Arena Flag Football Rules

The Game

- The game will consist of two 10-minute halves (running clock) with a 2 minute half time.
- There will be one timeout per team per game.
- If the score is tied at the end of regulation each team will be given one possession to score. Continue to alternate until one team wins.
- Failure to score in a series will result in a turnover on downs.
- A ball which hits the ceiling or any part of the superstructure is live and in play.

Scoring

- Teams have four downs to score.
- A touchdown is worth 7 points. There are no extra points.
- A safety scores two points.
- After each score and the start of the half the ball is placed at the two yard line.

Attire

- Teams will need to wear proper gym shoes.
- No cleats, open toed shoes, sandals, etc.
- Players may not play with pockets or belt loops in their shorts/pants.
- Shirts need to be tucked in during play.
- No jewelry is prohibited.

Teams & Substitutions

- Teams consist of four (4) players.
- A minimum of three (3) players needed to prevent a forfeit.
- Substitutions can only take place during a dead ball.

Offensive Play

- The quarterback cannot run from behind the line of scrimmage.
- The quarterback must be at least two yards behind the center.
- Other offensive players may advance the ball from behind the line of scrimmage.
- Once the ball hits the floor it is dead, no fumbles.
- The offensive player is declared down when any part of their body touches the ground or when they are de-flagged. If player loses his flags, a one hand touch between the shoulders and knees is required to declare the runner down.
- The offense will have 20 seconds to snap the ball after the read to play whistle.
- Two feet in bounds with control of the ball will constitute a catch.
- All normal flag football screen-blocking rules will apply.

Defensive Rules

- A defensive team is allowed to rush twice per series (series is four downs).
- No more than one defensive player can rush in the two (2) rushing attempts allowed.
- There will be a 3-yard neutral zone.
- Once the quarterback hands off the ball, all rushes are legal.
Penalties

- Unsportsmanlike- Offensive 10 yards and loss of down, Defensive 10 yards and repeat down.
- Pass Interference- Offensive 5 yards and loss of down, Defensive 5 yards and repeat down.
- False start/Offside/Encroachment- 3 yards repeat down (Dead ball foul)
- Delay of game 3 yards and loss of down
- Flag guarding 3 yards from the spot of the foul (live ball foul)
- Illegal forward pass 3 yards and loss of down
- Illegal rush 3 yards and replay the down or take the play (live ball foul)
- Illegal contact 5 yards replay down or loss of down

Mercy

- If a team is trailing by 30 points or more at any point in the second half the game will end.