

Arena Football

Rules:

1. The game will consist of two 12-minute halves with running clock.
2. Each team is allowed 2 timeout per game.
3. There will be a 25 second play clock.
4. Teams will consist of 4 players on the court. You must have 4 at all times. The maximum number of people on a roster is 8.
5. Teams may finish a game with less than 4 players if a player becomes injured and the team has no replacements.
6. A coin flip will decide who has possession first. The team who loses the toss will have first possession starting the second half.
7. Teams are allowed 6 downs per possession. If a team fails to score a touchdown during this time, they lose possession of the ball. If there is defensive pass interference or any personal foul on the defense, the team with the ball is given a new set of downs (6).
8. Teams will start each possession at the 10 yard line.
9. If a team intercepts the ball, they can not return it. They will be awarded two points and given possession of the ball at their own 10 yard line.
10. Players have 4 seconds to throw the ball. If a team exceeds the allowed time, the play will be considered a sack and the ball will be placed where the quarterback is standing. If the quarterback is in the end zone during this time, the play will be ruled a safety. **There is no rushing of the quarterback. Quarterbacks are not allowed to run.**
11. If a team rushes the quarterback, there will be a 5-yard penalty against the defense.
12. All offensive players must be on the line at the snap except for the quarterback.
13. Scoring: Touchdown = 6 points; PAT = 1 or 2 points; safety = 2 points; interception = 2 points. A 1 point attempt will be from the 10 yard line and a 2 point attempt will be from the 20.
14. Mercy Rule: If the point difference is more than 30 points at anytime in the second half, the game will be considered over.
15. All other NIRSA flag football rules will apply.

All rules are subject to change by the Program Director for Intramural and Club Sports.