

IM INDOOR FOOTBALL RULES

NIRSA rules will govern play except with the following changes made by Ferris State Intramural Sports. General policies and all official sport rules can be found on the Intramural Sports page on the UREC website.

Table of Contents

Rule 1: Facility & Equipment.....	Page #1
Rule 2: Eligibility & Game.....	Page #2
Rule 3: Flag Football Specifics.....	Page #3
Rule 4: Co-Rec Modifications	Page #4
Rule 5: Captain’s Responsibilities & Sportsmanship.....	Page #5

Rule 1: Facility & Equipment

Article 1. Facility – University Recreation Center- 401 South Street, Big Rapids, Michigan, 49307

- a) Ferris State Intramural Sports has a zero tolerance policy for alcohol, tobacco, or any other drug at intramural events. Furthermore, Intramural Sports staff reserves the right to remove participants or fans suspected to be under the influence of drugs or alcohol. The removal process may involve the assistance of authorities such as Ferris State DPS or a member of the Big Rapids Police Department.

Article 2. Equipment

- a) The Intramural Department will provide game balls. These **MUST** be used during every game, **NO EXCEPTIONS**.
- b) **Jewelry is illegal. All head/facial piercings must be removed.** If jewelry cannot be removed, it must be taped. If this tape falls off, you will be asked to leave the game. The IM staff will not provide tape for participants for jewelry.
- c) **The ball-** The official ball shall be a nerf football. Both Co-Rec, Men’s, and Women’s teams will use the same sized ball. Footballs will be provided by the Intramural Department and must be used. **NO EXCEPTIONS!**
- d) **Flag belt-** Each player must wear a one piece belt that is free from any knots. These belts must be clipped at the waist line with three flags permanently attached, one flag on each side and one at the center of the back. Flags will be provided to each team on site. Flag belts must be worn on the outside of all clothing.
- e) Shirts must be tucked in at ALL TIMES. Shirts must be long enough to tuck in or must be 6 inches above the waist.
- f) **Shorts/Pants-** Players are recommended to wear shorts without pockets or belt loops for safety reasons. Shorts must be of “athletic material” (basketball or workout type).
- g) **Team jerseys-** Teams shall wear shirts that are of the same color. Team jerseys must contrast with the jerseys of the opposing team. Mesh jerseys with numbers will be provided on site. Jerseys may not be tied in any way to create a knot.
- h) **Shoes-** Players must wear basketball or non-marking athletic shoes on the basketball courts.
- i) **Supports, Braces, Gloves, and Pads-** NO casts/splints will be allowed under any circumstances. No pads or braces will be allowed above the waist. Players who wear a knee brace with exposed metal or metal hinges are required to cover the exposed metal. Players may wear gloves which consist of a soft, pliable non-abrasive material. Any player wearing illegal or dangerous equipment shall not be permitted to play.
- j) **Headwear-** Players may wear one-piece elastic headbands made of soft pliable material. They may also wear knit stocking caps (beanies). Rubber or elastic cloth bands may be used to control hair. No other headwear will be allowed. No baseball caps, bandannas, or helmets.



IM INDOOR FOOTBALL RULES

NOTE: Officials of each game will determine legality of all equipment. A player wearing illegal equipment will not be permitted to play.

Rule 2: Eligibility & Game

Article 1. Eligibility

- a) Ferris State students, staff, and faculty are allowed to participate in IM Sports.
- b) **NO ID, NO PLAY. NO EXCEPTIONS!** All players must present their own personal FSU ID card before every game in order to participate.
- c) If you are caught trying to use someone else's ID, your team will forfeit that game, and the other person will need to come to the UREC office the following day to retrieve his/her ID.
- d) All varsity athletes are INELIGIBLE to participate in similar intramural sports for a period of one calendar year since their last game/match. (i.e. A varsity basketball athlete CANNOT participate in intramural basketball but CAN participate in other intramural events like flag football or volleyball).
- e) A player can only play for one team per sport. The exception is if they play for a Co-Rec team and a Men's or Women's team. If a player is caught doing so, the team will be required to forfeit the game that the player played in. Also, if the player wishes to continue playing that particular sport they must continue playing with the first team they played with during the season. It will be up to the IM Sports Staff whether the participant will be suspended from any further IM activities.

Article 2. The Game

- a) Games will be played on the Student Recreation Center, courts 3 & 4.
- b) 2 teams of 4 players.
- c) Minimum to start is 3 players. Less than 3 players will result in a forfeit.
- d) Legal Co-Rec ratios are listed under Rule 5: Co-Rec Modifications.
- e) Two 20 minute halves.
- f) The clock does NOT stop in the first half unless for timeouts or injuries.
- g) The clock WILL stop during the last 2 minutes of the second half for normal clock stopping plays
- h) Mercy Rule: If one team has 20 point lead at, or during the last 2 minutes of the game, the game is over (Co-Rec Mercy Rule is 30 points).
- i) **GAME TIME IS FORFEIT TIME!** If you have one player on your roster signed in at game time, a 5 minute grace period will be granted. If your team cannot field the minimum of 3 players to start a game after 5 minutes, a forfeit will occur.

Article 3. Regular Season

- a) Regular season will consist of 4 games.
- b) All players must be listed on the team roster before the end of the second week during the regular season.
- c) **Rosters will be frozen at the start of the THIRD WEEK of the regular season.** This means that all players **MUST** be signed up on IMLeagues on the roster of that team AND paid for prior to the beginning of the third week of the season. No additions will be allowed unless approved by the Assistant Director of Intramurals and Club Sports.
- d) IM Sports recommends that you have at least two extra players than the required amount on your roster in case you need subs throughout the regular season and playoffs.
- e) Regular season games that end in a tie, will remain a tie.



IM INDOOR FOOTBALL RULES

Article 4. Playoffs

- a) Every team makes the playoffs as long as they have the proper sportsmanship average (2.75). The fans sportsmanship can also have an effect on your team's sportsmanship rating.
- b) Once in playoffs, a team must maintain a 3.0 sportsmanship rating to advance.
- c) During playoffs, there is no time limit; if a tie persists after the 2nd half the game will proceed through over time.

Article 5: Overtime

- a) There will be a coin toss. Captains will alternate choices if additional overtime periods are played. The winner of the toss shall be given the options of offense or defense. Both teams will go the same direction in overtime. Each team will be given a series of (4) downs at the center court line. The object will be to score a touchdown. If the first team which is awarded the ball scores, the second team will still have 4 downs to attempt to win the game. Try for points will still be attempted in a normal manner by any team who scores a touchdown. If the defense intercepts the ball and return it for a touchdown, they will win the game.

Rule 3: Intramural Indoor Football Specifics

Article 1. Scoring

- a) A touchdown will count for 6 points.
- b) Point after attempts:
 - a. 1 point from 3 step from the goal line.
 - b. 2 points from 10 steps from the goal line.
 - c. 3 points from the midpoint line.
- c) Safety will count for 2 points.
- d) Co-Rec scoring is listed in Rule 5: Co-Rec Modifications

Article 2. Time Outs

- a) Two 1-minute timeouts per half that can be used at any time.
- b) Timeouts not used in the first half will not carry over to the second half, likewise second half unused timeouts will not be carries over during overtime period.

Article 3. Coin Toss & Game Play

- a) Coin Toss- The referee shall toss a coin and offer the winning captain these options:
 - a. To defer his/her option until the second half
 - b. Offense or defense
- b) Ball placement to begin half/after scores- The ball will be placed at the end line of the basketball court nearest the curtain. Both teams will play offense going toward the wall. There will be no kick-offs. After scores, and halftime, the second half will begin in normal manner.
- c) Number of down and punting- Teams will have 4 downs to advance the ball over the goal line. There are no punts.
- d) Quarterback Pass Clock- A quarterback has seven (7) seconds to attempt a pass. Failure to attempt a pass within 7 seconds shall result in being called dead and the ball marked back to the line of scrimmage. The Head Official will count out the 7 seconds.
- e) Running- An offensive player may not advance the ball across the scrimmage line via the run unless the quarterback is blitzed by a second defender. The Quarterback may then scramble and run. There are no restrictions after a change of possession or once a legal forward pass has been caught beyond the offense's scrimmage line.
- f) Legal Forward Pass- There must be a legal forward pass each down. Only one forward pass is allowed per down.
- g) Pass Receptions- All legal players are eligible to receive a pass. One foot must land in bounds and maintain full control/possession of the ball before any part of the body lands out of bounds. One knee is equivalent.



IM INDOOR FOOTBALL RULES

- h) Fumbles- There are no fumbles. If there is a backward pass that is dropped, it is dead at the spot it landed. If an offensive player loses control of the ball after possessing it, the ball will be dead at the spot where it lands.
- i) Blitzing/Rushing- The defenders blitzing/rushing must do so from 5 yards off the scrimmage line (marked by the yellow ball spotter).
 - a. A defensive player that stands in the neutral zone will not be allowed to blitz the opposing quarterback. If the defensive player standing in the neutral zone blitz's, a penalty will be enforced.
- j) Backboards and Wall- All backboards and the wall are considered in play. If the ball is caught after hitting the backboard or the wall the play is still considered live and can be advanced. The track is considered out.
- k) Play clock- A team only has 25 seconds between plays. Delay of game penalty will result if the ball is not snapped within this limit.
- l) Flag pulling- A player's flag belt must be pulled off for them to be "downed". The flag belt must be broken and completely off.
- m) Stripping- Defensive members may not strike the ball from the offense.
- n) Retrieval of ball after play- The offensive team must receive the ball after every play from scrimmage.
- o) Screen Blocking- No contact is allowed between the offense and defense. The block must have their hands at their sides.

Article 4. Penalties

- a) Delay of Game: 3 steps from previous spot.
- b) Encroachment: 3 steps from previous spot.
- c) False Start: 3 steps from previous spot.
- d) Illegal Formation: 3 steps from previous spot.
- e) Illegal Motion and Shift: 3 steps from previous spot.
- f) Holding: 3 steps from previous spot.
- g) Flag Guarding: 5 steps from previous spot and loss of down.
- h) Illegal deflagging: 5 steps from spot of foul.
- i) Illegal contact by the ball carries: 5 steps from the spot of the foul.
- j) Tripping: 5 steps from the end of the play.
- k) Illegal Contact by the defense and tackling: 5 steps from the end of the run.
- l) Roughing the Passer: 5 steps from the previous spot if the pass is incomplete. 5 steps from the end of the run following a completed pass.
- m) Illegal Forward Pass: 5 steps from the previous spot and loss of down.
- n) Offensive Pass Interference: 5 steps from the previous spot and loss of down.
- o) Defensive Pass Interference: 5 steps from the previous spot.

Rule 4: Co-Rec Modifications

Article 1. Acceptable Ratios

- a) 2 males, 2 females
- b) 2 males, 1 female
- c) 1 male, 2 females

Article 2. Mercy Rule

- a) If a team has a 30 point lead at the 2 minute warning if the 2nd half, the game is over.

Article 3. Scoring

- a) If a female player scores a touchdown by either throwing or receiving a pass, her score will count for 9 points. Point after attempts remain the same for both genders.

Article 4. Open & Closed Plays

- a) There are no open and closed plays.



IM INDOOR FOOTBALL RULES

Rule 5: Captain Responsibilities and Sportsmanship

Article 1. Captain Responsibilities

- a) The Captain must maintain control of his/her team's sportsmanship. Your team will be graded each game and must maintain a 2.75 average to make the playoffs. Every team makes the playoffs as long as they have the proper sportsmanship average. The Captain is also in charge of the fans that come to support his/her team. The fans sportsmanship can also have an effect on your team's sportsmanship rating.
- b) Game time is forfeit time. If your team does not show up on time for your scheduled game, your team will receive a forfeit and a 3 sportsmanship rating. If at least one member of the team shows up before the scheduled start time, a 5 minute grace will be added to the forfeit time.
- c) If your team forfeits, a \$25.00 fee will be issued to the Captain, and will need to be paid by 3 pm prior to the next game. Failure to do so will result in a second forfeit.
- d) If your team forfeits a second time, by any means, the Captain will be issued another \$25.00 fee and their current team will be removed for the rest of the season.
- e) If the Captain is unable to make it into the Student recreation Center to pay the forfeit fee in time, he/she is allowed to contact the Intramural office to authorize the fee to be charged to their Student Account. We will try our best to contact the captain the next morning after to remind them about the fee.
- f) Defaults are an alternative to forfeiting a game. If your team will not be able to make it to a scheduled game, you may contact the Intramural Office by 3 pm on the day of the game (3pm on Friday for Sunday games) and let us know you will default the game. Your team will receive a loss, but you will not have to pay a forfeit fee.

Article 2. Appeal Play/Protest

- a) Protests will not be received or considered if they are based solely on a decision involving the accuracy of judgement on the part of an umpire.
- b) The appeal must be made before the next legal snap of play. The following may be appealed/protested:
 - a. Misinterpretation of a playing rule
 - b. Failure of an umpire to apply the correct rule to a given violation.
 - c. Failure of an umpire to impose correct penalty for a given violation.

***Written protests may be filed in the Intramural Office anytime between the initial time of the incident, to the following day by 3pm. (See desired articles under Rule 3: Intramural Indoor Flag Football Specifics for rule clarifications).

