



Flag Football Rules of Play

LIS follows a ZERO TOLERANCE POLICY: Abusive and obscene language, violent play/conduct, fighting and other behavior (including, but not limited to sarcasm, taunting, etc.) deemed detrimental to the game will not be tolerated. It is the responsibility of the managers to provide referee support.

The Field

Synthetic Turf Field: 52 yards long by 28 yards wide, with 4 x 28-yard end zones. Boundary is marked by yellow painted lines.

Players & Player Card Regulation

- Seven (7) players from each team will be on the field during play.
- A minimum of five (5) players is required to start and continue a game.
- Players are required to LIS player card registered to their team.
- If a team does not have five players to start a game, or wishes to add a player that is not a current member of their team, the following rules apply:
 - a) The opposing team will decide if they want to accept a 3-0 forfeit win, or they can allow the opposing team to add players, play out the game, and accept the result. This must be decided before the game starts, and the decision is final.
 - b) If a team is short on players or does not have any subs and wishes to recruit additional players from another team they must first notify the referee and inform the opposing team. The opposing team will have the following choices
 - i) They may agree to allow the team to recruit additional players, but accept a 3-0 forfeit win
 - ii) They may agree to allow the team to recruit additional, and accept the result of the game
 - iii) They may not agree to allow additional players, and accept the result of the game
 - iv) Regardless of decision game will be officiated

Equipment, Substitutions, and Formations

- All players must wear **Triple Threat Flags**, teams are required to supply their own flag.
- Flags must be a different color than the player's shorts or pants.
- Substitutions may be made between downs.
- Three offensive players must be on the line of scrimmage at the snap of the ball. All players are eligible receivers/ball carriers, with one exception for safety, NO inside

handoffs to a lineman.

- Both offensive and defensive players must avoid all contact down field. If a defensive player has obtained a position on the field the offensive player must try to avoid the contact. Defensive players must go for the flag and avoid making contact. **Penalty: Personal foul**

Movement of the Ball and Scoring

Four downs can advance the ball for a first down, or to score.

The ball must be snapped within the area that is bound by the center field circle in the same manner that hash marks are used on a lined football field. This eliminates snapping the ball near the dashers to create a wide side of the field.

- A first down may be gained by advancing the ball beyond one or more of the designated first down yard lines. There are three first down lines on the field (14 – 28 – 42).
- Six points for a touchdown.
- Two points for a conversion by place kick or drop kick after a touchdown. One point for successful run or pass.
- Three points for a field goal. Kicking tee for extra points and field goals are not allowed. Missed field goal or extra point can only be advanced by the defensive team for points provided the ball is possessed prior to hitting the ground. Any field goal or extra point that hits the ground in the end zone will be a touchback.
- Two points for a safety
- A returned missed field goal will result in a touchdown, 6 points and an extra point attempt. A missed extra point attempt returned will be awarded 2 points. An interception returned during a conversion will be awarded 2 points. The ball is live off the glass, dasher boards and or the netting within the end zone. The ball must be recovered/possessed prior to hitting the ground.
- Fumbles are dead and marked where the ball lands and may not be advanced. Unless the ball was fumbled forward in this case the ball will be placed where the player lost position.
- Offensive motion: **ONE** receiver may go in forward motion before the snap. That player may not cross the line of scrimmage prior to the snap of the ball. **Penalty: Dead Ball False Start**
- All running plays must go outside of the guards. No player shall run straight up the middle of the field until the blocking zone has dissolved and the pocket is free of blockers in the middle of the field. An example of an illegal play would include Quarterback Draws and Dive plays between the Center and Guards. A legal play would include a Quarterback scramble up the middle where no blocking is occurring but rather to the sides. For a lineman to run the ball the player must take the hand off behind the line and may not cut up field until he has reached the point of the opposite side guard. **Penalty: Personal Foul.**
- If a game score is recorded incorrectly, it is the responsibility of the team captain to immediately report it to the Facility Manager (scores and standings are posted online)

at longmontindoorsoccer.com). Once regular-season league play has finished, and final standings have been posted, there will be no changes made to previous weeks' scores.

The Passing Game:

- Passing rules will be the same as the National Federation High School rules. The receiver must have possession of the ball and one foot inbounds. A unique exception involves the dasher boards and glass. A forward pass that rebounds off the dasher boards and or glass is a live ball and is in play until it touches the playing surface. The ball may be caught by the offense for a reception or by the defense for an interception if one supporting member is in bounds when position is obtained. Once the ball rebounds off the dasher board or glass, normal pass interference restrictions no longer apply. Receivers that step out- of bounds on their own will be considered ineligible receivers and may not be the first player to touch a loose ball. **On passing plays the netting is considered in play, on the sides, and the roof, and you can play a ball off the netting in the end zone.**
- Multiple forward or backward passes may be made behind the offensives line of scrimmage. A backward pass hitting the ground will result in a dead ball and the ball placed at the point where it hit the ground.
- A pass rusher who crosses the line of scrimmage into the 'offensive zone' can raise his hands and jump to block a pass. NO contact with the passer will be allowed, incidental or otherwise. Hands must be straight up and not towards the passer's arm in any way. **NO Exceptions!** Pass rusher may only attempt to pull the flags of the passer or deflect the pass attempt. Any contact with the passer will result in a personal foul and is at the discretion of the referee to be deemed an overly aggressive play.
- Defense may bump receivers on the line of scrimmage and through the expanded neutral zone provided both receiver and defender are lined heads up on the line of scrimmage. **Penalty: Illegal contact.**
- Defenders cannot force the receiver out-of-bounds. Blocking a receiver into the dasher will be a personal foul and possibly the offending player being placed in the penalty box or ejected. **Penalty: Personal foul.**

Blocking

- Blocking Zone: Blocking may only occur on or behind the line of scrimmage. Penalty: Illegal Block 5 yards from spot of foul. Blocking into the dasher will be considered a Personal Foul. It is possible the offender may be placed in the penalty box or ejection depending on severity and intent of the block.
- Blocking: Below the shoulder above the waist with the initial contact made with open, extended hands – no use of a forearm or shoulder will be used for first contact with an opponent. No hands or blows to the face. Blockers may not leave their feet. Down field blocking will consist of shielding/shadow blocking only. In the event of contact being made down field the 1st player to initiate contact will be the offending player.

- Behind the line of scrimmage. When a quarterback leaves the pocket, he will be considered a runner. The pocket is considered the area between the white arced lines of the soccer field (the sides of the white arc in front of each goal and the sides of the center circle). If a player/blocker is engaged in a block when the quarterback becomes a runner, he may continue blocking. Blocking may only take place between opponents who have first established clear visual contact with each other or are aware of impending contact with another blocker. If the blocker loses contact or the block of his opponent, and the quarterback has left the pocket (runner/scrambler); the offensive blocker/player now can only shadow block. This rule is to protect the defensive pass rusher from being hit on a blind side or crack back. The penalty can result in an illegal block, personal foul and or ejection. The infraction depends on the intent and severity of the foul.

The Kicking Game:

The game will begin by kicking or throwing the ball downfield from the goal line. The entire kicking team must be behind the 14-yard line at the release of the ball. If the throw gets stuck in the end zone netting area it will be considered a touchback. The receiving team must be behind the receiving team's 14-yard line prior to the kickoff. The ball is not out of bounds until a player in the field of play has had possession of it.

- Field goals and extra points must clear the glass and contact the vertical netting that is between the designated yellow vertical uprights. Balls that hit the uprights and then contact the netting in between the uprights will be considered successful. It is also successful if the kick contacts the ceiling netting and lands/hits netting between the uprights. Balls that hit glass or boards will be an unsuccessful attempt.
- Extra point's line of scrimmage will be the 7-yard line, unless penalty enforcement has been applied.
- Field Goal attempts may be kicked from any yardage distance.
- Punting: The team will notify the referee they are punting, and the ball will be ready for play at the opponent's 14-yard line.
- On any down, a team may go for a first down, touchdown, or field goal. Teams must declare a field goal attempt to the referee. The kicking team may place the ball anywhere behind their line of scrimmage for the attempt.
- The receiving team may field any kickoff or throw or missed field goal that rebounds off the end zone netting, glass or dasher boards.
- During a field goal kick, the kicking team may not cross the line of scrimmage until the field goal has been ruled successful, the ball has touched the ground, or in the case of a missed field goal, until a player from the team defending the kick has possession of the ball. Result is a 5-yard (defensive) penalty.
- There is no out of bounds on the kickoff, field goal or throw unless it hits and sticks in the net. If the ball hits and stick in the net, it will be considered a touchback.
- There is no on-side kick off or throws.
- Kick-off or throws that are not run out of the end zone will be considered a touchback and placed ready for play at the 14- yard line.

- For extra points and field goals the ball must be placed on the playing surface. No tees or any other substance may be used to elevate the ball. Kicking team will have 10 seconds to kick the ball after the ball is snapped; 10 second violation will result in 8-yard penalty and loss of down.
- Missed field goals or missed extra points can only be advanced if the ball does not hit the ground.
- In the case of missed extra points from a touchdown, the ball can be run out of the end zone by the non-kicking team and if the runner reaches the end zone the team will be awarded 2 points. If the player is de-flagged short of the end zone, the ball will be placed at the 14-yard line, regardless of yardage gained during return.
- In the case of a missed field goal, the ball can be run out of the end zone by the non-kicking team and if the runner reaches the end zone the team will be awarded a touchdown (6 points plus an extra point attempt). If the player is de-flagged short of the end zone, the ball will be placed where the player is de-flagged. If no attempt is made to return the missed field goal, then the non-kicking team will obtain possession at the kicker's line of scrimmage.
- The ceiling is in play on field goal attempts if the ball clears the dasher board and is between the uprights.
- During a field goal or kicked extra point, no rushing is allowed. Defense may jump vertically to block the kick but cannot cross into the neutral zone. No offensive player may go down field until after the ball is kicked. Penalty: Illegal procedure

Beginning and Ending Play:

- The game will begin by kicking or throwing the ball downfield from the goal line. The game clock only stops on team timeouts or officials' timeouts.
- The offensive team will have a 25 second huddle clock that starts on the referee's ready for play whistle. Obvious delays will result in a delay of game penalty.
- After a play begins, the following will end the play:
- Official's whistle
- Incomplete pass.
- A defensive player pulls the flag of the offensive player with the ball. The flag of an offensive player inadvertently falls out without the defense pulling it the defense must touch (one hand) the offensive player with the ball for him to be down.
- The offensive player may spin or twist to avoid the defensive player however no jumping to avoid being de-flagged is allowed. This will be considered flag guarding.
- The offensive player/ball carrier may not dive or hurdle. This will be considered flag guarding
- If a defensive player pulls the flag of an offensive player too soon (before gaining possession of ball) the play will continue until the defensive player touches (one hand) the offensive player or the player scores or goes out of bounds.
- If a player with the ball falls or touches down a knee or any other part of the body (except a hand) the play will be blown dead at that spot where they first touched the turf.
- The ball will be spotted at its forward progress.
- Flag Guarding, stiff-arm or slapping a defensive players hand is not allowed.

Timing & Time Outs:

- There will be two 25-minute periods with a continuous running clock, with one exception listed below. There will be a 2-minute halftime.
- Each team will be authorized 2 time-outs per half.
- Clock will not stop unless of an injury, time-out, or if the game is within eight points in the second half with one-minute remaining. An official/scorekeeper will keep clock on the scoreboard along with the score.
- The referee always has the discretion to stop the clock (injuries, official's conference etc.)
- The clock is a running clock and will ONLY stop during the last minute of the game if the score is 8 points or less. In this situation, the clock will re-start once the ball is snapped.
- If a team uses a time-out immediately after a touchdown, the clock will not start again until the ball is touched on the ensuing kickoff.
- A 20-second play clock will be used to control the speed of the game.
- Mercy Rule – Games will not be cut short due to score. Teams losing by 28 points or more are permitted to add one additional player on offense and defense. If the margin becomes less than 28, the team will return to seven players.

Overtime Procedure:

- If the score is tied after regulation play, overtime procedures will apply.
- There will be a coin toss to determine who will receive the ball first. The team winning the toss may elect to play either offense or defense first.
- Team that loses the toss will decide which end of the field will be used.
- Ball will be placed at mid field (28-yard line).
- Each team will have four downs to score a touchdown or field goal or advance the ball as far down the field as they can. No first downs allowed in overtime. Exception, where first down is awarded by penalty.
- Overtime will end when a team scores more than the other or whichever team advances the ball down the field the farthest (tournament rules differ, see below). The winning team will be awarded the win and 2 points for advancing the ball the farthest or whatever points they score during the overtime period. Each team gets one possession; if it is still tied then each team will get one field goal attempt from the 14 yd. line. If still tied the game ends in a tie. (tournament rules differ, see below)
- If a turnover is returned for a touchdown the game will be over. If a turnover happens and is not scored on the distance, any yardage gained by the team playing offense is nullified.
- Tournament games require teams to score in overtime (yardage is not used) using same format as above. Each team will continue to receive four downs until someone scores. Teams will be given equal opportunities with the ball, no sudden death situations.

Penalties and Other illegal Actions:

Unsportsmanlike conduct will not be tolerated. When you pull another players flag belt, you must return the flag in a sportsmanlike manner, if you throw it on the ground or throw it away or towards the player this action will be considered unsportsmanlike conduct.

- Penalty mark offs for arena style football are less than outdoor football. The conversion is listed in the summary of penalties
- Tackling is not allowed. Penalty Personal Foul. Penalized player will go to penalty box (no substitution), or he may be ejected.
- Intentional driving your opponent into the dasher boards along the sidelines or in the end zone. Flagrant Penalty or Personal Foul. Penalized player will go to penalty box (no substitution), or he may be ejected.
- Two personal fouls by the same player will be caused for immediate expulsion from league.
- No spitting on the field. Player caught spitting results in automatic ejection. (Health Hazard-Turf)
- Any Unsportsmanlike conduct or personal foul(s) will result in one of the following: player(s) being directed to the penalty box for 2-minute minors or 5-minute majors with no substitutions, player being ejected from the game, player being ejected from the league. Game officials will decide rough play calls, inappropriate behavior or foul language.
- **ZERO Tolerance concerning foul language, threatening behavior or fighting. We will not hesitate to eliminate any person or team from future participation.**

Reminders:

- Judgment calls are unchallengeable.
- Challenging team must call a timeout.
- Challenging team has the timeout to show the rule in their rulebook (Referees are not required to carry a rulebook).
- Timeout will be given back to the challenging team if they are correct.

Summary of Penalties

LOSS OF 3 YARDS

1. Illegal Equipment
2. Delay of Game
3. Encroachment/False Start
4. Illegal formation or procedure
5. Illegal shift or motion
6. Illegal forward pass (also loss of down)
7. Intentional grounding (also loss of down)
8. Illegal touching

LOSS OF 5 YARDS

1. Illegal blocking
2. Holding
3. Illegal use of arms or hands
4. Illegal block in the back

5. Kicking team crossing the line of scrimmage on a missed field goal before a player defending the kick has possession of the ball.

LOSS OF 8 YARDS (Possible penalty box or ejection)

1. Unsportsmanlike Conduct
2. Personal Foul
3. Flag Guarding, hurdling jumping or diving. (Loss of down)
4. Forward Pass Interference (Loss of down if by offense, first down if by defense) from the original line of scrimmage.
5. Illegal Block (below the waist)
6. Tripping
7. Illegal Personal Contact
8. Roughing the Passer (First Down)
9. Fighting - Individual
10. Any act if unduly rough or flagrant

Automatic Ejection/Expulsion from League

If a player gets ejected from a game their team will forfeit that game.

1. Physically/verbally abusing officials or LIS staff.
2. Fighting (team fight or individual) – Any player involved in a fight will be ejected and banned from the facility for the remainder of the current session and the entire next session. At the end of the second missed session the player must meet with the Facility Manger before being allowed to participate again. During the time the player is suspended he cannot enter the facility, and if he does the police will be called.
3. Any act deemed excessively unsporting, or flagrant
4. Spitting on field

*Any issue involving more than one player will be considered a “Team Problem” and the entire team may be ejected from the game and/or the league.

Elastic Power

The Facility Manager will have elastic power in all situations not covered in the rule and all decisions are final.

Extra Games:

- If a team receives an extra game during the regular season due to an odd number teams and/or games, then their last regular season game will not count in the standings. This last game will be used in head to head competition if both teams are tied in the standings.

REMEMBER: WE WELCOME COMPETITION BUT ALWAYS ENCOURAGE GOOD SPORTSMANSHIP AND SAFETY. DANGEROUS PLAY OR TRASH TALKING WILL NOT BE TOLERATED. ANY ATTEMPT TO INJURE ANOTHER PLAYER WILL RESULT IN AN INDEFINITE

SUSPENSION FROM THE LEAGUE. REFEREE DECISIONS MADE ON THE FIELD WILL BE FINAL AND HAVE THE FULL SUPPORT OF LIS MANAGEMENT AND STAFF. THE SCOREKEEPER AND PERSON MANAGING THE FACILITY HAVE THE AUTHORITY TO ASK SPECTATORS AND PLAYERS TO LEAVE THE BUILDING FOR IMPROPER BEHAVIOR AT ANY TIME. LENGTH OF SUSPENSIONS WILL BE AT THE DISCRETION OF THE MANAGEMENT.

Roster and Forfeit Rules:

- In league play only, if a team does not have enough **legal** players to start the game, a forfeit will be the result unless **both captains agree in the presence of an official** to play the game with non-roster players. If this is the case, **the score of the game will stand**. It is important to understand that if both teams agree to play the game with non-roster players; this game cannot be protested due to the final score.

Team Rosters and Game Day Roster Procedures:

- Every legal player /team participant must have a valid player pass registered with LIS.
- Participants are required to check in with the referee prior to playing.
- Rosters are the individual player and team's responsibility.

Forfeit Scoring: A team forfeiting will result in a 1-½ loss in the standings. Teams that do not show up to a scheduled may not be eligible for any league awards or be allowed to play in the post season tournament.

Any team forfeiting a game will be charged a \$50.00 fine. Forfeiting team cannot play until fine is paid in full.

Standings Tie Breaker - 1) Points differential 2) Points scored 3) Head – to – Head 4) Total Forfeits
5) Coin Flip