



Indoor Flag Football League Rules

Additions & Amendments

- **General Game Rules**

- The Frankfort Park District - Flag Football League is played with a 7 on 7 player format. *1st-2nd division will play 5 on 5 format.*
- A maximum of 7 players from each team are on the field as offense or defense. The remaining players for each team may be substituted freely.
- **Coaches please make sure all players get equal playing time and experience multiple positions on the field throughout the season.**
- A coin toss shall begin each game. The away team will make the call. The team winning the toss shall choose whether they want first possession in the 1st half or choose a side to defend. (You cannot defer to the second half)
- All games will be played in two 20 minute halves with a 3 minute half time. Teams will change direction after the first 20 minutes. At the start of the 2nd half, possession will be given to the team that started the game on defense.
- Games will be played with a running clock. Time will be stopped by the referee on injuries and time outs. Clock will resume on the following snap of the ball. In the last 2 minutes of each half, the clock will also stop for dead balls and during a change of possession. The clock will resume when the ball is set.
- All possession changes, except interceptions, will start on the offense's 5 yard line.
- A defensive interception may be advanced by the player intercepting the ball until the player is ruled down or scores a touchdown. If the player does not score a touchdown, possession of the ball will start where the player was ruled down.
- If play is stopped due to injury, that player must sit out one play. If the clock is stopped due to injury within the final 2 minutes of the half or the game, a time-out will be charged to the team. If the team does not have a time-out, there is a 5 second runoff option for the opponent.
 - Officials can stop the clock any time at their discretion.
- Each team is allowed 2 timeouts per half.

- **Overtime (only used in Playoffs)**

- The overtime format is as follows.
 - A coin flip will determine the team that chooses to be on the offense or defense first.
 - Each team will take turns getting one (1) play from the defenses 5 yard line for one point or the defenses 10 yard line for two points. Whether to go for one or two points is up to the offensive team. Whether or not the team that begins on offense converts, the team that started on defense gets a chance on offense to win or tie by converting a one or two point play of their own.
 - Both teams must "go for two" from the 10-yard line starting with the third round of overtime.
 - If the game is tied at the conclusion of three overtime periods it will result in a tie.

- **Uniforms & Equipment**

- Jerseys and Shorts
 - All jerseys must be tucked in at all time and may not have any overlay covering the flag belt.
 - All Players shorts must be a solid color (black preferred) and may not match the flag belt.

- Players with inappropriate uniform will be ruled ineligible to play.
 - We recommend that players wear shorts or pants that do not have pockets or belt loops.
- Flag Belt
 - The Flag Belt must be clipped at the middle of the waist and the belt must be visible at all times.
 - All flags must be on sides before the ball is snapped. It will be the coach's responsibility to check kids in the huddle. If the flags are not on the sides when the ball carrier has the ball the play will be ruled dead. Result loss of down and back to the original line of scrimmage. If the flags are manipulated by a defensive player during play which results in the flags being moved to the front or back the play continues with no penalty.
 - If an offensive player is running and a flag comes off on its own or by the offensive player the ball is dead at that spot.
- Mouth Guards
 - Mouth guards are suggested but not required for the league.
- Cleats/Shoes
 - Participants may wear gym shoes or rubber cleats. No plastic or metal cleats allowed.
- **Playing Field**
 - The field dimensions are 30 yards by 70 yards with two 10-yard end zones and a midfield line to gain. No-run zones precede each line-to-gain by 5 yards. Field dimensions are subject to change to account for space or to create age appropriate field size.
 - No run zones are in place to prevent teams from conducting power run plays. While in no-run zone (a 5 yard imaginary zone before midfield and before the end zone), teams cannot run the ball in any fashion. All plays must be a pass, even with a handoff.
 - Stepping on the boundary line is considered out of bounds.
 - Each offensive team approaches on two no-run zones in each drive (one zone 5 yards from the midfield, and one zone 5 yards from the goal line to score a TD).
- **Defense**
 - Defense will consist of 7 players, lined up in any formation. *1st-2nd has 5 players*
 - Defense may play man-to-man or zone.
 - A defender may not intentionally make contact with an offensive player.
 - There will be absolutely no diving for flags allowed. A penalty will be enforced regardless of whether the defender pulls the flag or not.
 - All defensive players must line up *7 yards* from the line of scrimmage. The exception will be in the No Run Zone on the goal line.
 - The player(s) rushing must line up 7 yards behind the line of scrimmage. Once the defense crosses the line of scrimmage on a rush the quarter back is allowed to advance the ball.
 - No rushing/blitz in the "no run zone." Note: Inside the "no run zone," the defense can play up to the first down or end zone.
 - NO RUSHING will be allowed for the 1st-2nd grade division and when any TEAM is up by 18+ points
 - 1st-2nd grade division must allow the offence to cross the line of scrimmage before pulling the flag.
 - Interceptions must be advanced by the player intercepting the ball; the player may not pitch, lateral or hand the ball off to a teammate.
- **Offense**
 - Offensive play will start with QB Snap without center. The QB must use the same count/cadence for the duration of the game.

- Once the ball is snapped the team has 7 seconds to cross the line of scrimmage or pass the ball or the play will be called dead.
 - The offensive team takes possession of the ball at their own 5-yard line and has THREE plays to cross midfield.
 - If the offensive team fails to cross midfield in three plays, possession of the ball changes to the other team who starts the drive from their own 5-yard line.
 - If the offensive team crosses midfield, it now has THREE plays to score a touchdown.
 - If the offense fails to score in three plays after crossing midfield, the ball changes possession to other team who starts their drive from their own 5-yard line.
 - **NO BLOCKING IS ALLOWED. NO LATERALS ARE ALLOWED.**
- **Cadence**
 - All teams will use the same cadence. “Ready, Set, Hike” There will be no silent counts or variations.
- **Running**
 - The quarterback CANNOT run with the ball.
 - Only direct handoffs behind the line of scrimmage are permitted.
 - Offenses may use multiple handoffs.
 - Only one player is allowed in motion at a time and they cannot move forward until the ball is snapped.
 - The player who takes a handoff can throw the ball from behind the line of scrimmage. All offensive players, including the quarterback, are eligible receivers. Once the ball is handed off, ALL defensive players may rush.
 - Spinning is allowed, but players cannot leave their feet or dive to avoid a defensive player.
 - The ball is spotted where the ball carrier’s feet are when the flag is pulled, not where the ball is.
 - **ABSOLUTELY NO BACKWARD/SIDEWAYS LATERALS OR PITCHES OF ANY KIND ARE ALLOWED. A FORWARD SHOVEL PASS IS LEGAL.**
 - **NO BLOCKING OR “LEADING” A BALLCARRIER IS ALLOWED.**
- **Receiving**
 - All players are eligible to receive passes (including the quarterback once they hand the ball off behind the line of scrimmage).
- **Passing**
 - The quarterback has a seven-second “pass-clock”. If a pass is not thrown within seven seconds, the play is dead, and it is a loss of down.
 - If the ball is handed off behind the line of scrimmage, the player who receives the hand off may throw the ball (seven seconds to throw the ball still applies)
 - **A FORWARD SHOVEL PASS IS LEGAL.**
 - Interceptions may be returned. If the intercepting player does not score, the intercepting team retains possession of the ball where the intercepting player’s flag was pulled.
 - *Pass Interference- will be a 5 yard penalty, and automatic 1st down. Not a spot.*
- **Scoring**
 - Touchdown = 6 points
 - Extra Point = 1 point (take possession at the 5 yard line, option to run or pass)
 - Extra Point = 2 points (take possession at the 10 yard line, option to run or pass)
 - During an extra point, if the Defensive Team intercepts a pass and reaches the opposite end zone, they will be awarded the number of points the Offensive Team was attempting.

- Note: Only during extra points, can you run inside the “No run zone.”
- Safety = 2 points (Turnover and ball goes to the defense)

- **Flag Pulling**

- A legal flag pull takes place when the ball-carrier is in full possession of the ball.
- Defenders are not to dive to pull flags.
- It is illegal to attempt to strip or pull the ball from the ball-carrier's possession at any time.
- If a player's flag inadvertently falls off during the play, the play is down immediately upon possession of the ball and the play ends. The ball is placed where the flag lands.
- A defensive player may not intentionally pull the flags off a player who is not in possession of the ball.
- Flag guarding will result in the play being called down.

- **Dead Balls**

- Substitutions may be made on any dead ball.
- Play is considered dead when:
 - The ball carrier's flag is pulled
 - The ball carrier steps out of bounds
 - A touchdown, extra point, or safety is scored
 - The ball carrier's knee or elbow hits the ground
 - A “time-out” is called (each team gets one per half)
- There are no turnovers on fumbles. The ball is spotted where the ball hits the ground and the offense retains possession. If the coaches agree to it before the game, the play may be “restarted” without penalty or loss of down if the fumble occurred in the backfield (1st-2nd Division).

- **Overtime Rules**

- Coin flip will determine 1st OT possession. In overtime, teams will have only one 60 second time out.
 - ***Time outs are NOT carried over from the original game.***
- ***The will be no overtime in the 1st-2nd grade division.***

Any league rule or regulation is subject to change at the discretion of the Frankfort Park District Staff including the Program Administrators and Referees.

NFL Flag Football rules and regulations will govern play with the exception of the additions and amendments listed above. Should a discrepancy arise between the Park District Rules (other than the amendments listed above) and the NFL Flag Rules, the NFL rules will be used.

Terminology

- **Boundary Lines**
 - The outer perimeter lines around the field. They include the sidelines and back of the end zone lines.
- **Line of Scrimmage**
 - (LOS) an imaginary line running through the point of the football and across the width of the field.
- **Line-to-Gain**
 - The line the offence must pass to get a first down or score.
- **Offense**
 - The team with possession of the ball.
- **Defense**
 - The team opposing the offense to prevent it from advancing.
- **Passer**
 - The offensive player that throws the ball and may or may not be the quarterback.
- **Rusher**
 - The defensive player assigned to rush the quarterback to prevent him/her from passing the ball by pulling his/her flag or by blocking the pass.
- **Downs (1-2-3)**
 - The offensive team has three attempts or “downs” to advance the ball. It must cross the line to gain to get another set of downs or to score.
- **Live Ball**
 - Refers to the period of time the play is in action. Generally used in regards to penalties. Live ball penalties are considered part of the play and must be enforced before the down is considered complete.
- **Dead Ball**
 - Refers to the period of time immediately before or after a play.
- **Whistle**
 - Sound made by an official using a whistle that signifies the end of the play or a stop in the action for a timeout, halftime or the end of the game.
- **Inadvertent Whistle**
 - Official’s whistle that is performed in error.
- **Charging**
 - An illegal movement of the ball-carrier directly at a defensive player who has established position on the field. This included lowering the head of imitation contact with a shoulder, forearm, or chest.
- **Flag Guarding**
 - An illegal act by the ball carrier to prevent a defender from pulling the ball-carrier’s flags by stiff arm, lowering the elbow or head or by blocking access to the runner’s flags with a hand or arm.
- **Shovel Pass**
 - A legal pitch attempted beyond the line of scrimmage.
- **Lateral**
 - A backward or sideway toss of the ball by the ball-carrier.
- **Unsportsmanlike Conduct**
 - A rude, confrontational or offensive behavior or language.