The 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.

**MANDATORY PARTICIPATION FEE:** All teams are required to pay a team participation fee of $10.00. This fee must be paid before a team is scheduled.

**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:** Intramural Programs 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. Padding does not guarantee participation will be allowed. 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 roster must be a current student, faculty, or staff member at Binghamton University. In addition, players can not be added after the first game has been played. Any team that violates the participation rule will receive an automatic forfeit and be eliminated from the league. A valid BU ID CARD for all participants must be shown to the staff members at each game. BU ID cards that will be accepted only include cards that are labeled “Undergraduate Student”, “Graduate Student”, and “Faculty and Staff”. No other university ID’s will be accepted.

**CHALLENGING A GAME:** If there is a discrepancy for any reason related to the outcome of a game, the following actions must be taken. 1. The team making the challenge must provide a statement in writing to The Intramural Program Office no later than two days after the original game has been played. 2. The statement should include the names of the teams that participated in the contest, the date of the contest, and the specific reason why the contest is being challenged. The Intramural Staff Members will then review the challenge and make a FINAL decision.

**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. Jerseys must be tucked in at all times during game play.

**EQUIPMENT:** All flags and game footballs will be provided. Practice footballs will not be provided. Teams are allowed to wear cleats. No metal cleats will be allowed. No shorts/pants with belts, belt loops, and pockets will be permitted.

**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. After 10 minutes, the game will result in a forfeit if there is a “no-show” or minimum amount of players to start a game are not present.

**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.

**WEATHER CANCELLATIONS:** Assume all games will be played unless there are extreme conditions. All captains will be notified if their team's game is cancelled. This can be done up to start time. If unsure, please call extension 7-4259 or check the IM Web Site.
CANCELATION OF GAME DURING PLAY: In extreme circumstances, a game may be called during play. This is up to the 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, i.e. 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, 2 point, or 3 point conversion 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.

LEAGUE PLAY AND SINGLE ELIMINATION TOURNAMENT: Each league's Regular Season will be pool play as well as non-divisional games. At the conclusion of league play, the top 2 teams from “4 Team Divisions” and top 3 teams from “5-Team Divisions” will advance to the Single Elimination Tournament. Two “at-large bids” will be given to the best non-qualifying team using (1) win %; (2) Head-to-Head Match-Up Result; (3) Point Differential [Avg. Pts. Allowed- Avg. Pts. Scored]

SINGLE ELIMINATION TOURNAMENT RANKING/SEEDING: Ranking for the single elimination tournament will have the following criteria; (1) Over all win %; (2) Head-to-Head Match-Up Result; (3) Point Differential [Avg. Pts. Allowed- Avg. Pts. Scored]

SPECIAL SITUATIONS: (1) Double penalties will offset each other. Repeat down…. (2) Free Punting- No Rush allowed. Punts must be kicked… (3) First Downs are made by the ball passing a zone line… (4) 1 Player is allowed to be in motion. (5) 4 Offensive players must still be on the line…. (6) 25 Second Play-Clock…. (7) All offensive players are eligible receivers… (8) No fumbles, ball is dead at spot…. (9) Kick-off only to begin the game and second half… (10) Teams must provide own kicking tees for kick-offs.

NUMBERS OF PLAYERS ON FIELD: Offense- 7… Defense- 7. 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, thus eliminating them from the league.

SUBSTITUTION OF PLAYERS: Players may only be substituted on dead ball situations and time outs.

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 and may face multiple game suspension or league ejection.
NIRSA Rules for Flag Football in conjunction with appropriate NCAA rules and penalties will be used. 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</th>
<th>BY WHO</th>
<th>RESULT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Illegal handing the ball forward</td>
<td>offense</td>
<td>5yds, move to next down</td>
</tr>
<tr>
<td>Illegal forward pass</td>
<td>offense</td>
<td>5yds, move to next down</td>
</tr>
<tr>
<td>Illegally secured flag belt</td>
<td>offense</td>
<td>5yds, move to next down</td>
</tr>
<tr>
<td>Illegally secured flag belt</td>
<td>defense</td>
<td>5yds, automatic 1st down</td>
</tr>
<tr>
<td>Pass interference (personal)</td>
<td>offense</td>
<td>10yds from line of scrimmage, move to next down</td>
</tr>
<tr>
<td>Pass interference (personal)</td>
<td>defense</td>
<td>10yds from line of scrimmage, automatic 1st down</td>
</tr>
<tr>
<td>Illegal contact/ block (personal)</td>
<td>offense</td>
<td>Loss of 10yds @ spot, move to next down</td>
</tr>
<tr>
<td>Illegal contact/ block (personal)</td>
<td>defense</td>
<td>Add 10yds from spot, move to next down</td>
</tr>
<tr>
<td>Roughing the passer (personal)</td>
<td>defense</td>
<td>Automatic 1st down and 10yds</td>
</tr>
<tr>
<td>Flag Guarding (personal)</td>
<td>offense</td>
<td>Loss of 10yds @ spot, move to next down</td>
</tr>
<tr>
<td>Flag Guarding (personal)</td>
<td>defense</td>
<td>Loss of 10yds @ spot, move to next down</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</td>
<td>defense</td>
<td>Stop play, loss of 5yds, repeat down</td>
</tr>
<tr>
<td>Leaving field on wrong side (before snap)</td>
<td>offense</td>
<td>Stop play, loss of 5yds, repeat down</td>
</tr>
<tr>
<td>Leaving field on wrong side (before snap)</td>
<td>defense</td>
<td>Stop play, loss of 5yds, repeat down</td>
</tr>
<tr>
<td>Delay of game (after 25sec)</td>
<td>offense</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 scrimmage (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>Too many players on the field</td>
<td>offense/ defense</td>
<td>Loss of 5yds, repeat down</td>
</tr>
<tr>
<td>Intentional grounding to avoid a sack</td>
<td>offense</td>
<td>Loss of 5 yards and loss of down</td>
</tr>
<tr>
<td>Illegal snap (QB must be at least 4yds from ball)</td>
<td>offense</td>
<td>Loss of 5yds @ spot, repeat down</td>
</tr>
<tr>
<td>Stripping (no fumbles)</td>
<td>defense</td>
<td>Loss of 10 yards at spot of foul, move to next down</td>
</tr>
<tr>
<td>Flagrant tackle</td>
<td>anyone</td>
<td>20 yds, Automatic 1st Down, Automatic ejection from league, possible ban from all intramural sports</td>
</tr>
</tbody>
</table>

**AFTER A TOUCHDOWN:** 1 point attempt from the 5yd line.... 2 point attempt from the 10yd line.... 3 point attempt from the 20yd line.

**AFTER AN EXTRA POINT ATTEMPT:**  Begin at the 14 yd line. No kick-offs.

*Note: “Move to next down” is the same as “loss of down”. Loss of down is defined as the loss of the right to repeat the down (NIRSA Flag & Touch Rules, 2005-2006, Section 14- Article 1 pg. 23*
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, no metal spikes.

G. Kicking tees may not be in excess of 3 inches thick.

H. Regular size football will be used. 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: (1) offense/defense... (2) which goal to defend... (3) 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 on: 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 the game and second half.

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. Overtime: 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. OT 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, a one hand touch rule will be used.

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. Kicking the Ball

A. If a punt is to be made, the team punting must announce it before the down starts. After the announcement, the punt must actually be made, and neither team may move until after the ball has been punted. Offensive teams must have 4 players on the line of scrimmage until the punt is made. After receiving the ball the punter must put the ball in play within 5 seconds. Quick kicks are illegal. Penalty: Delay of game. The defensive team may not build a pyramid or support each other in any manner in order to block or attempt to block a kick. Penalty: 5 yards from the previous spot.

VII. 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 4 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
VIII. Scoring Plays and Touchbacks

A. A team is given the choice of going for 1, 2, or 3 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: 1- By running or passing from 5 yards = 1 point. 2- By running or passing from 10 yards = 2 points. 3- By running or passing from 20 yards= 3 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)

IX. 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.

X. 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: 1- when he/she is behind a stationary opponent, take a position closer than a normal step from him or her; 2- when he/she assumes a position at the side or in front of a stationary opponent, make contact with him/her; 3- 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. 4- 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. ts 2 SINGLE ELIMINATION PLAYOFFS: