

**The University of Maine
Campus Recreation
INTRAMURAL SPORTS PROGRAM**

Indoor Flag Football

To participate in intramural sports here at the University of Maine, players must be a member through campus recreation and be either a student or an employee by the University of Maine. (Note: High School age students are not allowed to participate in intramural sports even they are a member through the recreation center.)

1. Flags will be used just like outdoor football.
2. Will use two 16-minute running time halves, with clock stopping in the last minute of each half. Similar to regular football.
3. No kicks or punts. Coin toss will determine who will get the ball.
4. Ball will be placed on the five yard line to start each offensive possession.
5. To gain a first down a team has to advance the ball at least 10 yards. The first yard marker will always begin from one of the marked lines. For example if you start from the 8-yard line, the yard marker will begin from the 10 and you would have to advance it to the 20 for the first down.
6. On fourth down instead of punting, the offense team can declare to punt and the defensive team will bring the ball back from the 5-yard line.
7. Ball is automatically dead on a fumble. Defensive team can't recover a fumble.
8. Regular season games can end in a tie.
9. Each team is allowed five members on the field. Each member is eligible for a pass.
10. Maximum of three time-outs per game.
11. All other rules are identical to outdoor flag football.
12. Field will be 25 yards wide by 40 yards long; this will include two 5-yard end zones.
13. All games will be played in the Mahaney Dome.