

## Arena Flag Football

All standard Intramural Rules and 2019-2020 NIRSA Football Rules apply except with the following changes/clarifications:

### **General Rules**

- All teams must show up and be checked in by their designated game time.
- There is no grace period for Arena Ultimate Frisbee.
- Players must show their Panther Card or a government issued photo ID to the Intramural Sports staff to sign-in for each game. Players without a valid form of ID will not be allowed to play
- Sportsmanship:
  - Two unsportsmanlike conduct penalties will result in an ejection from the game.
  - A player may be ejected at any time by an official, scorekeeper, or supervisor.
  - If ejected, the player automatically must sit out at least the next scheduled game. The player and team are also subject to further suspension/discipline depending on the judgment of the Competitive Sports Coordinator. If a player is ejected from a game, that player must meet with the Competitive Sports Coordinator before being allowed to participate in further games. It is the player's responsibility to schedule the meeting with the Competitive Sports Coordinator. The meeting must take place in the Coordinator's office the next day at the earliest.
  - After each game, both teams will be given a SPORTSMANSHIP RATING by the officials, scorekeepers, and supervisors. (See the "Player Conduct & Sportsmanship" section on the Policies page for more information)

### **Teams**

- The game shall be played between 2 teams of 4 players each.
- Three players are required to avoid a forfeit.

### **Equipment**

- Footballs 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 will 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.
- 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.
- During the last one minute of the game the game clock will start and stop following NIRSA Rules
- Each team is entitled to 1 charged time-out per half, and 1 during overtimes.

## Gameplay

- A coin toss will decide who will start with the ball. The captain winning the toss shall select offense, defense, direction, or defer their choice to the second half.
- Play clock is 15 seconds and starts on the referee's ready-for-play whistle
- The offensive team must have at least one player on their scrimmage line (first ball spotter-orange) at the snap.
- Series of Downs: A team shall have 4 consecutive downs to attempt to score. There are no punts. If a team does not score, the opposing team will gain possession of the ball at their 7-yard line (marked with an X).
- The ball shall be placed at the 7 yard line (marked with an X) to start each half and when a new series is awarded.
  - 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 an X).
- The offensive team may only advance the ball with a legal forward pass beyond the line of scrimmage. A runner cannot advance the ball through the scrimmage line if they received the ball behind 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 offensive team's scrimmage line.
- The offensive team has 5 seconds to release the ball on a forward pass. If not, it is a loss of down and the ball is snapped at the previous spot. The referee will sound their whistle at 5 seconds if the passer has possession of the football.
- The defensive team cannot rush the passer and must wait to cross the line of scrimmage until the pass has been released.
- Scoring:
  - A touchdown is worth 6 points,
  - A safety is worth 2 points
  - Point After Tries are worth
    - 1 point from the 4 yard line
    - 2 points from the 10 yard line
- Overtime
  - Each team will have one down to attempt to score
  - Teams can attempt to score 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.
- 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.

## Co-Rec Rules

All rules above apply except for the following modifications:

- A team may not have more than 2 players of the same gender during play
- A mixed gender touchdown, by either throwing, catching, or crossing the goal line, is worth 9 points.
- All plays are open, meaning anyone can catch a pass at any time.
- 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.