



RECREATION & INTRAMURAL SERVICES

FLAG FOOTBALL RULES

7-Man Lineman Eligible (NO CONTACT)

Eligibility:

1. All players MUST be CURRENT STUDENTS or FACULTY/STAFF at UB.
2. All players MUST have a valid UB Student or Faculty/staff I.D. card at ALL games. **Faculty/staff players MUST BE RECREATION PERMIT HOLDERS.**
3. A team has up until the start of its third game to solidify its roster, at which time all player names and I.D. numbers MUST be submitted. All I.D. numbers will be checked.
4. A player cannot switch teams once they have played a game for any particular team.
5. A player can only play for one team per division.
6. Females can play on Men's division teams. There is just no minimum required as with Co-Rec.
7. Co-Rec teams must have 2 females on the field at all times.

The Number of Players:

1. Two teams, each consisting of no more than seven players, play a game.
2. A roster shall consist of no more than 12 players.
3. A team may not play with less than 5 players.
4. Each team, while on offense, must have AT LEAST four men on the line.

KICKOFFS:

1. There will be **NO** kickoffs by either team at any point during the game.
2. To start each half, the Offense will start on its own 14 yard line, with 1st down and zone-line-to-gain (20 yard line).
3. After each score and extra point attempt, the subsequent offense will start its possession on its own 14 yard line, with 1st down and zone-line-to-gain (20 yard line).

PUNTING:

All punts are declared. It is a free kick. No fake punts. Once declared, it costs a timeout to change this choice. The offense must have four men on the line. The defense is not required to have any men on the line. The center may walk the ball back to the kicker. Screen blocking is allowed by the receiving team. No player shall attempt to make any contact in the act of blocking an opponent.

EXTRA POINTS:

1. Extra point options: 1 point if scored from the 3 yard line, 2 points if scored from the 10 yard line, 3 points if scored from the 20 yard line.
2. The captain must tell the referee which extra point is desired. Once declared, it costs a timeout to change this choice. You may not change the choice after a penalty results in a replay of the extra point try.
3. Defense can return an interception on the extra point try for 3 points.

RULES ABOUT THE CLOCK:

1. Game consists of two 20 minute halves with stopped clock only after scores and in the last 2 minutes of the second half
2. 25 second play clock is in effect
3. 2 timeouts per half, lasting 1 minute each.
4. Halftime is 3 minutes
5. At the two-minute mark of each half, the clock will stop and the teams will receive a two-minute warning.
6. In the last two minutes of the **FIRST HALF**, the clock will start on the snap and continue running, stopping only for timeouts.
7. In the last two minutes of the **SECOND HALF**, the clock will start on the snap. **HOWEVER**, it will stop on first downs, incomplete passes, out of bounds, penalties, turnovers, and time-outs. Officials will inform teams whether the clock will start on the snap or on the Referee's ready-to-play signal.

TIE GAMES:

If a game is tied at the end of regulation, the teams will play an overtime period. Each overtime period will consist of one offensive possession by each team. First possession will be determined by a coin flip. Each team will start from the opponent's 10 yard line, 1st down and goal. They will have four downs to score a touchdown and extra point (s). Once the first team scores, the second team must score AT LEAST as many points as the first team; else, the first team wins. If they score more than the first team, the second team wins. If, during the first team's possession, the defense intercepts the ball and returns it for a touchdown or extra-point score, the second team wins and the game is declared over. If, at the end of possession by both teams, the score is still tied, the game shall move into a second overtime, and so on, until a winner is determined.

SPECIAL RULES:

1. Offense must have 4 players on the line of scrimmage
2. The ball is dead when it hits the ground. No fumbles.
3. Receivers only need one foot in bounds
4. If the player with the ball falls down without his flag being pulled off, and any part of his body except his hands or the ball touch the ground, he is down.
5. Once a players knee hits the ground while in possession of the ball the player is down
6. If a player inadvertently loses the flag belt, one hand touch between the knees and shoulders prevails. If the player starts the play without a belt, the penalty is 5 yards and repeat the down.
7. Inadvertent whistles-play is blown dead
8. **ALL PLAYERS MUST KEEP THEIR SHIRTS TUCKED IN THEIR PANT.**
9. No metal cleats
10. A game ball will be provided. All balls will be of official NFL or NCAA size and shape.
11. No arm pads, hands or wrist pads. Soft kneepads may be worn.
12. **NO PLAYERS SHALL ATTEMPT TO MAKE CONTACT WITH AN OPPONENT IN THE ACT OF BLOCKING. ALL BLOCKING MUST BE SCREEN-BLOCKING ONLY.**

DEFENSIVE RULES

1. No slapping at the ball, when it is in the ball carriers hands.
2. The defender cannot use contact to break up a pass.
3. No bump and run.
4. Do not make contact with the passer above his waist under ANY circumstance. Go for his flag. Penalty Roughing the Passer: 10 yard penalty tacked on to the end of the play, and an automatic first down.
5. No defensive holding.
6. **NO TACKLING.** Any players attempting to tackle an opponent will receive an unsportsmanlike conduct penalty and be immediately ejected from the game.
7. **NO SIDELINE POPS.** All offensive players must be de-flagged; they cannot be pushed or bumped out-of-bounds.
8. It is pass interference if defense makes contact with receiver prior to catching the ball.
9. **NO PLAYERS SHALL ATTEMPT TO MAKE CONTACT WITH AN OPPONENT IN THE ACT OF DEFENDING A PLAY OR RUSHING THE QUARTERBACK. RUSHERS MUST ATTEMPT TO GO AROUND SCREEN-BLOCKERS.**

OFFENSIVE RULES

1. Game balls will be provided; however a team may chose to use their own ball when they are offense. Balls must be readily available at the beginning of their offensive drive or risk being assessed with a 5 – yard delay of game penalty.
2. Must have 4 men on the line.
3. Ball must be hiked. No under the center snap. The QB must be 2 yards behind the center. Penalty: Illegal Snap, 5 yards.
4. One forward pass allowed from any point behind the line of scrimmage. Any number of lateral passes may be attempted at any time.
5. Offense may run the ball. However, a runner may not knock down, stiff-arm, or make contact in any way with a defensive player during the run.
6. All players are eligible to receive a pass.
7. A ball carrier who has fallen on the ground without being de-flagged may not resume running
8. Offensive pass interference. Penalty 10 yards, loss of down
9. Runner shall not flag guard by using their hands, arms, legs, or the ball to deny the opportunity for an opponent to pull the flag belt. Penalty 10 yards from the spot of foul, loss of down. Includes: Swinging the hand or arm over the flag belt to

prevent opponent from deflagging; placing the ball in possession over the flag belt to prevent from deflagging; lowering the shoulders in such a manner that the defender is shielded from the flag; holding the flag with the off hand.

SCORING:

1. Touchdown 6 points
2. Point after 1, 2, or 3 points
3. Safety 2 points

SERIES OF DOWNS AND FIRST DOWNS

1. A down is a unit of the game which starts with a legal snap and ends when the ball next becomes dead. Between downs is any period when the ball is dead.
2. A team, in possession of the ball, shall have 4 consecutive downs to advance to the next zone by scrimmage. Any down may be repeated or lost if provided by the Rules.
3. The zone line-to-gain in any series shall be the zone in advance of the ball, unless distance has been lost to penalty or failure to gain. In such case, the original zone in advance of the ball at the beginning of the series of downs is the zone line-to-gain. The most forward point of the ball, when declared dead between the goal lines, shall be the determining factor.

PENALTIES:

1. 5 yard penalties include (motion, encroachment, false start, illegal snap, delay of game, illegal forward pass)
2. 10 yard penalties include most other infractions including (flag guarding, illegal contact, pass interference, roughing passer)
3. 15-yard penalties are for unsportsmanlike conduct.
4. Anyone throwing a punch or fighting in any way will automatically be ejected from that game, and receive a minimum of one game suspension.
5. Any player who makes contact with a referee will be banned from Intramurals for a year.
6. Written protest must be submitted to the Intramural office by the following day of a disputed game

ELIGIBILITY:

1. You may not add names to the roster after the second game
2. See Intramural Policies and Procedures concerning ID policy

PLAYERS MUST HAVE VALID UB STUDENT ID'S OR FACULTY/STAFF RECREATION PERMITS AT ALL GAMES.
NO ID MEANS YOU CANNOT PLAY!

DAILY RECREATION PERMITS ARE NOT ACCEPTABLE FOR INTRAMURAL PLAY!

Please check the UB Intramurals Policies and Procedures regarding other issues such as forfeits, game cancellations and sportsmanship.