IM Sports – 5 on 5 ARENA FLAG FOOTBALL RULES

N.C.A.A. Football Rules and IM Football Rules apply with the following IM Arena Football modifications and the IM General Rules will govern play. Each team must provide one player to keep score and work the sideline marker.

TEAM MANAGERS: have the RESPONSIBILITY of informing all team members of the rules of the game.
This is a very limited tournament : 1 team per organization!

TEAM play is 5 vs 5: A team may play with as few as 3 players if needed. Rosters are locked at 10 players.

PSU ID+Cards are REQUIRED: a valid PSU ID+ card must be presented to the IM Official/Supervisor by each participant prior to the start of the contest. Late arrivals must first present their ID+ to the IM Supervisor for approval to participate.

INJURY NOTE: The intramural program is not responsible for any injury/accident that may occur during intramural activity. Players are urged to obtain accident insurance.

Arena Football is played on ASTRO TURF - It is HIGHLY RECOMMENDED that all players wear long sleeved shirts or sweatshirt and sweatpants to minimize turf burns. NO SPECTATORS, NO SPIKES, NO FOOD or DRINK (except bottled water) in the MULTI-SPORT COMPLEX (PSU Indoor Track).

THE GAME will consist of two 10-minute halves (running clock) with a 3-minute intermission. Ties will not be broken in round-robin play. GAME TIME is forfeit time: no grace period.

SCORING: Teams have 4-downs to score. Touchdown = 7 points. Safety = 2 points. No extra points or field goals. After each score and the start of each half the ball is placed on the X to start the series.

PLAYER CONDUCT:
- Players may be ejected for intentional tackling, chucking, blocking, bull rushing, etc.
- An ejected player must leave the building immediately or team will be disqualified.
- SHIRTS must be tucked in during play.

PENALTY BOX: After all penalties the offending player will sit out the next play (team plays short).

OFFENSIVE PLAY:
- All players are eligible to run the ball from behind the line of scrimmage. A runner may not initiate contact with defensive players.
- No blocking although you may “screen” (no moving!).
- Offensive penalties result in a loss of down with the ball at the previous spot (or at the spot of the foul if the infraction is behind the line of scrimmage).
- Ball Carriers: No spinning beyond 180 degrees, no stiff-arming, and no flag guarding.

DEFENSIVE PLAY: The defensive team can rush.
- There will be a 3-yard neutral zone.
- Defensive penalties result in an additional down at the spot of the foul (or at the previous spot if the foul is behind the line of scrimmage).

DEAD BALLS: As soon as a fumble touches the turf, the ball is dead. Likewise, punts that are muffed and hit the ground, any ball hitting the ceiling, netting, lights, etc. will be ruled dead.

NO KICKING: There are no kickoffs. "Punts" are thrown (not kicked) and must be announced to official and opponent. On punts, three players on the receiving team must be on the line of scrimmage.

PLAYOFFS: The top team from each league advances to a single elimination championship bracket. Ties are broken by the following criteria: A. Head to Head result B. Points scored C. Points allowed

PLAYERS may compete for ONLY ONE team. Once a person has played with a team they cannot play with any other team. Violation will result in a forfeiture of the games involved with that player.

QUESTIONS: Intramural Office, 101 Intramural Bldg., 8am-5pm (M-F), (814) 865-5401