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IM LeeSports League Flag Football Rules Fall 2019
Revised 9/2019

Flag Football League Information
Flag Football: 7 vs 7
Player Minimum: 5
Suit up Maximum: 12
Games: Every Tuesday from 6:30pm-9:30pm from September 16 – October 29
Location: Moanalua Community Park, google location of the closest parking lot: Moanalua Middle School: http://tinyurl.com/moanaluamiddleschool
- Do not park in the school parking lot, they close their gates. This link is just the best directions to the area

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:
● 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.
● Players must understand that it is their responsibility to read all the rules for the league for each sport they participate in.
● 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:
  o The player will need to receive a signed clearance note from a health professional
  o 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

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- The presence of alcohol from team members or fans associated with the team will not be tolerated and may result in a team warning.
- Any IM LeeSports staff member can call a time-out
- Inappropriate, foul, and/or derogatory language may be given warnings or expulsion from the League, determined by IM LeeSports staff.
- Designated Campus Advisors: Must be present at each game and be present in the briefing circle before each game. A player on the roster may be designated as the Advisor but cannot suit up and cannot play the entire game.
- No Jewelry: A player cannot wear anything that is dangerous to themselves or another player. All items of jewelry are potentially dangerous and to stay consistent, all kinds of jewelry are prohibited. Players are not allowed to use tape to cover jewelry, as taping jewelry is not considered to be adequate protection.
- Check-In: All players must check-in with IM LeeSports staff before playing. If a player does not check-in they are considered ineligible. Any team found playing with an ineligible player will lose all their points or could result in a forfeit.
- Forfeits: A forfeit will be called when a team commits infractions to the Number of Player Policy per sport, Advisor Policy, or Check-in Policy. The offended team will be awarded an automatic win. Forfeited games will not be replayed.

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.
4. Proper attire must be worn on game day
5. Player must have completed waiver forms and Advisors submitted to IM LeeSports staff

Equipment Required from all Players:
1. Athletic rubber shoes
2. Mouth guards are not required but recommended for safety purposes

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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. Headwear such as hats and beanies except for sweatbands

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 is 12pm on the game day via the google form.

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

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, with ten (10) yard end zones.
• Upon possession of the ball, the offensive team will have four (4) downs to cross midfield. Once the offensive team crosses midfield, they will have four (4) downs to score a touchdown.
• Failing to cross midfield or score a touchdown on fourth down will result in a turnover.
• Teams must declare if they choose to punt or go for it on fourth down. Fakes are not allowed.
• A cone will mark the line of scrimmage.

Playing Time and Intermission
Each game will follow the 15-2-15 format, running clock. Each game will consist of two (2), fifteen (15) minute halves with a two (2) minute halftime period.

Mercy Rule
The game will end if a team leads by more than twenty (20) points with two (2) minutes left in the game.
Playoffs
Seeding will be determined by the rankings in each division. Rankings are determined by the following:
   a. Wins vs Losses (Any forfeit will be counted as 2 losses)
   b. Head to Head
   c. Point differential

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 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 be allowed to choose one of the following:
   1. Play offense or defense first
   2. Choose their side of the field

Overtime Rules
   ● If the score is tied at the end of the game, we will enter an untimed overtime period. Each team will have one possession starting at the 20 yard line. Possession will be determined by a coin toss, with the winner electing to possess the ball first or second.
   ● Each team will have a chance to possess the ball at least once. After every score, a PAT (1 or 2 points) will be attempted. If the first team scores, the second team must match or beat the score. A turnover, will end a team’s possession.
   ● If the score is tied after both teams have possessed the ball, we will enter a second untimed overtime period following the same rules aforementioned. Should the teams be tied at the end of the second overtime period, a rock/paper/scissors game will determine the winner (due to time constraints)
   ● The 25-second play clock will be timed with a stopwatch. The 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.
   ● *Rules are subject to change and will be explained to Advisors and Teams by IM LeeSports Staff and Officials.

Points After Touchdown (PAT)
After scoring a touchdown, teams are allowed to choose one of the following:

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1. One (1) point attempt from the five (5) yard line
2. Two (2) point attempt from the ten (10) yard line

If a PAT is intercepted and returned for a touchdown, the defense will be awarded PAT points.

Timeouts
Each team shall have one (1) 30 second timeout during each half of the game. A timeout must be called by a player on the field and only with the Head Official. 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) 30 second timeout per half 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.

Live Ball/Dead Ball
Play is ruled “dead” when:
- The ball hits the ground
- The ball carrier’s flag is pulled
- The ball carrier steps out of bounds
- A touchdown, PAT or safety is scored
- The ball carrier’s knee or arm hits the ground
- The ball carrier’s flag falls off
- The receiver catches the ball while in possession of one or no flag(s)
- The 7 second pass clock expires
- Whistle

Inadvertent Whistle
In case of an inadvertent whistle, the offense has two (2) options:
A. Take the ball where the whistle blew and the down is consumed
B. Replay the down from the original line of scrimmage

Running
1. The quarterback (QB) cannot directly run with the ball unless he/she is being blitzed. A blitz is defined as 2 or more rushers. The QB is allowed to scramble behind the line of scrimmage but cannot advance up field. The QB is defined as the person who receives the snap.
2. Hand-offs behind the line of scrimmage are allowed but tosses or pitches of any kind are not allowed.

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a. “Center Sneak” play – The ball must completely leave the center’s hands on the snap and player must step backwards off the line of scrimmage in order to receive a direct handoff from the QB before advancing the ball.

3. Runners aren’t allowed to leave their feet to advance the ball. Diving, leaping and jumping to avoid flag pulls count as flag guarding.

4. The player who takes the handoff or backwards pass can throw the ball behind the line of scrimmage. Once the ball has been handed off all defensive players are eligible to rush.

Flag Guarding
Flag guarding is the act of a ball carrier impeding a defensive attempt to pull the ball carriers flag (for example: the ball carrier is holding the ball in one hand and then, while running downfield, slaps the hand of the defender away so that the defender can’t pull the flag). One might carry the ball with both hands but even using this technique the ball carrier might slap the defenders away with the ball. All flags/belts must be worn over all clothing and jerseys.

Fumbles
All fumbles are dead as soon as the ball touches the ground. If the ball lands parallel to or behind the ball carrier, the ball will be spotted for the next down from the point where the ball first touched the ground. If the ball lands in front of the ball carrier, it will be spotted from the point where the player fumbled the ball.

Kickoffs/Punts
As a result of the shortened field, all kicking situations (punts) will be thrown and not kicked.

- For all kickoffs, the ball will be thrown from the team’s own ten (10) yard line. The ten (10) yard line will act as the line of scrimmage
- **Players are allowed five (5) seconds to “kick” the ball**
  - If the ball is not “kicked” within five (5) seconds, the ball will be placed at midfield
- There are no onside kick attempts
- The ball will not be allowed to be fielded once it touches the ground
- Offensive team must declare to punt. No fake punts are allowed
- During a punt, both teams must have all players (except kicker and returner) on the line of scrimmage until the throw is made

Restricted Area:

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● For Receivers/Defensive Backs: 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 the line of scrimmage.
● For Offensive and Defensive Line: 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.

Contact in the Restricted Area:
The restricted area allows *minimal contact* between players through the use of hands. Arms cannot be extended more than once and can only make contact with the other player’s torso. Hands must be open faced at all times. 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.*

Rushing the QB:
The defense cannot cross the line of scrimmage until the QB has possession of the ball. If the defense sends a blitz, the QB is allowed to scramble down field. A blitz is defined as 2 or more rushers. Defenders must make every effort to run *around* any offensive blocker. Any type of contact initiated by the defender will result in illegal contact.

Blocking on the Line of Scrimmage:
The offense is allowed *one* arm extension to the defenders torso while in the restricted area. No other physical contact is allowed.

Downfield Blocking:
Players are allowed to *screen* for each other downfield. All screens must be set (no moving screens) to be considered legal. No other types of blocks are permitted.

Seven (7) second Sack Rule:
QB has 7 seconds to throw the ball. If the QB still has possession of the ball after 7 seconds, this will result in a loss of down.

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 3<sup>rd</sup> infraction will be ejected from the game. If this causes the offending team to go under five (5) eligible players (minimum to start a game) the game will end there and result in a forfeit--regardless of the score.
Safety Infractions include but are 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 the line of scrimmage</td>
</tr>
<tr>
<td></td>
<td>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>

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| 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 runner's possession |
| Illegal Kick | Ball must be released within five (5) seconds and should be thrown in one fluent motion. |

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 (body or clothing)</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 after the ball is thrown, outside of attempting to pull the flag</td>
</tr>
<tr>
<td>Obstructing Ball Carrier</td>
<td>Purposely running into the ball carrier without attempting to pull the 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>Outside Restricted zone: Illegal use of hands/body to block another player downfield. i.e non-screen blocks</td>
</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>Restricted zone: Excessive use of hands/body within L.O.S restricted area. Officials’ judgment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Illegal Jamming</td>
</tr>
<tr>
<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><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>
</tr>
<tr>
<td>Tripping of another player (intentionally or unintentionally)</td>
</tr>
<tr>
<td>Hurdling</td>
</tr>
<tr>
<td>Jumping over another player</td>
</tr>
<tr>
<td>Illegal Contact</td>
</tr>
<tr>
<td>Creating contact with another player outside of restricted area which could cause harm to either player *</td>
</tr>
<tr>
<td>Unsportsmanlike Conduct</td>
</tr>
<tr>
<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>

**Result in Spot of the Foul Enforcement**

<table>
<thead>
<tr>
<th>Penalty</th>
<th>Description</th>
</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. This includes but not limited to holding, pushing, bumping or pulling of flag(s) before catch is made.</td>
</tr>
</tbody>
</table>

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