

Stony Brook University
Department of Campus Recreation
FLAG FOOTBALL

DEADLINE: The deadline for rosters is 9/14/10 in the Campus Recreation office room G-7 by 5:00pm.

All Managers must attend the MANDATORY MANAGERS MEETING @ 6:00pm on 9/14/10 in **SBU 237**.

FEES: All teams must have a \$40.00 Forfeit Fee on file with the Intramural Office. If the team does not have a Forfeit Fee on file they must provide one at the time of registration. **Absolutely No Exceptions!!**

Any members of an Intramural team that are Faculty/Staff or Graduate Students must pay a \$20.00 participation fee before they participate. You must pay the \$20.00 fee in the Campus Recreation office. Our office is open Monday through Thursday 10am to 5pm, and on Friday 9am to 5pm.

SCHEDULE: Intramural schedules will be posted on the Bulletin Board across from the office by Friday, September 17th. It is the Manager's responsibility to record the schedule and distribute to members of your team. Games will be scheduled Monday - Thursday 6:00pm to 9:00pm on the Outdoor Intramural Sports Complex. Please indicate on the roster form the Days and Times your team is not available to play. Every effort will be taken to schedule according to request. PLEASE NOTE, for the playoffs your team may be scheduled to play any time Monday - Thursday 6:00pm to 9:00pm (preference will not be given for the playoffs).

FORFEITS/DEFAULTS: Teams are required to follow the schedule that is provided for their team. If your team is unable to attend a contest, it is the manager's responsibility to notify the Department of Campus Recreation @ 632-7168 prior to 3:00 P.M. on the scheduled day. This will be recorded as a default. Failure to notify the office by 3:00 P.M. or if no members of the team show up, the contest will result in a FORFEIT and loss of the \$40.00 forfeit fee.

UNIVERSITY I.D.: All participants must present the Intramural Supervisor with Stony Brook University I.D. to participate in the games. Also, faculty/staff and graduate participants must obtain an intramural participant card for the 2010-2011 academic year (cost is \$20.00). Individuals not possessing a **SBU I.D.** card and/or an **Intramural Participant Card** will not be permitted to participate. **ABSOLUTELY NO EXCEPTIONS!!**

THE RULES: Please check them out on our website at www.recreation.sunysb.edu

ABSOLUTELY No alcoholic Beverages are allowed at the Intramural Games!!!!
Persons abusing this rule will be banned from the Intramural program permanently



Flag Football Rules of Play

Players:

The game shall be played between 2 teams of 7 players each. Five players are required to start the game and avoid a forfeit/default. If the team does not have at least five players at the end of the **5-minute grace period**, either a forfeit or default will be declared. No excuses will be accepted; teams are encouraged to arrive early to avoid these situations.

Rosters are final at the completion of the second game in the regular season. Participants may only play on one team per division.

The Field:

80 x 40 yards with a 10 yard end zone.

Length of Game:

Playing time shall be 40 minutes, divided into two halves of 20 minutes each. The intermission between halves shall be 2 minutes. When overtime is used, there will be a 2-minute intermission.

The clock will start when the ball is legally snapped. It will run continuously for the first 20 minutes unless it is stopped for:

- Team time-out starts on snap.
- Referee's time-out starts on the ready for play.

Approximately 1 minute before the end of the second half (only) the clock shall stop and officials will inform both captains of the playing time remaining in the half. The clock will start on the snap.

During the final 1 minute of the second half (only) the clock will stop for:

- Incomplete pass – starts on the snap.
- Out-of-bounds – starts on snap.
- Score (touchdown or safety) - starts when the ball is snapped.
- Team time-out – starts on the snap.
- First down- dependent on the previous play.
- Fair catch- starts on the snap.
- Penalty and administration - dependent on the previous play. (Exception: Delay of game - starts on the snap).
- Referee's time-out - starts at his/her discretion.
- Touchback – starts on the snap.
- Team attempting to conserve time illegally - starts on the snap.
- Change of possession - dependent on the previous play.

Mercy Rule:

The point total for **men/women independent leagues will be 19 points** and for **co-rec it will be 23 points**. The mercy rule comes into effect at the 2 minute mark in the second half.

Scorekeeping:

The score will be kept by supervisors on duty.

Touchdown (6 points) shall be scored when the ball is run, caught on or behind the opponent's goal line or when a player is legally in possession of the ball while any part of it is on, above or behind his/her opponent's goal line. **Note:** A touchdown scored by a female is worth 9 points.

Extra Points: 1, 2 or 3 points. Teams may score 1 point from the 3-yard line, 2 points from the 10- yard line or 3 points from the 20-yard line. **Note: If a touchdown is scored on the last timed down of the**

second half, the try is not attempted, unless it will affect the outcome of the game or playoff qualifying.

Safety: 2 points. A safety results when the offensive team is deflagged, runs out of bounds or drops the ball in their end zone. The defensive team is awarded 2 points and shall receive the ball on their own **14-yard line**.

Touchback: A touch back occurs when a ball is:

- Intercepted by the defensive side and downed in their end zone.
- Punted and goes out of bounds in the end zone.
- Caught after being punted and downed in the end zone.

****** At this point the ball is being brought out to the 14-yard line play begins******

Sportsmanship:

Teams must average a sportsmanship rating of 3.0 (B average) or better in the regular season to be eligible for playoffs and maintain at least a 3 (B) sportsmanship rating in each playoff game to continue to the next round.

GAME RULES AND GUIDELINES:

I) PRE-GAME:

A) Coin Toss

- Upon winning the toss, the captain options are now to “start on defense or offense” rather than kick or receive.
- The start of each half will begin by placing the ball on the 14yd line.

II) TEAM BOX

- A)** On each side of the field a box area is designated for the teams, coaches and authorized team attendants. It is required that opposing teams be on opposite sides of the field and remain in the team box at all times. Any members of a team who go outside the box will be first given a team warning. The second offense will result in an unsportsmanlike conduct penalty. The team that wins the coin toss will choose side of field.

III) THE GAMES:

(DURING THE REGULAR SEASON TIE GAMES WILL REMAIN A TIE!!! During Playoffs ties will be broken by the "Texas Tie Breaker")

- A)** Play will begin on the 20-yard line and teams will have 4 plays each.
- B)** A coin toss will precede "Tie Breaker". The team winning the toss has two options: Offense or Defense. The opposing team then has the remaining choice.
- C)** The object is to score a touchdown and subsequent extra point (1, 2 or 3 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.
- D)** 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.
- E)** 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 gains possession during an attempt or overtime shall be enforced at the succeeding spot.

IV) EQUIPMENT:

- A) Jerseys:** Players of opposing teams must wear contrasting colored jerseys. Jerseys must be either:

- Long enough so they remain tucked in the pants/shorts during the entire down.
- Short enough so there is a minimum of 4" from the bottom of the jersey to the player's waistline.
- The Referee will use a closed fist to measure the distance between the waistline and the bottom of the jersey.

- B) Each player must wear pants or shorts WITHOUT any belt(s), belt loop(s), pocket(s) or exposed drawstrings. Please note: participants will not be permitted to turn clothing inside out. NO EXCEPTIONS WILL BE MADE.
- C) TEAMS MUST PROVIDE THEIR OWN JERSEYS!!!!!!!
- D) **SHOES:** Each player is required to wear shoes. Turf shoes and molded cleats are legal.
- E) **Warning (screw-in's, metal spikes or metal cleats are illegal and will result in the player and team receiving a 10 yard penalty and a unsportsmanlike conduct infraction.)**

V) FLAG BELTS:

- A) Each player must wear a one-piece belt at the waistline with three flag belts permanently attached, one flag on each side and one in the center of the back. The flags must be of a contrasting color to their opponent's flag.
- B) **Penalty:** Failure to have flag belt legally attached prior to the snap, is a 5- yard penalty from the previous spot **and a charged time-out.**

VI) PLAYING TIME

- A) **CHARGED TIME-OUTS:** Each team is entitled to 2 charged time-outs per half. A charged time-out that is requested by any player shall not exceed one minute.
- B) **FIRST DOWNS:** Cross stripes divide the field into 20-yard zones. First downs shall be awarded on the basis across the 20- yard lines. Any portion over the line is considered a first down (If ball carrier is in possession, he must have both feet over the line when deflagged to have a first down.). First down must be accomplished in four attempts.
- C) **FLAG BELT REMOVAL:** There are some basic rules, which are established for flag football because of legal or illegal removal of the flag belt:
 - Players must have possession of the ball before they can be legally deflagged.
 - When a runner loses his/her flag belt either inadvertently (not removed by grasping or pulling), or on purpose, play continues. The deflagging reverts to a one-hand tag of the runner between the shoulders and the knees.
 - 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.**
 - Pulling a flag from an offensive player without the ball by a defensive player intentionally is illegal. **PENALTY: PERSONAL FOUL, 10 YARDS**
 - Tampering with the flag belt in any way to gain an advantage including tying, using foreign materials, or other such acts is illegal.
 - **Penalty: Unsportsmanlike conduct, 10 yards from the previous spot, loss of down and player Disqualification.**

VII) OFFENSE

A) LINE-UP:

- The offensive team **must have at least 4 players** on their scrimmage line at the snap. The remaining players must be either on their scrimmage line or behind their backfield line. All players must be inbound.
- **NO PLAYER MAY PARTICIPATE in an offensive play unless he/she has huddled with the team immediately prior to the play's starts (ILLEGAL SUBSTITUTION).** This rule interpretation is to be used only in sleeper plays and not in normal game procedures in which a team may run a series of plays without huddling.

B) SNAP:

- The center **cannot**, after assuming a snapping position, move nor change the position of the ball in a manner simulating the beginning of a play until it is actually snapped. The ball must be snapped between the center's legs and leave his/her hand(s) to be legal.

C) **PENALTY: DEAD BALL FOUL, ILLEGAL PROCEDURE 5 YARDS FROM SCRIMMAGE.**

D) MOTION:

- One offensive player may be in motion, but not in motion towards the opponent's goal line. If such player starts from the scrimmage line, that player must be at

least 5 yards behind that line when the ball is snapped. Other offensive players must be stationary in their positions without movement of the feet, head, or arms. The offensive team must maintain 4 players on their scrimmage line at the snap.

- **PENALTY: ILLEGAL MOTION, 5 YARDS.**

E) LATERALS:

- Any number of lateral passes may be used during a play, any player may hand off the ball backward at any time even after the line of scrimmage has been crossed.

F) PASS RECEIVER:

- All members of the offensive team are eligible to receive a pass. There is no limit to the number of offensive men/women that may touch the ball before it is caught. All pass receivers must have at least one foot in bounds before stepping out of bounds after receiving a pass.

G) DEAD BALL:

- The ball is declared dead any time it touches the ground. The ball is declared dead and the play is stopped any time the ball carrier touches the ground with any portion of his/her body other than his/her hands or feet.

H) PUNTS:

- The punt must be kicked within (5) seconds of the snap.
- If the snap from the center is fumbled or touches the ground, it is still in play until the time limit (5 seconds) has expired. The ball is dead at the spot on which it is held or on which it lays.
- If a punted ball touches any member of the offensive team before it crosses the line of scrimmage it will be considered a dead ball.
- **ONCE A PUNT IS ANNOUNCED ANY OTHER PLAY RESULTING IS ILLEGAL PROCEDURE.** Officials should whistle the ball dead as soon as it is obvious that a punt play is not being run. If in punting the ball touches a member of the kicking team, it is dead at the spot of contact.

*******IMPORTANT*******

- **SCREEN BLOCKING: Screen Blocking Fundamentals:** A player who screens shall not:
 - 1) When he/she assumes a position at the side or in front of a stationary opponent, make contact with him/her.
 - 2) Take a position so close to a moving opponent that his/her opponent cannot avoid contact by stopping or change direction.
 - 3) 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.
****If the screener violates any of these provisions and contact results, he/she has committed a personal foul. Penalty Foul, (10 yards.)****
- 5) **Offensive Screen Blocking:**
 - a. 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, or legs to initiate contact during an offensive player's screen block is illegal. A blocker may use his/her hand or arm to break a fall or to retain his/her balance. A player must be on his/her feet before, during, and after screen blocking.
 - b. 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: Personal Foul, 10 yards.

6) Defensive screen Blocking:

- a. Use of Hands or Arms by the Defense is illegal. Defensive players must go around the offensive player's screen block. The arms and hands may not be used as a wedge to contact the opponent. The application of this rule depends entirely on the judgment of the official. A blocker may use his/her arms or hands to break a fall or retain his/her balance. **(*Penalty on illegal blocking plays: Personal Foul - 10 yards *)**

I) CONTACT:

- **At the discretion of the officials: , In an attempt to remove the flag belt from a runner, an opponent may contact the body and shoulders, but not the face, neck or any part of the head of the runner with their hands. A player may not hold, push or knock the runner down in an attempt to remove the flag belt.**

VIII) PLAYER RESPONSIBILITIES:

- A)** The player scoring the touchdown must raise his/her arms so the nearest official can de-flag the player. If the player is not de-flagged with one pull and the official determines the flag belt has been secured illegally, the touchdown is disallowed. The player is disqualified.
- B) PENALTY: Unsportsmanlike conduct, 10 yards from previous spot and loss of down.**
- C)** The offensive team is responsible to bring the ball back to the line of scrimmage after each offensive play. Failure to get the ball back to the line of scrimmage or any blatant delay, in the judgment of an official, will result in an unsportsmanlike conduct penalty (10 yards) and loss of down. Play will begin (on official's whistle) after ball is brought back to the line of scrimmage.
- D) PENALTIES: ARE ASSESSED FROM THE POINT OF INFRACTION OR LINE OF SCRIMMAGE, WHICHEVER PENALIZES THE OFFENDING TEAM MOST.**
- E)** If the full penalty cannot be walked off, the penalty is half the distance to the goal. **TWO CONSECUTIVE PENALTIES THAT WOULD PUT THE BALL IN THE END ZONE SHALL RESULT IN A SCORE BEING AWARDED.** Simultaneous penalties (on the same play) called against both teams cancel each other out.
- F) Foul on a score:** The penalty will get carried over. If the infraction occurs after a touchdown it will be assessed on the extra point. If the infraction occurs on the extra point it is carried on to the change of possession

IX) SUMMARY OF FOULS AND PENALTIES

A) Penalties -LOSS OF 5 YARDS.

- Required Equipment Worn Illegally
- Delay of Game
 - 1) Taking more than 25 seconds to put the ball in play after the whistle as been blown to signal the start of the clock.
 - 2) Deliberately advancing the ball after it has been declared dead.
 - 3) Taking more than 5 seconds after the snap to punt
- Illegally Conserving or Consuming Time
- Substitution Rules Infractions
- Infraction of the Punt Formation – Line Players
- Infraction of Punt Formation – Kickers
- Encroachment (Dead Ball)
- False Start (Dead Ball)
- Illegal Snap (Dead Ball)
- Player out of bounds when the ball is snapped
- Offensive player illegally in motion
- Player Out-Of-Bounds when ball is snapped
- Offensive Player illegally in Motion
- Player Receiving the Snap within 2 yards of the scrimmage line

- Intentionally throwing a backward pass or fumble out-of-bounds (loss of down)
- Illegal Forward Pass (loss of down)
- Helping the runner
- ILLEGAL SUBSTITUTION

B) MAJOR PENALTIES- LOSS OF 10 YARDS.

- Delaying the Start of either half
- Offensive team delaying bringing ball back to line of scrimmage. **(Also Results in Loss Of Down)**
- Pass Interference.
- Defensive- results in first down from the spot of the infraction.
- Offensive- results in 10-yard penalty from the line of scrimmage. **(Loss of Down)**
- **Illegal player equipment**
- Two or More consecutive encroachments during the same interval between scrimmage downs.
- **Illegally tampering with a flag belt** (loss of down if by the offense) (automatic first down if by the defense) **(Automatic disqualification).**
- Unsportsmanlike Player Conduct
- Spiking, kicking or throwing the ball during a dead ball **(automatic ejection).**
- Unsportsmanlike Conduct by coaches, substitutes or others
- Strip or Attempt to Strip the ball.
- Contact with opponent on the ground
- Throw runner to ground
- Hurdle any player
- Contact before or after the ball is dead
- Unnecessary contact of any nature
- Drive or run into a player
- Position Upon shoulders or body of a teammate
- Tackle the runner
- Roughing the Passer (automatic first down)
- Illegal Offensive screen blocking
- Interlocked interference
- Defensive use of hands
- Guarding the flag belt- i.e. stiff arm (10yds from original line of scrimmage)
- Stiff Arm
- Obstructing or holding the runner
- Illegal participation
- Pretended, unfair substitution
- Illegal flag belt removal

C) DISQUALIFICATION ASSOCIATED WITH CERTAIN 10 YARD PENALTIES

- Flagrant Unsportsmanlike Player Contact
- Intentionally Kicking at or Swinging an Arm, Hand or Fist at any Opposing Player.
- Flagrant Spiking, Kicking or Throwing the Ball
- Flagrant Unsportsmanlike Conduct by Players, Coaches, Substitutes or Others Subject to the Rules.
- Intentionally Contacting an Official
- Flagrant Personal Fouls
- Tackle the Runner
- Intentional Tampering with flag belt- Offense (Loss of Down)
- Intentional Tampering with flag belt-Defense (automatic first down)

D) AUTOMATIC FIRST DOWN:

- **Defensive pass interference – from spot of infraction**
- **Roughing the Passer- 10 yards from line of scrimmage**
- **Loss of Down:**

- 1) Illegally tampering with/flag belt
- 2) Offensive Pass Interference
- 3) Not getting ball back to line of scrimmage

ABSOLUTELY No alcoholic Beverages are allowed at the Intramural Games!!!!
Persons abusing this rule will be banned from the Intramural program permanently

Additional Rules for CO-ED Flag Football

Players:

- Co-Intramural teams consist of 8 players with a minimum of 6 players. Co-Intramural teams may play with any combination of the following:
 - 4 males & 4 females
 - 4 males & 3 females
 - 3 males & 4 females
 - 3 males & 3 females
 - 4 males & 2 females
 - 2 males & 4 females
- On offense, a male player may not advance the ball past the line of scrimmage by running unless the line of scrimmage has already been crossed legally. Females are allowed to advance the ball past the line of scrimmage by running.
- A team may not have two consecutive plays involving male to male pass completions. This rule also applies to the try. If a male passer completes a legal forward pass to a male receiver, the next legal forward pass completion must involve either a female passer or a female receiver for positive yards. There are no restrictions concerning completions to a female receiver.
 - On an “open play,” there are no restrictions on who can throw and receive a pass.
 - On a “closed play,” a female must throw or receive a pass for positive yards.
- If a male receiver catches a pass behind the line of scrimmage and runs beyond the line of scrimmage, it will be ruled as illegal male advancement. “Open” and “closed” still applies based on passer.

