

# INDOOR FLAG FOOTBALL RULES AND REGULATIONS

## GENERAL RULES:

1. The game should be played between 2 teams of 5 players each. Four players are required to avoid a forfeit. Six players each on coed teams
2. The game shall be played under the supervision of 3 officials.
3. A speaking captain must be selected to make all decisions and shall be the only one who addresses the officials.
4. Team representatives, including players, substitutes, replaced players, coaches, trainers, and other persons affiliated with the team are subject to the rules of the game, and shall be governed by decisions of officials assigned to the game.

## COIN TOSS:

- Winner chooses to either defend, receive or defer.

## KICK OFF:

- Ball will be placed on the 7 yard line.

## CLOTHING/EQUIPMENT:

1. Jerseys- They will be provided by the Intramural Department. Players of opposing teams must wear contrasting colored jerseys, and/or pinnies. All shirts underneath jerseys must be tucked in at all times.
2. Shoes- No black marking soled tennis shoes allowed.
3. Headgear- No headgear containing any hard, unyielding or still material (including billed hats).
4. Football- Footballs will be provided by the Intramural Department. Teams may agree to use outside source. Captains must agree before play starts.
5. Pants/Shorts- Each player must wear pants/shorts without any belt(s) loop(s), pocket(s) or exposed draw strings. The pants/shorts must be a different color than the flags.
6. Flag belt - Each player must wear a one-piece belt at the waistline with three flags permanently attached, one flag on each side and one in the center of the back.

## THE FIELD:

1. The field will be 70 yards in length and 26 yards in width. Teams will have 4 plays to advance the ball past the next first down marker markers (every 15 yards).

2. A one yard wide line should be marked at each end at the three, seven and 15 yard lines in the middle of the field. These lines shall be used for the extra point try when a team scores a touchdown.
3. The end zone will be a 5 yards deep by 26 yard wide playing area.
4. Any ball which hits the ceiling (or any object connected to the ceiling) is dead. On a throw, it will be ruled an incomplete pass. On a punt, the defensive team will get the ball at the point which the ball hit the ceiling.

### **SCRIMMAGE LINE:**

1. 5 players per team for men and women and 6 players for co-ed. Games can start with as few as 4, however, once there is less than 4 players the game will be called a forfeit.
2. Offense must have 3 players on the line of scrimmage for men's league and 4 for coed league.
3. Defense must line up at least one yard from the ball (Yellow marker).
4. Screen blocking only.

### **OFFENSE:**

1. Has 25 seconds to put ball in play after officials whistle.
2. Ball may be centered either between legs or to the side of the center.
3. Quarterback must be at least two yards from the snap of the ball.
5. All players are eligible for a pass.
6. Backward passes are legal. Male players cannot run across the line of scrimmage with the ball at any time. Female players can run across the line of scrimmage with the ball only if they have received a handoff or backwards lateral.
7. Ball carrier may NOT: hurdle opponent or stiff arm.
8. Ball will be spotted at position of the ball when flags are removed.
9. Use of hands is prohibited at all times by the offensive line.
10. One foot down inside the field of play constitutes a legal pass catch.
11. Quarterback CANNOT cross the line of scrimmage with ball at any time.
12. In co-ed leagues, every other pass must be either caught or thrown, or for a gain of yards by a female (Advancement by female must occur).

### **DEFENSE:**

1. Players may rush after a 5 "MISSISSIPPI" count out loud.
2. Once an offensive backward pass is completed, the defense may rush at any time.
3. Defense can position themselves in any formation.

### **SCORING:**

- Touchdown 6 points (7 points for female in co-ed league)

- An interception on an extra point may be taken back for 3 points
- Extra point from 15 yards= 3 points
- Extra point from 7 yards = 2 points
- Extra point from 3 yards= 1 point
- Safety 2 points
- Safety- The team forcing the safety gets the ball on their 7 yard line.

## **PUNTS:**

1. Punts must be announced to the referee before the ball is put into play.
2. Punting team must have 4 players on the line.
3. No movement is allowed on the line until the ball is punted.
4. The kicker must be at least 5 yards behind the line of scrimmage to receive the snap. After receiving the snap, the kicker must throw the ball immediately and in a continuous motion.
5. If the ball hits the ground it is considered dead on the spot. The ball will be placed at that yard line. If the ball hits the ground on the snap, ball is dead and the other team's ball.
6. If the ball is “kicked” out of bounds, the ball will be spotted where it crossed out of bounds line.

## **Plays end when:**

1. Ball carrier falls to ground
2. Ball carrier gets flags removed by opposing team. (If flags inadvertently fall, opposing team must one hand touch the player)
3. Incomplete pass
4. Ball carrier goes out of bounds
5. Fumble is a dead ball, opponent cannot recover a fumble
6. Snap hits the ground
7. Snap hitting ground in end zone is a safety

## **CLOCK:**

- Halves are 15 minutes.
- Running Clock first and second half except for last 2 minutes of the 2nd half and timeouts. Situations which stop the clock in the last 2 minutes are as follows:

### **CLOCK STOPS for the following in the last 2 minutes:**

- official time-outs
- penalties
- incomplete pass
- change of possession

- player goes out of bounds
- timeouts (3 per game)

If clock is stopped, it starts again on the snap.

### **BLOCKING:**

1. Hands must be kept in or placed behind back.
2. Any use of arms, elbows or legs to initiate contact is illegal.
3. Defense must go around offense and may not use hands or arms to go through opponents.

### **DIVING:**

1. Diving is prohibited when attempting to advance the ball.
2. Players may dive to receive a pass only.
3. All other dives are marked "DOWN" at the take-off spot.
4. Players cannot dive to cross the goal line or the line to gain.

### **TACKLING:**

1. Tackling is done by pulling the flags.
2. Physical tackling is illegal and ruled as unnecessary roughness.
3. Flagrant tackling, the offender will be disqualified.
4. Physical tackling is also ruled when defense puts arms around the runner in order to pull the offensive player's flag.

### **TIE GAME:**

1. Overtime will follow college rules.
2. Each team will get 4 plays from the 15 yard line to try to score.
3. Each team will be given a chance for extra points.
4. One timeout per overtime will be given to each team.

### **MERCY RULE:**

If a team is 28 or more points ahead with 5 minutes remaining in the second half, the game shall be over. The same rule applies if a team scores inside 5 minutes with the differential.

### **5 YARD PENALTYS:**

Delay of Game (offense)

Punt formation (movement before the kick)

Encroachment (on defense)

5 "MISSISSIPPI" encroachment (defense)

False Start (offense)

Illegal Snap (offense)

Player Out of Bounds on Snap (offense and defense)

Illegal Motion (offense)

Illegal Forward Pass (Loss of Down) (offense)

Intentional Grounding (Loss of Down) (offense)

### **10 YARD PENALTY:**

Pass Interference-Offensive (Loss Of Down) Defensive (Automatic First Down)

Illegal Secured Flag-Offensive (Loss of Down)- Defense (Automatic First Down)

Unsportsmanlike Conduct - SWEARING

Strip or attempt to strip ball

Contact with Opponent on ground

Hurdle a player

Unnecessary contact

Dive/run into player

Roughing the passer (Automatic First Down)

Illegal Offensive screen block

Defense use of hands

Flag guarding (spot of foul)

Stiff arm (spot of foul)

**DISQUALIFICATION:**

Flagrant unsportsmanlike conduct or personal foul.

Tackling a runner.