
Any infraction of the following safety violations may result in a team warning or ejection from the game/league. If a team acquires 3 team-warnings per game, the offending player that committed the 3rd infraction will be ejected from the game. If this causes the offending team to go under five (5) eligible players, the minimum amount to start a game, the game will end there and result in a forfeit regardless of score.

**Safety Infractions Include but not limited to:**
- Fighting
- Taunting
- Excessive cursing
- Excessive celebrations
- Unnecessary contact with another player (ex. Head bumping, chest bumping, bumping while jumping in the air)
- Equipment violations
- Oppressive language
- Violations of the University of Hawaii Student Conduct Code
### List of Penalties

*Results in 5 yards Enforcement*

<table>
<thead>
<tr>
<th>Penalty</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Delay of Game</td>
<td>Failure to snap ball within the 25-second play clock</td>
</tr>
<tr>
<td>Illegal Formation</td>
<td>More than 7 players on the field</td>
</tr>
<tr>
<td>Illegal Substitution</td>
<td>Player substitution during invalid time (after ball is put into play)</td>
</tr>
<tr>
<td>False Start</td>
<td>Player(s) move after the ball has been placed ready to play and before the ball is snapped</td>
</tr>
<tr>
<td>Ineligible Rusher/Offsides</td>
<td>Crossing the line of scrimmage before QB has possession of football</td>
</tr>
<tr>
<td>Scrimmage Violation</td>
<td>Offense has less than 3 players on line of scrimmage. During punt situations, all players other than kicker and catcher are on the line of scrimmage</td>
</tr>
<tr>
<td>Illegal Motion</td>
<td>More than one eligible player in motion before the snap. Motion player must be set for 1 second prior to snapping the ball.</td>
</tr>
</tbody>
</table>
| Illegal Snap                    | Ball is snapped to player on line of scrimmage  
*Ball does not need to be snapped between legs*                                                                                                       |
| Illegal Forward Pass            | If the pass is thrown beyond the line of scrimmage                                                                                                                                                          |
| Intentional Grounding           | A forward pass that is intentionally grounded to avoid loss of yards without attempting to throw towards eligible receiver.                                                                               |
| Helping the Runner              | The ball carrier shall not grasp a teammate or be grasped, pulled, or pushed by a teammate                                                                                                                   |
| Stripping the Ball              | Forcibly attempting to remove the ball for the runners possession                                                                                                                                              |
| Illegal Kick                    | Ball must be thrown in one fluent motion and not kicked                                                                                                                                                      |
### IM LEESPORTS LEAGUE

**Battle of the Colleges**

IM LeeSports provide students opportunities by engaging in organized sports to grow, learn, and develop respect for others through a positive experience.

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#### List of Penalties

*Results in 10 yards enforcement*

<table>
<thead>
<tr>
<th>Penalty</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Holding</td>
<td>Holding/grasping of another player</td>
</tr>
<tr>
<td>Offensive Pass Interference</td>
<td>Interrupting the natural motion of a defensive player attempting to catch the ball</td>
</tr>
<tr>
<td>Flag Guarding</td>
<td>Protecting flag with arms or hands</td>
</tr>
<tr>
<td>Roughing the Passer</td>
<td>Contact with the QB throughout the play, outside of attempting to pull the flags.</td>
</tr>
<tr>
<td>Obstructing Ball Carrier</td>
<td>Running into ball carrier without attempting to grab flag</td>
</tr>
<tr>
<td>Illegal Removal of Flag</td>
<td>Pulling flag before a player has possession of ball</td>
</tr>
<tr>
<td>Illegal Blocking</td>
<td><strong>Outside Restricted zone:</strong> Illegal use of hands/body to block another player downfield. I.e non-screen blocks</td>
</tr>
<tr>
<td></td>
<td><strong>Restricted zone:</strong> Excessive use of hands/body within L.O.S restricted area. Officials’ judgment.</td>
</tr>
<tr>
<td>Illegal Jamming</td>
<td><strong>Outside Restricted zone:</strong> Not allowing receiver to gain 1 yard from the LOS. Attempting to ‘jam’ a player beyond 4 yards from LOS.</td>
</tr>
<tr>
<td></td>
<td><strong>Restricted zone:</strong> Excessive use of hands/body to jam another player within restricted area. Official’s judgement.</td>
</tr>
<tr>
<td>Tripping</td>
<td>Tripping of another player intentionally or unintentional</td>
</tr>
<tr>
<td>Hurdling</td>
<td>Jumping over another player</td>
</tr>
<tr>
<td>Illegal Contact</td>
<td>Creating contact with another player outside of restricted area which could cause harm to either player *</td>
</tr>
<tr>
<td>Unsportsmanlike Conduct</td>
<td>Any action done by a player that is deemed inappropriate, rude, offensive, and does not abide by the University of Hawaii student code of conduct. This may also result in a safety violation warning/ejection as stated above. *</td>
</tr>
</tbody>
</table>

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#### Result in Spot of the Foul Enforcement

<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>Defensive Pass Interference</td>
<td>Interfering with a players attempt to catch the ball without making an attempt on the ball. To include holding, pushing, pulling of flag to disrupt catch, and face guarding.</td>
</tr>
</tbody>
</table>
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