

IM Sports – 5 on 5 ARENA FLAG FOOTBALL RULES

N.C.A.A. Football Rules and IM Football Rules apply with the following IM Arena Football modifications and the IM General Rules will govern play. Each team must provide one player to keep score and work the sideline marker.

TEAM MANAGERS: have the RESPONSIBILITY of informing all team members of the rules of the game. This is a very limited tournament – one team per organization !

TEAM play is 5 vs 5. A team may play with as few as 3 players if needed.

PSU ID+Cards are REQUIRED: a valid PSU ID+ card must be presented to the IM Official/Supervisor by each participant prior to the start of the contest. Late arrivals must first present their ID+ to the IM Supervisor for approval to participate. Rosters are limited to eight players with no changes after round robin play.

INJURY NOTE: The intramural program is not responsible for any injury or accident that may occur during intramural activity. Players are urged to obtain accident insurance.

Arena Football is played on ASTRO TURF - It is HIGHLY RECOMMENDED that all players wear long sleeved shirts or sweatshirt and sweatpants to minimize turf burns.

THE GAME will consist of two 10-minute halves (running clock) with a 3-minute intermission. Ties will not be broken in round-robin play. **GAME TIME** is forfeit Time: no grace period.

NO SPECTATORS, NO SPIKES, NO FOOD or DRINK (except bottled water) in the MSC.

SCORING: Teams have four downs to score. A touchdown is worth 7 points. There are no extra points or field goal attempts. A **Safety** scores 2 points. After each score and the start of each half the ball is placed on the X to start the series.

PLAYER CONDUCT:

- Players may be ejected for intentional tackling, chucking, blocking, bull rushing, etc.
- An ejected player must leave the building immediately or team will be disqualified.
- **SHIRTS** must be tucked in during play.

PENALTY BOX: After all penalties the offending player will sit out the next play (team plays short).

OFFENSIVE PLAY:

- **RULE CLARIFICATION;** There is no running from behind the line of scrimmage unless you receive a forward pass.
- No blocking although you may “screen” (no moving!).
- **Offensive penalties** result in a loss of down with the ball at the previous spot (or at the spot of the foul if the infraction is behind the line of scrimmage).
- **Ball Carriers:** No spinning beyond 180 degrees, no stiff-arming, and no flag guarding.

DEFENSIVE PLAY:

- The defensive team can rush.
- There will be a 3-yard neutral zone.
- **Defensive penalties** result in an additional down at the spot of the foul (or at the previous spot if the foul is behind the line of scrimmage).

DEAD BALLS: As soon as a **fumble** touches the turf, the ball is dead. Likewise, punts that are muffed and hit the ground, any ball hitting the ceiling, netting, lights, etc. will be ruled dead.

NO KICKING: There are **no kickoffs**. “Punts” will be thrown (not kicked) and must be announced to official and opponent. On punts, two players on the receiving team must be on the line of scrimmage.

QUESTIONS: Contact the IM Office in Room 2, IM Bldg, 865-5401.

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