



Arena Flag Football Rules

REFEREES

At least one referee/monitor will be provided for all matches. Officials are responsible for checking eligibility, attendance, controlling the game and keeping score. If an official fails to show, the teams will be responsible for scoring and calling their own games. Officials must be treated with respect. Each match is controlled by an official who has full authority to enforce the Laws of the Game in connection with the match to which he/she has been appointed to. The decisions of the officials concerning the play are final there will be NO NEGOTIATIONS made between teams.

EQUIPMENT/ATTIRE

It is the responsibility of all intramural participants to ascertain whether their own health conditions make it advisable to participate in a particular sport. The University of Guelph does not assume ANY RESPONSIBILITY. Since flag football is designed as a non-contact sport, protective gear is not required. All equipment for play will be provided. NO JEWELRY IS PERMITTED FOR ANY INTRAMURAL SPORT.

TEAM REQUIREMENTS

A team constitutes 5 players. The minimum number of players required in order to avoid a default is 4 players. In co-ed leagues, there may only be one extra female or male on the field unless the other team agrees.

DEFAULTS/FORFEITS

A 10-minute default rule will apply. If the minimum numbers of players are not present 5 minutes after the scheduled game time the opposing team will be awarded one point. After the 5-minute mark the opposing team will be awarded 1 point every minute up until the 10-minute mark when the game will be officially a default and the official score will be 7-0. No additional game time will be given.

THE GAME

Format

Games will consist of 2 separate halves. Each half will be played straight time for 20 minutes totaling 40 minutes playing time plus three plays from scrimmage.

General Play

All offensive players are eligible receivers. In co-ed leagues, at least one pass, run, kick, or quarterback attempt must be attempted to or made by a member of both genders each three downs. The conversion attempt is not included in this rule.

No timeouts.

After a touchdown or at the beginning of a half, play will be initiated by the offense taking possession of the ball 2 paces from their goal line.

Substitutions are unlimited and must take place between plays.

Only one flag needs to be pulled by the defense in order to end the play. Referees must call it, therefore please play the whistle.

No 'batting hands'. The offense is not to swat or bat defensive player's hands away from flags. If this occurs, the play will be called immediately.

The flags must always be worn over all clothes and be placed at the sides of their bodies.

The offensive team gets three downs to cross half. Once crossed, another three downs are given to cross into the end zone

The defense must count to five (5) loud enough for both teams to hear before rushing the quarterback. If the quarterback hands-off, passes, or kicks the ball to a teammate behind the line of scrimmage, the defense may then stop counting and rush immediately.

If in a lateral pass the ball is fumbled the play is whistled dead immediately.

If the ball carrier's knee touches the ground at any time the play will be whistled dead immediately.

The quarterback must not cross the line of scrimmage except if the defense has crossed the line of scrimmage after counting to five (5) or the quarterback laterals or passes the ball backwards; he or she then becomes an eligible receiver.

All fumbles are automatically whistled dead

Blocking or spin moves are not permitted. Play will be whistled dead immediately.

Quarterbacks receiving a snap pass may run with the ball up field without waiting for the 5 second count.

Scoring

Touchdown - 6 points

Convert-ball ran or passed over the goal line when scrimmaged from quarter field - 2 points.

Penalties

Hitting, roughing, unsportsmanlike conduct - Loss of 5 paces

Off-sides - Loss of 2 paces

Pass interference committed by the offense will result in a 5-yard penalty. Pass interference committed by the defense will result in a 5-yard penalty and an automatic first down.

False start - Loss of 2 yards

Playoffs

Players must have played one-third of their team's regular season league games to be eligible for playoffs.

All competitive teams are guaranteed at least one playoff match after the regular season.

If the game is tied at the end of the second half, teams will take turns attempting to score a touchdown from half. First team to score in a round that their opponent did not wins the game.

The higher ranked team gets to choose if they would like to go first or second.