



NU Intramural Sports

Arena Flag Football Rules

GENERAL RULES:

1. **All players must present their valid Northeastern University Photo ID to play.** No exceptions! Current, valid NU photo identification must be present in order to participate. Participation will be denied to anyone without their current, valid NU photo identification card.
2. **Jewelry is not allowed to be worn by any participant during an Intramural event.** Any and all dangerous equipment must be removed prior to participation. Jewelry cannot be taped or covered with a band-aid.
3. **GAME TIME IS FORFEIT TIME!** The minimum number of players must have their Husky Cards turned in, be present on the field and in uniform for a team not to forfeit. The team manager must be responsible for collecting his team's IDs and registering their uniform numbers with the IM staff.
4. **3 Unsportsmanlike Penalties** will result in a team disqualification regardless of the score. 2 Personal Unsportsmanlike Penalties will result in the player leaving the game. Only a team's designated Captain is allowed to confer with the officials. There is a ZERO TOLERANCE policy for any unsportsmanlike behavior directed towards players, officials, and staff.
5. The supervisor on duty reserves the right to remove any player from competition who has violated any NU Intramural Policy or Rule and/or endangered any player or IM staff member. Ejected players must leave the facility. Any player or team that exhibits a pattern of troublesome behavior will be removed from intramural sports. Supervisors also have the authority to end a game.
6. Participants are not allowed to play in a manner that is potentially dangerous or reckless. Safety for all our participants is our number one priority. Any action(s) that is deemed dangerous and/or reckless by the game's official or the Intramural Sport Supervisor will result in either an unsportsmanlike penalty or an ejection depending on the severity of the action. Intramural managers and players should consider this rule their warning not to play in a dangerous or reckless manner.

THE GAME AND FIELD:

1. All games will be played on court #1 of the Marino Campus Recreational Center. Players must wear athletic clothing and tennis shoes or rubber soled one-piece athletic shoes.
2. **Number of Players:** A team will consist of 4 players each. A minimum 3 players is required to prevent a forfeit.
3. Substitutions: Substitutes must remain in the designated area during play, behind the black barrier.
4. Players must wear the following athletic equipment: Each team must wear matching colored jerseys, which must be tucked in at the waist or cut 4 inches above the waist. Each player on the field must wear a one-piece flag belt at the waistline with three flags permanently attached, one flag on each side and one in the center of the back. The flag belt must be free of any knots or loops.
5. No pockets: Each player must wear pants or shorts without any pockets, belts, belt loops, or exposed drawstrings. Pants or shorts must be a different color than the flags.
6. Bandanas that are without knots, knit stocking caps, elastic headbands, and brimless hats are permitted.
7. Coin Toss: Before the start of the game the referee will toss a coin in the presence of opposing captains, after first designating which captain shall call the fall of the coin. The captain winning the toss shall choose one of the following options:

- To start on offense or defense.
 - To defer their decision until the second half.
 - The captain losing the coin toss will choose from the remaining options.
8. Scoring: Touchdown: 6 pts; Try-for-points 2 pts; Safety: 2 pts. On a try, if a defensive player intercepts the ball, the play is blown dead and the try is over.
 9. **Game Length:** The game consists of two 20-minute halves. The clock will run continuously during the first half and the first 19 minutes of the second half, except when a timeout is called or at the referee's discretion. During the last minute of the game the clock will stop for an incomplete pass, when a player goes out of bounds, on penalties, on a change or possession, touchdowns, and on first downs. The supervisor has the authority to shorten any game due to time restraints or any other reason. Each team will receive one time out per half. Timeouts will be one minute in length. The clock will stop for timeouts.
 10. **Mercy Rule:** If a team is trailing by 30 or more points at any time in the second half, the game will be ruled a game by mercy immediately.
 11. The Game: Teams will have 3 downs to score a touchdown starting from the far side foul line. If the team fails to score in 3 downs the ball will be turned over to the defense. After a touchdown has been scored, the scoring team will attempt a try worth two points.
 12. Legal Snap: In order for the ball to legally be snapped, the offense must have at least 1 player on the line of scrimmage. The snapper counts as a player on the line.
 13. Penalties: Assessed according to the regular rules of the game. All play will be governed by current NIRSA Flag Football rules with the following exceptions below.
 - Due to the length of the field, all normal 10 yard penalties will be 5 steps and all normal 5 yard penalties will be 3 steps.
 14. Yards and Downs: The offense will have 3 downs to score a touchdown. In the occasion of an interception the ball is blown dead immediately and the ball will be moved to the starting zone accordingly. The line to gain is always the goal line. There are no first downs.
 15. Forward Pass: The offensive team has 3 seconds after the snap where it is restricted to throwing a legal pass. After 3 seconds the line judge will yell "clear" and the ball may be advanced beyond the line of scrimmage. Any member of the passing team is an eligible receiver. All forward passes must originate behind the line of scrimmage. The position of the passer's feet will determine legality. Teams are allowed only one forward pass per down. Any player may hand the ball backward or forward at any time as long as they do not break the line of scrimmage to gain yardage.
 16. Intentional Grounding: The offense is not allowed to intentionally ground or get rid of the ball in any area except the white screen. If a player intentionally throws the ball anywhere near the substitution area or suspended track above the field to avoid a penalty or being sacked **they will be immediately EJECTED from the game.**
 17. Dead ball: A live ball becomes dead when an official sounds the whistle or declares it dead. The ball will become dead when:
 - The ball goes out of bounds or when it touches the goal line of the ball carrier's opponents.
 - The ball touches any physical object surrounding the court.
 - Any part of the ball carrier's person other than the hand or foot touches the ground. The ball is considered to be part of the hand
 - A touchdown, touchback, or try for point is made
 - A forward pass strikes the ground or is caught simultaneously by opposing players
 - A backward pass or fumble by a player touches the ground. This includes snaps
 - Backward passes and fumbles may be caught in flight inbounds by any player and advanced
 - A ball carrier has a flag belt removed legally by a defensive player
 - A ball carrier is legally touched with one hand between the shoulders and knees (including on the hand or arm) once the flag belt is no longer attached
 - The official blows his/her whistle

18. Punt: there is no punting in IM Arena Flag Football.
19. Ball in Play: A team has 20 seconds to put the ball in play after the referee has signaled ready for play.
PENALTY: Delay of game is a 3 step penalty dead ball foul.
20. Out of Bounds: Only one foot must touch inbounds in order for a pass reception to be considered legal. If the ball touches any physical object of the court and its surroundings, including the basketball hoops, the play will be immediately blown dead.
21. Inadvertent whistle: In the case of an inadvertent whistle, the offensive team shall have the option of replaying the down from the previous spot, or accepting the ball at the spot where it was blown dead. On all loose balls such as a pass in flight, the down must be replayed from the previous spot. After a change of possession, the team in possession at the time the ball is blown dead shall have the option of accepting the play or replaying the down.
22. Snap: The snapper does not have to pass the ball back between his/her legs. The player receiving the snap, however, must be two yards behind the scrimmage line. The snap must be made off the ground.
23. **Building Policy:** Any player who violates Marino Center building policy shall be ejected and the team will be assessed an unsportsmanlike conduct penalty.

FOULS:

1. **Blocking:** Offensive screen blocking is legal as long as there is no contact. The screen blocker shall position their hands and arms behind their back, to their sides, or wrapped across their chest. Screen blocking down field is legal; however, the blocker must be on their feet before, during and after screen blocking. This is judged like a block/charge in basketball.
2. **Defensive Restrictions:** Defensive players may not use their hands on blockers. They must attempt to avoid them. Incidental contact with the hands will be allowed, but should the defender gain an advantage by use of the hands, a penalty will be assessed.
PENALTY: Illegal Contact, 5 steps, repeats the down

Defensive players may not leave their feet in an attempt to deflag an offensive player.
PENALTY: Personal foul, 3 steps from end of run, repeat down
3. **Defensive Rusher Restrictions:** There is no defensive rushing until 3 seconds has been counted by the Line Judge and they announce "clear". After 3 seconds the defense may rush the quarterback .
Defensive Rusher Restrictions: If the defense rushes before 3 seconds has been counted by the line judge it will be a live ball foul enforced at the basic spot.
PENALTY: Illegal Procedure, 3 steps from the basic spot, repeats the down.
4. **Offensive Rushing Restrictions:** The offense cannot advance the ball through its line of scrimmage until 3 seconds has been counted by the Line Judge and they announce "clear". After 3 seconds the offense is now allowed to advance the ball past the line of scrimmage.
Offensive Restrictions: If the ball is advanced before 3 seconds has been counted by the Line Judge and he or she announces "clear" it will be a live ball penalty enforced from the basic spot.
PENALTY: Illegal Procedure, 3 steps from the basic spot, repeats the down.
5. **Tackling:** It is a foul for a defensive player to tackle, trip, push, shove, or elbow the ball carrier or blocker. The runner's forward progress may not be impeded in any way. Diving for a flag is illegal.
PENALTY: Personal Foul, 5 steps, and if flagrant, the offender shall be disqualified.

6. Ball carrier restrictions: It is a penalty for the ball carrier to stiff arm, charge into, knee, or tries to knock over a defensive player at any time. This is judged like a block/charge foul in basketball. Spinning is legal. Diving for extra yardage is illegal. The ball carrier must be in control of their body at all times.

PENALTY: Personal Foul, 5 steps, and the player will be ejected if flagrant.

Ball carrier may not leave their feet in an attempt to gain extra yardage

PENALTY: Personal Foul, 3 steps from the spot of the foul, repeats the down.

7. Dissent: Any player, whether on offense or defense, who attempts to deceive the opposition to violate the offensive or defensive rushing restrictions rule, by yelling "clear", will automatically be ejected. If an infraction is made by a team, due to a players dissentful act, the penalty will be waived off and the down repeated.

8. Illegal Touching: Any player that leaves the playing field and is the first player to touch the ball from the point of reentry shall be penalized for illegal touching.

PENALTY: Illegal Touching, 3 steps from the basic spot or the end of the run, repeat down.

OVERTIME:

1. Only during the playoffs will there be overtime. A coin toss will determine which team has the options, as in the beginning of the game. Each team will start from the half court line. An overtime period consists of one series of 3 downs for each team. This process will be repeated until a winner is determined. Try-for-points will be attempted.

2. Interceptions: during overtime are not returnable.