ARENA FLAG FOOTBALL RULES AND POLICIES

The Arena Flag Football league is designed to promote fair play, sportsmanship, and overall participation in an athletic atmosphere other than Interscholastic Varsity Competition. We ask that you adhere to all rules and stipulations presented. Please note rules and infractions are similar to Flag Football rules. Exception: 10 yd penalties are 8 yd penalties for arena.

MANDATORY PARTICIPATION FEE: All teams are required to pay a participation fee of $10.00. This fee must be paid at time of registration.

ALCOHOL AND DRUG POLICY: Individuals and/or teams who arrive to a scheduled competition intoxicated, suspected of consumption, or possessing alcohol and/or other illegal substances will not be permitted to play. The game will be forfeited immediately. There are no exceptions to this stipulation. The supervisor in charge will have the final decision.

MEDICAL PROCEDURES: The Campus Recreation Office, Intramural Program Office, and Binghamton University will not assume the responsibility for any injuries received during competition. Participants are reminded that their participation is voluntary. We strongly recommend that all participants have a physical examination and secure medical health insurance. Any injury and/or accident should be reported immediately to the supervisor in charge.

SAFETY: Proper attire should be worn while competing. All jewelry, watches, hats, and any other personal item should be removed before participation. Individuals wearing casts should have them padded and checked for approval with the supervisor in charge. Any person(s) bleeding and/or having blood on clothing will be removed from competition until this problem is resolved. Appropriate measures must be taken into account.

PLAYER PARTICIPATION: All players that appear on a team’s roster must be a current student, faculty, or staff member at Binghamton University. All players must submit their B-NUMBER at the first scheduled game in order to participate. Players can not be added after the first game has been played. Any team that violates the participation rule will forfeit all games prior and be ineligible for playoff competition. A valid ID CARD for all participants must be shown to the staff members before all games. Players may only play on one team, in one pool/league on one day.

TEAM JERSEYS: All teams are encouraged to provide their own shirts with numbers. The schedule has designated Home and Visitor Teams. Home teams will be required to wear dark shirts while Visitor team will be required to wear light shirts.

EQUIPMENT: All flags and game footballs will be provided. Practice footballs will not be provided. Teams are allowed to footwear that will mark the gym floor.

CANCELLATION/ FORFEIT OF GAMES: All games must start on time. However, all teams will have a maximum of 10 minutes after the official start time. Any games beginning after the official start time will then play in a speed-up rule format. Any team that does not show for a scheduled game will be given a forfeit.
CANCELATION OF GAME DURING PLAY: In extreme circumstances, a game may be called during play. This will be decided upon the Intramural and/or West Gym site supervisors. Captains may provide feedback, but the final decision will come from the supervisors. A game will be replayed if the first half is not completed. If called during play of the second half, the team who is ahead at the time will be declared the winner. If called during half-time, the second half will be played at a later date. Each score and penalty situations, ie. Sportsmanship, will be carried over.

GAME TIME AND LENGTH:
• Two 18 min. halves- running time. Stop time the last 2 min. of the 2nd half. 3 minute half time.
• Speed-Up time will be two 15 minute halves. 1 minute halftime.

TIME OUTS:
• Each team will have a total of 3 time outs per game.

OVERTIME PROCEDURE:
• No clock
• Each team will have one possession to score from the 20yd. Zone line.
• If a score is accomplished, an extra point conversions may be done.
• If both teams score on their only possession, a second overtime will take place using the same format.
• There will be no tied games, unless unusual circumstances are present.

SPECIAL SITUATIONS:
• Double penalties will offset each other. Repeat down.
• No Punting.
• First Downs are made by passing a zone line
• 1 Player is allowed to be in motion. 4 Offensive players must still be on the line.
• 25 Second Play-Clock.
• All offensive players are eligible receivers.

NUMBERS OF PLAYERS ON FIELD:
• Offense- 6
• Defense- 6
• A team may start a game with a minimum number of 5 players. A forfeit will result if a team can not supply the appropriate amount.

SUBSTITUTION OF PLAYERS: Players may only be substituted on dead ball situations and time outs. A dead ball occurs when there is an incomplete pass or play is taken out-of-bounds. Substitutes must be made when the line official is notified.

SPORTSMANSHIP POLICY: All teams and players must refrain from abusive language while on the field to officials and opposing team members. Abusive language may include but is not limited to swearing, continuous challenge to official’s call, and inappropriate gestures. A violation of this policy will result in a loss of down, 20yd loss, and a warning to the entire team. If continued, each player in violation will be ejected for the remainder of the game.

FORFEIT POLICY: Any team that does not show for a scheduled game at any time during league play will be receive an automatic forfeit and be removed from the league. Also, any team that does not provide the minimum amount of players to start a game at any time during league play will receive a forfeit, thus eliminating the team from the league. EXCEPTION: If a team knows they can not play a scheduled game, the game may be reschedule. A call must be made no later than 5pm on the Wednesday before the weekend of scheduled play. Games requested to be rescheduled are not guaranteed.
MAJOR RULE AND PENALTY HIGHLIGHTS  
(All NCAA rules and penalties will be used unless mentioned)

Incidental contact is part of competing. All participants are reminded to keep away from heavy contact. Players must refrain from pushing, pulling, holding, and tripping. When violated, the appropriate condition will be used.

<table>
<thead>
<tr>
<th>PENALTY DESCRIPTION</th>
<th>COMMITED BY WHO</th>
<th>RESULT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Illegal handing the ball forward</td>
<td>offense</td>
<td>* loss of down and 5yds</td>
</tr>
<tr>
<td>Illegal forward pass</td>
<td>offense</td>
<td>* loss of down and 5yds</td>
</tr>
<tr>
<td>Illegally secured flag belt</td>
<td>offense</td>
<td>* loss of down and 5yds</td>
</tr>
<tr>
<td>Illegally secured flag belt</td>
<td>defense</td>
<td>* auto. 1&lt;sup&gt;st&lt;/sup&gt; down and 5yds</td>
</tr>
<tr>
<td>Pass interference (personal)</td>
<td>offense</td>
<td>* loss of down and 10yds</td>
</tr>
<tr>
<td>Pass interference (personal)</td>
<td>defense</td>
<td>* auto. 1&lt;sup&gt;st&lt;/sup&gt; down and 10yds</td>
</tr>
<tr>
<td>Illegal contact/ block (personal)</td>
<td>offense</td>
<td>* loss of 10yds @ spot</td>
</tr>
<tr>
<td>Illegal contact/ block (personal)</td>
<td>defense</td>
<td>* loss of 10yds @ spot</td>
</tr>
<tr>
<td>Roughing the passer (personal)</td>
<td>defense</td>
<td>* add 10yds. to offense</td>
</tr>
<tr>
<td>Flag Guarding (personal)</td>
<td>offense</td>
<td>* auto. 1&lt;sup&gt;st&lt;/sup&gt; down and 10yds</td>
</tr>
<tr>
<td>Flag Guarding (personal)</td>
<td>defense</td>
<td>* loss of 10yds @ spot</td>
</tr>
<tr>
<td>Encroachment on kick-off</td>
<td>offense</td>
<td>* re-kick and loss of 10yds</td>
</tr>
<tr>
<td>False start (before snap)</td>
<td>offense</td>
<td>* stop play, loss of 5yds, repeat down</td>
</tr>
<tr>
<td>Illegal snap (movement of ball)</td>
<td>offense</td>
<td>* stop play, loss of 5yds, repeat down</td>
</tr>
<tr>
<td>Encroachment (before ball snap)</td>
<td>defense</td>
<td>* stop play, loss of 5yds, repeat down</td>
</tr>
<tr>
<td>Leaving field on wrong side (before ball snap)</td>
<td>offense/defense</td>
<td>* stop play, loss of 5yds, repeat down</td>
</tr>
<tr>
<td>Delay of game (after 25sec. before ball snap)</td>
<td>offense/defense</td>
<td>* stop play, loss of 5yds, repeat down</td>
</tr>
<tr>
<td>Illegal motion/ shift (with snap)</td>
<td>offense</td>
<td>* loss of 5yds @ spot, repeat down</td>
</tr>
<tr>
<td>Less than minimum of players on the entire line of scrim. (4)</td>
<td>offense</td>
<td>* loss of 5yds, repeat down</td>
</tr>
<tr>
<td>Illegal substitution (dead balls only)</td>
<td>offense/defense</td>
<td>* loss of 5yds, repeat down</td>
</tr>
<tr>
<td>Player not within 15yds of ball</td>
<td>offense</td>
<td>* loss of 5yds, repeat down</td>
</tr>
<tr>
<td>Too many players on the field</td>
<td>offense/defense</td>
<td>* loss of 5yds, repeat down</td>
</tr>
<tr>
<td>Illegal snap (continue play- least 2yds from ball)</td>
<td>offense</td>
<td>* loss of 5yds @ spot, repeat QB must be at down</td>
</tr>
</tbody>
</table>

**AFTER A TOUCHDOWN:**

- 1 point attempt from the 5yd line… 2 points from the 10 yd line… 3 points from the 20yd line.
DESCRIPTIVE GAME PLAY RULES AND CONSIDERATIONS

I. Game, Field, Players, and Equipment

Shirts must be long enough to tuck in so that they remain tucked in the pants/shorts during the entire down or short enough so there is a minimum 4” from the bottom of the shirt to the player’s waistline.

Pants or shorts with BELT LOOPS or POCKETS are prohibited.

A. Towels may not hang form a player’s waist or otherwise interfere with the possible removal of a flag. Towels however may be used and kept on the ground on the ball before the snap.
B. All jewelry must be removed including watches, earrings, bracelets, etc. Players may wear soft, pliable basketball or wrestling knee pads on legs, knees and/or ankle.
C. The game shall be played between two teams of 7 players each on a rectangular field. Each team must have 5 players on the field in order to begin the game.
D. The field is divided into 4 zones of 20 yards each and 2 end zones of 10 yards each.
E. Each team shall designate a captain to act as team spokesperson and make decisions. Only the captain may talk to officials. Team representatives including players, spectators, team managers, coaches, and group members subject to the rules.
F. The use of dangerous equipment is prohibited. Sneakers can be worn; cleats are allowed.
G. Kicking tees may not be in excess of 3 inches thick.
H. Men will use the regular size football, while women will use the intermediate size football (Co-Rec may use either size balls). Game balls will be provided but teams may choose to use their own footballs. Referees will not handle the football, the offense is responsible for the ball at all times.

II. Periods, Time Factors, Substitutions

A. The winner of the pre-game toss shall have the first choice of options
   • offense/defense
   • which goal to defend
   • to defer their choice of A or B until the second half.
B. Playing time and intermissions A game shall consist of 2 halves with a 3-5 minute intermission. Each half shall consist of 18 minutes. The clock will run continuously during the first half. During the last 2 minutes of the second half, the clock will stop such as in college football:
   • Penalties
   • Scoring plays
   • Incomplete passes/out of bounds
   • Injured players
   • First downs (until the ball is set in play by referee’s ready to play whistle).
C. Kickoffs: The ball will be kicked off to begin each half and after all touchdowns.
D. Free substitution is allowed after any whistle provided the substitution does not delay the game. However, no offensive substitute may enter unless he joins the huddle and is part of the huddle at the time when it breaks.
E. The offensive team has 25 seconds to put the ball in play after referee signals "ready for play." Penalty: 5 yards.
F. A coin toss will precede "Tie Breaker". The team winning the toss has 3 options: Offense, Defense, or Direction. The opposing team then has the remaining choice. The object is to score a touchdown and subsequent extra point (1 or 2 points). After team A scores, team B then has 4 plays within which to score. If no team has scored after their respective plays the process is repeated. When a pass is intercepted the defense becomes the offense and begins their series of 4 plays. If the interception is returned for a touchdown, the game is over.
G. Penalties are assessed similar to the regular game. A team shall be given a new series of 4 plays when an automatic first down penalty is accepted. Dead ball penalties after a touchdown are penalized on the extra point attempt. Live ball penalties committed by either team after team B gains possession during an attempt or an overtime shall be enforced at the succeeding spot. Dead ball penalties following a successful attempt
will be penalized from the succeeding spot, the team B 10-yard line, if accepted.

**III. Definition of Playing Terms**

1- Removal of flag belt: When the flag belt is clearly taken from the ball carrier the down shall end and the ball is declared dead. A player who removes the flag belt from the ball carrier should immediately hold the flag belt above his head to assist the official in locating the spot where the capture occurred. A player may dive to remove a flag belt as long as no contact is made with the opposing team. *The position of the ball when a player is deflagged determines the spot of the next line of scrimmage.*

2- A defensive player may not hold, push, or knock down the ball carrier in an attempt to remove the flag, nor shall an offensive player hold, block, or run through a defensive player trying to remove the flag belt.

3- When a runner loses his/her flag belt, either accidentally or inadvertently, play will discontinue- The ball and play is dead. In the event of an interception by a player without a flag belt, the interception will be upheld, providing there are no other penalties/infraction prior to the interception. The play, interception, will be deemed as a dead ball.

4- Scrimmage line: The scrimmage line for team A is the yard line and its vertical plane which passes through the point of the ball nearest its own goal line. The scrimmage line for team B is the yard line and its vertical plane, which passes one yard from the point of the ball nearest its own goal line. A colored puck will signify each.

**IV. Ball in Play, Dead Ball, Out-Of-Bounds**

A. The ball is declared dead when the ball touches the ground: A) on a fumble B) on a lateral C) on a pass or D) after touching a player on a punt.

B. The sideline and end lines are considered out of bounds. (Only one foot needs to touch in bounds in order for a pass to be complete).

C. Once an offensive or defensive player steps out of bounds, that player is no longer eligible to touch the ball. Penalty: 5 yards and replay the down.

**V. Series of Downs, Number of Downs**

A. In a series of 4 downs, the ball must be advanced forward into the next zone in order for a new series of downs to be awarded. Yardage lines are considered part of the forward zone.

**VI. Snapping, Handling, and Passing the Ball**

A. The ball may be snapped between the legs or to the side of the snapper.

B. The player who receives the snap must be at least 2 yards behind the offensive scrimmage line. Direct snaps are always illegal (under center).

C. It is defensive pass interference if an eligible receiver is deflagged prior to touching the ball on a forward pass attempt.

D. The offensive team must have a minimum of four players on the line of scrimmage.

E. All players are eligible for a forward pass. The passer may pass from anywhere behind the LINE OF SCRIMMAGE.

F. The passer shall not intentionally ground the ball in order to avoid a sack. Penalty: 5 yards and loss of down.

**VII. Scoring Plays and Touchbacks**

A. A team is given the choice of going for 1 or 2 points after scoring a touchdown. Once the captain makes the choice, it may only be changed if a time out is called. Ways of scoring a successful point-after-attempt: A) By running or passing from 3 yards = 1 point. B) By running or passing from 10 yards = 2 points.

B. Touchdown Verification: The player scoring the touchdown must raise his/her arms so the nearest official can deflag the player. If the player is not deflagged with one
good pull, and the official determines the flag belt has been secured illegally, the
touchdown is disallowed. The player is disqualified, and it is a foul. Penalty: 10 yards
from the previous spot and a loss of down.
C. Play after safety. After a safety is scored, the team that is awarded 2 points will
automatically gain possession at their own 15-yard line. (No kick will take place)

VIII. Players’ Conduct

A. It is illegal to steal or attempt to steal (strip) the ball from a player in possession. The
object of the game is to deflag a ball carrier, not to steal the ball.
Penalty: 10 yards from the end of the run.
B. Roughing the passer. Defensive players must make a definite effort to avoid charging
into a passer after it is clear that the ball has thrown and may not make contact with
the throwing arm. Penalty: 10 yards and automatic first down, tack on the end of the
play (if positive yards have been gained), if not, 10 yards from the original spot and
automatic first down.
C. Guarding the flag belt. Ball carriers shall not guard their flags by blocking, with arms,
hands or ball, the opportunity for an opponent to pull or remove the flag belt. Penalty:
10 yards.
D. The defensive player shall not (intentionally or accidentally) hold, grasp, or obstruct
forward progress of a ball carrier when in the act of removing the flag belt. Penalty:
10 yards.

IX. The flag belt removal.

A. Intentionally pulling or removing a flag belt from an offensive player without the ball
by a defensive player is illegal. Penalty: 10 yards.
B. Offensive screen blocking. The offensive screen block shall take place without
contact. The screen blocker shall have his/her hands and arms at his/her side or
behind his/her back. Any use of the arms, elbows, legs, or knees to initiate contact
during an offensive player’s screen block is illegal. A blocker may use his/her feet in
order to gain position before, during and after screen blocking. Penalty: 10 yards.
C. Screen blocking fundamentals – a player who screens shall not: A.when he/she is
behind a stationary opponent, take a position closer than a normal step from him or
her; B.when he/she assumes a position at the side or in front of a stationary opponent,
make contact with him/her; C.take a position so close to a moving opponent that his
opponent cannot avoid contact by stopping or changing direction. The speed of the
player to be screened will determine where the screener may take his/her stationary
position. This position will vary and may be one to two normal steps or strides from
the opponent. D.After assuming his/her legal screening position, move to maintain it,
unless he/she moves in the same direction and path of his/her opponent. Penalty: 10
yards.
D. Blocking and interlocked interference. Teammates of a runner or passer may interfere
for him/her by screen blocking, but shall not use interlocked interference by grasping
or encircling one another in any manner. Penalty: 10 yards.
E. Use of hands or arms by the defense. Defensive players must go around the offensive
player’s screen block. The arms and hands may not be used to grab or push the
opponent aside. The application of this rule depends entirely on the judgement of the
official. A rusher may use his/her arms or hands to break a fall or retain his/her
balance. Penalty: 10 yards.
F. There shall be no bumping, checking, or other intentional contact between a defender
and an offensive pass receiver. Both offense and defense are limited to screening an
opponent. If a player attempting a diving flag removal trips the ball carrier there is a
penalty of 10 yards from the spot of the foul.