

2023 Semper Fit Intramural Sports Flag Football Season Bylaws

“2022/2023 NIRSA Flag & Touch Football Rules Book & Officials Manual Rules”

Amended October 4, 2022

PROGRAM MANAGEMENT

The Intramural Sports Coordinator will be responsible for conducting the 2023 Intramural Flag Football Tournament scheduling, cancellations, and protests.

Each team’s coach is responsible for ensuring that the team roster is properly filled out and submitted to the Athletics Office, located in Ironworks Gym.

Violations to the rules, and unsportsmanlike behavior will not be tolerated. Players who fail to conduct themselves in a sportsmanlike manner will be removed from the scheduled event. Intramural Sports and/or Athletics staff reserve the right to ban players from future Intramural Sports events for continual unsportsmanlike behavior.

TEAMS

A minimum of six (6) players is required to avoid a forfeit. Only seven (7) players are allowed on the field during the game. Each team will have at least 2 males and 2 females on the roster. A player can help assist a team, **ONLY** if that team is below the minimum requirement. This can happen only in the regular season, **NOT IN PLAYOFFS**.

Each team will have a maximum of 12 players on the current field roster and a maximum of 5 players on the reserve list. Each coach can change their reserve roster twice during regular season. The head coach must contact the **Intramural Sports Coordinator** by 12:00 P.M. the day of the game on adjusting his current 12 man/woman roster and his 5 man/woman reserve roster.

Only the head coach will contact Intramural Sports regarding disputes, grievances, and complaints.

Once a player has played and placed on a roster, the player will not be permitted to be on another team’s roster.

No team can pick up players from a team that forfeits out of the season.

ELIGIBILITY TO PLAY

Discovery of any illegal player(s) may be made through protest prior to the start of a game, by the opposing team’s head coach or assistant coach or by research of the team’s roster by the Intramural Sports Coordinator, Assistant-Athletics Director, or Athletics Director.

The Intramural Sports Coordinator or Assistant Athletics Director’s interpretation of the rules will be the final decision. They also reserve the right to change or add additional rules after the start of the season to reconcile sudden or unplanned disputes.

All participants are required to have some form of identification on their person for the duration of the season.

All substitutions must be made from the team roster. **Players not on a team roster will not be allowed to substitute for a player.**

PLAYERS EQUIPMENT

The basic equipment for a player is:

- Jersey - All teams will wear a jersey (or shirt) of the same color with numbers on the back.
- Cleats are recommended. No metal cleats.
- Sweatpants and Shorts are authorized. Pockets are not authorized.
- Gloves will be authorized.
- Towels will be authorized for the Quarterback only. The towel will count as a flag.

If teams are not able to supply their own matching jerseys, jerseys will be provided to the coach of the team by the Intramural Sports Coordinator or the Recreation Assistant.

The following equipment shall be considered illegal and will not be worn by any player:

- Knee, head, or hip pads containing sole leather, fiber, metal, or any dangerous material.
- Any cast of any type, even if covered by soft material.
- Earrings, watches, rings, chains, power bracelets, or other jewelry items.
- A knee brace may be worn but shall be wrapped and must be approved by the officials prior to the start of the game.
- Players wearing prescription glasses must wear a head strap.
- If ACE bandages are worn, they will be taped on both ends only.

The referees will inspect the player's equipment and shoes prior to each game. If the referee determines that a player is wearing any article prohibited by these bylaws, or which may constitute danger to other players, he will order the player to remove the article, or the player will not be permitted to play. This will also result in a penalty against the offending team.

If any unauthorized article is detected during play, the referee shall stop play and order the player off the field to remove the article. The player will not return until the next stoppage of play.

Semper Fit Intramural Sports will supply the official footballs.

OFFICIALS/REFEREES

Officials will be provided by the Iwakuni Officials Association.

Officials are in control of the field from the time they enter the field and until they depart.

DURATION OF THE GAME

The following is the regulation time for the season:

- Two (2) twenty (20) minute halves.

The Intramural Sports Coordinator or Assistant Athletics Director's interpretation of the rules will be the final decision. They also reserve the right to change or add additional rules after the start of the season to reconcile sudden or unplanned disputes.

- Five (5) minute half time between the first and second halves.
- Continuous running clock until the last two (2) minutes of the second half.
- The clock may be stopped at the referee's discretion for injuries.
- Ties will be decided by the Penetration Rule. The team penetrating, or advancing the ball into their opponent's territory, after the completion of a series of eight plays (four consecutive plays per team), shall be declared the winner, unless other scores have been made by either team during the overtime period. In case a touchdown is scored, play shall resume after the try for point by a scrimmage at the center of the field and the series shall be completed, unless that play was the last of the series.

Each team is entitled to two (2) one (1) minute time outs in each half.

A team that does not request a time out in the first half of the game is still entitled to only two (2) time outs during the second half.

Teams should be ready to play fifteen (15) minutes prior to the game.

After three (3) minutes from the start of the game, if a team does not show or have enough players to start the game, it will be considered forfeiture.

Forfeits due to tardiness will be determined and called by the senior referee and count as a loss in record standings with a score of 21-0.

Mercy Rule will be in effect when a team is 21 points ahead at 5 minutes left in the second half or 18 points ahead at 2 minutes left in the second half.

Games will be rescheduled at the discretion of the Intramural Sports Coordinator, Assistant Athletics Director, and/or the Athletics Director.

PLAY OF THE GAME

The games will be conducted according to the 2022/2023 NIRSA Flag & Touch Football Rules.

A game will be played by two (2) teams, each consisting of not more than seven (7) players on the field at one time.

The designated head coach (or assistant coach in the event the head coach is unavailable) is the only player permitted to discuss a rule interpretation with the umpires and/or the Intramural Sports representative. Players who attempt to discuss rule interpretation will be cautioned for a first-time offense and ejected for unsportsmanlike conducted in future offenses.

Both teams will provide a down-marker man for each half. The home team will provide a player during the first half. The away team will provide a player for the second half.

Three (3) delay of games in a row will result in an automatic turnover.

The Intramural Sports Coordinator or Assistant Athletics Director's interpretation of the rules will be the final decision. They also reserve the right to change or add additional rules after the start of the season to reconcile sudden or unplanned disputes.

Once the Quarterback has stepped over the line of scrimmage, he/she may not move back over the line of scrimmage to pass the ball.

In the event of a tie score at the end of regulation, the NIRSA overtime procedures will be in effect.

CONDUCT AND FOULS

All participants in the season will observe the highest level of conduct to include sportsmanship, team camaraderie and respect to all involved while playing, watching, coaching or officiating.

During games, practices, teams are prohibited from using:

- Derogatory chants.
- Derogatory and/or obscene gestures.
- Derogatory comments.
- Foul and/or abusive language.
- Acts of violence.

Failure to comply with the guidelines above may result in a disciplinary action.

Disrespect to fellow players, coaches, the intramural sports staff or officials is unacceptable conduct and will not be tolerated by Intramural Sports.

Intramural Sports staff has the option to order any player, coach, official or spectator off the field and out of sight and sound of the game for violation of conduct standards. Once this person has been asked to leave, they will have two (2) minutes to comply with this order.

Once the order of removal has been issued, the game will be stopped until complied with. Should the offender refuse to comply with the order, at that time the game will be terminated and, regardless of the score, the win will be awarded to the non-offending team by a score of 21-0.

Grievances, contestation, and/or complaints will only be addressed via email by the head coach, (or the team's assistant coach in the head coach's absence) to the Intramural Sports Coordinator, Assistant Athletics Director, and/or Athletics Director.

A player who has been ejected may be substituted for; however, playing a disqualified player is not allowed and is valid ground for a forfeiture of the game.

If an illegal player is discovered during the season, the team will automatically forfeit the game.

A player who provokes a fight with another player will automatically be ejected from the game.

No protest will be considered that pertains solely on the official's judgment.

Teams are responsible for policing their own areas, to include the spectator area behind their bench, after each and every game.

The Intramural Sports Coordinator or Assistant Athletics Director's interpretation of the rules will be the final decision. They also reserve the right to change or add additional rules after the start of the season to reconcile sudden or unplanned disputes.

No alcoholic beverages will be consumed by the players, coaches, and officials eight (8) hours prior to or during the game.

If alcohol is detected on the breath of a player/coach, then he/she will be ejected from the game immediately.

If alcohol is detected on the breath of an official, coaches are asked to report the matter to another official and MCCS Staff (Intramural Sports Representative). The scorekeeper will log the incident in the scorebook and on the score sheet. The official will not be permitted to officiate games for the rest of the day.

The Intramural Sports Coordinator or Assistant Athletics Director's interpretation of the rules will be the final decision. They also reserve the right to change or add additional rules after the start of the season to reconcile sudden or unplanned disputes.