

Indoor Flag Football Rules



Updated: 9/8/18

A. Teams

- The minimum team roster size is 7
 - Any group or team that signs up with less than 9 people by the registration deadline may have free agents added to their team
- This league is 5v5
 - Teams must have 4 players from their roster to start a game or forfeit

B. Game Format

- This is a no blocking, no contact league
- Equipment
 - The balls used are standard size
 - Only sneakers or ½ inch (or shorter) standard molded rubber cleats are allowed on field. No metal-tipped cleats, no V-cleats, and no screw-ins are allowed.
 - Players must use league issued flags
 - Shirts must be tucked in at all times and not interfere with the flag belt
 - The following equipment is NOT allowed:
 - Jewelry that can swing or dangle (i.e. hoop earrings, loose-fitting bracelets or necklaces)
 - Hard braces unless properly covered on all sides
 - Helmets or any other hard headwear
 - Sticky or slippery foreign substances on your body or the football
 - Any other equipment that can interfere with the opponent's ability to remove your flags
- Games
 - Games will consist of two 20-minute halves. Running clock for the whole game except for the last 2 minutes of the 2nd half and during timeouts
 - Out of bounds, incompletions, a turnover on downs, and plays resulting in a score will stop the clock in the last 2 minutes
 - In the final 2 minutes of the 2nd half, after a scoring play, the clock stops from the touchdown and through the extra point. Clock starts on the first snap of the next possession.
 - Injury timeouts will be at the discretion of the referee
 - If difference in score is 14 points or more at any point during the final 2 minutes of the 2nd half, the clock WON'T stop.
 - Play clock is 30 seconds and will start as soon as the previous play is marked dead.

- The offense has the following options to advance the ball:
 - A forward pass to any eligible receiver
 - A backward pass/hand off to an eligible running back or receiver
- Once the ball is snapped and the play is happening:
 - One defender must be assigned to the QB as the one that loudly and clearly counts to 5 Mississippi with a reasonable pace
 - If after the count the QB hasn't thrown the ball, the one defender may enter the backfield in attempt to "sack" the QB by pulling a flag
 - ONLY after the defender has entered the backfield can the QB elect to run the ball himself to avoid the sack. The defender can count to 5 and stay behind the line, in which case the QB still can't run.
 - If the ball is thrown backwards or handed off, the defense may enter the backfield immediately
 - The defense entering the backfield during a play fake will be allowed as long as the defense returns behind the line of scrimmage and continues the count in a reasonable time
 - The QB can become an eligible receiver after handing the ball off
 - The QB CAN'T throw a pass to himself unless ball was inadvertently tipped by a defender and ended up back in their possession, in which case the QB can run immediately.
 - After the completion of the pass or hand off, all offensive players not in possession of the ball must stop movement immediately
 - THIS IS A NON-BLOCKING LEAGUE
 - It's okay for an offensive player to take a step or two in the process of stopping for his own safety
 - For example, to avoid contact
- The play is over when:
 1. The player possessing the ball has one or more flags pulled from their belt. Ball is spotted at the spot where the first flag was pulled.
 - An entire belt being pulled or falling off is the same as a single flag
 - If a flag falls off while running without being pulled, that is also considered to be "down"
 - If a flag falls off a player prior to them receiving the ball, the play is marked down at the spot where the ball was caught (they can't advance the ball further)
 - If the defender pulls the flag before the receiver has full possession, the player isn't considered to be "down" and play continues

2. A forward pass falls incomplete by hitting the ground before a proper catch could be made. Ball is marked at the line of scrimmage before that play occurred
 3. A player possessing the ball goes out of bounds. Ball is marked at the point of their flags going out of bounds
 - A receiver (or defender intercepting the ball) must have one foot on the ground and in bounds with full possession of the football before any other part of their body lands out of bounds in order for the pass to be considered complete
 - Exception is when contact by the defender in the air caused the offensive player to maintain possession of the ball, but not get a foot down. Pass is complete.
 4. A player with full possession of the ball fumbles the ball inadvertently. Ball stays with the offense and is spotted at the point where possession was lost.
 - If ball is caught by any player prior to it hitting the ground, interception and forward pass rules then apply.
- FOR INDOOR LEAGUES ONLY, if pass inadvertently hits an object in the facility (i.e. a field divider hanging from the ceiling) causing a significant change in direction, the play will be re-done with no penalty or loss of down once per possession. The 2nd time in a possession will be considered an incomplete pass regardless of result of play.
 - Forward progress applies

E. First Downs

- Possessions at the beginning of a half or after a scoring play begin at the team's own "10" yard line
- Offense will then have 4 downs to reach mid-field
- If they are on or across the mid-field in 4 downs, they will have an additional 4 downs to reach the opponent's 10 yard line
- Once on or across the opponent's 10 yard line, the offense will then have **3** attempts at scoring a touchdown
 - There are no field goals
- If a team goes backwards for any reason, they WON'T have another chance to earn another first down on the same line in that possession

F. Change of Possession

- On 4th down, the offense can decide if they want to “punt” or go for it
 - No fakes allowed. Offense must declare (and stick with it) what they are doing on 4th down
 - Electing to “Punt” puts the opposing team on their own “10” yard line
 - Going for it on 4th down and failing to reach the 1st down mark, will result in a Turnover on Downs. The opposing team will take over on offense at the same line of scrimmage
 - There is no decision when inside the opponent’s 10 yard line. Offense has **3** attempts to get in the end zone or it’s a Turnover on Downs.
- Interceptions can also result in a change of possession. Upon an interception, the defense becomes offense and all of the offensive rules during that play apply.
- Once the defender’s flag is pulled, he goes out of bounds, or he fumbles the ball, the play is dead and the intercepting team takes over on offense at that spot

G. Scoring

- TDs = 6 points
 - The player with the ball must have one foot and/or both of their flags in bounds and across the goal line in order to score a TD
 - See defensive contact exception in section D
 - Players CAN’T just extend the football across the line to score
- After scoring, the offense has a PAT option to go for 1 or 2
 - 1 point: Ball on the “5” yard line. Defense can’t return an INT.
 - 2 points: Ball on the “10” yard line. Defense CAN return an INT for 2 points.
 - If a PAT is intercepted and returned for a TD, the intercepting team still maintains the next possession
 - Clock continues to run during PATs except in final 2 minutes (see above)
- There are no kicking extra points
- Safety = 2 points
 - When an offensive player has a flag pulled or goes out of bounds when both flags are behind his own goal line
 - A flag inadvertently falling off in the end zone WON’T result in a safety. Play can continue.
 - Defense takes over on offense at their own 10 yard line

H. Substitutions

- Substitutions can only be made between when the ball is spotted and before the next snap. Referee must acknowledge the substitution.

I. Penalties (and other things you can't do)

- Most penalties can be declined except for Unsportsmanlike Conduct and Fighting penalties.

Penalty	Result
Offense	
Flag Guarding (using arm, hand, or shoulder to obstruct defender from pulling flag)	5 yard penalty assessed after the play. Loss of down.
Offsides	5 yard penalty. Replay down.
Diving for more yards	Play stops and ball is marked at the point the ball carrier left his feet
Delay of Game	5 yard penalty. Replay down. If continually intentional to delay the start of the play clock, 10 yard penalty and loss of down (referee's discretion after warning)
Illegal Formation (includes illegal pre-snap motion)	5 yard penalty. Replay down.
Illegal Contact (intentional or not) <ul style="list-style-type: none">• Receivers impeding the rusher or defense regardless of actual contact• Blocking, holding, pushing, stiff arms, or tackling of any kind	5 yard penalty. Replay down.
Intentional Grounding (obvious attempt to just get rid of the ball, no receiver within 5 yards of	5 yard penalty. Loss of down (safety in end zone).

incomplete pass)	
Pass Interference	5 yard penalty. Replay down.
Too Many Men On the Field (when snap is inevitable)	5 yard penalty. Replay down.
QB Run Before Defense Enters Backfield	5 yard penalty. Replay down.
Unsportsmanlike Conduct	10 yard penalty. Loss of down. 1st Offense: Penalized player(s) removed for 1 play. 2nd Offense: Removed for rest of game.
Defense	
Diving for a flag	Play continues regardless of successful pull
Attempt to strip the ball after possession	5 yard penalty assessed at the spot
Pass Interference	Ball spotted at the infraction. Automatic 1st down. In the end zone, ball is spotted at the 1 yard line. Automatic 1st down.
Delay of Game	5 yard penalty. Replay down.
Illegal Rush (before 5 seconds)	5 yard penalty. Replay down.
Illegal Contact (intentional or not) <ul style="list-style-type: none"> Blocking, holding, pushing, or tackling of any kind 	5 yard penalty assessed at the spot
Too Many Men On The Field (when snap is inevitable)	5 yard penalty. Replay down.
Unsportsmanlike Conduct	10 yard penalty assessed at the end of the run. Automatic 1st down. 1st Offense: Penalized player(s) removed for 1 play. 2nd Offense: Removed for rest of game.
Other	
Fighting	Immediate ejection from the game, possible suspension and expulsion from current and future Boondock Sports activities

See code of conduct below for more unacceptable behavior

J. Facility Rules

- No alcohol or drugs in the facility or on the campus
- Must wear proper clothing and footwear
- No food, drink, gum, candy, seeds, or coffee on the field. Only water.
- No profanity or arguing
- No defacing or striking the facility
- Pick up your trash

K. Boondock Sports' Code of Conduct

All tournaments, leagues, and events hosted by Boondock Sports are meant to be both enjoyable and safe for all of its participants. Therefore, participants in Boondock Sports' tournaments, leagues, and events must follow a code of conduct. By participating, you are agreeing to:

- Be respectful of your teammates, opponents, referees, Boondock Sports' directors and officials, and any facility or field personnel
- Be honest during the game to enable a fair experience for all involved
- Exhibit sportsmanship towards your opponent
- Refrain from verbal or physical threats or harassment
- Avoid inappropriate, disruptive, disorderly, or illegal behavior or conduct
- Follow the rules of the specific facility or field being used
- Avoid drinking alcohol or showing up intoxicated at the event

Boondock Sports LLC reserves the right to exclude anyone violating the above code of conduct for any portion of a tournament, event, or league without refund of money. In some cases, excessive violations of one or all of the code of conduct may result in banning from future activities as well.

RULES ARE SUBJECT TO CHANGE