

Arkansas State University

Intramural Sports

Arena Flag Football Rules

**Game Format:**

1. A team must have 4 players present to start a game. Offense may use 5 players (1 all-time quarterback, the QB may only pass the ball)
2. Each game will consist of 15 minute halves (running clock) and a 3 minute halftime. The clock will stop during the last minute of each half. Clock stops during incomplete passes, P.A.T’s, penalties, change of possession, and out of bounds.
3. There will be a 25 second ‘ready for play’ clock
4. Game time is forfeit time. If a team has the minimum amount of players to begin a game and their opponent does not AT GAME TIME, the game shall be forfeited.
5. Timeouts: Teams are given 2 :30 second timeouts for the entire game.
6. Mercy Rule: 30 points at any time after the 1st half or 15 point lead after 1 minute warning in the 2nd half.
7. Overtime:
   1. Both teams will get a chance to score by 2 point conversions. (3 yd line=1pt, 10yd line=2 pts, 20 yd line =3pts)
   2. 1st OT, the team going second can try to tie the game.
   3. After the 1st OT, the team going 2nd must go for the win.
8. Roster Size:
   1. The roster max is 8 players
9. Turnovers: Since arena football is played going one direction, all turnovers will not be able to be returned for a TD, the play will be ruled dead and will equal 1 point for the team that recovered the ball.

**Equipment:**

1. Players must wear shoes.
2. Flag belts will be provided by the Intramural department and are required to wear.
3. No pockets on shorts or pants.

**Plays from Scrimmage:**

1. 4 offensive receivers plus a quarterback versus 4 defensive players.
2. There is no center position. All plays start with the quarterback positioned behind the ball at the line of scrimmage or in a ‘shotgun’ position, 3 to 5 yards behind the line of scrimmage.
3. All plays will start on ‘ball-off-hand’ contact by the quarterback.
4. The quarterback has 4 seconds to release a forward pass.
5. No laterals or backward passes are allowed on any play from scrimmage.

**Ball in Play, Dead Ball, and Out of Bounds:**

1. Inadvertent whistle: If an official blows their whistle inadvertently, the ball is dead and the play stops. The offense may choose to replay the down, or spot the ball where the whistle was blown.
2. Fumbles: All fumbles are dead as soon as the ball touches the ground. If the ball lands parallel to or behind the ball carrier, it will be spotted for the next down from the point where the ball first touched the ground. If the ball lands in front of the ball carrier, it will be spotted from the point where the player fumbled the ball. (Exceptions: fumbles that land in the end zone result in a change of possession)
3. Formation: Both offensive and defensive teams may line up in any formation but must adhere to the offensive motion and no-blocking rules
4. Motion: One offensive player may be in motion, but not toward the opponent’s goal line. Other offensive players must be stationary in their positions without movement of their feet, body, head or arms. The offensive team must still have 4 players on their scrimmage line at the snap not including the player in motion.
5. Passing: A forward pass may be made from any point behind the line of scrimmage. Only one foot needs to touch in bounds for a pass to be complete.
6. Simultaneous Catch: If a legal forward pass is caught simultaneously by members of opposing teams, the ball becomes dead at the spot of the catch and belongs to the offense. Such catches may not be advanced.
7. Pass Interference: During a legal forward pass, contact which interferes with an eligible receiver is pass interference, unless it occurs when two or more eligible receivers make a simultaneous attempt to reach, catch, or bat a pass. It is also pass interference if an eligible receiver is de-flagged prior to touching the ball. In addition, if the pass interference by either player is intentional or unsportsmanlike, his or her team shall be penalized an additional ten yards.
8. Running Plays: There are no running plays.

**Scoring Plays:**

1. Touchdown: Touchdowns are worth 6 points
2. P.A.T: The P.A.T can be a 1 point conversion from the 3yd line, a 2 point conversion from the 10yd line, or a 3 point conversion from the 20yd line.
3. Offensive screen blocking: There is no blocking allowed. Before or after any catch, all forms of blocking (downfield or otherwise) are not allowed.
4. Substitutions: Unlimited substitutions during any dead ball situations