

Arena Flag Football League Rules

Playing Surface

- Turf Gym

Equipment

- Team shirt (Must be tucked in at all times)
- Shorts or Sweat Pants
- Mouth guard (Optional)
- Flags (Provided)
- Sneakers (Only)

Before Start of Game

- Coin toss determines first possession. The team that wins coin toss will start on offense. The team that loses toss will be the designated home team.
- Referees will make sure all equipment is satisfactory before the start of the game.

Time

- Each game will consist of four eight minute quarters. The clock will run until the last two minutes of each quarter. During the last two minutes of each quarter, the clock will stop on incomplete passes, interceptions, sacks and time outs.
- Referees will have overall say over the time clock.
- Mercy Rule – If a team is ahead by thirty five points, the referees will initiate the mercy rule which means the game clock will continually run in each quarter and can only be stopped by time outs until the game is over.

Timeout

- Each team has three timeouts per half and two during the full over time period.
- Timeouts can not be carried over into the next half or into overtime.
- If an injured player delays the game, the official may stop the clock and the injured player must sit out at least one play.

Kickoff/Punt

- Kickoffs must be thrown. The designated kicker must throw from the kickoff line. The kicking team may not pass the kickoff line until the ball is thrown. The receiving team must be behind their respective kickoff line.
- If the ball is kicked into the end zone and not advanced then it will come out to the kickoff line. If the ball is advanced by a runner then it will be spotted where the runner is tagged. If the runner tries to advance but fails to get out of the end zone, the ball is still placed on the kickoff line.
- Kickoffs are one handed touch for the defense.
- There is no blocking on kickoffs.
- If the receiving team touches the ball it is live must be downed or played. The clock will run when the ball is touched.
- A team can elect to punt on fourth down. The quarter back will inform the referee first of the punt. Once the ball is punted (thrown), the receiving team can either

advance the ball or allow it to be downed. The one hand tag rule applies to the punt also.

Offense

- There will be a total of seven offensive players on the field. (This includes the QB/Coach)
- The offense has twenty five seconds to start a play once the referees set the ball.
- The offense is awarded four downs to score. There are no first downs.
- The quarterback may not cross the line of scrimmage with the ball.
- The quarterback may handoff, pass, reverse, or pitch the ball an unlimited amount of time as long as the ball has not crossed the line of scrimmage.
- Absolutely no handoffs, pitches, or passes are permitted once the ball has crossed the line of scrimmage.
- All players are eligible to receive a pass beyond the line of scrimmage except the QB.
- All players are allowed to throw the ball behind the line of scrimmage.
- Ball carrier may not lower his shoulder, nor deliberately run into a defender, nor straight arm, nor shield or other wise protect (**flag guard**) the flag.
- The ball will be spotted where the ball carrier's feet are when the flag is pulled, not where the ball is. Final decision will be made by the referee.
- **There is no down field blocking.** However there is pass blocking when the defense is rushing the quarter back. No holding!

Defense

- There will be a total of six defensive players on the field. (One less on defense than offense)
- Defender must make an obvious attempt to remove the flag from the ball carrier.
- Defender may not grasp or otherwise obstruct the ball carrier while in the process of removing the ball carriers flag.
- Defender may not strip the ball from the ball carrier. If the ball carrier fumbles the ball without interference from a defender, then the ball is live and considered a fumble.
- Defense may blitz the passer once per four downs. Any number of players may blitz at once.
- If there is an offensive player directly behind the quarterback (backfield) then the defense may blitz and the blitz will not count as the one issued blitz per four downs.
- Defense may use a seven second rush on any down. The referee will signify when seven seconds is up or the player may count out loud.
- Interceptions may be advanced but the one hand tag rule will be in affect.
- The Defender may sack the quarterback by tagging the QB with one hand.
- There is no pass interference in arena flag football. But if the referees decide that the defender made no attempt on the ball or tackled the receiver, then a pass interference call can be made.
- If the ball carrier falls then the ball is spotted at the point where his knee touched.
- When the defender pulls the flag off the ball carrier, he should hold the flag so the referees can make an accurate spot of the ball.

Dead Ball

- Substitutions can only be made on any dead ball.
 - Flag is pulled
 - Touchdown or safety
 - Timeout

Scoring/Points

- All touchdowns are worth seven points.
- A safety is worth two points.

Overtime

- Overtime will consist of a coin toss to determine possession. The team winning the coin toss can elect to go on defense or offense first. The offense will have a set of four downs to score from the kickoff line. If the offense scores then the defense will take over on offense and receive four chances to score. If the defense scores then the format will repeat until there is a winner. If the defense fails to score then the offense wins the game. (College Football Format)

Safety

- A safety is worth two points. It can be awarded on a kickoff or regular offensive play.
- If the defense is awarded the Safety then the offense must kickoff.

Penalties

- Offsides – Loss of 5 yards. Loss of down.
- Pass Interference – Auto 1st down spot of foul.
- Flag guarding – Loss of 5 yards from spot of foul.

Sportsmanship

- Foul play will not be tolerated. Players who engage in repeated unfair play will be asked to leave the gym.
- Trash talking is illegal. Those involved in trash talking will be penalized.
- Officials have overall say on unsportsmanlike behavior and rules pertaining to the game.