

Adult Indoor Flag Football Rules

I. Governing Body

The governing body of this league will be the Superintendent of Athletics from the Williamson County Parks and Recreation Department (WCPR) or the assigned representative. Items not covered by these by-laws will be ruled on by the Williamson County Parks and Recreation Staff.

II. Eligibility

1. All fees are due at the time of registration for the league.
2. All players must sign and complete the roster/player contract/waiver to be eligible to play. Rosters must be completed and turned into the League Coordinator prior to the first game.
 - a. Teams may consist of up to 12 players on their roster.
 - b. Teams cannot add a player to their roster after the 4th week of the regular season games have been completed, unless approved by the WCPR staff.
 - c. Added players must sign the roster/player contract before playing in a game.
 - d. It is the captain's responsibility to have all players understand and abide by the rules, as well as, sign the roster and meet all the league eligibility requirements.
3. No refunds will be issued once the season begins.
4. Players cannot change teams once the season starts unless approved by the Williamson County Parks and Recreation staff.
5. All protests of eligibility will be brought to the attention of the official(s) before the game begins or the protest will not be allowed.

III. Player & Team Conduct

1. Everyone must follow all facility rules.
 - a. Teams are required to inform spectators that they must remain in the seating area during the game. Result of not following the rules, will be asked to leave facility.
 - b. Children must be supervised at all times.
2. Only 1 spokesperson per team is permitted. Teams may have an offensive and defensive spokesperson. He or she will accept full responsibility for the team's actions.
3. ***If a player is ejected from a game, they must immediately leave the premises. Ejected players will not be allowed to play in the following game, at a minimum. If a player is ejected more than once during the season, they may not be allowed to play for the rest of the season, tournament included, and will be reviewed by the WCPR staff about future participation in the league.***
4. If a team forfeits (no call, no show) 2 games during the season, they will be reviewed by the WCPR staff regarding continued participation in the league.
5. Anyone intoxicated or thought to be under the influence will be asked to leave the facility immediately.
6. All players involved in fighting will be suspended indefinitely. Players or spectators involved in fights or threatening behavior to WCPR Staff, officials, or opposing players, or spectators, will be asked to leave the facility and suspended for an indefinite period of time from all WCPR activities and WCPR facilities. Local authority (BPD, FPD, WCSO) will be contacted when deemed necessary.

IV. Equipment

1. The triple threat flag belt is the only acceptable flag belt (will be provided for games by WCPR staff).
2. Teams may provide their own football or choose to use the football provided by WCPR staff.
3. Teams must provide same color t-shirts or jerseys with different numbers that are clearly visible.
4. No type of hard cast or hand surface padding is permitted. Certain braces must be approved.
5. No spiked cleats of any kind are permitted. All players must wear turf or flat soled shoes.
6. No hard billed hats will be permitted.
7. **No shorts or pants with pockets are permitted.**

V. Time & Team Regulations

1. Coin Toss – Team winning the coin toss can:
 - a. Defer choice to second half
 - b. Receive Ball (the team losing coin toss in this option will have the choice of end to defend)
 - c. Defend (choose direction). Teams will switch directions after the half.
**It is possible to receive ball at the start of both halves
2. Games will start on time according to published schedule and only first game will have a five (5) minute grace period. Five (5) minutes will be added to the clock at the scheduled start time and will be declared forfeit if one or both teams aren't available for play at the end of the grace period. All other games will start according to the schedule.
3. Teams are required a minimum of 4 players and a maximum of 5 on the field at one time.
 - a. If at any time the number of players drops below the minimum required, the game will be declared a forfeit and the opposing team will be awarded the victory (unless it is due to injury). Upon injury, WCPR Staff judgement will prevail.
4. Game length is two 20 minute halves. **The clock runs continuously (except for injury, player/official timeouts) until the last minute of the second half.**
 - a. During the last minute of the second half, the clock will stop for incomplete passes, changes of possession, first downs, penalties, scores, and extra point attempts.
5. A 25 second play clock will start once the official blows the ready for play whistle.
6. Penalties during the minute of the each half:
 - a. Live ball penalty against the offense – the clock will restart on the ready for play.
 - b. Dead ball penalty against the offense – the clock will start on the snap.
 - c. Live or dead ball foul against the defense – the clock will start on the snap.
7. Mercy Rule – If a team is behind by 20 or more points with less than 5 minutes remaining in the contest, the game will be declared over and the team that is ahead will be awarded the victory.
8. Each team has 2 timeouts per half that do not carry over into next half or overtime periods.
9. **A ten second run-off will occur if the offense commits a penalty during the last minute of each half. Teams may elect to use a time out to avoid the 10 second run off.**

VI. Overtime

1. In overtime, the ball will be placed on the 9-yard line. Both teams will have 4 downs to score. After a touchdown, an extra point must be attempted for one point (three yard line) or two points (ten yard line).
2. Each team will be given one time out for the entirety of overtime periods. Time outs not used in regulation are not carried over into overtime.
3. If both teams score and have the same result of extra point, then the process will repeat with the team that started on defense starting on offense. If a winner is not declared going into 2nd overtime, teams must go for 2 points after touchdown.
4. If process is not concluded by the 2nd overtime, game will result in tie. Tournament games will keep being played by the overtime rules until there is a winner.
5. The offense will have 4 downs unless:
 - a. The offense turns the ball over (an intercepted ball will be allowed to be returned unless it is a try for extra point).
 - b. The defense commits a penalty (replay of down or new series of downs).
 - c. The offense commits a penalty (replay of down, loss of down or end of series).

VII. Scoring

1. Touchdown – 6 points
2. Extra point/Point after touchdown – 1 from the 3-yard line; 2 from the 9-yard line
 - a. If defense intercepts a forward pass or lateral on extra point, the play is ruled dead.
3. Safety – 2 points

VII. Spot of the Ball

1. The play is dead once the ball hits the ground. All laterals that hit the ground are down at the spot where it initially touches the ground. The team that had possession of the ball prior to the muffed ball will retain possession. **THERE ARE NO FUMBLES.**
2. Following a safety, touchdown or punt, teams will begin from their own 7-yard line. Following a turnover on downs or interceptions, teams will begin their possession at the spot of the ball from where the previous play was marked dead.
3. The ball will be marked at the spot of the ball at the time of the flag being pulled.
4. The player without a flag belt, if in possession of the ball, will be down once they are touched by a defensive player.

IX. Offense

1. At the start of each half and after a score, teams will start the offensive possession at the 7 yard line. Each team has 4 downs to reach the line to gain (midfield or goal line). Once team crosses midfield they will have 4 more plays to reach the goal line.
 - a. On 4th down, the offense will have the option to either go for the line-to-gain or “punt.” A “punted ball” will be placed on the opposing team’s 7 yard line, and will be a 1st down for the opposing team.
2. **The offense can progress down field by the way of a forward pass or with a run.**
 - a. All offensive players are eligible receivers.
 - b. Multiple laterals are permitted behind the line of scrimmage. **Only one forward pass per play is allowed.**
 - c. **The offense may not run the ball from inside the defensive 9 yard line (yellow line).**
3. A player may not stiff arm another player, push away a defender’s hand or shield his flag in any way. Flag guarding is prohibited (5 yard penalty from spot and loss of down).
4. Screening is permitted if the player is setting a basketball style screen. Feet must be set, and no contact initiated. Players must make an effort to avoid contact. **THIS IS A NO CONTACT LEAGUE.** An offensive player may not run a route under a rusher to impede the rusher’s route to the quarterback.
5. The quarterback must be 2 yards behind the line of scrimmage at the time of the snap. If the offensive team decides to spike the ball, in order to stop the clock, during the last minute of each half, the quarterback may not receive ball directly under the center.
6. Intentional grounding – The passer may not intentionally ground the ball in order to avoid a sack or to run off the clock. The result will be a loss of the down and the ball placed at the spot of the foul. If the quarterback is in the end zone at the time of the foul, the result will be a safety. There must be an offensive player in the vicinity of the thrown ball. The official’s judgement will prevail.
7. The offense must have at least 3 players on the line of scrimmage at the time of the snap. A man in motion is not considered to be on the line of scrimmage.
8. Only 1 player is permitted to be in motion at the time of the snap. The player in motion may not be moving towards the line of scrimmage at the time of the snap. All other players must be stationary at the time of the snap.
9. **Players with the ball may not leave their feet to avoid being downed or to gain yardage. This includes jumping, hurdling, and diving.**
10. **A simultaneous catch will be awarded to the offense.**

X. Defense

1. The defensive team is permitted to rush the quarterback. **The rusher(s) must be at least 1 yard off the line of scrimmage at the time of the snap.**
2. A defender may not grab, hold onto or tackle another player or player’s uniform.
3. The defender may not push, pull or make contact with the offensive player. The block-charge principle will be applied within the first 3 yards after the line of scrimmage
4. Batting, grabbing or swatting at a ball in the possession of a player is illegal.
5. Roughing the passer results in a 5-yard penalty from the end of the play (or previous spot) and an automatic first down.
6. **Defensive pass interference will be a spot foul or 5 yards from the previous line of scrimmage and automatic first down.**

XI. Penalties Live Ball (LB) and Dead Ball (DB)

Offensive:

- a. Illegal Procedure / Formation – 3 yards from LOS and replay of down (LB)
- b. False Start – 3 yards from LOS and replay of down (DB) (10 second run off during last minute of each half if no timeout is used, or if the offending team is out of timeouts. Clock will start on ready for play whistle.)
- c. Flag Guarding – 5 yards from the spot of the foul (SPOT) and loss of down (LB)
- d. Illegal rush, inside 9 yard line – 5 yards from LOS and replay of down (LB)
- e. Moving Screen/Block Behind LOS – 5 yards from LOS and replay of down (LB)
- f. Moving Screen/Block Beyond LOS – 5 yards from SPOT and replay of down (LB)
- g. Pass Interference – 5 yards from LOS and replay of down (LB)
- h. Illegal Forward Pass Beyond LOS – 5 yards from SPOT and loss of down (LB)
- i. Illegal Forward Pass Behind LOS – ball marked at SPOT and loss of down (LB)
- j. Intentional Grounding – ball marked at SPOT and loss of down (LB)
- k. Delay of game – 3 yards from LOS and replay down (DB)
- l. Unsportsmanlike Conduct – 5 yards from end of the play. Penalty will be marked off after the result of the play. The down will count. (DB)
- m. Jumping / Hurdling / Diving to gain yardage or avoid being downed – 5 yards from SPOT and replay of down (LB)

Defensive:

- a. Offside – 3 yards from the line of scrimmage and replay of down (DB)
- b. Holding/Impeding Progress – 5 yards from end of play and replay down (LB)
- c. Pass Interference – Spot foul or 5 yards from the LOS and automatic 1st down (LB)
- d. Roughing the Passer – 5 yards from the end of the play and automatic 1st down (LB)
- e. Illegal Contact – 5 yards from end of run and replay down (LB)
- f. Batting, Grabbing or Swatting – 5 yards from end of play and replay of down (LB)
- g. Unsportsmanlike Conduct – 5 yards from end of the play. Penalty will be marked off after the result of the play. Automatic first down. (DB)