

Team

- A team shall consist of eight starters. A team can play with a 7.
- The offensive team must have 3 ineligible linemen and a total of 4 players on the line of scrimmage at the time of the snap.
- All players must be on your roster in order to participate. Teams can ask the other team captain to allow a player to play if that player was not on the original roster. Forfeit may be issued if player plays and not on roster

Game and Player Equipment

- Games are Four 8 minute halves
- Running clock throughout game. Clock will stop at 1 minute warning in both halves. Under 1 minute the clock will stop for out of bounds, QB intentional spikes, incomplete passes, injuries, turnover on downs, TD's, change of possession, official TO's and time outs
- 2 Timeouts per half, do not carry over. 1 TO in overtime
- 25 second play clock
- Flags will be provided by facility, sonic pop flags only (NFL sonic pop or flag a tag). Any other flag need to be brought to the attention of the referees
- Flag belts need to be visible at all times (not just flags). There is to be nothing obstructing the flags or the belt from visibility. If player belt is obstructed or not visible player and player runs or receives the ball, play will be dead at that spot.
- Sneakers or turf sneakers only in indoor facility, no football cleats allowed indoors. Any question concerning footwear should be brought to the attention of the facility or the referees.
- Shorts or pants with loops are not prohibited.
- All team members must wear the same color shirt and it must be the same style. Shirts must have a number on it with clear visibility, front or back of the shirt. If wearing a hooded shirt, hood must be tucked in the shirt.

Coin Toss starts the game

- The team listed as the home team calls the coin toss.
- The team winning the toss will have a choice of options to receive the ball for the first half or shall defer to receive the ball at the start of the second half.
- Team losing the coin toss gets to decide which way they would like to defend.

- Mercy Rule: If a team is leading by 19 points or more in the final two minutes of the game the game will end.

- Inadvertent whistle, play is dead where the whistle blew.

Rules

- Four downs to advance to mid-field for a 1st down

- Once past mid-field a new set of downs will be awarded

- On 4th down or any down for that matter, team can elect to punt. Punt will be forty yards from Spot where offensive team last held possession

- Ball is down or dead

- When the person with the ball flag is pulled (completely detached from the belt)

- Pass attempt that hits the ground

- Ball is fumbled by the ball carrier and hits the ground

- Ball carrier touches the ground with any part of the body and gets touched (Do not need to pull players flag while player is on the ground, simply touch them)

- Snap from center goes behind the QB

- QB intentionally spikes the ball to preserve time or other

- Ball fumbled or snapped to the ground into the end zone is considered a safety

- All players except the 3 declared linemen are eligible to receive the ball

- Before the snap, all offensive players must come to a complete stop for at least 1 full second.

- Only one player in motion at a time and player must not move towards LOS before the ball is snapped.

- Offense can make a shift where multiple players can move all at once but only before QB begins full cadence

- Running the ball

- Stiff arm is legal and must be below neck and above waist

- Player cannot hide flag by lower body or arm into position to stop from being de-flagged

- Player cannot dive to avoid being de-flagged or to advance the ball

- Players may jump or hurdle over any person on the ground

- Catching the Ball

- Ball must be controlled and a football move attempted for a catch to be considered

- One foot must be down for a catch to be considered

- Other body parts must be down in bounds before a catch is considered

- Defense

- Defense must be lined up on its side of the ball once the referee spots the ball

- Defensive line do not need to be head up to the offensive line

- Lining up in the neutral zone will be a five yard penalty against the defense

- The neutral zone is the space between the offensive line specifically the center, the ball, and the defense.
- Defensive players are allowed to chuck or bump the offensive players within five yards from the LOS. Defensive players are not allowed to hold or grab at any point when the ball is in play.
- If a player loses their flag and has the ball the defense must touch them with at least one hand or body part for that player to be considered down.
- If a player has the ball and falls to the ground, the defense must touch them with at least one hand or body part for that player to be considered down.
- Players are allowed to make body contact with the person carrying the ball as long they are attempting to pull the flag.
- Defense is not allowed to trip a player to stop them from gaining yards, take the ball out the ball carriers hands, or tackle a player.

Scoring

- A TD is considered 6points
- An extra point is considered 1 point, played from the 3 yard line
- 2 point conversion – An attempt to score two points after a TD is scored, played from the 7-yard line
- 3 point conversion – played from the 12 yard line
- Extra point FG for 1 point, played from the 3 yard line
- Extra point FG for 2 points, played from the 7 yard line
- Extra point FG for 3 points, played from the 12 yard line
- Safety is worth two points
- Interception by the defense or catch of missed kick is worth the same number of points the offense was attempting for. I.e. going for 2 point conversion and pass is intercepted and returned for a score. Intercepting team will be awarded 2 points.

Field Goals

- Worth 3 points
- Defense can only rush off the edge
- Defense can jump in the middle but must not make contact with the offense
- Offense cannot cross neutral zone to block someone
- If the ball is snapped over the holder's head, the play is dead
- Ball is live if snap is bounced or dribbled back to the holder
- If holder touch the ball and ball hits the ground, ball is declared dead

Punting

- Punts must be declared to the referee
- If not declared and punting team wishes to change its mind, a TO must be used. No TO by the team a delay of game can be enforced if ball is not punted before 25 sec. play clock ends.
- Defense can only rush off the edges during a punt
- Indoor, no punts are allowed, Punts will be 40 yards from LOS
- Only two players are allowed to run before the ball is kicked

- Receiving team must field the punt before it gets behind the returner
- If touched by punting team it will be declared dead at that spot
- Ball hitting the ground can still be advanced by the returning team. If they catch it and drop it, ball is declared dead at that spot. Touching the ball and then losing it the ball is declared dead too
- Fake punts are considered illegal
- Block punts hitting the ground are dead. Block punts caught in the air may be advanced

Over Time

- One possession per team, not time limits, play clock in play, played from 20 yard line
- First possession determined by coin toss
- No double OT in indoor, except for playoffs
 - In the event of double OT, ball will be played from the 3 yard line, one attempt per team
The team that had the first possession in the first OT will automatically be on defense
- At any point in OT if the defense intercepts a pass and return it for a TD the game will be over regardless if the other team had a chance to possess the ball
- An interception that is not returned for a TD will change possession to the other team. The other team will play from the designated spot and played from there

Penalties and Fouls

- De-flagging an offensive player is illegal. De-flagging a QB that had thrown the ball is illegal as well.
Penalty: Illegal flag belt removal, 10 yards.
- A defensive player may not remove an offensive receiver's belt prior to the receiver touching the ball.
Penalty: defensive pass interference, 10 yards and automatic first down.
- If a defender contacts the QB hand or arm while the QB is throwing a pass a roughing the passer penalty will be assessed. Penalty: 10 yards and automatic first down.
- A player may not fasten his or her flags to his or her uniform or belt other than prescribed in the rules.
Penalty: 15 yards and automatic disqualification. The official will check the flags of each person who scores a touchdown or conversion. Following a touchdown or conversion, if a player removes their flag belt prior to being checked by the official the score will be nullified.
- An offensive player may not dive to avoid de-flagging.
- Any dead-ball penalty occurring after a touchdown will be assessed on the extra point.
- Any dead-ball penalty occurring after a conversion will be assessed on the next play from scrimmage
- Any dead-ball penalty occurring after a play will be assessed on the next play. Penalty could advance a previous play or take yards away from the dead ball spot
- An offensive player may not stiff arm or guard his or her flags by blocking them with their hands or the ball. Play is dead at spot of foul and that down is lost.
- When an inadvertent whistle is blown by an official, the ball is dead at the point when the whistle was blown. The team against which the inadvertent whistle was blown has the option of accepting the play or replaying the down. •
- Excessive arguing, swearing, and yelling towards officials will result in fines and suspensions. This is taken especially seriously indoor where there are families and kids well with in ear reach.
- If a runner is held within 10 yards of the end zone with no other defender between the runner and goal line then it can be ruled a Touchdown.

- Any rules not addressed will default to NFL rules or referees interpretation of them.

Penalties that are five yards

- Equipment worn illegally.
- Delay of game.
- Illegal Snap.
- False start.
- Encroachment.
- Illegal Procedure.
- Illegal forward pass (5 yards from point of pass and loss of down).
- Intentional grounding (5 yards from point of pass and loss of down).
- Helping the runner: the runner shall not grasp a teammate or be grasped, pulled or pushed by a teammate.
- Illegal touching

Penalties that are ten yards or more

- Delaying the start of either half.
- Illegal participation.
- Offensive pass interference. (Loss of down)
- Defensive pass interference. (spot foul and Automatic 1st down)
- Illegally secured belt on touchdown. (Revoke touchdown and loss of down)
- Unsportsmanlike Conduct. (ALWAYS 15 yards)
- Attempt to steal the ball from the carrier.
- Hurdling.
- Unnecessary contact of any sort.
- Roughing the passer. (Automatic 1st Down)
- Guarding the flag belt (and stiff arming).
- Illegal flag belt removal.
- Personal foul.
- Flagrant unsportsmanlike conduct and Flagrant personal fouls both can lead to disqualification
- Intentionally tampering with flag belt.

If a penalty is not addressed here it will default to NFL rules or officials interpretation of it.