



MIDDLE TENNESSEE STATE UNIVERSITY

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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 Competitive Sports Coordinator.

THE GAME:

- **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.**

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. A maximum of 10 players allowed on the roster.
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 time during the game. Team "benches" will be behind their defending goal.
6. **Equipment:** Hats, bandanas, 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. (If the team does not have a time-out then the player is done for the remainder of the game).**
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 previous spot except on the goal line. Play will begin on opposite goal line.
- **Play Clock:** The play clock is 10 seconds. Once a pass is completed or incomplete, the offense has 10 seconds to release the next pass. Offense spots the ball with a ball spotter.
- **Rushing:** Defense is allowed to rush one time per four downs after a five second count by the official. QB is down with a one hand touch between the shoulders and knees. QB cannot run regardless of rush.
- **Offense:** After each play the receivers must run back and touch the line of scrimmage to become a legal receiver. Once the receiver has touched the line of scrimmage they are eligible to receive a pass. Once the ball is caught the play becomes dead and the new line of scrimmage is established at the spot of the catch. 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.
- **Quarterback Throwing:** At the end of regulation or halftime, the quarterback **MUST** throw the ball before time expires.
- **Resolution of Ties (No OT in Regular Season):**
 - Overtime will be used to break all ties.
 - The overtime period will be 3 minutes in length



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SCORING:

- **Touchdowns:** Touchdown are worth 7 points.
- **Interceptions:** Interceptions are worth 3 points.
- **Goal line:** 5 points will be awarded for stopping a team on their own goal line.
- **Interception at Goal Line:** If a team Intercepts the ball with the team at their own goal line, they will be awarded 7 points.

PENALTIES:

- **Offensive Penalties:** All offensive penalties will result in a loss of down.
- **Defensive Penalties:** Defensive penalties will result in a replay of the previous down. If resulted in end zone or preventing an obvious score, the offense will receive an automatic touchdown.
- **Unsportsmanlike:** Any unsportsmanlike conduct penalties will result in a ten yard penalty. Participant's punishment will vary at the discretion of Intramural Staff.