

Indoor Flag Football Rules



**Recreation
District**

3rd/4th & 5th/6th Grade Indoor Flag Football Rules

The goal of this program is to give children a positive football experience, all players must play equal playing time on both offense and defense. The cause for less playing time is left to the coach's discretion but should never get to the point where cutting playing time is necessary.

Player Attire

- All players are designated as home or away based on the schedule.
- Players are strongly encouraged to wear protective mouthpieces at all times during both games and practices.
- All players must wear the Sylvania Recreation provided league t-shirts. All shirts must be tucked in at all times along with flag belts being secured to ensure they do not hang. Flag guarding may be called.
- No jewelry is permitted during games.

Equipment

- Sylvania Recreation will provide each team with its own league t-shirts prior to the first scheduled game. Flag belts, footballs and cones will be provided during practices and games. Teams will return all equipment to the appropriate bin located at the score table following each practice and game. Sylvania Recreation will provide game balls.
- All equipment will be shared. Coaches and players are permitted from taking any Sylvania Recreation equipment home. Please do your best to ensure all practice balls and game balls are returned following practices and games.

Coaches

- Coaches are permitted to assist on the playing field to ensure the game stays on pace.
- Each team is responsible for cleaning up the field and sidelines after the game.

Time of Play

- 2 - (22) minute halves with a running clock.
- The clock will not stop on penalties, incomplete passes, touchdowns, or plays that run out-of-bounds.
- The clock will stop during the last minute of play on injuries, penalties, incomplete passes, touchdowns, first downs and plays that run out-of-bounds or **if the score is within 8 pts.**
- Teams receive 1 timeout per half - 1 minute each. Players and coaches may request time outs.
- There is a 5 minute break between halves.

Kick Offs

- There are no kick offs. Play will start at the offensive team's 8 yard line.

Punts

- On every 4th down the offensive team will tell the referee 'punt' or 'go'. (They can only change that decision if they use a timeout)
- If a team punts the defense may not cross the line of scrimmage and the punter must throw the ball instead of a kick. A player must touch or be touched by the football or the ball striking the ground before the play is blown dead. **There are no returns.**

Scoring

- **Touchdown:** 6 points
- **1 Pt. Try:** 1 point - After a team has scored a touchdown, the ball will be placed on the 2 yard line. Teams may run or pass the ball on the PAT.
- **2 Pt. Try** 2 points - After a team has scored a touchdown, the ball will be placed on the closest yellow first down line. Teams may run or pass the ball on the PAT.
- **Safety:** 2 points - A safety is scored when a defensive player removes a flag from an offensive player in the end zone. Two points are awarded to the defensive team for a safety. After a safety, the ball will be spotted on the 8 yard line and the team who scores the safety takes possession of the ball.

Formation

Teams on offense must have at least 4 players on the line. The center may snap the ball in a conventional manner through the legs or "side saddle" and a full exchange must be made with the quarter back. There are no direct snaps permitted to any other position player.

Blocking

This is a non-contact league. Blocking is NOT permitted.

Possessions

- A coin toss determines which team takes first possession of the ball. The designated away team for the game will call the coin toss. The winner of the toss has the option to begin on offense or defense. The team that begins on offense in the first half will begin on defense in the second half.
- The team on that loses the toss is allowed to choose which goal to defend.
- A first down can only be obtained by reaching the first down marker every 17 yards, or a defensive penalty occurs with the result being an automatic first down.
- If the offense fails to reach a 17 yard line marker or reach the end zone within four downs, the result is a turnover.

Rules of Play

- The playing field is 51 yards long and 32 yards wide – 8-yard end zones. Each 17 yard line (yellow lines) will constitute a first down.
- Play stops when a defensive player pulls a flag from the offensive player who has possession of the football.
- If one flag falls off of the offensive player who has possession of the ball one hand touch rules will apply. (If a flag pull is attempted and the flag fall off the runner the runner is down)
- **A quarterback will be ruled sacked if a flag is pulled before the ball is released or if a pass is not thrown within 7 seconds.**
- The quarterback cannot run with the ball. "Center sneaks" are not permitted.

Rules of Play Continued...

- The quarterback is there to distribute the ball within 7 seconds. If the ball is lateralled, the running back has the option to throw or run. There are no quarterback runs.
- Hand-offs, laterals and pitches are allowed. The player who takes the hand-off, lateral or pitch can throw the ball from behind the line of scrimmage.
- Defensive players are required to hold a pulled flag in the air after removing it from the ball carrier.
- There are no fumbles and defensive player may not strip the ball. In the event of a loose football, it will be blown dead and spotted at the point it impacts the ground.
- **Diving to advance the ball is illegal.** However, an offensive player may jump over a defensive player on the ground to avoid a collision. Jumping or diving to catch a pass is permitted. Spinning or any other football move is allowed.
- Rushing The QB- **All Players who rush the QB must be 7-yards from the line of scrimmage when the ball is snapped.** Any number of players can rush the QB. Players not rushing the QB cannot cross the line of scrimmage until after the ball has left the quarterback's hands (via pass, hand off, lateral, etc).
- Once the ball leaves the quarterback's hands, the seven-yard rule is no longer in effect, and all defenders may go behind the line of scrimmage. Prior to the snap of the ball, the referee will designate the seven yards from the line of scrimmage.
- Press Coverage. Defensive players may press wide receivers at the line of scrimmage. Contact should be limited and penalties will be enforced if a defensive player grabs, pulls or pushes (No "jamming") an offensive player. There may be some contact when positioning, but a defensive player cannot foul the offensive player. As long as the contact is not intentional, it is up to the referee's discretion.
- Offensive blocking – This is a non-contact league. Blocking is NOT permitted.
- No overtime. Games can end in a tie.

5 YARD PENALTIES

- Offside: Player over the line of scrimmage prior to the snap. (Repeat Down)
- Illegal Procedure:
 - Offensive team not having 3 players on the line of scrimmage
 - Movement on the offensive team, other than on player called in motion by the quarterback.
 - More than 7 players on the field for either team.
 - Delay of game: when 25 seconds expires before the ball is snapped.
- Other infractions:
 - Illegal Forward pass: past the line of scrimmage or 2 forward passes on the same play (loss of down).
 - Guarding the flag, preventing the defensive player from grabbing the flag (slapping or hitting the defensive players hand away). Penalties will be assessed from the point of the foul. (Spot Foul) (Loss of Down)
 - Blocking or Shielding, Illegal Forward Pass or Charging. (Loss of Down).
 - Pass Clock Violation – Loss of Down. (No Yardage).

10 YARD PENALTIES

- Personal Foul:
 - Unnecessary roughness resulting in the throwing another player to the ground.

10 YARD PENALTIES Continued...

- Roughing the passer
- Unsportsmanlike Conduct

UNSPORTSMANLIKE CONDUCT

Vulgar or abusive language or any act by a player, coach or fan that is unsportsmanlike according to the referee's discretion, will receive one warning. The second occurrence will result in the offender being ejected from the game.



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