

## Crown Indoor 5 on 5 Flag Football Rules 2018

1. Games consist of two 12 minute halves with a one minute half-time. (Running clock until last minute of game when it is NFL time). One 30 second timeout per game per team.
2. Field is 60 x 25 yds with 2 -7 yard end zones, 2-23 yard playing zones. (Diagram on back)
  3. Teams consist of 10 players maximum, 5 on field and 5 subs. Teams must field at least 3 players to avoid a forfeit.
4. TD = 6 points, Extra Point = 1 point from 5 yards or 2 points from 10 yards.
5. Running plays are allowed outside the No Run Zones. Hand-offs (forward or backward) or laterals are only allowed behind line of scrimmage. Once a handoff/lateral has been made any defensive player may rush. No run zones are 5 yards from goal line & 5 yards either side of the center line. No forward passes behind line of scrimmage.
6. No blocking, chucking a receiver or pass interference allowed - result is a personal foul - penalty is automatic first down from point of infraction - if receiver pushes off/interferes or illegally picks a defender it is loss of 10 yards from the line of scrimmage and loss of down. Offensive players beyond the line of scrimmage may not aid the ball carrier in any way - if you are beyond the line of scrimmage and the play is heading your way, you may stand still as a screen - no more - defense must avoid contact with any stationary offensive players. NO CONTACT IS ALLOWED!
7. All players are eligible to receive passes.
8. Only players starting 7 yards from the line of scrimmage may rush the passer. The offense may keep a Blocking Back(s) in the backfield to help the passer, but they may only “screen block” – meaning they may get in the way of the rusher, but may not make contact – the rusher(s) must also avoid contact of any kind – Referees will watch this part of the game closely and penalize all infractions of this rule immediately – failure to penalize these infractions always results in UGLY flag football (no time for QB to pass - & it ruins tournaments and leagues = altercations).
9. Quarterback has 7 seconds to attempt a pass or the play is ruled dead. The 7 second clock is not in effect after a hand-off/lateral.
10. All drives & changes of possession (except interceptions) start at offensive team's 5 yard line.
11. Offense has 3 plays to cross mid-field line for a 1<sup>st</sup> down & then 3 more to score a TD.
12. All offensive penalties = loss of down & yardage; offsides is 5 yards, pass interference, holding, flag-guarding = 10 yards. Be careful not to even look like you are flag guarding. No stiff arming – it is considered flag guarding.
13. All defensive penalties = automatic first down plus yardage; offsides 5 yards; holding, snatching or slapping at the ball, early flag pulling = 10 yards; pass interference is spot of foul & first down.

14. Any ball that hits the ground will be ruled dead. No fumble recoveries or snatching the ball from the ball carrier allowed. Ball must be snapped between legs, not off to one side to start play. Snaps that hit the ground are dead balls.

15. If player falls down or his knee hits ground, play is dead at the spot.

16. Players are encouraged to wear mouthpieces; only sneakers or turf shoes allowed – no cleats allowed.

17. Rushers must go for the QBs flags only - touching the QBs throwing arm or hand is a personal foul = 10 yards from the line of scrimmage & automatic first down.

18. Flagrant contact fouls will not be tolerated. **Taunting or similar unsportsmanlike acts will not be tolerated. Baiting of or arguing with the Referees will not be tolerated.** Offending player(s) will be ejected from the game immediately & his team will receive a 10 yard penalty and loss of down if on offense or a 10 yard penalty & automatic first down for the opponent if it was on the defense. Ejected players must sit out the next game; multiple flagrant fouls or unsportsmanlike behavior will lead to ejection from the tournament or league. In the Indoor game, shoving a player into the wall or the netting will be considered a flagrant personal foul - No Warnings.

19. Interceptions may be returned.

20. Offense has 25 seconds to run a play once the ball is spotted. Delay of game is 5 yds and loss of down.

21. Receiver only needs one foot in bounds.

22. All jerseys must be tucked in. If the defender grabs a jersey while attempting to pull a flag, he must let go immediately - penalty for failure to do so is holding = 10 yds. & automatic first down.

23. Coin flip will decide initial possession of game, winning team may choose either the ball, the direction or may defer choice to second half.

24. Overtime = each team gets 1 play to score a TD from defense's 5 yard line, after a TD teams may elect to go for a 1 or 2 point conversion. Coin flip will decide initial possession of each OT period, winning team may choose either to have the ball first or second. One End Zone will be used for all overtime periods - referee will choose the End Zone in the best condition/location. Intercepted extra point attempts may be returned for one point if the offense was going for one from the 5 yard line and 2 points if they were going from the 10 yard line.

**\*See Flag Football Diagram on the next page\***

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