UMBC Intramural

7 v 7 Arena Football Rules

Playing Field

- The floor will be the RAC gym floor, boundaries, end zones, starting position, a first down line (midfield) and 1, 2, and 3 point conversion areas will be clearly marked
- Players may not cross the designated lines on the floor marking the Score Table Area. That will result in an unsportsmanlike bench penalty.
- **NO THROWING FOOTBALLS ON THE SIDELINE** when another game is going on (subject to ejection from your game).

Team

A team will consist of the following:

- 7 players (any combination of male and female players)
- Game may be played with 6 players
- Less than six available players will result in a forfeit
- Timeouts – each team has one 30 second timeout per half. If a team does not use their first half timeout by halftime, it is forfeited. One additional timeout is given for overtime

Time

- Games will consist of two 20 minute halves with continuous running clock
- The clock will stop for the **LAST 2 MINUTES OF THE 2nd HALF**
- During the regular season, there is no overtime
- During the playoffs, overtime will consist of each team getting 4 plays from midfield

Equipment

- Game jerseys and flag belts are provided by the Recreation Office
- Footballs will be provided; however, teams may opt to use their own football on offense
- You are responsible for getting the ball to the line of scrimmage after each play
- Nobody with a cast will be permitted to play

Substitutions

- Unlimited substitution is permitted, provided it does not delay the game

Playing Regulations

- Each team will receive 4 plays to get a first down. The only exception is when penalties occur
• A first down will be when a team reaches midfield
• All players on the field are eligible receivers
• Hidden ball plays or illegal substitutions will be penalized as unsportsmanlike conduct
• A player is considered down when the offensive player’s flag is pulled. If the flag comes off without contact with the defensive team, the play is still live and the player must be two-hand touched to be declared down
• The ball becomes dead when any part of the ball carrier’s body other than the hands or feet touches the floor
• A defender may not block, hold, trip, or push the ball carrier or pass receiver, other than incidental contact or a non-violent bump at the line of scrimmage
• Inadvertent whistle – play becomes dead
• The ball carrier may not use stiff arm or lower head or shoulders to gain an advantage over defenders, doing so will result in a penalty
• The runner may not leave his/her feet to hurdle, jump over, or run into an opposing player
• Defensive players may dive to pull the flags of the ball carrier
• Any player may dive to catch a thrown ball
• A pass is complete if caught with at least one foot inbounds and control of the ball
• After crossing the line of scrimmage, an offensive player MAY return over the line of scrimmage to throw a forward pass
• Teams may opt to go for 1, 2, or 3 point conversions (from designated areas on the floor) after scoring a touchdown

Kickoffs

• There will be no kickoffs
• The team winning the coin toss can elect to defend a goal line, put the ball in play at their red line or defer their choice to the second half
• After a safety, the team scoring the safety gets the ball at midfield

Punts

• If the offensive team elects to punt, the other team will take over possession at their own red line
• If the offensive team “goes for it” on 4th down and is unsuccessful, then the ball is turned over on downs where the ball is dead

Safeties

A safety is given to a team if the following occurs:

• The offensive team is tackled in its own end zone
• The offense commits a penalty in its own end zone
• The offensive team fumbles the ball in its own end zone
Dead Balls/Fumbles

- The ball is declared dead when it hits the ground. The last team with possession gets the ball at the spot where it was fumbled (unless it is fourth down)
- A team may not gain yardage by way of a fumble. If fumbled forward, the ball is spotted at the point where the ball was fumbled

Blocking

- There is no blocking
- No bump and run blocking
- The ball carrier may not stiff arm a defensive player

Putting the Ball in Play

- Each team has 25 seconds to run a play from the time the referee signals ready for play to when the quarterback takes a snap
- Delay of game is penalized by a 3 yard penalty (1st occurrence), 6 yard penalty and automatic stoppage of the clock for consecutive delay of game penalties
- Offensive team must come to a “set” position for one second prior to the start of the play
- Play starts when the quarterback receives the snap from the line of scrimmage
- Defense can rush the quarterback 7 yards from the line of scrimmage
- The quarterback may not run over the line of scrimmage prior to the rusher crossing the line of scrimmage
- If the ball is handed off or pitched to another player the seven yard rule stops and the defense can cross the line
- The defense is permitted on blitz per 4 downs meaning they can rush from the line of scrimmage

Forfeits

- Forfeit time is 10 minutes after scheduled game time (score is 28-0)
- If neither team can field the required minimum lineup, it will result in a double forfeit (score 0-0)
- Teams must have 6 players to START and FINISH a game

Scoring

- Touchdown = 6 points
- Safety = 2 points
- Gender touchdown = 9 points

1 point conversion = 1 point (following TD)
2 point conversion = 2 points (following TD)
3 point conversion = 3 points (following TD)

*Gender touchdown involves a female thrower, runner or receiver who is directly involved in the score*

Penalties

Last Updated: 8/24/16
Loss of 3 yards for the following:

- Delay of game (non-consecutive)
- Offsides: against violating team and the down is repeated. If not blown dead right away, play continues and penalty is optional
- Illegal motion or procedure: down is repeated
- Illegal forward handoff: If by offense, loss of down. If by defense, the ball is dead at that spot
- Illegal forward pass: loss of down

Loss of 6 yards for the following:

- Pass interference by offense: from the line of scrimmage (plus loss of down)
- Illegal equipment: flags under shirt or shirt un-tucked when player is directly involved in the play
- Holding: from line of scrimmage (automatic first down)

Loss of 10 yards for the following:

- Unsportsmanlike conduct: from line of scrimmage
- Personal foul: from point of infraction or line of scrimmage (whichever is worse for penalized team)

Ball placed at point of infraction for the following:

- Intentional grounding: loss of down, ball placed at the point of infraction
- Defensive pass interference: if less than ten yards from line of scrimmage, the result will be a ten yard penalty

Disqualification and loss of 10 yards for the following:

- Fighting
- Any flagrant act where injury to opponent is seen as the intent
- Flagrant misconduct
- Any player who is disqualified from a competition MUST MEET WITH the Intramural Coordinator (Erica Lloyd) BEFORE BEING PERMITTED TO PLAY in any future games

Notes Regarding Penalties:

- Fouls committed by both team during the same play will result in off-setting penalties
- When multiple fouls are committed by one team during the same play, the opposing team may elect to take whichever penalty they choose
- If two penalties are on one team and one on the other, the two (most) equal penalties are off-setting, the other one is assessed

Questions and Comments can be forwarded to Erica Lloyd in the Intramural Office:

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