



WHERE IT'S ALWAYS
GAME ON!

INDOOR FLAG FOOTBALL RULES

REGISTRATION

1. Rosters must have a minimum of 7 players. There must be at least 2 Female players registered
2. Sign up through our Self Service Portal! If registering a team - ONLY TEAM CAPTAIN NEEDS TO REGISTER A NEW TEAM. ALL OTHER PLAYERS WILL CHOOSE "SIGN UP WITH A TEAM"
3. If you do NOT have a team you are registering for, you may sign up as an Individual
4. Entire team fee due at time of registration. OR register as an individual and FISC will create your team!

GENERAL RULES:

1. 5 players on the field at one time
 - a. Minimum of 2 females for CoEd League
2. 40 minute game - 20 minute half's
3. Running clock (except for timeouts). 2 Timeouts per half
4. Substitutions can be made at any stoppage of play (preferably at change of possession)
5. No flag guarding! (No stiff arms or smacking of the defenders hand from the flag)
 - a. ***First time a player flag guards a team warning is given, if it happens again a 5 yard penalty will be given***
6. No Linemen - No blocking. The center will snap the ball then become a wide receiver
7. Flags must be visible - shirts tucked in
8. If any part of the Runners body touches the wall/netting the play is dead. Or if any part of the ball touches the wall/netting the play is dead

FISC MEMBERSHIP ID

1. Every player must have already obtained a FISC Membership ID issued by Frederick Indoor Sports Center (FISC), and must use that card to check-in with FISC staff prior to play, no exceptions

GAME DAY

1. Before the game, captains meet for a coin toss to determine who starts with the ball. Away team calls the toss
2. Winner of the toss chooses to start on offense or defense. Loser chooses what direction

EQUIPMENT

1. FISC provides each player with a flag belt for games. Flags must be returned to FISC Staff after the game is complete. Teams may use the football provided by the FISC.
2. Players must wear sneakers or turf shoes. NO CLEATS
3. Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads, and knee pads. Braces or pads with exposed metals, or hard exteriors, are not allowed. Casts must be bubble wrapped and approved by the referee.
4. Players must remove all watches, earrings and any other jewelry that the officials deem hazardous. Or up to the Officials discretion
5. **Shirts must be tucked in to the pants**
6. Teams are responsible for their own jersey/team shirts. All team members must wear the same color
7. If team shirts are the same color, the away team must switch to pennies

FIELD

1. Field dimensions are 30 yards x 60 yards with two 10 yard end zones and the midfield line to gain
2. No run zones are at 5 yards from the line to gain (midfield) and the end zone
3. All walls, glass, and netting are out of bounds. If the body or the ball hits any part of the wall/net the play is dead

ROSTERS

1. Teams must consist of at least 7 players
2. Teams must start a game with a minimum of five players. In the event of an injury, a team with insufficient substitute players may play with four players on the field, but no fewer than four. If less than 4 players are fielded a scrimmage may be played. However, the team with less than 4 players has already forfeited the game.
3. Teams must have two females on the field. If only one female is available, a team may play with three males and one female. They must still run a gender play every 3 downs

GAME TIMING

1. Games are 40 minutes long with two (2) 20 minute halves
2. The clock does not stop except for timeouts
3. Halftime is 3 minutes long
4. Each team has two (2) 30 second timeouts per half
5. Last 2 minutes of the game, the clock will stop for change of possessions and PATs
6. Officials may stop the clock per their discretion

OVERTIME - KANSAS CITY SHOOTOUT

1. 5 minutes of overtime (after 5 minutes game will result in a tie)
2. Coin toss will determine who starts with the ball - visiting team calls it
3. Each team will have the opportunity to start with the ball at midfield
4. If a touchdown is scored, the team must go for a 1 or 2 point conversion
5. If the score is still tied after each possession both teams will continue to play until 5 minutes is up
6. There are no timeouts

SCORING

1. Touchdowns are 6 points
2. PATs may go for 1 point or 2 point conversion. 1 point is from the 5 yard line and must pass. 2 point is from the 12 yard line and may pass or run
 - a. A team that scores a touchdown must declare whether it wishes to attempt a 1-pt. conversion (from the 5-yard line) or a 2-pt. conversion (from the 12-yard line). Any change, once a decision is made to try for the extra point, requires a charged time out. Decisions cannot be changed after a penalty. Interceptions on conversions **cannot be returned**.
3. Safety - 2 points. A Safety occurs when the ball carrier is declared down in his/her own end zone. They can be called down when their flags are pulled by a defensive player, their flag falls out, they or the ball hits the wall/netting or they hit the ground with their knee or arm. A Safety also occurs when there is an offensive penalty in the end zone. If a dead-ball takes place in the end zone it is ruled a safety (for example – an errant snap goes over the head of the QB and the ball lands in the endzone. would be ruled a safety)
4. Mercy Rule
 - a. **21 POINT RULE**
 - i. If team is up by 21 points or more, they only get 6 downs entire offensive possession and CANNOT rush on defense

LIVE BALL / DEAD BALL

1. The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
2. Substitutions may be made on any dead ball.
3. Any official can whistle the play dead.
4. Play is ruled dead when:
 - a. The ball hits the ground
 - b. The ball carrier's flag is pulled
 - c. The ball or ball carrier touches any part of the wall/netting
 - d. A touchdown, PAT or safety is scored
 - e. The ball carrier's knee, shoulder, arm, back, or butt hits the ground
 - f. The ball carrier's flag falls out
 - g. The receiver catches the ball when they have only 1 or no flag(s)
 - h. Inadvertent whistle

OFFENSE

1. Ball starts on goal line for each new possession (except for interceptions)
2. 4 downs to reach midfield. Then 4 downs to score
3. After a score, you can go for a 1 or 2 point conversion
4. Blocking and “screening” are NOT allowed
5. If players flags fall off while running then the play is dead and the ball will be placed where the flag fell off
 - a. *1 point conversion must pass (5 yard line)
 - b. * 2 point conversion may run or pass (12 yard line)
6. If the ball is intercepted on a conversion the play is dead. NO RETURNING
7. No run zone will be given within 5 yards of the goal line and midline
8. Once the knee, shoulder, back, or butt hits the ground the play is over

RUNNING

1. The ball is spotted where the ball carrier has the ball
2. The Quarterback cannot directly run with the ball
3. Only direct handoffs behind the line of scrimmage are permitted. Handoffs may be in front, behind, or to the side of the offensive player, but must always be behind the line of scrimmage
4. Laterals and pitches are allowed
5. Once the ball has been handed off or lateral/pitch, all defensive players are eligible to rush
6. Runners may NOT leave their feet to advance the ball. Diving, leaping, or jumping to avoid a flag pull is considered flag guarding
7. Spinning is allowed, but players cannot leave their feet to avoid a flag pull
8. Runners may leave their feet IF THERE IS A CLEAR INDICATION THAT HE/SHE HAS DONE SO TO AVOID COLLISION
9. Offensive players should stop their motion once the ball has crossed the line of scrimmage and possession has been achieved by a teammate

PASSING

1. All passes must be from behind the line of scrimmage and thrown forward
2. Shovel passes are allowed
3. The Quarterback has a 7 second “pass clock”. If a pass is not thrown within the seven seconds, the play is dead, the down is lost and the ball is returned to the line of scrimmage. If the ball is handed off, the 7 second rule is no longer in effect

RECEIVING

1. All players are eligible to relieve passes (including the Quarterback)
2. Only 1 player is allowed to motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted towards the line of scrimmage
3. In the case of simultaneous possession by both an offensive player and defensive player, possession is awarded to the offense

FORMATIONS

1. Offense must have a minimum of one player on the line of scrimmage (the Center) and up to four players on the line of scrimmage. The Quarterback must be off the line of scrimmage
 - a. One player at a time may go in motion
 - b. No motion is allowed towards the line of scrimmage
2. Offensive players must come to a complete stop for one second before the ball is snapped unless he/she is the only player in motion
3. Movement by a player who is set or a player who runs towards the line of scrimmage while in motion is considered a false start
4. The center must snap the ball with a rapid and continuous motion between his/her legs or from one knee and toss it back to a player in the backfield, and the ball must completely leave his/her hands

DEFENSE

1. All players who rush the passes must be a minimum of 7 yards from the line of scrimmage when the ball is snapped. Any number of players can rush the Quarterback. Players not rushing, may defend on the line of scrimmage
2. Once the ball is handed off or a lateral/pitch, the 7-yard rule is no longer in effect and all defenders may go behind the line of scrimmage
3. A special marker or official will designate the Rush Line 7 yards from the line of scrimmage
4. All players must go for the flag NO TACKLING
 - a. ***If defense goes for a tackle, the entire team will be given a warning. Anytime after that will be a 5 yard penalty***
5. No fumbles - if fumbled, play is dead
6. If a defensive player's flag falls off, they can continue to play without it. If they were to intercept the ball the play would be dead where the interception occurred

FLAG PULLING

1. A legal flag pull takes place when the ball carrier is in full possession of the ball
2. Defenders can dive to pull flags, but cannot tackle, hold, or run through the ball carrier when pulling flags
3. It is illegal to attempt a strip or pull the ball from the ball carrier's possession at any time
4. A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball

UNSPORTSMANLIKE CONDUCT

1. If the field monitor or referee witnesses any acts of intentional tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. The decision is made at the referee's discretion. No appeals will be considered. FOUL PLAY WILL NOT BE TOLERATED!
2. Offensive or confrontational language is illegal. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee may give warning. If it continues, the player or players will be ejected from the game.
3. Players may not physically or verbally abuse any opponent, coach or official.
4. Ball carriers MUST make an effort to avoid defenders with an established position.
5. Defenders are not allowed to run through the ball carrier when pulling flags.

PENALTIES

1. General

- a. The referee will call all penalties
- b. Referees determine incidental contact that may result from normal run of play
- c. Only the team captain may ask the referee questions about rule clarification and interpretations. Players may not question judgement calls
- d. Games may not end on a defensive penalty, unless the offense declines it
- e. Penalties will be assessed half the distance to the goal yardage when the penalty is more than half the distance to the goal

2. SPOT FOULS

Defensive Pass Interference	Automatic First Down
Defensive Holding on Ball Carrier	+5 yards
Stripping	+5 yards
Defensive Unnecessary Roughness	+5 yards

Screening	-5 yards and loss of down
Flag Guarding	-5 yards and loss of down

3. DEFENSIVE PENALTIES

Offside	+5 yards from LOS
Illegal Rush (starting rush from inside 7 yard mark)	+5 yards from LOS
Illegal Flag Pull (before possession is established)	+5 yards from LOS
Holding of Receiver running pattern	+5 yards from LOS
Roughing the Passer	+5 yards from LOS
Taunting	+10 yards from LOS
Defensive Pass Interference	Spot Foul and Automatic First Down
Holding of Ball Carrier	Spot Foul and +5 yards
Stripping	Spot Foul and +5 yards
Defensive Unnecessary Roughness	Spot Foul and +5 yards

4. OFFENSIVE PENALTIES

Offside / False Start	-5 yards from LOS
Illegal Forward Pass (QB throws after crossing LOS)	-5 yards from LOS and Loss of Down
Offensive Pass Interference	-5 yards from LOS and Loss of Down
Illegal Motion	-5 yards from LOS
Delay of Game	-5 yards from LOS
Blocking	-5 yards from LOS and Loss of Down
Offensive Unnecessary Roughness	-5 yards from LOS and Loss of Down
Screening	Spot Foul and -5 yards
Flag Guarding	Spot Foul and -5 yards
Taunting	-10 yards from LOS