

SportsHouse Indoor Sports - Official Adult Flag Football Rules

**THE GAME, FIELD, PLAYERS & EQUIPMENT**

Section 1 ’ The Game

* League and Tournament Play is 5v5 (changes at SPORTSHOUSE discretion).
* **NO Bump and run allowed first 5 yards from scrimmage.**
* NO BLOCKING/SCREENING anytime or anywhere on the field. Offensive players not involved with a play down field must attempt to get out of the way or stand still.
* Play starts after coin toss determines first possession.
* 5-yard line starts the game at the beginning and after halftime.  The offensive teams the has 3 plays to cross mid-field. Once the Offensive team crosses mid-field, they will have three plays to score a touchdown.
* If the offensive team fails to cross mid-field or score, possession of the ball changes and the opposite team starts their drive from their 5-yard line.
* Each time the ball is spotted a team has 25 seconds to snap the ball. Official will manage the clock.
* Games consist of 2-20 minute halves. Teams will switch sides at beginning of 2nd half. Half time will be 1 minutes.
* Spot of ball is location of the ball when play is ruled dead.

Section 2 Equipment

* SPORTSHOUSE will provide flags. Teams may use their own flags.
* Matching color shirts with numbers are mandatory.
* Footballs for League games and Tournaments will be NFL or College regulation.
* The referee at his/her discretion may remove anything he/she deems dangerous, hats must be backwards.

**RULE 2: PLAYERS/GAME SCHEDULES, SCORING & TIME OUTS**

 Section 1 ’ Players/Game Schedules

* If a team or teams are more than 5 minutes late for their scheduled games, the ref will stay on the field to determine status. If the team or teams have not shown after the 10 minute mark, game will be considered a forfeit. One point per minute will be awarded to the team that is on time up to 5 minutes/points. After 10 minutes the game will be forfeited and the score recorded as 20-0. The ON time team will automatically have the right to choose offense or defense and the minutes (late) will be taken off the first half.
* We reserve the right to reduce, shorten, or reschedule games due unforeseen circumstances.
* All players must be 18 years of age or older, or have a minor consent form signed by their parent or guardian. Approval needed by SportsHouse Sports Director.
* ANY ADULT PLAYER CAN PLAY ON MULTIPLE TEAMS BUT TEAMS MUST BE IN DIFFERENT DIVISION.

Section 2 Scoring

* TD=6 points

Extra Point = 1 (5 yards out)

Extra Point = 2 (10 Yards out)

Safety = 2 points

Extra point interception return= 2pts

Section 3 Time Outs

* Each team has one: 30-second time out per **half**, in which the clock stops.
* Unused timeouts from the first half **WILL NOT** carry over to the second half.
* With 2 minutes remaining in the second half the clock will stop for timeouts, first downs, and touchdowns. (If there is a 30-point differential between the two competing teams the referees reserve the right to let the clock run down.)

**RULE 3: RUSHING THE QB, CENTER SNAP, RUNNING, and PASSING & RECEIVING**

 Section 1 ’ Rushing the QB

* Players that rush the passer must be a **minimum of 7 yards behind** the line of scrimmage when the ball is snapped.
* **It is up to the OFFENSIVE PLAYERS to not impede the rusher. If the rusher is impeded on his direct path, the offense will receive a penalty of 5 yards and loss of down. No Blocking.**
* Rusher must line up 2 yards to the left or right of center.
* Defense is allowed to crowd the Line of Scrimmage (LOS) in possible Run situations.
* Everyone including the Center is eligible. Opposing team NO CONTACT with center.
* The ball carrier cannot use their hands, arm or the ball to guard the flag.
* Anyone KNOTTING flag belt will be kicked out of the game and suspended.
* Once the ball has been handed off, all defenders are eligible to rush.

Section 2 ’ Center Snap

* All center snaps must be made between the center’s legs.

Section 3 ’ Running

* The Quarterback can run the ball, ONLY if opposing team rushes. No blocking by center. Defending team NO Contact with Center and the center cannot initiate contact.
* Direct hand-offs, pitches, and laterals behind the line of scrimmage are legal. **NO** **laterals or pitches of any kind past the LOS.**
* The player who takes the hand-off can throw the ball as long as he does not pass the line of scrimmage.
* “No Running Zones” are located 5 yards before the end zone and 5 yards before mid-field in each offensive direction.

Section 4 ’ Passing

* All forward passes must be received beyond the line of scrimmage.
* Shovel passes are allowed, but must be received beyond the LOS.
* QB has a 7-second “pass clock”.If a pass is not thrown within the 7 seconds, play is dead, loss of down, and a 5 yd. loss Once the ball is handed off the 7-second rule is no longer in effect.
* Interceptions may be returned. **Interceptions during Extra Point may be run back for 2 points.**

Section 5 ’ Receiving

* All players are eligible to receive passes (including the QB if the ball has been handed off behind the line of scrimmage).
* **Only one player is allowed in motion at a time. You can start toward the line of scrimmage as long as you do not cross the line of scrimmage before the ball is hiked.**
* Player must have at least one foot in bounds when making a catch. The other foot cannot be out of bounds.
* Pass interference is when a receiver is impeded or his flag pulled prior to catching the ball. Defense only has 3 yards from the line of scrimmage to make contact with receiver.

**RULE 4: DEAD BALLS, OVERTIME & SPORTSMANSHIP/ROUGHING**

 Section 1 ’ Dead Balls

* Play is ruled “DEAD” when:
  + Offensive player’s flag is pulled.
  + Ball carrier steps out of bounds
  + Touchdown is scored.
  + If an Offensive Players flag falls out during the course of a play, a defensive player must touch him for the ball to become dead.
  + Knee or elbow touches ground.

Section 2 ’ Overtime

* No over time during season play.

Section 3 ’ Sportsmanship/Roughing/Taunting

* **FOUL LANGUAGE WILL NOT BE TOLERATED at SPORTSHOUSE!**

***If the referee witnesses any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player can be ejected from the game. Management and Tournament director may decide to eject players from the tournament and facility.***

* Referee can eject players from the game, league, tournament or facility for foul language or taunting.
* No sports drinks, gum, food in player boxes or on field.
* Fighting: Immediate ejection from game, league, tournament, or facility. Authorities will be notified.
* Taunting: Fifteen-yard penalty and expulsion from game, league, tournament, or facility for multiple repeat offenders.
* Unsportsmanlike conduct/referee abuse: Fifteen-yard penalty. One warning followed by expulsion from the game, league, tournament, or facility.
* Touchdown celebrations are acceptable if the player(s) is celebrating and not taunting.

**RULE 5: OFFENSIVE & DEFENSIVE PENALTIES**

 Section 1 ’ Offensive Penalties

* False Start: Five yards
* Blocking/Screening Downfield: Five yards (L.O.S.)
* Illegal Pick: Five yards (L.O.S.)
* Flag Guarding: Five yards from the spot of infraction
* Lowering Head/Shoulder: Five yards (L.O.S.)
* Pass Interference: Five yards (L.O.S.)
* Illegal Hand-off/Pitch: Five yards (L.O.S.)
* Leaping / Diving: 5 yards; loss of down

Section 2 ’ Defensive Penalties

* Illegal Rush: Five Yards (L.O.S.)
* Illegal Contact: Five Yards from end of play
* Holding: Five Yards (L.O.S.)
* Illegal Flag Pull: Five yards from end of play
* Pass Interference, Minor: Five yards from L.O.S.
* Pass Interference, Major: 10 yards, automatic first down
* Roughing the QB, Minor: Five yards, automatic first down
* Roughing the QB, Major: Fifteen yards, automatic first down

**RULE 6: Playoff Eligibility**

Section 1 ’ Roster

* **All Rosters are due by 4TH week of season**
* In order for players to be eligible for playoffs, they must be on the official team roster. NO PLAYERS ALLOWED TO BE ADDED OR DROPPED AFTER 3rd WEEK OF LEAGUE.
* FULL PAYMENT BEFORE 2ND GAME. WE HAVE THE RIGHT TO MAKE CHANGES TO THE SCHEDULE.
* If a team is short on players they can start game with 4 players, but the opposing team can still choose to use 5 players. Also with 4 players you must still use a center and 1 lineman. You will have 1 less receiver. If a player gets ejected from the game, the game is over and that team losses regardless of score.
* PLAYOFFS OVERTIME – NCAA overtime rules apply.

Teams will forfeit their playoff game(s) if caught using ineligible players.