Intramural Flag Football

The Intramural Program staff will work hard to ensure that all participants have the safest experience, but ensuring 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.

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

II. Team Composition

a. Players are only eligible to participate on 1 competitive team and 1 co-ed team.
b. Eight (8) players constitute a team. Each team must have 8 players by the time the game is scheduled to begin.

c. All players participating on a team must be registered on the team’s roster on IMLeagues.com prior to the first regular season game.

d. 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.

e. Co-Rec teams are required to have an equal number of male and female participants registered on their roster. If there is an uneven number of participants on a roster there may be 1 additional male or 1 additional female.

f. For Co-Rec teams, during play there must be an even number of male and females on the field. If there is an uneven number of players on the field there may be 1 additional male or 1 additional female.

III. Playing Field and Equipment

a. All intramural flag football games will be played on the field hockey field behind Indian Quad, next to the lacrosse field. Teams will be expected to keep the field in pristine condition and make sure to throw away all garbage at the end of the game and collect all clothing or any other items when they leave the field. If any garbage or items are left behind both team’s sportsmanship rating will be reduced one half point.

b. All equipment will be provided by the Office of Campus Recreation. All flags will be given out at the beginning of each game and will be collected at the end. Pinnies will be provided to teams if necessary.

c. 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.

d. All shirts must be tucked in to pants to make sure they 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.

e. 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.
f. Head gear, shoulder pads, body pads, or any unyielding or dangerous equipment is prohibited.

g. Under no circumstances will a player wearing a cast or a splint be permitted to play. Braces with exposed metal must be covered.

h. 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.

i. 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.

b. Three (3) minutes prior to the start of the game the referee will administer a coin toss. The captain of the visiting team will call the toss. The winner of the coin toss will have several options for the first half or defer their options to the second half.

c. The game will consist of two 20 minute halves. The clock will run continuously throughout the first half and throughout the second half. During the last 2 minutes of the second half the clock will stop for an incomplete pass, when a player goes out of bounds, on penalties, on a change of possession on any score, or on a first down.

d. The referee may start and stop the game clock, when, in his/her judgment, either team is trying to conserve or consume playing time by using illegal or unfair tactics.

e. In an instance of an injury the clock with stop until the injured player is able to walk off or be moved off the field.

f. Half time will be 5 minutes. The referee has the discretion to reduce the length of half time if the situation deems necessary or if the teams are ready to play.

g. Teams are permitted 2 time-outs per half that consist of 1 minute each. Time-outs do not carry over into the next half.

V. Game Rules

a. **Scoring**
   1. All touchdowns are worth 6 points.
   2. Teams will have the option to go for either 1 point (3 yards), 2 points (10 yards), or 3 points (20 yards) after a touchdown

b. **Blocking**
   1. A legal tackle is made when a defensive player detaches the flag belt from the call carrier.
   2. Stiff arms are allowed only below the neck and above the waist.
3. If elbows and legs are used to initiate the contact it will result in a personal foul penalty

c. **Passing**
   1. All players except the offensive line can catch a forward pass after it is thrown.
   2. If members of opposing teams catch a legal forward pass, it is considered an interception and may be returned for a touchdown.
   3. A forward pass is a live ball thrown towards the opponent’s goal line. A backwards pass is a live ball thrown parallel or backwards. The initial direction of the pass will determine whether the ball is forward or backward.

d. **Snapping the Ball**
   1. The player who receives the snap from the center must be at least 2 yards behind his/her scrimmage line. The snapper shall pass the ball back from its position on the ground with a quick and continuous motion of the hands.
   2. The offensive team must have a minimum of 5 players on the line of scrimmage at the time of the snap. A player in motion is not counted as one of the 4 and 5 on the line of scrimmage.
   3. If on the snap, scrimmage kick, or any circumstances the ball is fumbled, it is immediately dead, at the spot upon hitting the ground. No advancements can be made by either team. A fumble going out of bounds without hitting the ground remains in possession of the team at the spot where the ball was fumbled or wherever the ball went out of bounds.

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

f. **Substitutions**
   1. Substitutions may be made anytime the ball is dead.
   2. Any number of substitutions may be made.
   3. A disqualified player may not re-enter the game.

g. **Protests**
   1. Protests concerning the interpretation of rules must be made at the time the questioned call is made and before play resumes.
   2. **PROTESTS WILL NOT BE ACCEPTED FOR JUDGMENT CALLS**
   3. 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**
   1. 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.
   2. 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.

i. **Mercy**
   1. If a team is ahead by 24 points when the referee announces the 2 minute warning for the second half of the game, the game will be over. If a team scores during the last 2 minutes of the second half and gives that team a 24 point or more lead the game will be over.

j. **Tie Game**
   1. In the case of a tie score at the end of regulation, there will be a tie-breaker. A coin toss will determine the options for the start of the tie-breaker. The winner of the toss will be given the options of offense, defense, or direction. The loser of the toss will choose from the remaining options. All overtime periods are played toward the same goal.
   2. Unless moved by a penalty, each time will start first and goal from the 10 yard line.
   3. An overtime period consists of one possession by each team. If the first team that is awarded the ball scores, the opposing team will also have a chance to score. If the defense intercepts the ball and returns it for a touchdown, that team wins the game. If the ball is not returned for a touchdown the ball is placed on the 10 yard line.
   4. If the score is still tied after one overtime period, a second overtime period will begin, and so on, until there is a winner. If additional overtime periods are needed the teams will alternate first and second possession.
   5. Penalties will be administered similar to the regular game. Teams will be awarded a new series of downs when an automatic first down penalty is accepted. Dead ball fouls following a touchdown are penalized on the try-for-point. Dead ball fouls following a successful try-for-point will be penalized from the succeeding spot, team’s 10 yard line, if accepted.
   6. Each team is entitled to one time-out per overtime period.

**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.