



RECREATION & INTRAMURAL SERVICES

2 HAND TOUCH FOOTBALL RULES

8 VS. 8

LINE BLOCKING ALLOWED

ELIGIBILITY: (Who is eligible to play?)

ALL INTRAMURAL SPORTS PARTICIPANTS MUST HAVE THEIR UB ID AT ALL GAMES IN ORDER TO PLAY. NO EXCEPTIONS!

1. Current UB students.
2. Current UB faculty and staff who are ALSO Recreation Permit Holders.
3. UB Alumni who have purchased the Alumni Intramural Permit from Rm 130 in the Alumni Arena. They should have their permit with them along with their UB ID.
4. 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 physically on the roster. A player's name can be manually entered onto a roster by an official just before game time BUT that player must be added to the IM Leagues roster before the next game or that player will not be allowed to play.
5. A player cannot switch teams once they have played a game for any particular team.
6. A player can only play for one team per division.
7. Females can play on Men's division teams. There is just no minimum required as with Co-Rec.
8. 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 eight (8) players, play a game.
2. A roster shall consist of no more than 15 players.
3. A team may not play with less than 6 players.

KICKOFFS:

1. Kicking team kicks from their own 30-yard line
2. The kicking team cannot cross the 30-yard line until the ball has been kicked
3. A kick off which goes out of bounds is brought to the 40 yard line, or the spot where the ball went out of bounds, whichever is greater.
4. Screen blocking only is allowed by the receiving team on all kickoffs.
5. No player shall attempt to make any contact in the act of blocking an opponent.

PUNTING:

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

EXTRA POINTS:

1. 1 point if scored from the 5 yard line,
2. 2 points if scored from the 10 yard line,
3. 3 points if scored from the 20 yard line.

4. 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.

RULES ABOUT THE CLOCK:

1. Game consists of two 20 minute halves with stopped clock only in the last 2 minutes of the second half
2. 25 second play clock is in effect
3. 2 timeouts per half, lasting 30 seconds 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 stops 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 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:

1. If a game is tied at the end of regulation, the teams will play an overtime period.
2. Each overtime period will consist of one offensive possession by each team.
3. First possession will be determined by a coin flip.
4. Each team will start from the opponent's 10 yard line, 1st down and goal.
5. They will have four downs to score a touchdown and extra point (s).
6. Once the first team scores, the second team must score AT LEAST as many points as the first team; or else, the first team wins.
7. If they score more than the first team, the second team wins.
8. 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.
9. 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.
10. During regular season, only one (1) overtime is played. If no one scores, or the score is tied, games will end in a tie.

SPECIAL RULES:

1. Home Team will wear (UB) Blue – Away Team will wear white If you're team has team shirts that are either of these 2 colors, you must contact the captain of the other team to notify them so their team wears the opposite color.
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 and any part of his body touches the ground, he is down.
5. Inadvertent whistles-play is blown dead
6. No metal cleats
7. You must provide your own ball for offense
8. No arm pads, hands or wrist pads. Soft kneepads may be worn.
9. All blocking must be done with open hands and with arms away from the body. Additionally, the blocks must be between the shoulders and the waist. There will be no chop blocks or blocks to the head. You cannot leave your feet to block. Anyone lowering their shoulder, using their forearms, leaving their feet or blocking with their hands close to the body (as opposed to outstretched arms) will receive a major penalty and could be ejected.

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. No defensive holding.
5. NO TACKLING. Any players attempting to tackle an opponent will receive an unsportsmanlike conduct penalty and be immediately ejected from the game.
6. NO SIDELINE POPS. All offensive players must be downed by a two hand touch; they cannot be pushed or bumped out-of-bounds.
7. It is pass interference if defense makes contact with receiver prior to catching the ball.
8. Defense must start with at least two (2) players on the line. These players, if not blocked, can rush and potentially down the quarterback.

OFFENSIVE RULES

1. Teams must have their own balls to use on offense. You can use the other team's ball if both captains agree.
2. Balls must be readily available at the beginning of their offensive drive or risk being assessed with a 5 – yard delay of game penalty.
3. Must have 3 men on the line of scrimmage.
4. Ball must be hiked. No under the center snap. The QB must be at least 2 yards behind the center. Penalty: Illegal Snap, 5 yards.
5. One forward pass allowed from any point behind the line of scrimmage. Any number of lateral passes may be attempted at any time.
6. 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.
7. Offensive pass interference. Penalty 10 yards, loss of down
8. A ball carrier will be considered downed when clearly touched by a defender with two hands, simultaneously, anywhere below the neck.
9. Defenders may not take out a ball carrier's legs to down him.
10. If a ball carrier falls to the ground, he is considered down. The play is dead at that spot and the referee will blow his whistle to stop the play.
11. Everyone on offense is eligible.
12. All blocking must be done with open hands and with arms away from the body. Additionally, the blocks must be between the shoulders and the waist. There will be no chop blocks or blocks to the head. You cannot leave your feet to block.. Anyone lowering their shoulder, using their forearms, leaving their feet or blocking with their hands close to the body (as opposed to outstretched arms) will receive a major penalty and could be ejected.

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 (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 recreational sports for a year.
6. Written protest must be submitted to the recreational sports office by the following day of a disputed game

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