

INTRAMURAL ARENA FOOTBALL RULES

NCAA rules will govern play unless modified or changed for the purpose of intramural play.

The intramural program is not responsible for injuries that may occur during intramural participation. Players are urged to obtain accident insurance. Please have all players read the note concerning injury and the intramural program on the scoresheet prior to each contest.

1. TEAM - MEN'S and WOMEN'S need 4 players to start a game – less than 4 will never be allowed
2. FIELD - About the size of a regulation basketball court. Out of bounds will be the basketball court lines.
3. TIME - There will be two halves of 12 minutes each. RUNNING clock will be used except in the **last one minute of the 2nd half**. Then the clock will stop on all dead balls, however, if one team is ahead by more than 20 points the clock WILL NOT STOP. Each team gets one time-out per game

MERCY RULE – If a team is losing by more than 30 points with five minutes or less to go the game will be stopped.

4. Offensive Rules:

- Winner of the coin toss decides possession. Play is started by placing the ball on the **2 yard line at the beginning of the game & after each score**. No kickoffs.
- An offensive series consists of six (6) downs, hereafter, known as a “six pack”. No punts are allowed. If a team fails to score within their “six pack”, then the ball is turned over to the other team at that spot.
- The center may snap the ball between their legs or stand to the side behind the ball. The quarter back must be at least 2 yards behind the center.
- There are no requirements for team members on the line of scrimmage.
- Once the ball hits the floor it is dead. No fumbles. A ball cannot be fumbled forward. A center snap that hits the ground is considered dead.
- The offensive player is declared down when they are touched with one hand between the waist and shoulders or if any part of their body other than their hands or feet touch the ground. **Players will be ejected for unnecessary roughness.**
- Only one player may be in motion at any one time in any direction. They may be running forward as long as they do not cross the line of scrimmage before the ball is snapped.
- The offense has 20 seconds to snap the ball after the ready for play whistle.
- There is no blocking at all. You may, however, set screens.
- All plays must be pass plays, including screen and backwards passes. No hand-offs. The quarterback may only run the ball past the line of scrimmage after the defensive “thousand 1-7” count. If the opposing team does not have someone count out loud the quarterback may then run at his discretion.
- All players are eligible receivers.
- All offensive plays must begin with a huddle.

5. Live and Dead Balls

- Any ball in the playing field or directly above is considered live. A ball which hits the ceiling or lights or anything directly over the court is live and in play. If a ball hits an object out of bounds (including the walls) it is dead.

6. Defensive Rules

- There is no immediate rush on the quarterback. There will be a “thousand 1-7” count made (out loud) before anyone may rush the quarterback. The “counter” does not have to be on the field or on the line of scrimmage – someone just has to be counting OUT LOUD.
- No bumping or chucking of receivers.
- Someone must be designated as the “rusher” and count “thousand 1-7” (out loud) even if you do not plan on rushing the quarterback.

7. Penalties

- Offensive penalties result in a loss of down; defensive penalties result in an additional down.

Offensive

Illegal motion
Delay of game
Illegal forward pass
Illegal rush (hand-offs)
Illegal block
No huddle
Intentional grounding

Defensive

Illegal rush
Illegal chucking

Both

Unsportsmanlike conduct
Pass interference
Too many players on field

8. Scoring

- Touchdown – 6 points
- Safety – 2 points
- Extra points
 - 3 yard line – 1 point
 - 7 yard line – 2 points
 - 20 yard line – 4 points

9. Overtime

- A coin toss will determine which team goes first in the overtime. Each team will have two attempts to score from the opponent’s 20-yard line. If neither team scores, the team gaining the most yardage in their two attempts is the winner.