Arena Flag Football Rules


The Game
- The game will consist of two 10-minute halves (running clock) with at 2-minute half time.
- There will be one (1) thirty (30) second time out per team per game.
- If a game is tied after regulation time has run out each team will be given one possession to score. This will continue to alternate till a winner is declared.
- 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 2 points.
- After each score and the start of each half the ball is placed at the 2-yard line.

Attire
- Teams will need to wear proper gym shoes (non marking court shoes).
- No cleats, open toed shoes, sandals, etc. will be permitted.
- Players may not play with pockets or belt loops in their shorts/pants.
- Shirts need to be tucked in during play.
- Jewelry of any kind id prohibited.

Teams & Substitutions
- Teams consist of four (4) players.
- A minimum of three (3) players is needed to prevent a forfeit.
- Substitutions may only be made during dead ball situations.

Offensive Play
- The quarterback cannot run from behind the line of scrimmage.
- The quarterback must be at least 2 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 other than their hands or feet touch the ground or they are de-flagged. If the player has not flags, a one-hand touch between the shoulders and the knees are required to be down.
- The offense will have 20 seconds to snap the ball after the ready for play whistle.
- Two feet in bound 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 (a 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 & loss of down, Defensive 10 yards & repeat down.
- Pass Interference – Offensive 5 yards & loss of down, Defensive 5 yards & repeat down.
- False start/ Off sides / 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 down or take the play (live ball foul).
- Illegal contact 5 yards replay down or loss of down.