

NS Flag Football Rules - INDOOR PLAY

Games played at Coastal Sports, 114 Parkway South, Hauppauge, NY 11788.

Weekly team referee fees paid at field:
8-Man: \$40, 5-Man: \$30

No Illegal equipment permitted. Illegal equipment consists of:

- A. Headwear containing any hard, unyielding, stiff material, including billed hats, or items containing exposed knots.
- B. Jewelry.
- C. Pads or braces worn above the waist.
- D. Shoes with metal, ceramic, screw-in, or detachable cleats. EXCEPTION: Screw-in cleats are allowed if the screw is part of the cleat.
- E. Shirts or jerseys that do not remain tucked in. Any hood on a coat, sweatshirt, or shirt that does not remain tucked in.
- F. Pants or shorts with any belt(s), belt loop(s), pockets(s), or exposed drawstring(s).
- G. Leg and knee braces made of hard, unyielding material, unless covered on both sides and all edges overlapped.
- H. Any slippery or sticky foreign substance on any equipment or exposed part of the body.
- I. Exposed metal on clothes or person.
- J. Towels attached at the player's waist.

FIELD: For 5 on 5 play, the field shall be marked approximately 50 yards long and approximately 18 yards wide. The end zones shall be 5 yards deep. Play begins on the 5 yard line and the only first down shall be at mid field, the 25 yard line. League representatives have the authority to change the field dimensions prior to games.

NUMBER OF PLAYERS: For 8 on 8 play, each team should start the game with 8 players; a minimum of 6 is needed to avoid a forfeit. For 5 on 5 play, each team should start the game with 5 players; a minimum of 4 is needed to avoid a forfeit.

LENGTH OF GAME: 40 minutes, separated into two halves of 20 minutes. Half-time shall be 2 minutes. There will be a running clock for the first 19 minutes of each half. The last 1 minute of each half will follow College Football timing rules (clock stops on incomplete passes, out of bounds, first downs, change of possession, and on extra points). A coin toss will determine who shall receive the choice of possession or side at the beginning of the game. If only one team is ready to play at game time, they will automatically have the choice. In the case of overtime, there will be a 1-minute intermission prior to starting overtime.

WARM UPS: Warm ups and stretching take place on the field approximately 10 minutes before game time. Teams take the field at 9:00 and games will start at approximately 9:10pm and 10:00pm.

PLAY CLOCK: Once the ball is spotted, a team will have 15 seconds to get a play off. This league highly encourages teams to develop no-huddle offenses (calling out patterns by numbers right before the snap, rather than in a huddle). Teams are encouraged to keep the plays moving, so as to maximize the workout. On a change of possession, once the ball is spotted by the referee, teams have 15 seconds to get a play off. The QB has 7 seconds to pass the ball if there is no pass rush.

DOWNS and DISTANCE: Teams will have 3 downs in which to make a first down and/or touch down.

MERCY RULE: If a team is 25 points or more ahead at the one-minute warning for the second half, the game shall be over.

OVERTIME (TIE GAME): Due to time constraints, the official or a league representative has the authority to overrule overtime play. Notwithstanding this, if the game score is tied after regulation time, each team will get a single series of 3 downs from mid field and the ensuing extra point (1 or 2 points). There will be no running game clock and each team will move the ball in the same direction. In the event of a Playoff game, this process will be repeated until there is a winner.

KICKING AND PUNTING: There is no kicking or punting the football. However, The offensive team can elect to "Punt" the ball on third down; in which case the ball would be spotted at the opponents 5 yard line.

LINE OF SCRIMMAGE: For 8 on 8 play, the offensive team must have a minimum of 5 players set the line of scrimmage at the snap. For 5 on 5 play, the offensive team must have a minimum of 3 players set the line of scrimmage at the snap. Players in motion do not count as players on the line of scrimmage. Once the center has placed his hands on the ball no offensive player may enter the neutral zone. Following the ready for play whistle and until a legal snap, no defensive player may encroach, touch the ball, stand in, or in any other way interfere with the offensive team. Penalty - Dead Ball foul, encroachment, 5 yards from succeeding spot.

BACKWARD PASSES AND FUMBLES: Any ball that is fumbled during a down will be dead by rule once it has touched the ground. A backward pass or fumble may be caught or intercepted by any player inbound and advanced. A player may not intentionally throw a backward pass out of bounds to conserve time or to avoid being downed. This will be penalized as an Illegal pass: loss of 5 yards, loss of down and the clock will start on the ready for play. Once a ball has touched the ground the ball is considered dead.

FORWARD PASSES AND INTERCEPTIONS: If a player is in the air attempting to catch a ball, the player must contact the ground with at least one foot in-bounds with the ball in their possession prior to going out of bounds, unless contact by an opponent causes the player to first touch out-of-bounds. If possession of the ball is lost simultaneously when they hit the ground, it is not a catch. If a forward pass is caught simultaneously by members of opposing teams, the ball is dead at that spot and belongs to the team that snapped the ball.

PASS INTERFERENCE: Any contact that, in the view of the official, interferes with the attempt to catch a pass (offensive or defensive player) is pass interference unless, in the view of the official, it occurs when two or more eligible receivers make a simultaneous and bona fide attempt to reach, catch, or bat a pass. It is also pass interference if an eligible receiver is deflagged or touched prior to touching the ball on a pass thrown beyond the offense's line of scrimmage. If the pass interference by the defense is intentional and/or unsportsmanlike, the defense may be penalized an additional 10 yards.

SCORING:

Touchdowns = 6 points. Extra Points = 1 point if successful from the 5 yard line, 2 points if successful from the 10 yard line (only optional in the second half). If an extra point is intercepted and returned the length of the field, the defensive team shall be awarded 1 or 2 points. Safety = 2 points

SAFETY: If a player carries the ball across the goal line they are defending and the ball becomes dead while in their team's possession, it is a safety. If a team commits a foul in the end zone where the spot of enforcement is designated as the spot of the foul, it will be

declared a safety. A team recording a safety gets two points, and the ball shall be spotted on their 15 yard line.

SPOTTING THE BALL: The ball is spotted at the forward progress of the ball carriers hips when the flag is pulled out. This will likewise determine first downs and touchdowns. A player not wearing a flag can make a reception or interception, but cannot advance the ball after the catch.

MOMENTUM: When a player intercepts a forward pass between their five yard line and their goal line and their momentum carries them into the end zone where the ball becomes dead, the play will be ruled a touch back and the ball will be spotted on the 5 yard line.

SPORTSMANSHIP/ROUGHING: Foul play will not be tolerated - If the referee witnesses any acts of flagrant contact, tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game.

TRASH TALKING is illegal. Officials have the right to determine offensive language. If trash talking occurs that disrupts the game, the referee will give a warning. If it continues, the player or players will be ejected from the game.

PERSONAL FOULS: Any act listed below or any other act of unnecessary roughness is a personal foul. Players shall not :

- Punch, strike, strip, steal, or attempt to steal the ball from a player in possession.
- Trip an opponent.
- Contact an opponent who is on the ground.
- Throw the runner to the ground.
- Hurdle another player.
- Contact an opponent either before or after the ball is declared dead.
- Make any contact with an opponent that is deemed unnecessary.
- Deliberately drive or run into a defensive player.
- Clip an opponent.
- Position themselves on the shoulders of a teammate or opponent to gain an advantage.
- Tackle the runner. (warrants ejection)

SCREEN BLOCKING: For 5 on 5 play, there is no contact. Legally obstructing an opponent without using any part of the body to initiate contact. Screen blocking shall take place without contact. The blocker shall have their hands and arms at their sides or behind their back. A screen blocker cannot use their hands, arms, elbows, legs or body to initiate contact. If they do use contact it will be called a Personal Foul.

Screen blockers may not:

- Take a position closer than a normal step when behind a stationary opponent.
- Make contact when assuming a position at the side or in front of a stationary opponent.
- Take a position so close to an opponent that they cannot avoid contact by stopping or changing direction.

DROPPED SNAP: Ball dead and spotted at the original line of scrimmage.

HANDOFF: The player who takes the handoff can throw the ball from behind the line of scrimmage.

ELIGIBLE RUNS: The offensive player receiving the snap from center can run the ball only if he play-actions a handoff or toss, or if he is rushed by the defense.

JUMPING/DIVING: For the safety of all players a player is not permitted to leave their feet, or dive to block an opponent, advance a ball for a 1st down or touchdown, or de-flag an opponent. However, you may leave your feet to throw, catch, or block a pass. **PENALTY:** Diving For 1st Down or TD 5 yards down over

RUSH: All defensive players are eligible to rush once the ball has been handed off, tossed, or there is a play-action fake or fake handoff. Otherwise, for 5 on 5 play all eligible pass rushers must be at least 7 yards off the line of scrimmage (will be marked by referee) at the time the ball is snapped. Players closer than 7 yards who rush will be flagged for encroachment. If there is no pass rush, the QB has 7 seconds to release the ball. For 8 on 8 play there is a 3 second pass rush count.

INBOUNDS: A player must have at least one foot inbounds when making a reception. Players cannot return on to the playing field from an out of bounds position (unless they were pushed out of bounds and immediately come back in).

STIFF ARMING: Stiff arming is not allowed; a personal foul will be called, and if warranted an ejection will result.

OBSTRUCTING THE RUNNER: A defensive player shall not hold, grasp, or obstruct the forward progress of the runner when attempting to remove the flag belt.

THE FLAG BELT: All shirts must be tucked in, and are not permitted to hang over the flag belt. Should a player loose their flag belt legally or illegally during a down and should that player gain possession of a live ball, that player will be considered down immediately at the spot. When a player scores they must immediately raise their hands and allow an official to remove their flag belt. This is done to insure that the flag belt has not been illegally secured. If the belt has been illegally secured the score is disallowed, the player ejected and a 10 yard Unsportsmanlike Conduct penalty will be administered from the previous spot. Players must have possession of the ball before they can legally be deflagged. It is illegal for a defensive player to intentionally pull a flag from an offensive player who is not in possession of the ball. In cases where a flag belt is removed illegally, play should continue with the option of the penalty of the play (Penalty: Personal foul, 10 yards).

GUARDING THE FLAG BELT: Runners shall not flag guard by using any part of the body or ball to deny the opportunity for an opponent to pull or remove the flag belt. Flag guarding includes but is not limited to:

- Swinging the hand or arm over the flag belt to prevent an opponent from deflagging.
- Placing the ball in possession over the flag belt to prevent an opponent from deflagging.
- Lowering the shoulders in such a manner that flag guards.

OFFICIAL'S AUTHORITY: An official assumes authority 15 minutes prior to the scheduled game time, and until they have left the field. The officials have the authority to rule on any situation not specifically covered in the rules. His/her decision is final, unless ruled otherwise by the supervisor on duty or the Director of Intramural Sports. The official has the right to eject players or have them sit out of part or all of the game. Fans, coaches, and spectators are a part of a team and any fouls they commit will go against their team.

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