**Arena Flag Football**

All standard Intramural Rules and 2013-2014 NIRSA Football Rules (4on4 Rules Summary) apply except with the following changes/clarifications:

In addition, 7on7 flag football rules apply if not addressed directly with this list of rules.

**Teams**

The game shall be played between 2 teams of 4 players each. Three players are required to avoid a forfeit. THERE IS NO GRACE PERIOD.

**Equipment**

Football will not be provided. Teams must bring their own. For the men's division, teams must use men's size regulation footballs.

Teams must wear matching colored jerseys with numbers on back. Tape is not allowed for numbers. Shirts must be long enough to tuck in so that they remain tucked in the pants/shorts during the entire down or short enough so there is a minimum 4" from the bottom of the shirt to the player’s waistline.

Only athletic non-marking shoes are allowed to be worn in the Omni Gym. No cleats of any kind are allowed.

Pants or shorts with BELT LOOPS or POCKETS are prohibited.

All jewelry must be removed including watches, earrings, bracelets, etc. Players may wear soft, pliable basketball or wrestling knee pads on legs, knees and/or ankle.

**Timing**

Playing time shall be two 12 minute halves. Halftime will be 2 mins.

The clock will start on the snap to begin each half. It will run continuously during the first half and for the first 11 minutes of the second half unless stopped by a team or Referee's time-out.

Play clock is 15 seconds and starts on the Referee’s ready for play whistle

1 minute before the end of the game the Referee shall stop the clock and inform both captains of the playing time remaining in the half. The clock starts on the snap.

Last One Minute of the game: A start, stop clock shall be used.

Each team is entitled to 1 charged time-out per half, and 1 during overtimes.
Scoring

Scoring: Each touchdown is worth 6 points, safeties worth 2 points, and extra points are worth 1 point from the 4 yard line and 2 points from the 10 yard line.

Tie Breaker: Each team will attempt to score by passing from the 4 yard line for 1 point or from the 10 yard line for 2 points. If the defense intercepts a pass or fumble, the attempt is over. Play clock will still be in effect.

Gameplay

The captain winning the toss shall select offense, defense, direction, or defer their choice to the second half.

The ball shall be placed at the Team A 7 yard line (marked with an X) to begin each half of a game and following a try, touchback, loss of downs, safety, or following an interception that does not result in a touchdown, unless moved by penalty. Note: There are no kicks.

Series of Downs: A team shall have 4 consecutive downs to attempt to score. There are no punts. If a team does not score, it's Team B's at their 7 yard line (marked with an X).

If Team B intercepts Team A's pass, Team B may attempt to return the ball the opposite direction for a touchdown. If unsuccessful at scoring, it's still Team B's ball at their 7 yard line (marked with a X).

The offensive team must have at least one player on their scrimmage line (first ball spotter-orange) at the snap.

Team A runner cannot advance the ball through Team A's scrimmage line until a forward pass has broken the line of scrimmage (first ball spotter-orange). There are no restrictions after a change of possession or after a legal forward pass is thrown and touched 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 7 seconds if the passer has possession of the football.

A forward pass must occur to advance ball each play.

Mercy Rule: If a team is up by 17 points or more at the 1 minute warning of the 2nd half, the game is over.

All normal 10 yard penalties are 5 yards and all 5 yard penalties are 3 yards.

A ball that hits the wall, ceiling, basketball goals, net, or scoreboard is considered out of bounds and a dead ball.
CoRec rules – All rules above apply, with the following modifications:

Team composition must be 2 males and 2 females when playing with 4. If playing with only 3, it may be 2 males and 1 female, or 2 females and 1 male.

If a female scores a touchdown, it’s worth 9 points. If a female throws a touchdown, it’s worth 9 points.

All plays are open, meaning anyone can catch a pass at any time.

Team A runner cannot advance the ball through Team A’s scrimmage line until a forward pass has broken the line of scrimmage (first ball spotter-orange). There are no restrictions after a change of possession or after a legal forward pass is thrown and touched beyond Team A’s scrimmage line.

A forward pass must occur to advance ball each play.

Mercy Rule: If a team is up by 23 points or more at the 1 minute warning of the 2nd half, the game is over.