



MIDDLE TENNESSEE STATE UNIVERSITY Campus Recreation Intramural Sports

ARENA FOOTBALL RULES HANDOUT

ELIGIBILITY RULES:

1. You must have an MTSU ID to participate. NO ID, NO PLAY...NO EXCEPTIONS!
2. No Person shall play on more than one single sex and co-rec team per sport. If caught doing so by supervisor or official, Player shall be suspended for remainder of season and that game shall be forfeited. Opposing team does not have to protest if caught by supervisor or official.
3. No person shall use false identification in order to participate. If caught, person will be suspended from Intramural Sports and possibly Campus Recreation activities for a period of time determined by the Associate Director of Intramurals, Sport Clubs, and Wellness.

THE GAME:

1. **Field:** The playing field will be the Indoor Arena in the Campus Recreation Center.
2. **Team:** Teams will consist of 4 players, but a team may begin with as few as 3 players.
3. **Game:** The game shall be played in two 15 –minute halves with a three minute half time. The clock will run continuously except during injuries.
4. **Time-Outs:** Teams will be given 1 time-out per half.
5. **Substitution:** Unlimited substitution is allowed during any normal game with the game stopped and with the consent of the referee.
6. **Equipment:** Hats, bandanas, shorts with pockets, or jewelry **MAY NOT** be worn while playing. Any player found wearing any of the above during the game **will be suspended from play until the illegal equipment is changed. The illegal player's team will also be charged a time-out. (Check with IM supervisor if team does not have a time-out).**
7. **Mercy Rules:** 50 Point lead @ anytime during the 2nd half or a lead of 40 or more points with 8 minutes remaining in the game, and 30 or more points with 5 minutes remaining in the game.



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THE RULES:

- **Playing Regulations:** Official arena football rules developed by the Intramural Office will be in effect.
- **Possession:** The team with first possession will begin with the ball on their own goal line. Each team has **FOUR (4)** plays to score. After a score, the ensuing drive will begin on the new offensive goal line. A possession change following an interception will occur at the spot where the ball was down.
- **Play Clock:** The play clock is 15 seconds. Once a pass is completed or incomplete, the offense has 15 seconds to release the next pass. Offense spots the ball with a ball spotter.
- **Rushing:** The quarterback cannot advance the ball past the line of scrimmage and rushing is not allowed.
- **Offense:** When the ball is snapped, all offensive players must be on their line of scrimmage. Motion is legal and you do not have to have a definitive snap. (ex. The quarterback can call the ball into play and pass the ball). Only 1 forward pass is allowed per play.
- **Live vs. Dead ball:** The ball is considered live and in play off the walls and nets of the arena until it hits the ground. However, if the ball becomes stuck in the net, it will be considered dead.
- **Resolution of Ties:**
 - Overtime will be used to break all ties.
 - The overtime period will be 3 minutes in length with the clock stopping during the last 2 minutes of play
- **Game officials shall have equal authority to impose penalties and control the game. Any player found in violation of Rules of Conduct may be removed (ejected) without warning.**



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SCORING:

- **Touchdowns:** Touchdown are worth 5 points.
- **Interceptions:** Interceptions are worth 3 points.
- **Goal line:** 2 points will be awarded for stopping a team on their own goal line.

PENALTIES:

- **Pass Interference (offense):** Offensive pass interference will result in a loss of down.
- **Pass Interference (defense):** Defensive pass interference will replay the previous down.
- **Unsportsmanlike:** Any unsportsmanlike conduct penalties will result in a ten yard penalty. Participants punishment will vary at the discretion of Intramural Staff.

Arena Football..... 7/21/09