

General information regarding policies and procedures can be obtained in the Recreational Sports office, located at the Student Life Center, Room 1201 or online at [www.cortland.edu/IM](http://www.cortland.edu/IM).

**REGISTRATION:** Individuals may create new or join existing teams through IM Leagues.

In order to be included on the Week 1 schedule, one person must take the initiative to create the team and invite others to join **no later than Wednesday, March 11<sup>th</sup> by 3:00 p.m.** This person will serve as the team captain for the semester and will be the primary point of contact for all inquiries and decisions related to the team. Additionally:

1. At least one listed member of each team must attend the **mandatory organizational meeting on Wednesday, March 11<sup>th</sup> at 3:00 p.m. in the Student Life Center, Room 1104.** Any listed member of the roster may attend this meeting; although strongly recommended, the official team captain does not have to be the person in attendance. This meeting will last approximately 30 minutes.
2. Have a minimum of 5 students officially accepted onto your roster by the time we create the first schedule. Typically, this happens on the morning after the organizational meeting.

Captains who do not meet the minimum roster requirements/send a representative to the mandatory organizational meeting will not be included on the Week 1 schedule.

In order to be included on the Week 2 schedule, all teams must **send a representative to the makeup organizational meeting on Wednesday, March 25<sup>th</sup> at 3:00 p.m. in the Student Life Center, Room 1104 and have the minimum number of students officially accepted onto the roster by the time we create the Week 2 schedule.**

No additional teams will be allowed to register for this league after the makeup organizational meeting is conducted. Registered teams who do not have representation at either organizational meeting will not be allowed to compete in the league.

**COMPETITION:** All players must present a current, valid SUNY Cortland Photo I.D. card prior to each game in order to participate. Players may also present their virtual I.D. card for scanning through the IM Leagues app. Competition will be offered for men and women on two levels: All-School (highly competitive) and Recreational (just for fun). Recreational Sports reserves the right to move a team up to the All-School division if their performance against other teams indicates that they are an All-School caliber team.

**ROSTER:** A minimum of 5 and a maximum of 10 players will be allowed on the roster. Individuals may participate on more than one team according to the one-night waiver rule (see below). Members of the varsity football team are ineligible to participate in this league. **The Drop/Add deadline for this league is Monday, April 20<sup>th</sup>.**

**ONE-NIGHT WAIVERS:** Team captains can elect to add any eligible SUNY Cortland student, faculty or staff member to their team immediately prior to the start of any league game, regardless of their roster status with the team or any other team in the league. Team captains must work with the individual to complete the waiver request form and the individual must present a current, valid SUNY Cortland photo I.D. card prior to participation. The following restrictions apply:

- Only one non-roster individual may be added to a team per night. That individual may participate in all scheduled games for that team on the night the waiver is completed.
- Each individual may only participate on one additional team per night of competition.
- One-night waivers do not affect the roster status of the individual. Captains who wish to make changes to their rosters must still do so using the regular drop/add procedure.
- Teams may only add players if existing team members are not present at game time OR if a team has empty spots on their roster (of the required gender, where applicable).
- Once a game has started, all late players may only sign in if the maximum number of players allowed on the roster (and/or gender, where applicable) has not been reached.
- Players must be in compliance with all existing eligibility restrictions in order to be added to a team.

- Players are only allowed to use one-night waivers during the designated drop/add period. At the conclusion of the drop/add period, individuals will be locked onto whatever roster they are listed on.

**LOCATION:** Lusk Field House.

**RULES:** A complete rules section is included in this packet.

**EQUIPMENT:** All football equipment will be provided by Recreational Sports. Participants are responsible for personal equipment. Please review the rules section of this packet for more information regarding equipment. Shorts/pants of any kind without pockets are not allowed in this league.

**AWARDS:** Championship T-shirts will be provided for the winners of the men's and women's All-School and Recreational divisions.

**UNIFORMS:** Uniforms are required to participate in this league.

A legal uniform consists of numbered T-shirts or jerseys.

- Numbers on the front of the shirt must be at least 4" high.
- Numbers on the back of the shirt must be at least 6" high.
- Numbers may only be screen printed or ironed onto the shirt.
- Each member must have a different number.
- Team members must wear the same color shirt.

Companies that you can order shirts from (generally \$7-\$12 each):

- Graph-Tex, 756-7791
- Bernard's Custom Logo, 756-5951
- Plan ahead. You must have proper uniforms for all games (even the first one). It takes approximately one week to receive an order.
- If you choose not to purchase jerseys or if you are waiting for your order, a limited number of jerseys are available for rent at \$1.00 each per day at the Equipment Checkout Desk in the Student Life Center. **NO REFUNDS** on jerseys, for forfeits or any other reason.

**SCHEDULES:** Teams will only be officially scheduled to play in one game per week. If teams wish to participate in additional games, there are two options available: using the open games request form, accessible on IM Leagues or at [cortland.edu/IM](http://cortland.edu/IM); or following the instructions in the opt-in emails captains receive every Tuesday during the regular season.

Schedules are posted on Fridays by 2:00 p.m. on the IM Leagues website. IM Leagues also offers all participants the opportunity to receive push notification reminders for all upcoming games. Preferences for reminders can be adjusted in IM Leagues settings. In the event of technical difficulties or system breakdowns, it is still solely the responsibility of the participants to find out when they are scheduled to compete.

The schedule will consist of several weeks of round-robin play, followed (in most cases) by a single-elimination tournament for each level of competition to determine champions. All teams that maintain at least a 2.5 overall sportsmanship rating average during the regular season (see below) and that have played the minimum number of games required will be eligible for playoffs. For this league, the minimum number of games to be played in order to qualify for post-season competition is 5 and the maximum number of regular season games any team may play is 10. Teams may qualify for postseason play depending on performance during the regular season. Specifics regarding playoff qualification will be discussed at the captain's meeting, are subject to change, and are at the discretion of the Assistant Director for Intramural Sports and Sport Clubs.

**INJURIES/ASSUMPTION OF RISK:** Inherent risks are associated with every recreational activity. Participants assume these risks when they agree to participate. All participants are strongly advised to secure health insurance coverage and to visit their physician for a physical examination prior to registration or participation.

Individuals who are suspected of sustaining a head injury/concussion will be removed from the contest and may not return to participation in any intramural sports activity until cleared by Student Health Services or a physician. Full details regarding our head injury policy can be found in the Intramural Sports Participant's Handbook, which may be viewed on IM Leagues.

**SPORTSMANSHIP RATING SYSTEM:** At the conclusion of each contest, the officials and scorekeeper will assign a score to each team based on the behavior, actions, and attitudes exhibited during the course of play. In all cases, Intramural Sports Supervisors and the Intramural Sports staff may provide input which could raise or lower an assigned rating. **Captains must acknowledge their team's rating by signing the score sheet before exiting the contest venue.** Teams may also view their sportsmanship ratings in the intramural sports office during regular business hours or on the IM Leagues website.

Behavior before, during, and after an intramural contest will be factored into each team's rating. It is the responsibility of the team captain to inform his/her teammates and spectators about the rating system. Ratings will be given in whole numbers on a scale of 0-4. **Teams must maintain a minimum 2.5 rating in order to be eligible for post-season competition.** Teams must also maintain this rating during playoffs in order to advance. Full details regarding the Sportsmanship Rating System are available in the Intramural Sports Participant's Handbook, which may be viewed on IM Leagues.

**FORFEIT/CANCELLATION POLICY:** Cancellations and forfeits are considered "events". Any combination of 2 events shall result in the cancellation of all future scheduled games and immediate removal of a team from the league.

Rescheduling for this activity will not be allowed. If teams wish to cancel a scheduled game they must provide at least 24 hours business notice (i.e., by 5 p.m. on the weekday prior to the scheduled competition) to the intramural sports office in person or via email/voicemail. The cancellation will be counted as the team's first event, no fine will be issued, and the team will remain eligible for continued participation in the league.

Participation in this league is free of charge. However, by registering for this league, team captains must understand that a fine will be assessed to his/her account following the forfeiture of an intramural sports contest without following the cancellation procedure described above. The amount of the fine shall be equal to the wages paid to our intramural employees for the time of the forfeited game. **For this league, the fine is \$45.00.** Fines are **mandatory** and shall be enforced by way of putting the **team captain's** records on hold until the fee is paid. Forfeit fines can be paid by cash, check or credit card in the Recreational Sports office in Room 1201 of the Student Life Center. Upon payment, teams will be given the option of continuing to participate in the league or removing their team from further competition. Should the team elect the continue participating in the league, the team captain assumes the risk for an additional fine if his/her team forfeits again. Please note: teams that forfeit will not be assigned any new games until payment is received, but they are still expected to play any remaining scheduled games unless they specifically request to cancel those games.

For teams that wish to continue being assigned new games in the league, the forfeit fine must be paid by 5:00 p.m. on Wednesdays in order to be included on the next schedule and your team will be dropped from further competition until the forfeit fine has been paid. Teams paying forfeit fines after **5 p.m. on Wednesdays** will not be guaranteed a scheduled competition during the following week of play. During playoffs, forfeit fines will not be assessed to teams that advance in the playoff bracket to a game date/time that is scheduled outside of their indicated team availability, so long as the team notifies the Recreational Sports office by no later than 12 p.m. on the day of the next game.

Lastly, captains may manage their team's availability through IM Leagues. All changes to team availability done by Wednesday at 11:59 p.m. will be honored in the next weekly schedule. Changes made after that time will not be accommodated until the following week's schedule is released.

**GRACE PERIOD:** Please note that **game time is forfeit time**. However, in an effort to reduce the number of forfeited competitions and to accommodate the busy schedules of our students, Recreational Sports will be implementing the following policy for weekly scheduled league competitions: If the minimum number of participants are not present and ready to participate at the time of their scheduled competition, the game clock will be started and the late team will be given a 3-minute grace period to arrive. Of course, all team members must then check in with the scorekeeper and the captains' meeting must be held before play can begin. The game clock shall not stop during this process and extra time shall not be added to the game clock to make up for lost time.

If the minimum number of participants has still not arrived by the end of the 3-minute grace period, the contest shall be declared a forfeit and the aforementioned forfeit fine will be assessed to the team captain. Recreational Sports respectfully asks that teams do not take advantage of this grace period and instead arrive at least 5 minutes before the scheduled time of competition.

**SUNY Cortland Intramural Sports**  
**Arena Flag Football Rules**

**PLAYING FIELD**

1. The field consists of one first down line (line to gain) at the midpoint of the playing field.
2. Players are out-of-bounds when any part of their body touches anything (other than another player or a game official), which is on or outside a sideline or end line.
3. A loose ball is out-of-bounds when it touches anything (including a player or official), which is on or outside a boundary line.

**TIME REGULATIONS**

1. The game consists of two 20-minute halves with 2 minutes between halves.
2. The time is running time except for the final 2 minutes of the second half when the clock shall stop on every:
  - a. Incomplete pass - starts on the snap.
  - b. Out of bounds - starts on the snap.
  - c. Touchdown - starts on the next offensive snap (extra point tries are not timed)
  - d. Safety - starts on the snap.
  - e. Team time-out - starts on the snap.
  - f. Penalty - dependent on the previous play (exception: Delay of Game).
  - g. Officials time-out - starts on the ready
  - h. Touchback - starts on the snap.
  - i. Change of possession – starts on the snap
  - j. Inadvertent whistle – starts on the ready
3. The clock shall also stop at the first dead ball after the two-minute mark in each half OR when the clock reaches 2 minutes during a dead ball situation.
4. Time-Outs
  - a. Each team is entitled to two time-outs per game.
  - b. The time-outs will be 1 minute long and may be taken at any time during the game. For any period of play, unused timeouts do not carry over into overtime periods.
  - c. Teams have 10 seconds at the end of a time-out to put the ball into play.
  - d. Time-outs in excess of the allotted number will result in a delay of game penalty.
5. A regulation game may end in a tie. No overtime will be held.
6. If a playoff game, overtime will be held.
  - a. A new coin toss will occur. The away team captain will call the toss and the winner has the option of offense, defense, or direction. The loser may select the option not chosen by the winner of the toss
  - b. All overtime periods are played toward the same goal line.
  - c. Each team will start 1st and goal from the defensive 10 yard line (unless moved by penalty). The object will be to score a touchdown (followed by a try for point).
  - d. An overtime period consists of each team receiving a set of 4 downs.
  - e. If the score is still tied after one period, the teams will go to a second overtime period, or as many as needed to determine a winner.
  - f. If the score remains tied after the 2<sup>nd</sup> overtime, a 2 point conversion must be attempted.
  - g. If the first team which is awarded the ball scores, the opponent will still have a chance to win, re-tie, or lose the game.
  - h. If the defense intercepts the ball and returns it for a touchdown, they win the game. If they do not return the interception for a touchdown, the ball will be placed on the 10 yard line to begin their series of 4 downs.
  - i. Each team is entitled to one time-out (one minute in length) per overtime period.
  - j. If the defensive team intercepts the extra point attempt, the ball is declared dead.
7. Injury Time outs may be called by the officials and are not charged to either team. The injured player must leave field and be replaced for a minimum of one down. Additionally, an injured player who is bleeding must leave the field and may not return until inspected by a student supervisor, bleeding is stopped and the wound is covered. Blood soaked clothing must be removed and replaced.

8. If a game is more than half completed and is called due to any interruption, the game is considered complete. The team that is currently winning will be awarded a win.

## **EQUIPMENT**

1. Shoes must be leather, nylon, or canvas upper with a rubber bottom. Turf shoes and soft pliable, rubber bottoms are permitted. Shoes with metal, screw-in removable cleats, sandals, boots and open-toed shoes are strictly prohibited. Shoes must be worn.
2. Jewelry, shoulder pads, body pads (above the waist) or any unyielding or dangerous equipment is not permitted. Bandanas and hats with bills are not permitted. Stocking caps, knit caps, or other soft type hats will be permitted.
3. **PANTS OR SHORTS WITH POCKETS ARE PROHIBITED.** Each player must wear pants or shorts without any belt(s), belt loop(s), pocket(s), holes, or exposed drawstrings. Pants or shorts may not be turned inside out or removed, and pockets may not be taped.
4. A towel attached to a player's waist is illegal.
5. The official ball shall be the one provided by Recreational Sports. However, another ball may be used by a mutual agreement of team captains and officials. An official size football will be used for all men's games. A junior size football will be used for women's games.
6. Jerseys must be long enough so they remain tucked in or short enough so there is a minimum of 4" from the bottom of the jersey to the player's waistline.

## **FLAG RULES**

1. Flags must be a different color than the shorts/pants of the participant.
2. No article of clothing may cover any portion of the player's flag.
3. Each player on the field must wear the flag belt provided by Recreational Sports. Belts must be properly attached at the waistline - one flag center back and one flag over each hip. For no reason whatsoever may flags have any knots/loops tied into them.
4. Players may dive to catch a pass, defend a pass, and/or to remove an opponent's flag.
5. Subs in uniform: Each sub shall be in uniform, ready to play with belt in position.
6. Guarding flag belt: Ball carriers shall not guard their flags in a manner that would prevent an opponent the opportunity to pull or remove the flag belt. A ball carrier may not use straight arm tactics, swing their arm to deflect, or use other means to keep an opponent from pulling a flag. This style of running constitutes flag guarding. (a natural running motion must be employed).
7. A ball carrier may not lower his/her head or run in a bent over fashion which hinders an opponent from pulling a flag; this style of running constitutes flag guarding with the intent to injure another.
8. When a runner loses his/her flag belt either accidentally or inadvertently (not removed by grasping or pulling), play continues. The de-flagging reverts to a one hand tag of the runner between the shoulders and the knees.
9. In circumstances where a flag belt is removed illegally, play should continue with the option of taking the penalty or the result of the play upon its conclusion.
10. Intentionally pulling or removing a flag belt from an offensive player without the ball by a defensive player is prohibited.
11. Tampering with the flag belt in any way to gain an advantage including tying, using foreign materials, or other such acts are illegal and shall result in an unsportsmanlike conduct penalty and ejection of the player from the game. (this is a game ejection, not an ejection that carries a suspension).
12. Defensive Contact: In an attempt to remove the flag belt from a runner, defensive players may contact the body and shoulders of an opponent with their hands, but not their face, nor any part of their neck or head. A defensive player may not hold, push, or knock the runner down in an attempt to remove the flag belt.

## **PLAYERS, ROSTERS, AND SUBS**

1. This is a 5 player league. Teams must have at least 4 players to start a game. If a team cannot continue with 4 players for any reason, the game will end and a score of 1-0 will be recorded regardless of the current game score.

2. THE ONLY PLAYER ON OFFENSE OR DEFENSE WHO IS REQUIRED TO BE ON THE LINE OF SCRIMMAGE AT THE TIME OF THE SNAP IS THE PERSON SNAPPING THE BALL!
3. Unlimited substitutions are allowed when the ball is dead. Substitutions must be completed before the ball is in play. Exiting players must go directly to their sideline.
4. Complaints and/or questions regarding the rules or rulings on specific plays should be brought to the official's attention via the team captains. Unruly or aggressive behavior directed toward any staff member regarding judgement calls or rules will be penalized accordingly, and may lead to player ejection(s).
5. Substitutes, replaced players, and coaches are subject to all rules. Teams are responsible for their spectators conduct and language.

## **THE GAME**

1. Before the game, team captains will meet with game officials at least 5 minutes before game time to check player eligibility with the roster/score sheet and determine the options of offense/defense, or defending a particular goal. Home team calls toss (team listed first on schedule, or, if overtime the opposite team). The team winning the toss shall have a choice of options for the first half only. The options shall be:
  - a. to choose whether his/her team starts on defense or offense OR
  - b. to choose the goal his/her team will defend. The team captain not having the first choice of options shall exercise the remaining option. The initial selections of each team shall be reversed for the start of the second half.
2. Ball Responsibility - It is the responsibility of the OFFENSE to get the ball at the conclusion of each down.
3. Mercy Rule
  - a. Automatic: Team is trailing by 17+ points w/ <2' left in the 2<sup>nd</sup> half
  - b. Elective: Team is trailing by 33+ points at any point in the 2<sup>nd</sup> half
  - c. For more information regarding automatic/elective forfeits, please visit the Participant's Manual on IM Leagues.
  - d. If a team scores DURING the last two minutes of the second half and that score creates a point differential of 17 or more, the game shall end at that point.
4. The ball is dead on ALL running plays & passing plays as soon as the ball touches the ground. Teams cannot recover a fumble. On punts, players may advance the ball after it hits the ground provided it is fielded cleanly, but not after it hits a player and then hits the ground. Punted balls that come to rest may not be advanced.

## **DOWNS/ZONE LINE TO GAIN**

1. Teams have 4 downs to advance the ball to midfield.
  - a. If a defensive penalty occurs during a play, the zone to gain will be established after the enforcement of the penalty. If the penalty is against the offensive team the zone to gain will remain the same.
  - b. If a penalty moves the ball beyond the zone to gain, or a penalty calls for a first down, the next line will be the zone to gain.
  - c. Declined penalties will have no effect on the zone to gain and the number of the next down will be whatever it would have been had the foul not occurred.
2. Failure to advance the ball to the next zone to gain results in loss of possession.
3. A new series of 4 downs will be awarded when the team advances the ball past the next zone line to gain.

## **DEAD BALL**

1. A live ball becomes a dead ball as defined in the rules or when an official sounds the whistle, even inadvertently, or otherwise declares the ball dead.
2. Ball is declared dead:
  - a. When it goes out of bounds.
  - b. When any part of the runner, other than the hand or foot touches the ground. (The ball is considered an extension of the hand)
  - c. When a touchdown, touchback, safety, or successful try-for-point is made.
  - d. When a player of the kicking team catches a punt or when a punt comes to rest on the ground.
  - e. When a forward pass strikes the ground or is caught simultaneously by opposing players.

- f. When a live ball, backward pass, lateral pass or fumble, other than a kicked ball strikes the ground, the ball is dead at the spot where it hits the ground.
- g. When a runner has a flag legally removed by a defensive player.
- h. In cases where the flag belt comes off without any obvious contact, when a runner is legally touched with one hand between the shoulders and knees, including the hand and arm
- i. When the passer is de-flagged before releasing the ball.

#### **LIVE BALL**

1. A fumbled ball or pass that is caught before it hits the ground may be advanced by either team and is a live ball.
2. The offense must snap the ball within 10 seconds after the referee has marked the ball ready for play.
3. Delay of game penalties for teams illegally attempting to:
  - a. Conserve time: after enforcing the penalty for delay of game, officials will instruct the scorekeeper to start the game clock when the ball is marked ready for play.
  - b. Run time off of the clock: after enforcing the penalty for delay of game, officials will instruct the scorekeeper to start the game clock when the ball is next snapped.

#### **SCORING**

1. Touchdown: 6 points
  - a. To be ruled a touchdown, the ball must break the plane of the goal line while the player is maintaining possession of the ball.
  - b. After scoring a touchdown, a player must immediately raise his/her arms and let the official de-flag him/her. This is to ensure that the flags were not illegally secured. Flags that are found to be illegally secured following a scoring play will result in the score being disallowed, a penalty enforced, and the player ejected from the contest. Additionally, if penalty is on the offense, there will be a loss of down. If penalty is on the defense, an automatic first down for the offense is awarded.
2. Extra Points: 1 point from the 3 yard line, 2 points from the 10 yard line.
  - a. Once the captain makes the decision for 1 or 2 points, he/she may not change his/her mind unless he/she uses a time-out.
  - b. If the distance of the attempt is changed by a penalty, the attempt will be for the point value of what was originally decided.
  - c. An intercepted pass on an extra point try by the defensive team may be returned for 2 points.
3. Safety: 2 points. A safety occurs when:
  - a. A runner carries the ball from the field of play to or across his/her own goal line and the ball becomes dead
  - b. A player punts, passes, fumbles, snaps, muffs, or bats a loose ball from the field of play to or across his/her own goal line and the ball becomes dead behind his/her goal line
  - c. A player on offense commits any penalty for which the penalty is accepted and measurement is from a spot in his/her end zone, or throws an illegal forward pass from within his/her end zone, or any situation which leaves the offense in possession of the ball in their own end zone.
  - d. Exceptions: When a player intercepts a forward pass, or catches a scrimmage kick or free kick between their 5 yard line and goal line, and their momentum carries them into the end zone where the ball is declared dead. This is known as the momentum rule and a touchback will be awarded.
  - e. After a safety, the scoring team shall snap the ball at their own 14-yard line, unless moved by a penalty.
4. Touchback: 0 points. A touchback occurs when:
  - a. A punt breaks the plane of the receiving team's goal line.
  - b. The receiving team downs/muffs a punt while the ball is on or behind their own goal line.
  - c. The kicking team downs a punt while the ball is on or behind the receiving team's goal line
  - d. The punted ball comes to rest or no one attempts to secure the ball while it is on or behind the receiving team's goal line.
  - e. A punted ball goes out-of-bounds behind a goal line.
  - f. After a touchback, the ball shall be snapped from the 14-yard line, unless moved by a penalty.

## PRIOR TO THE SNAP

- 1. Encroachment:** Following the ready for play whistle, and until the snap, no player on defense may encroach, touch the ball, nor make contact with opponents or in any other way interfere with them (verbally or otherwise). This includes standing in or shifting through the neutral zone. It does not matter whether or not a player returns to his/her side of the defensive line of scrimmage before the ball is snapped. It is still an encroachment penalty. *If a second encroachment penalty is issued prior to the next legal snap, that penalty, and any succeeding penalties for encroachment prior to the next legal snap are 10 yards instead of 5 yards.*
- 2. False Start:** No offensive player shall make a false start or simulate the start of a play. An infraction of this rule may be penalized whether or not the ball is snapped and the penalty for any resultant encroachment shall be cancelled.
- 3. Off-Side:** No offensive player (aside from the snapper, whose right to position him/herself over the ball is described below) shall be lined up in the neutral zone at the time of the snap. Failure to line up in an on-side position at the time of the snap is a dead ball foul and does not result in a free play for the defense.
- 4. Snap:** The snapper, after assuming position for the snap and adjusting the ball, may neither move nor change the position of the ball in a manner simulating the beginning of play until the snap. When over the ball, the snapper shall have his/her feet behind the scrimmage line. The snapper shall pass the ball backwards from its position on the ground with a continuous motion.
- 5. Delay of Game: The ball must be put in play promptly and legally and any action or inaction by either team which tends to prevent this is a delay of game. This includes:**
  - a. Failure to snap within 10 seconds after the ball is whistled ready for play.**
  - b. Putting the ball in play before it is whistled ready for play.**
  - c. Deliberately advancing the ball after it has been declared dead.**

## PUNTS

**(Please note: punts are thrown, not kicked, in this league.)**

- A punt may be declared by the offensive team on any down. Once a team has declared they will punt, they may not change their decision unless there is a penalty or a time-out is called. Quick kicks are not permitted.
- The snap must be received at least 5 yards back and the kick executed behind the scrimmage line immediately.
- No players on the offensive line of scrimmage may move until the ball is kicked.
- A punt that contacts the ground without being touched is considered a live ball and may be advanced provided that it is fielded cleanly.
- Fumbled/muffed punts hitting the ground are dead. If fumbled in the end zone, a touchback will be called and the ball placed at the 14 yard line.
- If the punt extends beyond the back of the end zone, the ball is dead and will be placed on the 14 yard line. Punts received in the end zone may be advanced.
- Receiving Punts
  - The punt returner is eligible to return punts or allow them to come to rest on the field of play.
  - A punt that goes out-of-bounds whether it has been touched or not, or an untouched ball that comes to rest, will be marked dead at those respective spots.
- Kick Catch Interference: During a punt, the kicking team members must allow receivers an attempt to make a play on the ball. The kicking team shall not obstruct their path to the ball. This applies even if a fair catch is not signaled (as there are no fair catches in flag football) and opponents have not yet touched the ball.

## PLAYING RULES

- If a ball is muffed (does not touch the ground) - during a running or passing play or similar loose ball situation - the ball becomes a live ball and may be gained by the defense, as long as the ball does not contact the ground.
- Only one forward pass is allowed per play (down). All players are eligible receivers. Forward passes are those thrown from behind the line of scrimmage. Please note that a forward pass is not considered complete until it has been possessed by a player and his/her foot has made contact with the ground.
- Penalty during try for point:
  - If on defense:
    - If the attempt was unsuccessful, then replay the down and add the penalty enforcement.
    - If the attempt was successful, and the offense declines the penalty, the play stands.

- b. If on offense:
  - i. If the attempt was unsuccessful and the defense declines the penalty the attempt is over.
  - ii. If the attempt was successful, take the converted score away and the attempt will be repeated once the penalty is enforced.
  - iii. The defense may not hit, strip, or swat the ball away from the ball carrier.

### THE SCRIMMAGE AND THE SNAP

1. All offensive players must momentarily be within 15 yards of the ball/at least 5 yards from the bench-side sideline from the time the ball is marked ready for play and prior to the next snap.
2. The snap must be between the snapper's legs, or flipped back by a player standing sideways while keeping the point of the ball on the ground. The player receiving the snap must be at least 2 yards behind the scrimmage line. There are no direct snaps.
3. Two, three and four point stances are legal.
4. All offensive players must be motionless for one second preceding the snap, except for one player who may move parallel to or away from the line of scrimmage.
5. An offensive player that moves/shifts (other than going legally in motion) must stop for one full second before the snap.
6. The neutral zone is a one yard dead zone between the offensive and defensive line of scrimmage.
7. The offense may designate the spot from which the ball is put in play anywhere between the inbounds lines (hash marks):
  - a. At the start of each half
  - b. For a try
  - c. Following a touchback, safety, try, and an awarded catch after a punt
  - d. For the start of each series using an overtime procedure

### HANDLING THE BALL

1. Any player may hand the ball forward or backward at any time.
2. Backward Pass: Is a pass with its initial direction parallel with or toward the passer's end line. Treated the same as a backward pitch.
3. A backward pass or fumble that touches the ground is dead at the spot.
4. A backward pass or fumble that is intentionally thrown out-of-bounds to avoid being de-flagged, tagged, or to conserve time is illegal. **This is considered intentional grounding.**
5. The player receiving the snap may advance the ball.
6. A snapped ball must immediately be spiked in order to stop the clock. In the judgment of the official(s), if the quarterback intentionally throws the ball to the ground after a period of scrambling in order to avoid being deflagged, intentional grounding should be called. A player may intentionally throw the ball to avoid being deflagged only if he/she is:
  - a. Outside of the hashmarks drawn on the field AND
  - b. The ball lands at or beyond the original line of scrimmage.

PLEASE NOTE: If hashmarks are not present on the field due to weathering, poor visibility, etc., the decision as to whether or not the player was outside of the center-field area will be up to the discretion of the official(s).

### PASSING

1. A legal forward pass may be thrown only once per down. All players are eligible to touch or catch a pass. A forward pass is illegal if:
  - a. The passer's back foot is beyond the offensive line of scrimmage when the ball leaves the hand.
  - b. A passer catches their untouched forward pass. A passer can catch their own pass if another player has touched it after it has been thrown.
2. The pass begins when the ball is released from the passer's hand. The ball is dead if the passer is de-flagged before the ball is released.
3. The initial direction of a pass determines whether a pass is forward or backward.

4. The passer may cross the line of scrimmage and then cross back to throw the ball. However, only one forward pass may be thrown per down.
5. A pass may be touched by any number of players prior to being caught.
6. All players are eligible to catch a pass.
7. If a pass is caught simultaneously by opposing players, the ball becomes dead, and is considered a complete pass and belongs to the offensive team at the spot of the catch.
8. A receiver must have one foot inbounds for a pass to be ruled complete. If the foot lands simultaneously with the foot that lands out-of-bounds, the pass is incomplete. A catch by any kneeling or prone inbounds player is considered a legal catch and is dead at the spot where it is caught.
9. Protecting the passer: The only legal contact that can be made is around the waist area, where the defender would be attempting to de-flag the passer. The ball is considered an extension of the passer. The ball may not be hit while in the possession of the passer. Contact with the passer must also be avoided after the pass is released.

### **INTERFERENCE**

1. During a down in which a legal forward pass crosses the scrimmage line, contact which interferes with an eligible receiver who is beyond the scrimmage line is pass interference.
2. Hindering an opponent's vision without making an attempt to catch, intercept, or bat the ball is pass interference, even though no contact was made.
3. It is also pass interference if an eligible receiver is deflagged/tagged prior to touching a forward pass thrown beyond the scrimmage line.

### **SCREEN BLOCKING**

1. Offensive players may protect the runner by screening. The offensive screen block shall take place without contact and the screener may maintain a position (moving or stationary) between the defensive player and the runner. The screen blocker shall have their hands and arms at their sides or behind their 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 a hand or arm to break a fall or retain balance. Players must remain on their feet before, during, and after screen blocking. The blocker must have their shoulders square with their feet. No part of the screener's body, except the feet, may be in contact with the ground.
2. Interlocked interference is illegal.
3. Defensive players must go around the offensive player's screen block. Defenders may not use their hands or arms to gain an advantage in going around the offensive blocker.
4. The runner may not straight-arm or lower the shoulder into an opponent. .
5. Illegal contact between the blocker/rusher will be called against the player determined to have initiated the contact. Repeated illegal contact will not be tolerated and will result in ejection.

### **RUNNING**

1. Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for opponents to pull or remove the flag belt. Flag guarding includes:
  - a. Swinging the hand or arm over the flag belt to prevent an opponent from de-flagging.
  - b. Placing the ball in possession over the flag belt to prevent an opponent from de-flagging.
  - c. Lowering the shoulders in such a manner that places the arm over the flag belt to prevent an opponent from de-flagging.
2. The runner shall be prohibited from contacting an opponent with extended hand or arm. This includes the use of a stiff arm extended to ward off an opponent attempting to de-flag/tag.
3. The runner shall not grasp a teammate or be grasped, pulled or pushed by a teammate.
4. The runner shall not lower their head or shoulders to avoid being de-flagged.
5. Spinning while running is considered part of running and is allowed if the runner maintains contact with the ground.

6. Hurdling in an attempt to gain yardage by a ball carrier is illegal and will constitute a personal foul. Hurdling is an attempt by a player to jump with one or both feet or knees foremost over an opponent who is contacting the ground with no part of their body, except one or both feet.
7. Obstruction of 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 or making a legal tag.
8. Charging. A runner shall not charge into an opponent in his/her path nor attempt to run between two opponents, unless the space is such as to provide a reasonable chance for him/her to go through without contact.
9. The ball becomes dead if any part of the runner other than their hands or feet touches the ground, except for a held ball, which is considered an extension of the hand.
10. Pushing the runner out-of-bounds is an illegal act.

## **PERSONAL FOULS**

1. No player shall commit a personal foul. Any act prohibited here or any other act of unnecessary roughness is a personal foul. No player shall:
  - a. Punch, strike, strip, steal, or attempt to steal the ball from a player in possession.
  - b. Trip an opponent.
  - c. Contact an opponent who is on the ground.
  - d. Throw the runner to the ground.
  - e. Hurdle any other player.
  - f. Contact an opponent either before or after the ball is declared dead.
  - g. Make any contact with an opponent which is deemed unnecessary, of any nature, including using fist, locked hands, elbows, or any part of the forearm or hand, as well as the legs, knees, and/or feet.
  - h. Deliberately drive or run into a defensive player.
  - i. Clip an opponent.
  - j. Position himself/herself on the shoulders or body of a teammate or opponent to gain an advantage.
  - k. Tackle the runner by grasping or encircling with the hand(s) or arm(s) and taking the opponent toward the ground as in tackle football.
  - l. Use of abusive or insulting language (swearing)
  - m. Indicating objections to an official's call
  - n. Touching or striking an official.
  - o. Intentionally pulling the flag of a player not in possession of the ball.
  - p. Spiking the ball.
  - q. Destruction or abuse of SUNY Cortland property.
  - r. Fighting
2. Unsportsmanlike conduct: Any participant receiving 2 unsportsmanlike conduct penalties during a game shall be ejected from the game immediately and must leave the playing facilities.
3. Any player ejected from the game must leave the playing area and the facility entirely.
4. All 10 yard penalties inside the 10 yard line will be enforced half the distance to the goal.
5. All 5 yards penalties inside the 5 yard line will be enforced half the distance to the goal.

**SUMMARY OF INFRACTIONS AND THEIR RELATED PENALTIES**

<p><b>Loss of 5 yards</b>                  Delay of Game                  Encroachment                  False Start                  Helping the Runner                  Illegal Forward Pass **                  Illegal Motion (only 1 player, must be parallel/away from LOS)                  Illegal Procedure - in neutral zone before punt, snapper not on line                  Illegal Shift (must come set for 1s)                  Illegal Snap                  Illegal Substitution                  Intentional Grounding **</p> <p><b>Loss of 10 yards and Ejection</b>                  Fighting an Opponent                  Flagrant Personal Fouls                  Flagrant Spiking, Kicking or Throwing Ball                  Flagrant Unsportsmanlike Conduct (Players &amp; Non-Players)                  Intentionally Contacting an Official                  Tackling the Runner                  Tampering with Flag Belt – Offense **                  Tampering with Flag Belt – Defense **</p> <p>** Loss of Down/Auto 1st Down penalty</p>	<p><b>Loss of 10 yards</b>                  Contact with Opponent on the Ground                  Drive or Run Into Player (charging)                  Encroachment - 2nd+ between downs                  Flag Guarding                  Holding/obstructing the Runner                  Hurdling                  Illegal Contact (before or after ball is dead)                  Illegal Equipment                  Illegal Flag Belt Removal                  Illegal Kicking (any kick other than a punt)                  Illegal Offensive Screen Blocking                  Illegal Participation (too many players)                  Interlocked Interference                  Kick Catch Interference                  Pass Interference (Off &amp; Def) **                  Roughing the Passer **                  Spiking, Kicking, or Throwing Ball during a Dead Ball                  Stiff Arm                  Strip or Attempt to Strip the Ball (must go for belt)                  Unfair/trick substitution (all players 5yds in-bounds btwn downs)                  Unnecessary Roughness                  Unsportsmanlike Conduct (players &amp; non-players)</p> <p><b>NOTE:</b> Most of these fouls do not have a unique hand signal. Instead, they will be reported as personal fouls.</p>
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