

Indoor Flag Football Rules

Idaho Falls Family YMCA

FIELD SET-UP

- All Players Must Play 50% of the Time on the Field
- The indoor sports arena field will be used for all games except for summer sessions.
- There will be 4 zones of 10-12 yards and two end zones.
- Games will be played with 5 players on each team on the field to play games
- No Kick-off or kicking allowed
- The team with possession of ball will have 4 downs to move the ball into the next zone or score a touchdown.
- Punts will be a walk from the referee of 15 paces or start at the 10-yard line
- A yellow cone will be set where the ball is, and an orange cone will be set 5 paces in front of the blitz line.

TIME MANAGEMENT

- All teams must have a minimum of 5 players to begin a game. A 10-minute forfeit period will be allowed from the scheduled start of the game.
- 1st and 2nd grade will consist of 4, 8 - minute quarters with a running clock. Officials can stop the clock at their discretion.
- 3rd and 4th grade, games will consist of 4, 10 - minute quarters with a running clock. Officials can stop the clock at their own discretion.
- A 5-minute halftime will separate the 1st and 2nd half. Teams change sides of the field after halftime.
- When there are 2 minutes remaining in half, the official informs both coaches that there are 3 plays remaining in the half.
- Extra points will not count as a play.
- Each team is allowed 2-time outs per half. Timeouts last 1 minute and do not carry over to the 2nd half.
 - 1st and 2nd grade are allowed for 2 coaches on the field
 - 3rd and 4th grade will be allowed 1 coach.
 - 5th and 6th grade: no coaches will be allowed.
 - Coaches may stay on the field during play but must stay out of the way of the play. Coaches are not allowed to touch players during play. A maximum of 3 coaches may be on the sideline.
 - Based on age groups, coaches may be allowed on the field and present in the huddle on offense or defense. They should be at least ten yards behind or in front of lines of scrimmage (based on their teams' possession) at the snap. They should make every effort to avoid the movement of all players. Once a player is set they are set.

SCORING SYSTEM

- Touchdown – 6 points
- Extra point—1 point (from the five-yard line must pass only, and defense can't rush), 2 points (from the 10-yard line can be run and passed).
- Safety – 2 points and the offense will punt/free kick to the defense

EQUIPMENT

- 1st/2nd grade will use Peewee size football; 3rd/4th will use the junior size football, and 5th/6th will use a youth size football.
- YMCA will provide footballs and flags. Players must wear the flag belts provided by the league. The belts must remain snug and unimpeded by clothing. If a flag becomes unstitched, the flag belt must be replaced. The flag must be worn correctly and will be checked by the referees.
- Every player must have their jersey tucked in. Jerseys must be tucked in. Altering YMCA flag belts or wearing flag belts not provided by the YMCA will not be tolerated and is subject to penalty.
- Tennis shoes or turf shoes are permitted. No Cleats Allowed
- Players must remove all jewelry deemed hazardous and prohibits equipment from proper use.
- Players are required to wear mouth guards.
- Soft shell helmets must always be worn. Parents can Rent them at the concessions stand before the 1st practice. They are \$15 for the season!

General RULES for offense

- The winner of the coin toss will choose offense, defense, or defer.
- No more than 1 forward pass is allowed on the same play and must be made behind the line of scrimmage.
- Offensive teams will start the ball on the 5-yard line. The quarterback can run with the ball. Once the quarterback leaves the “pocket,” all defensive players are eligible to pursue the ball carrier (officials’ discretion). The pocket is defined as 5 yards (laterally) on each side of the ball.
- The 1st and 2nd grade offenses will have a 45-second play clock in the huddle.
- The 3rd and 4th graders must put the ball in play within 35 seconds of the referee marking the line of scrimmage.
- The 5th and 6th graders must put the ball in play within 35 seconds of the referee marking the line of scrimmage.
- The “center-sneak” handoff is not allowed. i.e., the center snaps the ball to the QB, and the QB hands it back to the center between his legs.
- Receiving: A completion results when the receiver has control of the ball with at least one foot in bounds.
- All players on the line must be within 5 yards of the ball laterally. If you wish to split a player out wider, they must be one of the backs and line up off the line of scrimmage.
- Dependent on game time, games can end in ties.
- Except for the man in motion on offense. All offense players must come to a full second stop without movement. Can have 1 player in pre-snap motion.

Running

- The quarterback can run with the ball. Once the quarterback leaves the “pocket” all defensive players are eligible to pursue the ball carrier official discretion. The pocket is defined as 3 yds for 1st/2nd and 5 yards for 3rd/ 4th (laterally), on each side of the ball.
- Direct handoffs behind the line of scrimmage are permitted.
- **LATERALS OR PITCHES OF ANY KIND ARE ALLOWED.** A dropped pitch or lateral will be a dead ball.
- The player who takes hand off or backwards pitch can throw the ball from behind the line of scrimmage.
- **PLAYERS CANNOT LEAVE THEIR FEET TO AVOID A DEFENSIVE PLAYER** or to gain an advantage in additional yardage.
- The ball is spotted where the ball carriers’ feet are when the flag is pulled, not where the ball is.
- The ball carrier may not protect his flag or swipe at the arms of a tackler. This will result in the ball carrier being declared down at the spot of the infraction.
- When a ball carrier goes to the ground, the ball is dead at the point where his knee touches the ground, even though he may fall farther forward. If the ball carrier goes down without his knee first touching, the ball is dead at the point the player’s flags are, not where the ball touches the ground.

Receiving

- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- Only 1 player is allowed in motion.
- A player must have at least 1 foot inbounds when making a reception.

Passing

- Shovel passes are allowed. If a fumble occurs, the ball is dead and a loss of down occurs.
- Interceptions can be returned.
- Once the ball is snapped to the quarterback the ONLY player that can blitz is the defensive lineman. They can only blitz straight heads-up across from the “center” (5 yds back from where the ball is snapped from.)
- Defensive lineman must wear a wristband on both wrists to signify they are the designated blitzer.
- There must be a designated quarterback on every play.

Dead balls

- The live ball must be snapped between the legs, not to one side, to start playing.
- Substitution may be made on any dead ball.
- Play is ruled dead in the following situations.
 1. Ball carrier flag is pulled.
 2. Ball carrier steps out of bounds.
 3. Touchdown or safety is scored.
 4. Ball carrier knee hits the ground.
 5. Ball carrier flags fall out.
 6. Dropped lateral or pitch.
 7. Fumble for 1st and 2nd - 3rd and 4th may pick up but can't be advanced.
- If the ball is dropped while attempting direct snap, under center, the play will be blown dead.
- If the ball is dropped while attempting a shotgun snap, the play will not be blown dead and may be played as a fumble. However, if the referee judges that there is danger of a collision between the players going for the loose ball it will be blown dead and placed at the spot where the ball was dropped.

Defense

- Interceptions are live. If the team in possession passes, laterals, or loses control of the ball without contact by a defender, and an opponent intercepts the ball before it hits the ground, it constitutes a change of possession, and the ball can be advanced. It's basically an interception at that point.
- Defenders cannot strip a ball away from a ball carrier.
- Only 1 player may "blitz" per play. The 1 blitzers sets up 5 yards off the line of scrimmage straight heads-up from the "center". Blitzers can only blitz in the "pocket"
- If the team on defense repeatedly does not line up appropriately it may result in an encroachment penalty. This is up to the referee's discretion.
- Blitzers must wear a wristband.

PENALTIES

- 1) All penalties will be enforced by the referee.
- 2) Defensive penalties:
 - a) Encroachment or if rushing player(s) are not identified with wristbands: 5 yards and repeat the down.
- 3) Pass Interference: 5 yards and automatic first down.
- 4) Illegal Contact (holding, blocking, etc.): 5 yards, automatic first down.
- 5) Illegal Flag Pull (before player has ball): 5 yards, automatic first down.
- 6) Tackling: 15 yards, automatic first down.
- 7) Tackling is not allowed. This is a non-contact league designed to develop players' individual skills and build teamwork through structured athletic activity.
- 8) Incidental contact resulting in the ball carrier going down will not be called at the discretion of the official.
- 9) Offensive penalties:
 - a) Illegal Motion (more than 1 person moving, false start): 5 yards, repeat the down.
- 10) Offensive Pass Interference: 5 yards, repeat the down.
- 11) Stiff Arming: 5 yards (from line of scrimmage), loss of down.
- 12) Delay of Game: clock stops, 5 yards, repeat the down.
- 13) Illegal Blocking: 5-yard penalty, repeat the down
- 14) Rough play will not be tolerated. The player will receive one warning and will be removed from the game (Official's Discretion).
- 15) Unsportsmanlike Conduct will be penalized 15 yards, loss of down.