

8 MAN INDOOR RULES CONTACT- LINEMAN INELIGIBLE

Updated 9/20/16

Overview:

- 8 Players per side, less than 7 would result in a forfeit. You may start with 7 players.
- First downs by crossing the dotted lines.
- Team area-all coaches and players must be inside the players respective benches.
- All rosters are final after the third week. Max roster- 20 players.
- All players must have played in 4 regular season games to be eligible for playoff games.
- All teams must be in matching uniforms with numbers that are two inches wide and eight inches in height on both sides of the jersey.
- All jerseys must be tucked into pants. Any player whose jersey is covering their flag or flags that are worn backwards will be penalized for flag guarding (UNSPORTSMANLIKE 7 YARDS).
- Players may wear cleats. Turf shoes or sneakers are permissible. (NO METAL CLEATS).

Game Ball:

The game ball is to be supplied by Wide World of Indoor Sports effective for all sessions starting January 2015 and later.

Players and Formations:

- The game is played 8 vs. 8.
- The offensive line consists of 3 players (a center and two guards- balanced). These players are considered ineligible and cannot catch a forward pass. The center will snap the ball between his legs. (One additional player must line up somewhere on the line of scrimmage and is an eligible receiver).
- The offensive player must be set for 1 second prior to the snap of the ball, except for one receiver in lateral motion only. Any offensive player jumping or simulation a snap will be penalized for a false start (3 yards, repeat down).
- Simulating an offensive cadence to draw the offence offside is unsportsmanlike and will receive a 7 yard penalty.
- Head slaps are not allowed by any player at any time.

Rules on Starting Game and Forfeits:

- a) The game clock will start at the designated time whether teams are prepared or not. Teams are recommended to arrive 30 minutes prior to their game to take care of administrative duties.
- b) A team must have 7 players on the field to start the game. A team without 7 players at game time will be given a 5 minute grace period, during which time the game clock will run.
- c) If the minimum number of players arrive during the grace period, the game will begin with the team in question being penalized 10 points.

- d) If the minimum players do not arrive, the team in question will forfeit and the official score will be recorded as 10-0.

Kickoffs:

Toss choices: Offense or Defense, End-zone to defend.

Ball will be placed on the Offensive team's dotted line. Offense must cross the next dotted line for a non-penalized first down.

Punting:

- All punts are declared. No fake punts.
- Punts will be thrown as well. Punts which land "out of bounds" will be spotted where they went out. Punts which land in the end zone or go out of bounds through the back of the end zone will be considered a touchback and will be placed at the extra point line.
- Punter must be at least 3 years behind the center.
- Punter cannot be rushed; it is a "free kick".

Extra Points:

- Extra point options: 2 points with a passing play from scrimmage and 1 point for a running play from scrimmage.
- Defense may intercept the ball and run it back for 2 points.

Rules About the Clock:

- The game consists of two 25 minute halves with stopped clock in the last 15 seconds of the first half and 1 minute before the end of the second half. Only if the difference in the score is less than 10 points. NFL time keeping will be utilized during that 15 seconds and 1 minute. Clock will stop on incomplete passes, out of bounds, scoring, change of possessions and time outs.
- 30 second play clock is in effect throughout the entire game.
- Each team will have 1 timeout to utilize per half. Duration of the timeout is 30 seconds.
- Halftime is 1 minute long.
- After accepted penalties, the clock starts after the ball is set.
- Mercy rule in effect in last 1 minute of game if losing team is down by 10 points or more.

Timing:

- The game is played in two halves, 25 minutes each. The halftime intermission is 1 minute.
- Time continues to run throughout the game, exceptions are:
 - A team timeout is called from the field to the officials on field.
 - 15 second warning in the first half and 1 minute warning in the second half (if the score is within 10 points).

- During the final minute of the game the clock will stop on dead balls if the score is within 10 points.
- Official's timeout.
- Each team is allowed 1 timeout per half (timeouts can be accumulated).
- The time between plays will be no more than 30 seconds after the ball is set by an official, the head referee will give a 10 second warning.
- The only timeout for injury will be during the last minute of the game where the score is within 10 points.
- The game or the half cannot end on a defensive penalty, the down will be replayed.

Tie Games (Play-Offs Only):

Sudden death rules apply for all playoff games ending in a tied score at the end of regulation play. 10 minutes will be placed on the game clock; the first team to score within this time will be declared the winner. If at the end of 10 minutes the game is still tied, the shootout method will be utilized from the first dotted line, giving each team an opportunity to score. During the regular season, if a game is tied at the end of regulation, it will remain a tie.

- Extra points are attempted.

Special Rules:

- Offense must have 4 players on the line of scrimmage. (o-line)
- Offense line must be balanced (Grd-Ctr-Grd).
- The ball is dead where it hits the ground. No fumbles.
- Receivers must have 1 foot in bounds on all catches.
- When a receiver makes a diving catch, he can get up and advance the ball unless he is touched by a defensive player or the ball touches the ground.
- If a player inadvertently loses a flag or belt, he is downed where he has possession of the ball.
- All eligible players must have flags on.
- No diving to advance the ball forward.
- Ball carrier is down when the ball touches the ground.
- Inadvertent whistles: play is blown dead. Ball is spotted at most forward foot and replay of the down.
- Ball is spotted where belt is, not the ball.
- For a touchdown: ball and both flags must break the plane. Also ruled to attain a first down.
- ALL PLAYERS MUST KEEP THEIR SHIRTS TUCKED INTO THEIR PANTS, OR THE REF CAN RULE YOU DOWN.

Equipment and Uniforms:

- No metal cleats, turf shoes may be worn.
- All teams must be in matching uniforms with numbers that are two inches thick, four inches wide and eight inches in height.

- Players not in uniform will not be allowed onto the field or in the bench area with the exception of a documented coach.
- Football or baseball gloves are the only types of gloves that can be worn.
- No caps with extended bills.

Defensive Rules:

- No slapping at the ball when it is in the ball carrier's hands. PENALTY: Unsportsmanlike Conduct- 7 yards tacked onto the play
- The defender cannot use contact to break up a pass. PENALTY: Illegal Contact- 3 yards and automatic first down.
- Contact is allowed and it must be within 5 yards of the line of scrimmage.
- Any contact with the passer about his waist under any circumstances is a penalty. GO FOR HIS FLAG. PENALTY: Roughing- 7 yards and automatic first down.
- No defensive holding. PENALTY- 3 yards and automatic first down.
- No tackling. PENALTY- 7 yards plus the result of the play, automatic first down.
- No pushing ball carrier "out of bounds". PENALTY- Roughing- 7 yards

Guarding the Flag Belt:

Runner shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull the flag. PENALTY: Spot foul, 3 yards and loss of down.

Flag Guarding includes:

- Swinging of the hand or arm over the flag to prevent an opponent from de-flagging.
- Placing the ball in possession over the flag to prevent an opponent from de-flagging.
- Lowering the shoulders in such a manner that the defender is shielded from the flag.
- Holding the flag or belt with the off hand.
- Stiff arming or running directly into the defender (bulling). Carries a 7 yard penalty and loss of down.
*Inverted flags are unsportsmanlike foul, 7 yards from previous spot and loss of down.

Penalties:

- 3 yard penalties include but not limited to: motion, offside's, encroachment, defensive holding, flag guarding (loss of down). Defensive holding- automatic first down.
- 7 yard penalties include but not limited to: illegal block, illegal contact, roughing the passer, unsportsmanlike conduct, etc...
- Defender must give the flag back to the opponent or a 3 yard penalty will be enforced.
- Head referee can overturn calls made by the other officials. Verbal abuse of the officials will not be tolerated. WE HAVE A ZERO TOLERANCE POLICY ON THAT MATTER. LEAGUE FINES AND/OR SUSPENSIONS WILL BE GIVEN.

Forward Pass:

- A forward pass must be made from behind the line of scrimmage, and first touch an eligible receiver to be legal. NOTE: all defensive players are eligible. An offensive lineman may catch the ball only if it is first touched by an eligible receiver.
- A pass that hits the roof, support beams, light fixtures, netting, is considered incomplete (where it alters the flight path of the ball).

The Receiver:

- If a receiver loses a flag, he may catch the ball but not advance it.
- When a receiver or defender catches a pass, he becomes the “ball carrier”.

The Ball Carrier:

- If the ball carrier falls down on his own and the fall was not caused by contact from any defender, the ball carrier may get up and continue to advance the ball. A defender need only touch a ball carrier that is down to de-flag him.
- At no time may the ball carrier use any part of his body or the ball to prevent a defender from grabbing the flag. Violation of this rule is called flag guarding.
- If, while the ball carrier is running, a flag should fall out of its socket that was not touched by a defender, the play is dead at the spot where they lost their flag.
- No straight or stiff arming.
- Spinning or rolling is allowed to avoid defenders.
- Hurdling is not allowed over any player that is still on both feet.
- Bulling over a defensive player is not allowed.

Tackling and De-Flagging:

- Tackling is not allowed.
- In flag football, the ball carrier is considered “tackled” when the flag is pulled from the ball carriers belt.
- A player may leave his feet in an attempt for the flag.
- A defender may not stop a ball carrier without an attempt for the flag.
- At no time may a defender intentionally push a ball carrier out of bounds. Incidental contact is allowed while making an attempt for the flag.
- If a player is in the open, at least three yards ahead of the last defender and is intentionally tackled, the offense will be granted a first down on the defenses one yard line.
- A receiver may not be intentionally de-flagged prior to catching the ball. A 7 yard penalty will be enforced from the end of the play.

Blocking:

- Blockers may not leave their feet on any block.
- No blocking below the waist, no contact to the head, face and neck.
- A blocker cannot use his hands or arms to push from behind, hang onto or encircle and opponent in a manner that restricts his movement as the play develops.
- Forearm may not lead the block.
- A defensive player may chuck the receiver, as long as the contact is made within 5 yards of the line of scrimmage.

- No crack backs.

Fumbles and Loose Balls:

- All footballs on the ground are considered dead at the spot.
- Diving is not allowed for any ball on the ground.
- A snap from center is allowed one bounce in front of the quarterback, if the quarterback is in the shotgun formation. (If the quarterback traps the ball on the ground, the play is ruled dead.)

Kickoffs:

- All kicks are to be placed on the dotted line by the official.

Punts:

- All punts are to be thrown.
- The offense must notify the official that they are going to punt. The offense may not fake a punt.
- Players are not permitted to run until the ball is thrown.
- The offense and defense must have their linemen in position at the line of scrimmage until the ball is thrown.
- If the ball goes out of bounds before the end zone, the ball will be placed where it went out. If the ball goes into or through the back of the end zone, it is considered a touchback and the ball will be placed at the try spot at the receiving team's end of the field.
- If the ball hits the roof, support beams or light fixtures, it is dead at the spot at which it lands. If it lands in the end zone of the kicking team, it is ruled a safety.

Inadvertent Whistle:

- With the ball in possession of a player, the offense has the choice of
 - a) Taking the play (ball at the spot where the whistle blew)
 - b) Replay down from original line of scrimmage
- If whistle blew during kick or legal pass in flight, the down will be replayed.

Scoring:

- The ball carrier must have possession of the ball, and both flags and the ball must cross the goal line to score a touchdown.
- Touchdowns are worth 6 points.
- After a touchdown, the scoring team is allowed a try during one scrimmage down, with the ball placed 3 yards from the goal line. The successful conversion is worth 1 point by running and 2 points for a forward pass.
- Safety is worth 2 points.
- The defensive team may intercept and extra point attempt and return for 2 points. Any penalties that are incurred during this time will be assessed after the kickoff.

Penalties:

- Offensive holding- 3 yards
- Offensive offside's- 3 yards
- Illegal motion – 3 yards
- Defensive offside's- 3 yards
- Offensive pass interference- 5 yards, repeat down
- Defensive pass interference- automatic first down at spot (if in the end zone- place at 1 yard)
- Spiking ball- 3 yards
- Defensive holding-3 yards, first down
- Illegal chuck- 3 yards
- Hurdling- 7 yards
- Bulling- 7 yards
- Diving- 7 yards
- No attempt for flag (push out of bounds)- 7 yards, first down
- Roughing the quarterback- 7 yards, first down
- Flag guarding- 3 yards spot foul, loss of down
- Straight arm- 7 yards
- Intention grounding- 3 yards from original line of scrimmage- loss of down- safety in their end zone
- Too many men on the field- 3 yards
- Unsportsmanlike conduct- 7 yards
- Flagrant foul- 7 yards