Intramural 5v5 Flag Football

The Intramural Program staff will work hard to ensure that all participants have the safest experience, but guaranteeing absolute safety is not possible. Be aware that participation in intramural sports activities, including use of intramural facilities and equipment, is completely voluntary. There are risks and hazards, minor and serious, associated with participation in intramural sports activities. Participants voluntarily assume all responsibility and risk of loss, damage, illness, and/or injury to person or property associated with participation in intramural sport activities.

University at Albany, the State University of New York and the State of New York are not liable for any injuries, damages or other losses which individuals may incur while using recreational sports facilities or participating in the Intramural Program provided by the Office of Campus Recreation. The University at Albany does not provide medical, health, or other insurance for participants. Medical expenses incurred such as ambulance, doctor bills and x-rays will be the responsibility of the participant. Purchasing adequate health/medical insurance prior to participation is strongly recommended.

I. Player Eligibility

a. All undergraduate & graduate students who have paid the recreation fee and are currently enrolled in any department or college of the University and current faculty and staff members shall be eligible to enjoy all intramural privileges and shall retain that status until they withdraw, graduate, take a leave of absence, or fail to comply with the eligibility rules or other guidelines.

b. Only players who are able to present their current UAlbany photo ID card to the Intramural Site Supervisor will be eligible to participate in intramural activities. There will be no exceptions to this rule.

c. For a full list of all eligibility requirements please refer to the Intramural Sports Handbook.

II. Team Composition

a. The game will be played between two teams of 5 players each.

b. All players on a team must be registered to the team’s roster through IMLeagues.com prior to the first regular season game. Team members may not be added after the first game.

c. All team members are required to present their UAlbany photo ID card and sign in with the Intramural Site Supervisor at the beginning of each game. If a team member does not have his/her ID card or does not sign in with the Intramural Site Supervisor they will not be eligible to play.
III. Playing Field and Equipment

a. All intramural 5v5 flag football games will be played on the varsity field hockey field.
b. Intramural participants will be expected to keep all used fields in pristine condition. Before leaving intramural facilities participants will be required to throw away all garbage and collect all items such as clothing, personal equipment, etc. If any garbage or other items are left behind, both team’s sportsmanship ratings will be reduced by one half point.
c. All game balls and equipment will be provided by the Office of Campus Recreation.
d. All players are required to have a number on the back of their shirt. If they do not, colored pennies will be provided by the Office of Campus Recreation.
e. NO JEWELRY MAY BE WORN DURING GAMES. Captains are responsible for ensuring that all team members remove jewelry before play. This includes, but is not limited to, earrings, necklaces, bracelets, rings, watches, facial rings, etc. Medical and religious jewelry may be worn but must be completely covered and taped to the body.
f. All shirts must be tucked in to pants to make sure the y do not cover up the flags. Gym or athletic clothing must be worn. Players may not wear jeans, or any other pants that have belt loops.
g. Any type of gym or running sneaker will be permitted. Cleats of any kind will not be permitted and players will not be allowed to participate until the cleats are removed.
h. Head gear, shoulder pads, body pads, or any unyielding or dangerous equipment is prohibited.
i. Under no circumstances will a player wearing a cast or a splint be permitted to play. Braces with exposed metal must be covered.
j. Players may wear a knit hat or stocking cap. No baseball style hats or hats with rigid edges will be allowed. Rubber or cloth hair elastics may be worn to tie back hair. Hard or metal hair clasps may not be worn.
k. The Intramural Site Supervisor will have the final say on the legality of all equipment.

IV. Game Times

a. It is recommended that teams arrive 15-20 minutes prior to the start of the game in order to allow time to sign in and warm up. If a team is not able to field a team at the time the game is scheduled to begin the game will be recorded as a forfeit. Game Time is Forfeit Time.
b. The game shall consist of two 12-minute halves.
c. The clock will start on the snap to begin each half. It will run continuously for the first half. It will run continuously for the first 11 minutes of the second half unless stopped by a team’s or referee’s time-out.
d. Approximately one minute before the end of each half the referee shall stop the clock and inform both captains of the playing time remaining in the half. The clock starts on the snap.
e. Each team is entitled to two time-outs per game, including overtime.
f. In the case of a tie-breaker, each team will attempt to score by passing from the three-yard line for one point or from the 10 yard line for two points or from the 20 yard line for three points. If the defense intercepts a pass or fumble, the attempt is over. Regular season games will end in a tie.

V. Game Rules

a. Play
   a. All players are eligible receivers. Each player must wear a flags.
   b. A team shall have four consecutive downs to advance the ball to the next zone by scrimmage.
   c. A new series of downs is awarded when a team moves the ball legally into the next zone or the opponent obtains possession of the ball by penalty, pass interception, or failure to advance to the next zone.
   d. The offensive team must have at least one player on their scrimmage line (first ball spotter-orange) at the snap.
   e. Team A runner cannot advance the ball through Team A’s scrimmage line (first ball spotter-orange).
   f. There are no restrictions after a change of possession or once a legal forward pass has been touched beyond Team A’s scrimmage line.
   g. There must be a legal forward pass each down. The receiver must touch the ball beyond Team A’s scrimmage line. Team A has 7 seconds to release the ball on a forward pass. If not, it is a loss of down and the ball is next snapped at the previous spot. The referee will sound his/her whistle at seven seconds if the passer has possession of the football.
   h. The play clock shall be 25 seconds in length.
   i. The ball will become dead immediately upon contact with any netting or post (ceiling or side).
   j. All 10-yard penalties are five yards and all five-yard penalties are three yards.

b. Scoring
   a. Breaking the vertical plane of the goal line with the football will score a touchdown.
   b. Each touchdown will be worth six points.
   c. A team may go for one point from the three-yard line, two points from the ten-yard line, or three points from the twenty-yard line.

b. The Field
   a. The field measures 60 yards in length, goal line to goal line. There shall be one inbounds line (hash mark) dividing the field into halves.

c. Putting the ball in play
   a. The ball shall be placed at the Team A 10-yard line to begin each half of a game and following a try, touchback or safety, unless moved by penalty. Note: There are no kicks.

e. Flag Belts & Legal-Tackles
a. Each eligible receiver must wear a belt; each team will wear a different color.
b. If a player loses his/her flag, the defense must tag them with one hand
c. Players are permitted to wrap one arm around the person and while grabbing the flag.
d. Stiff arming is only allowed below the neck and above the waist.

f. Substitutions
a. Substitutions may be made anytime the ball is dead.
b. Any number of substitutions may be made
c. A disqualified player may not re-enter the game.

g. Protests
a. Protests concerning the interpretation of rules must be made at the time the questioned call is made and before play resumes.
b. PROTESTS WILL NOT BE ACCEPTED FOR JUDGMENT CALLS
c. Protests may only be made by the team captain to the Intramural Site Supervisor and must be done in a sportsmanlike manner.

h. Ejections and Suspensions
a. Any player ejected or disqualified from a game for any reason will be suspended from their team’s next game- at a minimum. The ejected or disqualified player must make an appointment with the Assistant Director of the Office of Campus Recreation before they will be allowed to participate in any other intramural games, for any sport.
b. In the case of an individual’s second ejection or disqualification from a game, the participant may be disqualified for the remainder of the season, including playoffs.

VI. Sportsmanship

a. After every game, participating teams will be given a sportsmanship rating of 0-4.00, in accordance with the Intramural Sports Handbook.
b. Teams must have a 3.00 average (on a 4.00 scale) to be eligible to participate in the playoff tournament.
c. Any team which receives a 2.00 or less sportsmanship rating may be dismissed from play and may face further disciplinary action.
d. The Office of Campus Recreation will review any team which averages less than a 2.0 during the playoffs for future eligibility in intramural play.
e. Appeals: Teams may inquire with the head official at the game site to view their sportsmanship ratings. A team captain may appeal his or her team's sportsmanship rating by submitting an appeal to room B 107 in the Physical Education building (ATTN: Assistant Director of Campus Recreation) by 12 Noon
of the next business day following the game or match. ANY APPEALS SUBMITTED AFTER THIS TIME WILL NOT BE ACCEPTED.

For a complete understanding of all Intramural sportsmanship policies, please refer to the Intramural Sports Handbook.

VII. Forfeits & Defaults

a. A forfeit is a played or un-played game that is recorded as a forfeit because a team failed to show up for its scheduled contest or displayed unsportsmanlike behavior. If a forfeit is issued to a team who did not show up for a scheduled contest the team will be assessed $25, which is deducted from the forfeit deposit. A Team that forfeits the equivalent of two games will forfeit the remainder of the season.

b. A default is an un-played game that is recorded as a loss rather than a forfeit. This results when the defaulting team captain notifies the Office of Campus Recreation that they will not show up to play a contest by 3pm on the BUSINESS DAY (Monday through Friday) preceding the scheduled game. Teams are allowed two defaults. Two defaults equal one forfeit.