

Adams State College Intramural ARENA FOOTBALL RULES

PLAYING FIELD

C A B A C

A = Begin offensive series; 2 pt. conversion line

B = Possible 1st down

C = End zone line

1. The officials of the game shall inspect the field and the surrounding area and remove any obstructions, which might prove dangerous to the players and/or officials.
2. Players are out-of-bounds when any part of their body touches anything (other than another player or a game official), which is on or outside a sideline or end line. The ball is still live if it hits the ceiling or net.
3. A loose ball is out of bounds when it touches anything (including a player or official), which is on or outside a boundary line.

TIME REGULATIONS

1. The game consists of two 20-minute halves with 2 minutes between halves.
2. The time is running time except for the final 2 minutes of the second half when the clock shall stop on every:
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 - a. Incomplete pass - starts on the snap.
 - b. Out of bounds - starts on the snap.
 - c. Touchdown - starts on the next offensive snap (extra point tries are not timed)
 - d. Safety - starts on the snap.
 - e. Team time-out - starts on the snap.
 - f. Penalty - dependent on the previous play (exception: Delay of Game).
 - g. Officials time-out - starts on the ready
 - h. Touchback - starts on the snap.
 - i. Change of possession – starts on the snap
 - j. Inadvertent whistle – starts on the ready
4. Time-Outs
 - a. Each team is entitled to two time-outs per game.
 - b. The time-outs will be 1 minute long and may be taken at any time during the game.
 - c. Teams have 25 seconds at the end of a time-out to put the ball into play. **Penalty: Delay of Game, 5yds.**
 - d. Time-outs in excess of the allotted number will result in a 5 yard penalty, Delay of Game.
5. A regulation game may end in a tie. No overtime will be held.
6. During playoffs, overtime will be held. The procedures for overtime shall be:
 - a. A new coin toss will occur. The away team captain will call the toss and the winner has the option of offense, defense, or direction.
 - b. All overtime periods are played toward the same goal line.
 - c. Each team will start 1st and goal from the defensive 10 yard line (unless moved by penalty). The object will be to score a touchdown (followed by a try for point).
 - d. An overtime period consists of each team receiving a set of 4 downs.
 - e. If the score is still tied after one period, the teams will go to a second overtime period, or as many as needed to determine a winner.
 - f. If the first team which is awarded the ball scores, the opponent will still have a chance to win, re-tie, or lose the game.
 - g. If the defense intercepts the ball and returns it for a touchdown, they win the game. If they do not return the interception for a touchdown, the ball will be placed on their 10 yard line to begin their series of 4 downs.

- h. Each team is entitled to one time-out (one minute in length) per overtime period.
- i. If the defensive team intercepts the extra point attempt, the ball is declared dead.
- 7. Officials time-outs: Injury - charged to official - player must leave field and be replaced. An injured player who is bleeding must leave the field and may not return until inspected by a student supervisor, bleeding is stopped and wound is covered. Blood soaked clothing must be removed.

EQUIPMENT

- 1. Shoes must be leather, nylon, or canvas upper with a rubber bottom. Turf shoes and soft pliable, rubber bottoms are permitted. Shoes with metal, screw-in removable cleats, sandals, boots and open-toed shoes are strictly prohibited.
Shoes must be worn.
- 2. Jewelry, shoulder pads, body pads (above the waist) or any unyielding or dangerous equipment is not permitted. Hats with "bills" are not permitted. Stocking caps, ear wraps, or other soft type hats will be permitted.
- 3. PANTS OR SHORTS WITH POCKETS ARE PROHIBITED. Each player must wear pants or shorts without any belt(s), belt loop(s), pocket(s), holes, or exposed drawstrings. Why? Since this is flag football and players are grabbing for flags at, or around, the pocket area we prohibit pockets for safety reasons. That is, players can get their fingers caught in someone's pocket while attempting to remove a flag belt. Pants or shorts may not be turned inside out, and pockets may not be taped.
- 4. Pants or shorts must be a different color than the flags.
- 5. A towel attached to a player's waist is illegal.
- 6. The official ball shall be the one provided by the Recreational Sports Department. However, another ball may be used by a mutual agreement of team captains and officials. An official size football will be used for all men's games. A junior size football will be used for women's games.
- 7. Jerseys must be long enough so they remain tucked in or short enough so there is a minimum of 4" from the bottom of the jersey to the player's waistline.

FLAG RULES

- 1. Flags must be a different color than the shorts/pants of the participant.
- 2. No article of clothing may cover any portion of the player's flag.
- 3. Each player on the field must wear the flag belt provided by the Recreational Sports Department. Belts must be properly attached at the waistline - one flag center back and one flag over each hip.
- 4. Players may dive to catch a pass, defend a pass, and/or to remove an opponent's flag.
- 5. Subs in uniform: Each sub shall be in uniform, ready to play with belt in position. **Penalty: Delay of Game, 5 yards from the previous spot**
- 6. Guarding flag belt: Ball carriers shall not guard their flags in a manner that would prevent an opponent the opportunity to pull or remove the flag belt. A ball carrier may not use straight arm tactics, swing their arm to deflect, or use other means to keep an opponent from pulling a flag. This style of running constitutes **Flag Guarding. Penalty: 10 yards from spot of penalty** (a natural running motion must be employed).
- 7. A ball carrier may not lower his/her head or run in a bent over fashion which hinders an opponent from pulling a flag; this style of running constitutes Flag Guarding with the intent to injure another. **Penalty: Flag Guarding, 10 yards from the spot of the penalty** (a natural running motion must be employed at all times).
- 8. When a runner loses his/her flag belt either accidentally or inadvertently (not removed by grasping or pulling), play continues. The de-flagging reverts to a one hand tag of the runner between the shoulders and the knees.
- 9. In circumstances where a flag belt is removed illegally, play should continue with the option of the penalty or the play. **Penalty: Personal foul, 10 yards.**
- 10. Intentionally pulling or removing a flag belt from an offensive player without the ball by a defensive player is prohibited. **Penalty: Personal foul, 10 yards.**

11. Tampering with the flag belt in any way to gain an advantage including tying, using foreign materials, or other such acts is illegal. **Penalty: Player ejection, unsportsmanlike conduct, 10 yards from the previous spot and loss of down.**

12. Defensive Contact: In an attempt to remove the flag belt from a runner, defensive players may contact the body and shoulders of an opponent with their hands, but not their face, nor any part of their neck or head. A defensive player may not hold, push, or knock the runner down in an attempt to remove the flag belt. **Penalty: 10 yards.**

PLAYERS, ROSTERS, AND SUBS

1. This is a 5 player league. Teams must have at least 4 players to start a game. If a team cannot continue with 4 players for any reason, the game will end and a score of 12-0 will be recorded regardless of the current game score.

Whether the teams play with the regulation 5 players or fewer, the offensive team must have 3 players on the line of scrimmage; the defensive team must have a minimum of 2 players on the line of scrimmage.

2. Unlimited substitutions are allowed when the ball is dead. Substitutions must be completed before the ball is in play.

Exiting players must go directly to their sideline.

3. Team captains are the only individuals permitted to speak with officials regarding calls or questions. If another player attempts to dispute, a warning may be issued. Subsequently, an unsportsmanlike conduct penalty may be called, followed by a possible ejection.

4. Substitutes, replaced players, and trainers are subject to all rules. Teams are responsible for their spectators conduct and language.

THE GAME

1. Before the game, team captains will meet with game officials at least 5 minutes before game time to check player eligibility with the roster/score sheet and determine the options of offense/defense, or defending a particular goal. Home team calls toss (team listed first on schedule, or, if overtime the opposite team). The team winning the toss shall have choice of options for the first half or shall defer their option to the second half. The options for each half shall be:

a. to choose whether his/her team starts on defense or offense OR

b. to choose the goal his/her team will defend. The team captain who does not have the first choice of options for

a half, shall exercise the remaining option.

2. Ball Responsibility - It is the responsibility of the OFFENSE to get the ball.

3. Mercy Rule. Upon the two-minute warning of the second half, if a team is outscoring their opponent by 19 or more points, the game shall end. If a team scores DURING the last two minutes of the second half and that score creates a point differential of 19 or more, the game shall end at that point.

4. The ball is dead on ALL running plays & passing plays as soon as the ball touches the ground. Teams cannot recover a fumble. On punts, players may advance the ball after it hits the ground, but not after it hits a player and then hits the ground.

DOWNS/ZONE LINE TO GAIN

1. Teams have 4 downs to advance the ball to the midfield line.

2. Failure to advance the ball to the midfield line results in a loss of possession.

3. A new series of 4 downs will be awarded when the team advances the ball past the midfield line.

DEAD BALL

1. A live ball becomes a dead ball as defined in the rules or when an official sounds the whistle, even inadvertently, or otherwise declares the ball dead.

2. Ball is declared dead:

a. When it goes out of bounds.

- b. All loose ground balls are dead.
- c. When any part of the runner, other than the hand or foot touches the ground. (The ball is considered an extension of the hand)
- d. When a touchdown, touchback, safety, or successful try-for-point is made.
- e. When a player of the kicking team catches a punt or when a punt comes to rest on the ground.
- f. When a forward pass strikes the ground or is caught simultaneously by opposing players. This is a judgment call by the officials.
- g. When a live ball, backward pass, lateral pass or fumble, other than a kicked ball strikes the ground, the ball is dead at the spot where it hits the ground.
- h. When a runner has a flag legally removed by a defensive player.
- i. In cases where the flag belt comes off without any obvious contact, when a runner is legally touched with one hand between the shoulders and knees, including the hand and arm
- j. When the passer is de-flagged before releasing the ball.

LIVE BALL

1. A fumbled ball or pass that is caught before it hits the ground may be advanced by either team and is a live ball.
2. The offense must snap the ball within 25 seconds after the referee has put the ball in play (sounds whistle and drops hand). **Penalty: Delay of Game, 5 yards.**
3. If a team delays under two minutes left in the game, the first infraction shall be a loss of down. A second infraction will carry a loss of possession.

SCORING

1. Touchdown: 6 points
 - a. To be ruled a touchdown, the player must break the plane of the goal line while retaining possession of the ball.
 - b. After scoring a touchdown, a player must immediately raise his/her arms and let the official de-flag him/her. This is to ensure that the flags were not illegally secured. **Penalty: Personal foul, 10 yard penalty from the previous spot, player ejection, and touchdown is disallowed.** If penalty is on offense, loss of down. If penalty is on defense, automatic first down for offense.
2. Extra Points: 1 point from the 3 yard line, 2 points from the 10 yard line, 3 points from the 20 yard line.
 - a. Once the captain makes the decision for 1, 2, or 3 points, he/she may not change his/her mind unless he/she uses a time-out.
 - b. If the distance of the attempt is charged by a penalty, the attempt will be for the point value of what was originally decided.
 - c. An intercepted pass on an extra point try by the defensive team may be returned for 3 points.
3. Safety: 2 points. A safety occurs when:
 - a. A runner carries the ball from the field of play to or across his/her own goal line and the ball becomes dead
 - b. A player punts, passes, fumbles, snaps, muffs, or bats a loose ball from the field of play to or across his/her own goal line and the ball becomes dead behind his/her goal line
 - c. A player on offense commits any penalty for which the penalty is accepted and measurement is from a spot in his/her end zone, or throws an illegal forward pass from within his/her end zone, or any situation which leaves the offense in possession of the ball in their own end zone.
 - d. Exceptions: When a player intercepts a forward pass, or catches a scrimmage kick or free kick between their 5 yard line and goal line, and their momentum carries them into the end zone where the ball is declared dead. This is known as the momentum rule and a touchback will be awarded.
 - e. After a safety, the scoring team shall snap the ball at their own 14-yard line, unless moved by a penalty.
4. Touchback: 0 points. A touchback occurs when:
 - a. The receiving team downs a punt that touches anything while the ball is on or behind the receiving team's goal line. Note: A punt that lands in the end-zone is not automatically a

touchback. The ball must be downed in the end-zone or come to rest in the end-zone for a touchback to be awarded. Therefore, if a punt lands in the end-zone and then bounces out of the end-zone and comes to rest on the 2 yard line, it would be first down for the receiving team on the 2 yard line.

- b. The kicking team downs a punt that touches anything while the ball is on or behind the receiving team's goal line, or if no one attempts to secure the ball.
- c. The ball is out-of-bounds behind a goal line (except from an incomplete forward pass)
- d. After a touchback, the ball shall be snapped from the 14-yard line, unless moved by a penalty.

PRIOR TO THE SNAP

1. **Encroachment:** Following the ready for play whistle, and until the snap, no player on defense may encroach, touch the ball, nor make contact with opponents or in any other way interfere with them (verbally or otherwise). This includes standing in or shifting through the neutral zone.
2. **False Start:** No offensive player shall make a false start or simulate the start of a play. An infraction of this rule may be penalized whether or not the ball is snapped and the penalty for any resultant encroachment shall be cancelled.
3. **Snap:** The snapper, after assuming position for the snap and adjusting the ball, may neither move nor change the position of the ball in a manner simulating the beginning of play until the snap. When over the ball, the snapper shall have his/her feet behind the scrimmage line. The snapper shall pass the ball backwards from its position on the ground with a continuous motion.
4. **Delay of Game:** The ball must be put in play promptly and legally and any action or inaction by either team which tends to prevent this is a delay of game. This includes:
 - a. Failure to snap within 25 seconds after the ball is whistled ready for play.
 - b. Putting the ball in play before it is whistled ready for play.
 - c. Deliberately advancing the ball after it has been declared dead.

PUNTS

Please note: In Arena Flag Football, punts are not actually kicked: Instead they are thrown. For ease of writing the rules, the words "Punt" and "Kick" will still be used. Also, there are no kick-offs or free kicks in this league.

1. A punt may be declared by the offensive team on any down. Once a team has declared they will punt, they may not change their decision unless there is a penalty or a time-out is called. Quick kicks are not permitted.
2. The kicking team must have a minimum of three (3) players on the line of scrimmage. Receiving team must have a minimum of 2 players on the restraining line.
3. The snap must be received at least 5 yards back and the kick executed behind the scrimmage line immediately.
4. No players on the line of scrimmage or restraining line may move until the ball is kicked.
5. Fumbled punts hitting the ground are dead. If fumbled in the end zone, a touchback will be called and the ball placed at the 10 yard line.
6. If the punt extends beyond the back of the end zone, the ball is dead and will be placed on the 14 yard line. Punts received in the end zone may be advanced.
7. Receiving Punts
 - a. The punt returner is eligible to return punts or allow them to come to rest on the field of play.
 - b. A punt that goes out-of-bounds whether it has been touched or not, or an untouched ball that comes to rest, will be marked dead at those respective spots.
8. **Kick Catch Interference:** During a punt, the kicking team members must allow receivers an attempt to make a play on the ball. The kicking team shall not obstruct their path to the ball. This applies even if a fair catch is not signaled (as there are no fair catches in flag football) and opponents have not yet touched the ball. **Penalty: 10 yards from previous spot and replay of the down OR choose an awarded catch at the spot of the foul.**

PLAYING RULES

1. If a ball is muffed (does not touch the ground) – during a running or passing play or similar loose ball situation – the ball becomes a live ball and may be gained by the defense; as long as the ball remains in the air.
2. Offense has 25 seconds to put the ball in play after the official declares it ready. **Penalty: Delay of Game, 5 yds.**
3. FOUR (4) consecutive downs to advance to midfield. A new series of downs shall be awarded when a team moves the ball past the midfield as a result of a penalty, after a touchback, after a pass interception, after a kick/punt, or if a team fails to reach the midfield in four downs.
4. Only one forward pass is allowed per play (down). All players are eligible receivers. Forward passes are those thrown from behind the line of scrimmage.
5. Penalty during try for point:
 - a. If on defense:
 - I. If the attempt was unsuccessful, then replay the down and add the penalty enforcement.
 - II. If the attempt was successful, and the offense declines the penalty, the play stands.
 - b. If on offense:
 - I. If the attempt was unsuccessful and the defense declines the penalty, the attempt is over.
 - II. If the attempt was successful, take the converted score away and the attempt will be repeated once the penalty is enforced.
6. A player must have at least one whole foot in bounds for a catch to be legal. The line is considered out of bounds.
7. Simultaneous Catch: If a forward pass is caught by members of opposing teams, the ball shall become dead and belongs to the offense at the spot of the catch.
8. The defense may not hit, strip, or swat the ball away from the ball carrier. **Penalty: Personal foul, 10yds from the end of the of the run.**

THE SCRIMMAGE AND THE SNAP

1. Anytime on or after the ball is marked ready for play, each offensive player must momentarily be within 15 yards of the ball before the snap. **Penalty: Illegal Formation, 5 yards from the previous spot.**
2. The snap must be between the snapper's legs, or flipped back by a player standing sideways while keeping the point of the ball on the ground. The player receiving the snap must be at least 2 yards behind the scrimmage line. There are no direct snaps. **Penalty: Illegal procedure, 5 yards from the previous spot.**
3. During the snap, the offensive team must have at least 3 players on their scrimmage line and within one yard of the scrimmage line. **Penalty: Illegal procedure, 5 yards from the previous spot.**
4. Two, three and four point stances are legal.
5. All offensive players must be motionless for one second preceding the snap, except for one player who may move parallel to or away from the line of scrimmage. A player in motion is not counted as one of the 4 players required to be on the line of scrimmage at the snap. **Penalty: Illegal motion, 5 yards from the previous spot.**
6. An offensive player that moves/shifts (other than going legally in motion) must stop for one full second before the snap. **Penalty: Illegal shift, 5 yards from the previous spot.**
7. The Neutral Zone is a one yard dead zone between the offensive and defensive line of scrimmage. **Penalty: Encroachment, 5 yards from the previous spot.**

HANDLING THE BALL

1. Any player may hand the ball backward at any time.
2. A forward hand-off is illegal, beyond the line of scrimmage or after a kick. **Penalty: Illegal forward pass, 5 yards and loss of down.**
3. Backward Pass: Is a pass with its initial direction parallel with or toward the passer's end line. Treated the same as a backward pitch.
4. A backward pass or fumble that touches the ground is dead at the spot.

5. A backward pass or fumble that is intentionally thrown out-of-bounds to avoid being de-flagged, tagged, or to conserve time is illegal. **Penalty: Intentional grounding, 5 yards and loss of down.**
6. The player receiving the snap may advance the ball.

PASSING

1. Forward pass may be thrown only once per down. All players are eligible to touch or catch a pass. A forward pass is illegal if:
 - a. The passer's foot is beyond the offensive line of scrimmage when the ball leaves their hand.
 - b. A passer catches their untouched forward pass. A passer can catch their own pass if another player has touched it after it has been thrown. **Penalty: Illegal forward pass, 5 yards from the spot of the pass, loss of down.**
2. The pass begins when the ball is released from the passer's hand. The ball is dead if the passer is de-flagged before the ball is released.
3. The initial direction of a pass determines whether a pass is forward or backward.
4. The passer may cross the line of scrimmage and then cross back to throw the ball. However, only one forward pass may be thrown per down.
5. A pass may be touched by any number of players prior to being caught.
6. All players are eligible to catch a pass.
7. If a pass is caught simultaneously by opposing players, the ball becomes dead, and is considered a complete pass and belongs to the offensive team at the spot of the catch.
8. A receiver must have one foot inbounds for a pass to be ruled complete. If the foot lands simultaneously with the foot that lands out-of-bounds, the pass is incomplete. A catch by any kneeling or prone inbounds player is a catch or interception.
9. Protecting the passer: The passer will be protected at all times. The only legal contact that can be made is around the waist area, where the defender would be attempting to de-flag the passer. The ball is considered an extension of the passer. The ball may not be hit while in the possession of the passer. **Penalty: Roughing the passer, 10 yards, automatic first down.**

INTERFERENCE

1. During a down in which a legal forward pass crosses the scrimmage line, contact which interferes with an eligible receiver who is beyond the scrimmage line is pass interference. **Penalty: 10 yards from the previous spot and automatic first down.**
2. Defensive pass interference that is considered to be intentional or unsportsmanlike. **Penalty: 10 yards for Unsportsmanlike Conduct, possible ejection and first down.**
3. Offensive pass interference that is considered to be intentional or unsportsmanlike. **Penalty: 10 yards for Unsportsmanlike Conduct, possible ejection, loss of possession and first down.**

SCREEN BLOCKING

1. Blocking is prohibited. A player may not use their hands, arms or body to block or ward off an opponent. **Penalty: Personal foul, 10 yards.**
2. Hands and arms must be behind the back, allow one normal step to an opponent from screens to their rear, side or front.
3. Offensive players may protect the runner by screening. The offensive screen block shall take place without contact and the screener may maintain a position (moving or stationary) between the defensive player and the runner. The screen blocker shall have their hands and arms at their sides or behind their back. Any use of the arms, elbows, or legs to initiate contact during an offensive player's screen block is illegal. A blocker may use a hand or arm to break a fall or retain balance. Players must remain on their feet before, during, and after screen blocking. The blocker must have their shoulders square with their feet. No part of the screener's body, except the feet, may be in contact with the ground. **Penalty: Illegal contact, 10 yards.**
4. Interlocked interference is illegal. **Penalty: Illegal Interlocked interference, 10 yards.**

5. Defensive players must go around the offensive player's screen block. Defenders may not use their hands or arms to gain an advantage in going around the offensive blocker. **Penalty: Personal foul, 10 yards.**
6. The runner may not straight-arm or lower the shoulder into an opponent. **Penalty: Personal foul, 10 yards.**
7. Illegal contact between the blocker/rusher will be called against the player determined to have initiated the contact. **Penalty: Personal foul, 10 yards.** Repeated illegal contact will not be tolerated and will result in ejection.

RUNNING

1. Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for opponents to pull or remove the flag belt. Flag guarding includes:
 - a. Swinging the hand or arm over the flag belt to prevent an opponent from de-flagging.
 - b. Placing the ball in possession over the flag belt to prevent an opponent from de-flagging.
 - c. Lowering the shoulders in such a manner that places the arm over the flag belt to prevent an opponent from de-flagging. **Penalty: Flag guarding, 10 yards.**
2. The runner shall be prohibited from contacting an opponent with extended hand or arm. This includes the use of a stiff arm extended to ward off an opponent attempting to de-flag/tag. **Penalty: Illegal contact, 10 yards.**
3. The runner shall not grasp a teammate or be grasped, pulled or pushed by a teammate. **Penalty; Helping the runner, 5 yards.**
4. The runner shall not lower their head or shoulders to avoid being de-flagged.
5. Spinning while running is considered part of running and is allowed if the runner maintains contact with the ground.
6. Hurdling in an attempt to gain yardage by a ball carrier is illegal and will constitute a personal foul. Hurdling is an attempt by a player to jump with one or both feet or knees foremost over an opponent who is contacting the ground with no part of their body, except one or both feet. **Penalty: Hurdling, 10 yards.**
7. Obstruction of Runner. The defensive player shall not hold, grasp, or obstruct the forward progress of a runner when in the act of removing the flag belt or making a legal tag. **Penalty: Holding, 10 yards.**
8. Charging. A runner shall not charge into an opponent in his/her path nor attempt to run between two opponents, unless the space is such as to provide a reasonable chance for him/her to go through without contact. **Penalty: Personal Foul, 10 yards.**
9. The ball becomes dead if any part of the runner other than their hands or feet touches the ground (A held ball is considered an extension of the hand).
10. Pushing the runner out-of-bounds is an illegal act. **Penalty: Personal Foul, 10 yards.**

PERSONAL FOULS

1. No player shall commit a personal foul. Any act prohibited here or any other act of unnecessary roughness is a personal foul. No player shall:
 - a. Punch, strike, strip, steal, or attempt to steal the ball from a player in possession.
 - b. Trip an opponent.
 - c. Contact an opponent who is on the ground.
 - d. Throw the runner to the ground.
 - e. Hurdle any other player.
 - f. Contact an opponent either before or after the ball is declared dead.
 - g. Make any contact with an opponent which is deemed unnecessary, of any nature, including using fist, locked hands, elbows, or any part of the forearm or hand, as well as the legs, knees, and/or feet.
 - h. Deliberately drive or run into a defensive player.
 - i. Clip an opponent.

- j. Position himself/herself on the shoulders or body of a teammate or opponent to gain an advantage.
- k. Tackle the runner by grasping or encircling with the hand(s) or arm(s) and taking the opponent toward the ground as in tackle football.
- l. Use of abusive or insulting language (swearing)
- m. Indicating objections to an official's call
- n. Touching or striking an official. **Penalty: immediate player ejection and indefinite suspension.**
- o. Intentionally pulling the flag of a player not in possession of the ball.
- p. Spiking the ball.
- q. Destruction or abuse of Adams State College property.
- r. Fighting

Penalty: Personal Foul, 10 yards, if flagrant, the offender shall be ejected.

2. Unsportsmanlike conduct: Any participant receiving 2 Unsportsmanlike conduct penalties during a game shall be ejected from the game immediately and must leave the playing facilities.
3. Any player ejected from the game must leave the playing area and is not permitted to watch the remainder of the game.
4. All 10 yard penalties inside the 10 yard line are half the distance to the goal.
5. All 5 yards penalties inside the 5 yard line are half the distance to the goal.