



INTRAMURAL SPORTS/RECREATION ARENA FOOTBALL RULES



1. 5 on 5 (4 players minimum to play).
2. Individuals may only play for one men's or women's team and for one co-ed team during the entire season and playoffs. The first team that an individual plays for is the team that he/she is committed for the duration of the season and playoffs.
3. **Forfeit Rule:** The team that doesn't have a minimum of 4 players ready to start when it's **GAMETIME forfeits** the game.
4. For co-rec play only: The forfeit rule still applies. The co-rec team has to have a minimum of 4 players ready to start when it's 10 minutes after the start time and they still have to have a minimum of 2 females included in the 4 players needed to start the game.
5. All players must present a current YSU ID at all contests.
6. IDs have to be collected by the team's captain and given to the referee at least 10 minutes before the start of the game. If a player comes late, the ID has to be given to the referee and then written down before that player is allowed to play.
7. No jeans or cargo bottoms are allowed. Athletic wear must be worn at all times. The player who doesn't have athletic wear on will not be allowed to play.
8. Only the captain from each team is allowed to talk to the referees during play or at halftime. If a player other than the captain complains to the referees, a warning will be given to that team's captain. If it happens a second time during the same game, then that player will be ejected from the game.
9. In the case of an ejection, the player not only must leave the premises, but also needs to meet with the Assistant Director of Intramural Sports before she/he may participate in the next activity.
10. **THE INTRAMURAL STAFF HAS THE RIGHT TO STOP A CONTEST IF THEY DEEM IT NECESSARY.**
11. Any rules not covered in this rule sheet will be subject to interpretation by the Assistant Director for Intramural sports.
12. No tobacco chewing on the field areas.

THE GAME

2. No advancing the ball.
3. No running by QB (scrambling allowed).
4. Two 18-minute halves, continuous entire half.
5. No Kicking or punting, ball set on 20-yard line to start the game.
6. One-hand touch (between shoulders and waist) for QB's (if flag belt falls off.)
7. After fourth down stop, defense regains possession at their own 20, regardless of field position.
8. One blitz per four downs, no rush allowed until 3 seconds have elapsed.
9. Ceiling is live, walls are dead.
10. No contact.
11. If game ends in a tie, next score wins.
12. 2 time outs per team per game.
13. Automatic 1st downs do not achieve points unless next cone was crossed.
14. Possession is considered to be at first touch when caught.

SCORING

<u>Offense</u>		<u>Defense</u>	
TD =	6 pts.	Safety =	2 pts.
XP =	2 pts (5 yards)	Sack =	2 pts.
1 st down =	3 pts.	Stop on 4 th =	1 pt.
		Interception =	5 pts.
		Sack on 4 th down =	Max. 2 pts.
		Interception on 4 th down =	Max 5 pts.

15. Rush now allowed after 3 seconds have elapsed (still allowed 1 blitz per four downs).
16. Extra point will be snapped from the 5-yard line and automatic blitz is awarded to the defense.
17. No laterals are permitted; motion is allowed 5-yards behind line of scrimmage.
18. Quarterback fumble while scrambling, defense gets 2 points (considered quarterback sack).
19. Intentional grounding will be enforced. Any pass not making it back to line of scrimmage is considered grounding. PENALTY: 5 yards, a loss of down and 2 points awarded to defense (considered a sack).
20. First point of contact of bobbled reception is spot of next play.