

Indoor 5v5 Flag Football

Fall/Winter 2011

Location

- Games will be played at the Incredi-Plex.

Schedule

- Each team will play 6 games.
- If your team is unable to make it to your game be sure to contact Incredi-Plex at 317-823-9555.

Players

- A legal team shall consist of 5 players. A team may start a game with the minimum of 4 players.
- Co-ed teams consist of 5 players with a minimum of 4 players. Co-ed teams may play with any combination of the following:
 - 2 males & 2 females
 - 2 males & 1 female
 - 1 male & 2 females
- A speaking captain must be designated for each team. She/he alone may appeal to the official, and then only on interpretations of the rules. Judgment calls may not be protested. NO PROTEST ALLOWED.
 - Team captains shall participate in a coin toss to begin the game. The captain winning the toss shall have the following options:
 - a. Offense
 - b. Defense
 - c. Choose goal line his/her team will defend.
 - d. Defer options till the second half
 - The captain not having the first choice of options for a half, shall exercise the remaining options.
- An individual can play for only one men's team and one co-ed team.

Putting the Ball in Play

- There are no kickoffs in 5v5 flag football. The ball will be placed on the team's (that has possession) 10 yard line to start each half, change of possession or loss of downs or after a score.
- If a team intercepts the ball they may try for a touchdown. If no touchdown is scored, the team's possession will start on their 3-yard line.
- A team has 4 downs to reach the 20-yard zone line in order to receive a first down. Once a first down has been received, teams will have 4 downs to score a touch-down. Teams must pass the ball during these downs.
 - No player may initially advance the ball through the line of scrimmage by running.
 - There are NO punts in 5v5 flag football.
- Offensive teams must have at least 1 player on the line of scrimmage at the start of play.
- A play is over when: the football hits the ground, a ball carrier goes out of bounds or into the end zone, a ball carrier's flags are pulled/removed, a ball carrier's flag fall from his/her body, a ball carrier's elbow, knee or buttocks hits the ground, the referee's whistle is blown. Participants must stop play when they hear the whistle.

Receiving: Any ball caught off the net or wall will not count as a legal reception.

- A catch by any kneeling player is considered a completion or interception.

- It is not a catch or interception if an airborne player's initial contact with the ground causes a loss of player possession and the ball contacts the ground.
- If a ball contacts any wire stretching across the field the offense may continue their attempt to catch the ball. If the offense's attempt to catch is successful play will continue.
- After the ball contacts the wire and the defense catches the ball or the ball contacts the turf the play is dead. Repeat the down.
- If the offensive pass attempts contact any wire as mentioned above two consecutive times, it will result in a loss of down.

Co-ed Modifications

- Co-ed teams consist of 5 players with a minimum of 4 players. Co-ed teams may play with any combination as listed above.
- On offense, no player may advance the ball past the line of scrimmage by running unless the line of scrimmage has already been crossed legally. If a receiver catches a pass behind the line of scrimmage and runs beyond the line of scrimmage, it will be ruled as illegal advancement. "Open" and "closed" still applies based on passer.
- A team may not have two consecutive plays involving male to male pass completions. This rule also applies to the try. If a male passer completes a legal forward pass to a male receiver, the next legal forward pass completion must involve either a female passer or a female receiver for positive yards. There are no restrictions concerning completions to a female receiver.
 - On an "open play," there are no restrictions on who can throw and receive a pass.
 - On a "closed play," a female must throw or receive a pass for positive yards.

Equipment

- Each team is encouraged to bring a football to warm up. When on offense teams will use their own ball. Men shall play with a regular size ball only. For co-ed games the ball may be regular, intermediate, youth, or junior sized. The official shall have final ruling on the legality of balls used.
- Each player must wear a flag belt, which will be supplied.
- All jewelry of any type must be removed.
- Head decorations, headwear, billed hats and bandannas are illegal. Only elastic headbands and hair control devices, except metal pins, are permitted.
- No casts, splints, and metal braces will be allowed unless they have been sufficiently padded. Officials will have final judgement.

Uniforms

- All team members must wear athletic apparel appropriate for football.
- All members of a team must wear jerseys of the same color. Pennies will be available.
- Players must wear a shirt or jersey that remains tucked in. Jersey's or cut-off T-shirt may not have an arm opening more than 4" below the armpit.
- No hooded sweatshirts are allowed. Jackets with pockets may be worn underneath a t-shirt, so that no zippers or pockets are exposed.
- Pants or shorts may not have belts, belt loops, pockets (point of emphasis), or exposed drawstrings. Zippered pockets are not allowed.
- All players must wear athletic shoes. Hard sole shoes or sandals of any kind will not be permitted.
- rubber, nylon or plastic cleats or turf shoes are legal. The cleats must be constructed of a material which does not chip or develop a cutting edge. Shoes with metal or metal-tipped cleats **are not** allowed.

Scoring

- Touchdowns are worth 6 points. After a touchdown is scored, the offensive team may elect to try for 1 extra point (from the 3 yard line), 2 extra points (from the 10 yard line).
 - In Co-ed play, if a female scores a touchdown or throws a legal forward pass in which the play results in a touchdown, the touchdown point value is 9 points.
- Games ending in a tie will go into a non-sudden death overtime. During overtime, each team will be given possession at their 3-yard line. Possessions are the same as during regulation (4 downs to reach the first down marker...). After a touchdown a team may choose a one or two-point conversion. The game is over when the score is not tied after an equal number of possessions, OR, no score after each team has had one possession. In the event of a second over-time, teams must go for a 2-point conversion. Games can end in a tie. One time-out is awarded during overtime.

Mercy Rule

- If one team has at least a 20 (25 points for Co-ed) point lead over the opposing team with 1 minute left in the second half, the game will be over. If at any time in the last minute a team reaches a 20 point (25 for Co-ed) margin, the game will be over.

Timing Regulations

- Each half will consist of 20-minute running time with a three (3) minute half-time. The clock will run continuously until the last 1 minute of each half when it will be stopped only on an incomplete pass or a receiver steps out of bounds.
- GAME TIME IS FORFEIT TIME so make sure that your team is on site at least 10 minutes before your scheduled game time.

Timeouts

- Two 30-second timeouts per team will be allowed per half. Unused timeouts do not carry over.

Substitutions

- Between downs, any number of eligible substitutes may replace players. No substitute may enter during a down.

The Playing Field

			40 yards						
		10 yd							10 yd
			10 yard line		20 yard line		10 yard line		
		E n d Z o n e							E n d Z o n e
30 yards			3 yd line				3 yd line		

Special Rules

- **Special rules regarding the Quarterback**
 - The Quarterback shall never run the ball. They must initially “break the line of scrimmage” with a pass before running the ball across the line of scrimmage.
 - The Quarterback shall have 5 seconds from when the ball is snapped to throw the football. If the ball is not released it will be a loss of down and the ball will be placed at the previous spot.
- **Receiving:** Any ball caught off the net or wall will not count as a legal reception.
- **Flag Guarding:** Runners may not guard the flag belt, either intentionally or unintentionally, to deny the opportunity for an opponent to pull or remove the flag belt. Flag guarding includes, but is not limited to:
 - Swinging the hands or arms over the flag belt to prevent an opponent from de-flagging or placing the ball over the flag belt for the same purpose.
 - Lowering the shoulders, placing the arm over the flag belt.
 - Stiff arming an opponent.
 - Using the ball to protect the flags.
 - Purposely leaving a t-shirt un-tucked to cover the flag belt.
- **Offensive Screen Blocking:** The offense may only block without creating any contact. The blocker acts as a screen to ward off defenders. Offensive players must have their hands at their sides or behind their backs when screen blocking. Defensive players must go around the offensive player's screen block. The arms and hands MAY NOT be used as a wedge to contact the opponent.
 - Screen Blocking Fundamentals: A player who screen blocks shall not:
 - take a position closer than a normal step when behind a stationary opponent.
 - make contact when assuming a position at the side or in front of a stationary opponent.
 - take a position so close to a moving opponent that the opponent cannot avoid contact by stopping or changing direction. The speed of the player will determine this and the position will vary.
 - after assuming the legal screening position move to maintain it, unless moving in the same direction and path as the opponent.

3 Yard Penalties

Dead Ball Fouls - Loss of 3 Yards

- Delay of Game
- Encroachment
- False Start
- Illegal Snap
- Illegal Formation

Live Ball Fouls - Loss of 3 Yards

- Aiding Runner by Teammate
- Failure to Wear Required Equipment
- Illegal Forward Pass
- Illegal Handing the Ball Forward
- Illegal Motion
- Illegal Procedure
- Illegal Shift

- Illegal Substitution
- Intentional Grounding
- Less Than Required Number of Players on the Scrimmage Line at the Snap

5 Yard Penalties

Live Ball Fouls - Loss of 5 Yards

- Eligibility Lost by Going Out of Bounds and Participating in the Play
- Kick Catch Interference
- Flag Guarding, Illegal Flag Belt Removal, Stiff Arm
- Illegal Bat, Illegal Kick, Illegal Participation
- Illegal Contact
- Illegal Secured Flag Belt on Touchdown
- Pass Interference
- Personal Foul
- Roughing the Passer
- Unsportsmanlike Conduct

Flag Football Sportsmanship Policy

- A player will be removed if he/she receives two unsportsmanlike conduct penalties or at the official's discretion.
- Players are required to stay in team bench areas. Spectators are required to stay in the seating area.
 - Non-players (spectators and/or players on the sideline) can be assessed Unsportsmanlike Conduct. It is the duty of the team's captain to keep their own team and fans in control.

Sports of All Sorts/Incredi-Plex reserves the right to modify any rule as necessary.

Revised 1/12