

## INDOOR FLAG FOOTBALL RULES

### Game time

- 2 halves of 25 minutes each
- Running time throughout
- Play clock is 25 second from the time the official whistles ready for play. Warning will be given at ten second left only.
  - Delay of game = 5 yard penalty

### Jewelry

THE EPIC-CENTER STRONGLY RECOMMENDS THAT PLAYERS DO NOT WEAR JEWELRY OF ANY TYPE. IF PLAYERS WEAR JEWELRY, THAT PLAYER IS RESPONSIBLE FOR ANY AND ALL REPERCUSSIONS AS A RESULT OF THE JEWELRY TO THEMSELVES, OTHER PLAYERS AND THE FIELD.

### Ear Buds

THE EPIC-CENTER DOES NOT ALLOW EAR BUDS OR ANY OTHER TYPE OF COMMUNICATION DEVICE DURING GAME TIME.

### Time outs

- Each team will be allowed one full (one-minute) time-out and 3 short (stop the clock only) time out per game. Each team shall be able to carry no more than 3 times out to the second half.
- The full time out can be up to one minute in length, but will end when the team calling the time out is ready to resume play.

### Scoring

- Touchdown 6 points
- Point after touchdown
  - From the 8 yard line 2 points
  - From the 3 yard line 1 point
- Safety 2 points
- Interception of the Point after TD - defense receives the number of points that the offense attempted. Ball is dead after the interception.

## Line of Scrimmage

- Offense must have 4 players on the line of scrimmage
  - Failure to have 4 players on the line = 5 yard penalty (live ball foul)
- Defense has no minimum players on the line of scrimmage.
- All interior linemen (offense and defense) must be in a standing position with their hands no lower than their knees.
  - Failure to start a play in a standing position will result in a “dead ball” foul for illegal formation = 5 yard penalty.
- Defensive players must be within 5 yards of the line of scrimmage to rush passer
  - Failure to be within 5 yards and rush = 5 yard penalty (live ball foul)
- One offensive player is allowed in motion at the snap
  - Two men in motion (illegal shift) = 5 yard penalty (live ball foul)
- No bumping of receivers by defensive players
  - “Chucking” or illegal contact = 5 yard penalty
- Defensive players may not cross line of scrimmage
  - Offsides = 5 yard penalty (dead ball foul)

## Running the Ball

- Running plays cannot occur within 5 yards of the first down line (center field) or the goal line (including all points after touchdown). Officials will be responsible to announce when offense is in the “no-run zone”.
- A pass, in the no run zone, that does not cross the line of scrimmage is a run play and is an illegal run.
  - Running in the no-run zone = 5 yard penalty from original line of scrimmage AND loss of down, or the loss of the ability to replay a point after touchdown.
- Runner must make every effort to avoid contact with a defender. The defender has the right to maintain his position.
  - Failure to avoid defender (Charging) = 10 yard penalty from point of foul AND a loss of down

- Runner may not use his hands, feet or arms in any way to avoid having his flags pulled – this includes stiff-arming. Runner may never leave his feet to prevent from being deflagged or to advance the football (including into the end zone). Runner may leave his feet to avoid a fallen player.
  - Flag guarding = 10 yard penalty from the spot of foul and loss of down.
- Any member of the team may run the ball.
- Fumbles will result in a dead ball. The team in possession of the ball at the time the ball hits the ground will retain possession.
- Defenders must make an attempt to deflag the runner and not merely push the runner out of bounds.
  - Unnecessary roughness = 10 yard penalty
- Defenders may not tackle a runner in an attempt to deflag him.
  - Unnecessary roughness = 10 yard penalty
- Defenders may not hold a runner with one arm or hand and try to deflag him with his other hand. If the defender grabs at the flag and gets a hand full of jersey or shorts, play is legal so long as second hand is not used to deflag.
  - Defensive holding = 10 yard penalty
- If a runner's flags have fallen off inadvertently (after the snap and before the player becomes a runner). The play will revert to one-hand touch.

### Passing the Ball

- Receivers need only one foot in bounds (sideline or end line) for a valid reception.
- Quarterback is afforded ultimate protection. No defender may hit the arm of a quarterback or be close enough to the arm after the ball is thrown to hit the arm. Protection continues even if the defensive player deflects the football.
  - Penalty Roughing the quarterback = 10 yards from the end of the play
- No player may be allowed to interfere with the right of another player to make a catch of a passed ball
  - Penalty: Defensive pass interference = 1<sup>st</sup> down at the spot of the foul
  - Penalty: Offensive pass interference = 10 yards and loss of down

- All players may throw a pass or catch a pass.
- Only one forward pass attempt is permitted for each down.
- Illegal forward pass = 5 yard penalty from the spot of the pass and loss of down.
- Defenders must make an attempt to deflag the runner and not merely push the runner out of bounds
  - Unnecessary roughness = 10 yard penalty

### Blocking

- 2 on 1 blocking is legal provided that both blocks are above the waist.
- No player can start a play from a 3 point or 4 point stance
  - Delay of game = 5 yard penalty
- Blocks must be with straight arms, without using elbows and blockers may not leave their feet to make a block.
  - Unnecessary roughness = 10 yard penalty
- No player may hold another player in an attempt to hinder that player's progress.
  - Holding = 10 yard penalty from spot of the foul.
- No player may block another below the waist.
  - Unnecessary roughness = 10 yard penalty

### Flags

- When flags fall off inadvertently, the play reverts to one-hand touch.
- All players must start a play with their flags properly attached.
  - Delay of game = 5 yard penalty
- Flags cannot be the same color as the players shorts.
- Shirts must be tucked in at all times when a player is on the field.
- Flags cannot be tied or altered in a way that deflagging is made more difficult.
  - Illegally tied flags offense = 10 yard penalty and loss of down.

- When defender deflags the runner the defender should hold the flag in the air to help mark the spot of deflagging. Defender should NOT throw the flag away from the runner.

## Uniforms

- Players should not wear baggy clothing.
- Shirts must be tucked in at all times when a player is on the field.
- Players cannot wear pants of any type. Players must wear shorts without pockets.
- Teams should have similar colored shirts.
- Players will not be allowed to wear hats with brims. Soft brimless hats are allowed for warmth.
- Players cannot wear any jewelry. This includes rings, bracelets (including “LIVESTRONG” varieties), necklaces and piercings (ear, nose, lip, eyelid, or any other exposed), Exceptions are made for medical alerts (taped to the body to avoid getting snagged) and wedding bands. These types of jewelry are permitted provided the player understands the risks associated.
  - Penalty for wearing jewelry will be Delay of game = 5 yards penalty and player is excused until the jewelry is removed

## General Rules

- Teams should be ready 10 minutes prior to the stated starting time – games can start up to 10 minutes before the hour.
- Center must be afforded time to protect himself (stand up and face the defender).
  - Unnecessary roughness = 10 yard penalty
- Games cannot end on a defensive penalty.
- Games can end in a tie – no overtime, except for playoff games.
- Fumble in the end zone will be ruled a safety and the defensive team will be awarded 2 points and the ball
- Any penalty on the offense in the end zone will result in a safety.
- NO punting. All drives will commence at the drive start point

- End of games – games cannot end on an accepted penalty and games will not be continued for a point after touchdown, if that PAT will not affect the outcome of the game.
- There will be no unsportsmanlike acts tolerated before, during or after a game. Unsportsmanlike acts (including but not limited to: taunting, baiting, profanity, threatening) will be dealt with by way of unsportsmanlike penalties. At the sole discretion of the officials, unsportsmanlike acts can be penalized in yardage, time off the field, and/or ejection.
- All unnecessary roughness and unsportsmanlike penalties can result in ejection from the game if the circumstances warrant such course of action. Ejection may be for part of the game (a number of plays or an amount of time) similar to a stint in the “penalty box” or the entire game based on the judgement and experience of the officials.

Circumstances include, but are not limited to: Players intent to injure another player; severity of the infraction; repeated unnecessary roughness penalties by the same player. IN ALL CASES, ruling by the officials will stand.