



6v6 FLAG FOOTBALL RULES

General Rules

Official Team: An official team shall consist of 6 players. A minimum of 5 players are needed to start play and avoid a forfeit.

Score Card: Prior to each game, the team captain should fill out the official score card by recording all players' names on the card. The game officials will verify that we have a waiver signed and on file for each player. No waiver form, no play! Late arrivals must be added to the scorecard before they are allowed to play.

Game Time: Game time is forfeit time! A team will not be considered as ready to play unless they have the required number of players AND the scorecard is filled out completely.

Equipment

Shoes: must be worn, and cleats are not allowed. The surface is field turf so indoor turf shoes will be allowed.

Shirts: must be long enough to be tucked in so that they remain tucked in during the entire play OR short enough to leave a minimum of 4" from the bottom of the shirt to the player's waistline. It is required that all teams wear numbered and uniformly colored jerseys in order to help distinguish one team from another.

Illegal equipment: Pants or shorts must be free of pockets, drawstrings, and exposed belt loops. All jewelry must be removed before playing. This includes earrings, necklaces, watches, and rings. Sweatshirts must also not have pockets exposed and hoods must be tucked inside the shirt. Stocking hats may be worn but any hat with a hard bill may not be. Helmets, casts, shoulder pads, and boots are all examples of illegal equipment. Any equipment that in the official's judgment would be injurious to participants is illegal to wear.

Flags: Cool Sports staff will furnish official triple threat style flag belts for all contests. All flag belts worn by a team should be of the same color. Competing teams should wear different colored flag belts. Teams may provide their own flags if inspected by the officials prior to game time.

Ball: A regulation football is required. This may be the collegiate or NFL sized football. The football must be a normal brown color. Bright colored or rubber footballs will not be allowed.

Game Regulations

Game Time: A game shall consist of two 20 minute halves, with a 5 minute half-time intermission.

Timing: The clock will be kept running through the first half and first 18 minutes of the second half without stopping on dead balls. A mercy rule will be in place. If a team is 20 + points ahead at the announcement of the two minute warning, the game shall be over. If the game is not ended by the mercy rule, the clock will stop on all dead ball situations the final two minutes.

Start of Game: The game shall start with a coin toss. The referee shall toss a coin in the presence of the opposing team captains, after first designating which captain shall call the fall of the coin. The captain winning the toss shall choose one of the following: (1) take option in first half (2) take option in second half. The options to teams each half are (1) offense (2) defend a goal. The team not choosing the option in the first half will choose the option at the second half. If the team in the first half chooses to take the ball, the opposing captain can choose which goal to defend.

Starting Play: To start each half, following a touchdown, or touchback, the ball will be placed on the starting line which is marked on the field. There will be no kickoffs.

Time Outs: Each team will be allowed one time out per half. The referee may declare a time-out for an injury.

Tie Game: If the score is tied at the end of regulation play during the regular season, the game will be declared a tie. Overtime procedures will be used in the single elimination playoffs.

Scoring: Touchdown- 6 points
Safety- 2 points
PAT – 1pt from 1pt line
2pt from 2 pt line
PAT interception return -2 points

Basic Rules

Zone lines: The field is divided into four zones of 13 yards. A team will have a series of 4 downs to advance the ball to the next zone. (These four downs may be affected by penalty)

Scrimmage line: The scrimmage line for the offensive team is the yard line and its vertical plane which passes through the forward point of the ball which is placed at the orange ball spotter. The scrimmage line for the defensive team is the vertical plane which passes one yard from the point of the ball nearest its own goal line.

Ball Responsibility: The offensive team is responsible for retrieving the ball after down.

Stance: Players may use a 2 point stance.

Minimum Line Players: The offensive team must have at least 3 players on their line of scrimmage at the snap. All remaining players must be on or behind the scrimmage line.

Motion: One offensive player may be in motion, but not in motion toward the opponent's goal line at the snap.

Snapping the ball: Each time the ball is snapped it must be a quick and continuous motion of the hand(s). The ball must leave the hand(s) in this motion.

Direct Snap: The player who receives the snap must be at least two (2) yards behind the offensive scrimmage line. NO DIRECT SNAPS!

Ball in Play: On each play after the referee sounds the ready for play whistle, the team on offense has 25 seconds to put the ball in play. The ball is declared dead when the ball touches the ground: A) on a fumble B) on a lateral C) on a pass or D) comes in contact with the wall.

Handing and Passing the Ball

Handing the Ball Backwards: Any player may hand the ball backwards at any time at any location on the field.

Handing the Ball Forward: During a scrimmage down, an offensive player may hand the ball forward behind the line only.

Backward Pass: A runner may pass the ball backward.

Backward Pass out-of-bounds: A backward pass or fumble which goes out-of-bounds between the goal lines belongs to the team last in possession at the out of- bounds spot. If out-of-bounds behind the goal line, it is a touchback or a safety.

Ball Dead: A backward pass or fumble which touches the ground between the goal lines is dead at the spot where it touches the ground and belong to the team last in possession unless lost on downs.

Eligible Receivers: All players are eligible to touch or catch a pass.

Legal Forward Pass: During a scrimmage down a forward pass may be thrown providing the passer's feet are behind the offensive scrimmage line when the ball leaves the passer's hand.

Illegal Forward Pass: A forward pass is illegal if:

1. The passer's foot is beyond the scrimmage line when the ball leaves his/her hand.
2. Thrown after team possession has changed during a down.
3. Intentionally thrown to the ground or out of bounds to save loss of yardage.
4. A passer catches his/her untouched forward or backward pass.
5. There is more than one forward pass per down.

Intentional Grounding: Any deliberate attempt to avoid a sack by grounding the ball will result in a flag. The pass must cross the line of scrimmage in order to prevent a flag for grounding. It is the referee's discretion to determine if a pass that doesn't cross the line of scrimmage was intended for a receiver or simply illegal grounding.

Legal Catch or Interception: A forward pass is considered a catch as long as the first part of the person to make contact with the ground while having control of the ball. The walls in our arena are out of bounds for running purposes. If a player catches the ball while in the air, and controls it before coming in contact with the wall, the pass will be deemed complete, and the ball will be spotted where the player touched the wall. If the ball collides with the wall before being controlled by a player the pass will be ruled incomplete.

Simultaneous Catch by Opposing Players: If a forward pass is caught simultaneously by members of opposing teams, the ball becomes dead and belongs to the team that snapped the ball at the spot of the catch.

Incomplete Pass: When a forward pass touches the ground or anything out-of-bounds, it becomes dead.

Blocking

Blocking. All players will be limited to screen blocking. Screen blocking is legally obstructing an opponent without contacting him with any part of the screen blocker's body.

Offensive Screen Blocking. The offensive screen block shall take place without contact. The screen blocker shall have his/her hands and arms at his/her side or behind his/her back. Any use of the arms, elbows, or legs to initiate contact during an offensive player's screen block is illegal. A blocker may use his/her hand or arm to break a fall or to retain his/her balance.

Screen Blocking Fundamentals. A player who screens shall not:

1. When he/she is behind a stationary opponent, take position closer than a normal step from him or her.
2. When he/she assumes a position at the side or in front a stationary opponent, make contact with him/her.
3. Take a position so close to a moving opponent that his/her opponent cannot avoid contact by stopping or direction. The speed of the player to be screened determines where the screener may

take his/her position. This position will vary and may be 1 normal steps or strides from the opponent.

4. After assuming his/her legal screening position move maintain it, unless he/she moves in the same direction and path of his/her opponent. If the screener violates of these provisions and contact results, he/she has committed a personal foul.

Blocking and Interlocked Interference: Teammates of a runner or passer may interfere for him/her by screen blocking, but shall not use interlocked interference by grasping or encircling one another in any manner.

Use of Hands or Arms by the Defense. 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. The application of this rule depends entirely on the judgment of the official. A blocker may use his/her arms or hands to break a fall or retain his/her balance.

Flag Belt Removal

Basics: When the flag belt is clearly taken from the runner the down shall end and the ball is declared

dead. A player who removes the flag belt from the runner should immediately hold the flag belt above his/her head to assist the official.

Inadvertent Removal: If a flag belt inadvertently falls to the ground, a one hand tag between the shoulders and knees constitutes capture.

Diving: A player, who is attempting to remove the flag belt, may leave his/her feet. Any contact will be considered the fault of the person diving.

Defensive Contact: In an attempt to remove the flag belt from a runner, defensive players may contact the body and shoulders of an opponent with their hands, but not their face or any part of their neck or head. A defensive player may not hold, push, or knock the runner down in an attempt to remove the flag belt.

Runner

Guarding the Flag Belt: Runners shall not guard the flag by using their hands, arms, or the ball to deny

the opponent an opportunity to remove the flag belt. Examples include but are not limited to:

1. Placing or swinging the hand or arm over the flag belt.
2. Placing the ball in possession over the flag belt.
3. Lowering the shoulders in such a manner that places the arm over the flag belt.
4. Running with the head down below chest level to restrict opposition from chance at removing flag belt from front.

Stiff-Arm: The runner shall be prohibited from contacting an opponent with extended arm or hand.

Obstructing the Runner: The defensive player shall not hold, grasp, or obstruct the forward progress of a runner when in the act of removing the flag belt.

Charging: A runner shall not charge into an opponent in his/her path. The runner must avoid contact by changing direction.

Knee Touching Ground: The ball becomes dead if any part of the ball carrier, other than the hands or feet, touches the ground. The player may use the ball to balance and not be down as it is an extension of the arms.

A player running the ball may dive forward for first downs and touchdowns as long as he is not diving over or directly into another player. A diving player is

KICKING

Punting: There is no punting in indoor flag football. If on fourth down, the offensive team decides that they elect to punt, they must announce their punt to the referee who will then advance the 24 yards. This walk off may not take the punt inside the first zone line before the goal line

Penalty Enforcement

Captain's Choice: When a foul occurs, the Referee shall notify both captains. The Referee shall inform the captain of the offended team regarding their options on the penalty. Once a penalty has been accepted or declined, that choice may not be changed.

Establishing the Zone Line-to-gain: The zone line-to-gain shall be established after all penalties are administered and prior to the ready for play signal.

Half the Distance: A measurement cannot take the ball more than half the distance from the enforcement spot to the offending team's goal line. If the penalty is greater than this, the ball is placed halfway between the enforcement spot and the goal line.

Loss of down Fouls: Fouls by the offense that result in a loss of down include;

1. Illegally handing the ball forward
2. Illegal backward pass
3. Illegal forward pass
4. Forward pass interference
5. Illegally secured flag belt

Automatic First down Fouls: Fouls by the defense that result in an automatic first down include:

1. Forward pass interference
2. Roughing the passer who has thrown a legal forward pass.

3. Illegally secured flag belt.

Personal Fouls : Penalty 7 yards, and if flagrant, the offender will be disqualified:

- Punch, strike, strip, steal or attempt to steal the ball from a player in possessions
- Trip an opponent
- Contact an opponent who is on the ground
- Throw the runner to the ground
- Deliberately drive or run into a defensive player
- Clip and opponent
- Tackle the runner

Overtime: The overtime consists of 4 downs from the last zone line before the goal line. While on offense, you have 4 downs to score, and then you may go for 1 or 2 points for the extra point. In regular season, the game will end in a tie after two overtime periods. In the playoffs, the overtime process will repeat until a winner is declared.

Playoffs: Playoff format will vary depending on league size. Playoff structure will be announced at first week. Playoffs will be single elimination based on seeding from the regular season. After record it will go to points for, then points against, then a coin flip in the event of a tie.

Summary of Infractions

Summary of Fouls and Penalties

Loss of 5 Yards:

1. Required equipment worn illegally.
2. Delay of game.
3. Illegal snap.
4. False start.
5. Encroachment.
6. Illegal procedures.
7. Illegal forward pass (5 yards from point of pass and loss of down).

8. Intentional grounding (5 yards from point of pass and loss of down).
 9. Helping the runner: the runner shall not grasp a teammate or be grasped, pulled or pushed by a teammate.
 10. Unfair tactics.
 11. Offensive player not within 15 yards of ball.
 12. Illegal Shift.
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Loss of 7 Yards

1. Delaying the start of either half.
2. Two or more consecutive encroachments during same interval between downs. The initial encroachment is a 5 yard penalty.
3. Illegal participation.
4. Offensive pass interference. (Loss of down).
5. Defensive pass interference. (Automatic 1st down).
6. Illegally secured belt on touchdown. (Revoke touchdown and loss of down).
7. Unsportsmanlike conduct.
8. Spiking the ball or not returning the ball to the official during the dead ball.
9. Attempt to steal the ball from the carrier.
10. Hurdling.
11. Unnecessary contact of any sort.
12. Roughing the passer (Automatic 1st down).
13. Defensive use of hands.
14. Guarding the flag belt (and stiff arming).
15. Illegal batting.
16. Illegal flag belt removal.
17. Personal foul.
18. Flagrant Unsportsmanlike conduct. (Disqualification).
19. Flagrant personal fouls. (Disqualification).
20. Intentionally tampering with flag belt. (Disqualification).

