

Spokane Youth Sports Association

Indoor Flag Football Rules (Grades 1 – 6)

Updated February 7, 2019

EXCEPT AS CHANGED OR MODIFIED BELOW, WASHINGTON STATE HIGH SCHOOL RULES WILL APPLY.

I. Game, Player, Field and Equipment:

- A. The game will consist of two twenty-minute halves, running clock except for one time out per team each half. If necessary, referees may stop the clock to allow a mass substitution or time to explain a penalty to the player. Games must be completed in fifty minutes:

Playing Time	40 Minutes
Half Time	3 Minutes
Times Out (1 minute)	<u>4 Minutes</u>
	47 Minutes Total

- B. A maximum of 14 players shall be placed on team rosters – seven players will constitute a team.
- C. The field shall be 40 yards long and 22 yards wide. The field shall be divided into 2 15-yard zones. When the ball is first downed in a zone, the team in possession has four downs to move to the next zone or score.
- D. Every player must wear an SYSA issued flag belt. **Jerseys must be tucked in.**
- E. Tennis shoes or turf shoes are permitted. NO CLEATS of any kind.
- F. **EVERY PLAYER MUST PLAY AT LEAST HALF OF THE GAME!!!**
- G. A player may play a maximum of one half per game at the skilled positions. The skilled positions in this league are the running back and the quarterback positions. Therefore, if a player were to play quarterback or running back for the first half, the player cannot play quarterback or running back for the rest of the game. A wide receiver lining up as a running back is considered a running back.
- H. Each player shall play equally on offense as on defense in each game.
- I. Every player must wear a mouthpiece at all times – NO EXCEPTIONS!
- J. There will be no play clock. Officials will encourage teams to hurry up and get the play off. If official determines that a team is stalling, a 5 yard penalty AND loss of down will be assessed. Clock will stop and then resume at snap of next play.

II. Substitutions and Time Outs:

- A. Each team has one time out per half.
- B. You may substitute freely. However, mass substitution should only be done at the end of each half or during a time out.

III. Kickoffs and Scoring:

- A. There will be no extra point attempts after touchdowns.
- B. There will be no kick offs. The ball will be placed on the five yard line.

IV. Guidelines:

- A. Once a team roster has been set, a new player may not be added without approval from the Football Coordinator.
- B. For the 1st/2nd Grade Division, a maximum of two coaches may be on the field per team at any given time. For the 3rd/4th & 5th/6th Grade Divisions, only one coach from each team may be on the field at the same time. Coaches may switch between offense and defense but only one coach is allowed on the field.

V. Special Rules and Definitions:

- A. The ball is dead from the point at which the ball carrier's flag becomes loose and is taken by the defense.
- B. The ball carrier cannot hurdle, dive, or jump. The ball will be dead from the initial point of the hurdle, dive, or jump. **Spinning is allowed.** However, if the ball carrier appears to be out of control during spin, the runner will be down where spin occurred. Referee's discretion.
- C. The offensive ball carrier may not interfere with the defensive player's attempt to grab the flag (fanning/flag guarding). The offensive ball carrier may not attempt to evade the defensive player by spinning. The ball will be called dead at the initial point of the player using hands or the ball to stop a player from getting to the flag.
- D. Blocking must be performed in accordance with Washington State High School rules. The head or face may not be used as the primary (or any) point of contact. Launching is not allowed.
- E. Stiff arms by the ball carrier are illegal– 10 yard penalty.
- F. The ball carrier may not run through a defensive player, (he may not charge) and he must attempt to evade the defensive player. The defense must "play the flag rather than the man." The defense can't run the carrier over to get the flag. A 10-yard penalty will be given for lowering the head and hitting or tackling the opposition.
- G. All fumbles are dead when the ball hits the ground. No strips allowed.
- H. There will be no punts. If a punt is declared, ball will be placed at mid field.
- I. Tie games are tie games! No overtime period will be played.
- K. Reverses, draws, screen passes, counters and other such offensive plays are allowed.

- L. If a flag falls off during the play unintentionally (referee's discretion), then the play will continue by one-hand touch. There will be a 15-yard penalty for deliberately pulling a flag if the player you pull it from does not have the ball (unsportsmanlike conduct). Hiking the ball with an offensive member not having flags on is a 5 yard penalty.
- M. The ball cannot be taken out of the ball carrier's hands. If so, the play will be called dead.
- N. If a pass hits the wall or any part of the building, the pass will be incomplete. After the catch, if the ball touches the wall during the play, the play will be called dead. Players themselves can hit the walls, but the ball may not. Slamming players into the walls will be considered a tackle.

VI. Formations:

- A. The offense will consist of a 3 – man line plus a designated quarterback. The other 3 players may line up as running backs, full back, wide receivers, or tight ends as long as lining up 1 yard behind the line of scrimmage. **There may not be any men in motion.** The linemen may not be split more than one yard from each other.
- B. Unbalanced formations are allowed as long as everyone (aside from the 3 down linemen) is lined up one yard behind the line of scrimmage.
- C. The quarterback must take a direct snap from center to commence the play. Shotgun is OK.
- D. The defense must have 2 down linemen rushing and must line up head on with the offensive guards. The defense may employ the defensive backs or safety in any manner. The defense must be a minimum of three yards behind the down linemen.
- E. The two offensive guards may not go across the line of scrimmage on passes until after the pass is completed. Blocking down field will be offensive pass interference.
- F. All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped, except for the two defensive linemen who can rush from their positions. Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage. Players deemed under 7 yards back who cross the line of scrimmage will be called for an illegal blitz – 5 yard penalty.
- G. Once the ball is handed off, the seven-yard rule no longer is in effect, and all defenders may go across the line of scrimmage. A special marker, or the referee, will designate seven yards from the line of scrimmage. The quarterback faking a handoff or tucking the ball to run are considered handing the ball off.
- H. All players are eligible to receive a pass except for the two offensive guards. The center is eligible.
- I. All offensive linemen shall be in a 3-point stance.
All defensive linemen shall be in a 3 or 4-point stance.
No defensive lineman can line up opposite the center.

VII. Penalties:

Fighting is 15 yards and automatic expulsion from game

Two personal fouls or unsportsmanlike conduct penalties from same playr in one game will result in ejection from game.

Offsetting penalties result in replay of down

false start, off sides, man in motion (offense)	5 yards
Offensive holding	10 yards, spot foul
Fanning, spinning, diving, jumping	Down at spot
Offensive pass interference	10 yards
Block in the back	10 yards, spot foul
Delay of game	5 yards
Stiff arm	10 yards

Tackling	10 yards, spot foul
Defensive holding	5 yards, spot foul
Clipping (hitting someone in back of the legs)	10 yards
Defensive pass interference	Spot foul
Illegal blitz	5 yards
Roughing the passer	10 yards, first down
Illegal participation	5 yards