

THE ARENA CLUB FLAG FOOTBALL RULES Basic rules

- This league is based on a fun and safe environment that focuses on children participating and learning.
- Footballs will be provided by the Arena Club; these footballs will be used for games with no exceptions.
- Laterals, pitches and direct handoffs are permitted—laterals or pitches must be done backwards. Laterals are also allowed beyond the line of scrimmage (e.g. Hook and lateral) as long as they are backwards.
- The quarterback has seven-second pass clock to get rid of the ball or cross the line of the scrimmage if blitzed; referee will notify quarterback starting at 5 seconds. Play is declared dead if ball not released within 7 seconds.
- The quarterback can't run with the ball unless it was handed off first or he is rushed. Rusher must cross line of scrimmage before quarterback can run. If quarterback crosses the line of scrimmage without being rushed, play is declared dead.
- Offensive players must steer clear of the rusher and may not get in his/her way
- Offensive player may not jump to avoid a flag pull.
- Any defensive player lined up seven yards off the line of scrimmage is eligible to rush
- If the ball is handed off/pitched, any defender may rush
- Interceptions are returnable (even on extra point attempts; extra point interceptions returned for touchdown are worth the extra point amount that offense went for)
- The ball is dead when it hits the ground, the offensive player's flag is pulled from their belt, the ball-carrier steps out of bounds, or the ball-carrier's body—outside of their hands or feet— touches the ground. If a player loses a flag, he is considered down as soon as he has possession of the ball.
- All penalties are worth five yards except for unsportsmanlike penalties, which are worth ten yards. Flag guarding, blocking and defensive pass interference are spot fouls.
- Each team has 5 players on the field. All offensive players (including the center) are eligible to go out for a pass. Offensive snaps can be done sideways or between the legs; however, the ball must start on the ground.
- Games are 20 minutes per half with a running clock. Referees may stop the clock as needed (e.g. injuries, etc). Referee's will stop the clock if there is a touchdown scored or turnover on downs with one minute or under on the game clock. The clock will resume as soon as the ball is spotted for a first down. The team that scored the touchdown will have 30 seconds to run an extra point or 2 point play with the clock stopped.
- Offense has 30 seconds to snap the ball from the time that ball is placed by the referee. Referee will notify teams as time gets under 10 seconds.

- Unlimited substitutions are allowed before each play. Defense will have time to get set after change of possession. Offense may run quick snaps even if defense is substituting once ball is set by referee. Defense will have time to substitute if offense substitutes.
- The visiting team on the schedule will start the game with the ball, the home team will start with the ball in the second half. The referee will decide which way the visiting team is going, the teams switch sides at halftime.
- Offense starts with the ball at the 5-yard line and have 3 downs to get a first down at midfield. Teams have 4 downs to score a touchdown once they cross midfield.
- Receivers only need one foot down inbounds for a good catch. Ties between offense and defense on catches go to the offense.
- Offense is not allowed to run (or handoff) in the no run zone (within 5 yards of a first down/midfield and 5 yards of the goal line). Referee will notify before play starts when line of scrimmage is within the no run zone.
- If one team gets a 28-point lead, the team down by 28 will start on offense on the positive 10-yard line and get 4 downs to score. The team up by 28 will get 2 downs to get a first down and 2 downs to get a touchdown. Basic rules will return if point margin returns to less than 28 points. Referees will notify teams as needed for these changes during the game.

SPECIAL RULES FOR EACH AGE GROUP K-2 & 3-5

- Blitzing will not be allowed for this age group.
- K-2 will not allow any on the defense to cross the line of scrimmage at any time. Offense has 7 seconds to get the ball across the line of scrimmage, including running plays.
- All bad snaps will be allowed to be re-done a second time for K-2.
- One coach is allowed on field for each team at all times. Coaches must be approximately 10 yards from line of scrimmage prior to snap of ball. Coaches will be warned for first infraction and penalized (including being removed from field) for further infractions.

Middle and High school

- As mentioned above, the quarterback will be allowed to run once rushed. The quarterback may not run until the rusher has crossed the line of scrimmage.
- No coaches are allowed on field unless there is a time out or injury.

OVERTIME RULES

- Each team will get 4 plays at the plus 10-yard line with each overtime period. Possession ends with a touchdown, turnover on downs or interception (if interception run back, points count toward total).
- Point after will be regular time rules-1 point at the 5-yard line; 2 points at the 10-yard line.
- Winning team will be the one who scores in an individual overtime period while their opponent does not.