



BUF INTRAMURAL FLAG FOOTBALL

I. RULES OF THE GAME

A OFFENSE

- **Handing the Ball Backwards:** Any player may hand it backwards at any time on the field.
- **Handing the Ball Forwards:** During a scrimmage down, an offensive player may hand the ball forward behind the line only.
- **Backward Pass:** A runner may pass the ball backward or lose player possession by a fumble anytime except if intentionally thrown out-of-bounds to conserve time.
- **Backward Pass out-of-bounds:** A backward pass or fumble which goes out-of-bounds between the goal lines belongs to the team last in possession at the out-of-bounds spot. If out-of-bounds behind the goal line, it is a touchback or a safety.
- **Ball Dead:** A backward pass or fumble which touches the ground between the goal lines is dead at the spot where it touches the ground and belongs to the team last in possession unless lost on down.
- **Eligible Receivers:** All players are eligible to touch or catch a pass.
- **Legal Forward Pass:** During a scrimmage down a forward pass may be thrown providing the passer's feet are behind the offensive scrimmage line when the ball leaves the passer's hand
- **Illegal Forward Pass:** A forward pass is illegal if:
 - The passer's foot is beyond the scrimmage line when the ball leaves his/her hand.
 - Thrown after team possession has changed during a down.
- **Intentionally thrown to the ground or out-of-bounds to save loss of yardage.**
- **A passer catches his/her untouched forward or backward pass.**
- **There is more than one forward pass per down.**



- **Legal Catch or Interception:** A forward pass is considered a catch as long as the first part of the person to make contact with the ground after the catch touches inbound. One foot must touch inbound to be considered a catch.
- **Simultaneous Catch by Opposing Players:** If a forward pass is caught simultaneously by members of opposing teams, the ball becomes dead and belongs to the team that snapped the ball at the spot of the catch.
- **Incomplete Pass:** When a forward pass touches the ground or anything out-of-bounds, it becomes dead.
- **Blocking:** All players will be limited to screen blocking. Screen blocking is legally obstructing an opponent without contacting him with any part of the screen blocker's body.
- **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, 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.
- **Screen Blocking Fundamentals:** A player who screens shall not:
 - When he/she is behind a stationary opponent, take position closer than a normal step from him or her.
 - When he/she assumes a position at the side or in front of a stationary opponent, contact him/her.
 - Take a position so close to a moving opponent that his/her opponent cannot avoid contact by stopping or direction. The speed of the player to be screened determines where the screener may take his/her position. This position will vary and may be 1 normal step or stride from the opponent.
 - After assuming his/her legal screening position, move to maintain it.
 - If the screener violates any of these provisions and contact results, he/she has committed a personal foul.
- **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.



- Scoring: Points can be scored in the following manner:
 - Touchdown = 6 points
 - Extra point = 1 point (if successful from the 3-yard line)
 - Extra point = 2 points (if successful from the 10-yard line)
 - Safety = 2 points
 - a. A safety is called when an offensive player is down with the ball in his own end zone. The team that was scored on must kick off from their 20-yard line.

B DEFENSE

- The defense can rush only after the QB has possession for 7 seconds. When the defense rushes the QB can run past the line of scrimmage and not count as their rush for that set of downs.
- 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 as a wedge to contact the opponent. The application of this rule depends entirely on the judgement of the official. A blocker may use his/her arms or hands to break a fall or retain his/her balance.
- For each offensive set of downs, the defense gets one rush (without a 7-second count).
- Basics: When the flag belt is clearly taken from the runner the down shall end and the ball is declared dead. A player who removes the flag belt from the runner should immediately hold the flag belt above his/her head to assist the official.
- Inadvertent Removal: If a flag belt inadvertently falls to the ground, a one hand tag between the shoulders and knees constitutes capture.
- Diving: A player, who is attempting to remove the flag belt, may leave his/her feet. Any contact will be considered the fault of the person diving.
- Defensive Contact: To remove the flag belt from a runner, defensive players may contact the body and shoulders of an opponent with their hands, not their face or any part of their neck or head. A defensive player may not hold, push, or knock the runner down to remove the flag belt.



C REGULATIONS

- A game shall consist of two 20-minute halves, with a 5-minute half-time intermission. The clock will be kept running throughout the first half and the first 18 minutes of the second half and will not stop for dead balls.
- If a team is 17 or more points ahead when the referee announces the 2 minute warning for the second half or any time after, the game shall be over. If the game is not ended by the mercy rule, the clock will stop on a dead ball situation the final two minutes.
- To start each half, following a touchdown, or touchback, the ball will be placed on the 20-yard line of the team in possession. There will be no kickoffs.
- The field is divided into four 20-yard zones. A team will have a series of downs to advance the ball to the next zone.
- A team shall have four (4) consecutive downs to advance the ball into the next zone. This may be affected by penalty.
- The scrimmage line for the offensive team is the yard line and its vertical plane which passes through the forward point of the ball. The scrimmage line for the defensive team is the vertical plane which passes one yard from the point of the ball nearest its own goal line.
- The offensive team must have at least 4 players on their scrimmage line at the snap. All remaining players must be on or behind the scrimmage line.
- One offensive player may be in motion, but not in motion toward the opponent's goal line at the snap
- Each time the ball is snapped it must be a quick and continuous motion of the hand(s). The ball must leave the hand(s) in this motion.
- The player who receives the snap must be a least two (2) yards behind the offensive scrimmage line. No snaps under center!
- On each play after the referee sounds the ready for play whistle, the team on offense has 25 seconds to put the ball in play.



- **Guarding the Flag Belt:** Runners shall not guard the flag by using their hands, arms, or the ball to deny the opponent an opportunity to remove the flag belt. Examples include, but are not limited to:
 - Placing or swinging the hand or arm over the flag belt.
 - Placing the ball in possession over the flag belt.
 - Lowering the shoulders in such a manner that places them over the flag belt.
- **Stiff-Arm:** The runner shall be prohibited from contacting an opponent with extended arm or hand.
- **Obstructing the Runner:** The defensive player shall not hold, grasp, or obstruct the forward progress of a runner when in the act of removing the flag belt.
- **Charging:** A runner shall not charge into an opponent in his/her path. The runner must avoid contact by changing direction.
- **Knee Touching Ground:** the ball becomes dead if any part of the carrier, other than the hands or feet, touches the ground.
- **Protected Scrimmage Kick:** The only kick permitted shall be a punt. For each scrimmage kick, offensive team must maintain four players on the line of scrimmage until the ball is kicked. No one shall rush the kicker and no player from either team shall cross the scrimmage line until the ball is kicked.

II. RULE VIOLATIONS

- A** Pants or shorts must be free of pockets, drawstrings, and exposed belt loops. All jewelry must be removed before playing. This includes earrings, necklaces, watches, and rings. No hats, helmets, casts, shoulder pads, or boots are allowed. Any equipment that in the official's judgment would be injurious to participants is illegal to wear
- B** **Captain's Choice:** When a foul occurs, the Referee shall notify both captains. The Referee shall inform the captain of the offended team regarding their options on the penalty. Once a penalty has been accepted or declined, that choice may not be changed.
- C** **Establishing the Zone Line-to-gain:** The zone line-to-gain shall be established after all penalties are administered and prior to the ready for play signal.



- D** Half the Distance: A measurement cannot take the ball more than half the distance from the enforcement spot to the offending team's goal line. If the penalty is greater than this, the ball is placed halfway between the enforcement spot and the goal line.
- E** Loss of Down Fouls: Fouls by the offense that result in a loss of down and loss of 10 yards include:
 - Illegally handing the ball forward
 - Illegal forward pass
 - Offensive pass interference
 - Illegally secured flag belt or flag guarding
 - Unsportsmanlike conduct
- F** Automatic First Down Fouls: Fouls by the defense that result in an automatic first down and a 10-yard penalty include:
 - Defensive pass interference
 - Roughing the passer who has thrown a legal forward pass
 - Illegally secured flag belt
 - Unsportsmanlike conduct
- G** Five-yard penalties (from the spot of the foul or line of scrimmage)
 - False start or illegal motion
 - Offsides
 - Illegal flag pulls
 - Delay of game
- H** Ten-yard penalties (from the spot of the foul or line of scrimmage)
 - Charging
 - Illegal blocking
 - Unnecessary roughness
- I** The ball will be called dead if the QB holds the ball behind the line of scrimmage for longer than 10 seconds.

III. ADMINISTRATION

- A** Each team member should wear appropriate shirt color (light or dark) for each game. Competing teams should wear different colored flags as well.
 - Shirts must be tucked in.



- B** All players must abide by BUF dress code to play.
- C** The referee will check the score sheets at the end of the game, sign one, and turn it into the Wellness Center office.
- D** The Referee:
 - The referee shall conduct the game in accordance with the official rules. The referee shall penalize any player or substitute for unsportsmanlike conduct by immediate ejection and removal from the playing area. The referee shall have power to make decisions on any point not specifically covered in the rules.
 - Two unsportsmanlike conduct penalties by any one player will result in a disqualification of that player. This is in the referee's discretion.