

OSHKOSH COMMUNITY YMCA ADULT INDOOR FLAG FOOTBALL

League Rules

Regular Season

- Regular season will consist of seven regular season games.
- League communications will occur via captain email.
- The schedule is determined by the league director.
- You are allowed to add/remove players throughout regular season. Your 12-man roster must be finalized by week 6.
- Players must participate in regular season to be eligible for post season tournament.
- A team's regular season record will determine their seed in the post season tournament for week 8.

Post Season (The Tournament)

- The post season will consist of a one-night tournament.
- Only players on the roster can participate.
- For teams with the same record the following tie break system will be enforced. 1) Head to head winner, 2) Fewest points allowed. 3) Points scored. 4) Coin flip
- Teams who win their respective division will receive the one the one playoff seeds. The remaining teams will be placed by the above rules.
- Playoff games will consist of two, ten-minute halves.
- Each team will receive one timeout per half.
- The clock will stop running at 30 seconds of each half. All extra points under 30 seconds will be untimed.
- A college-like overtime will determine the winner of a tied game. Each team will have an opportunity to score from the midfield line. If teams are tied after the first overtime period, teams must go for a two-point conversion upon scoring a touchdown.

The Game

- A coin toss determines first possession.
- The offensive team takes possession of the ball on the white dash mark (approx. 3 yards). They have four plays to cross midfield. Once the team crosses midfield they will have four more plays to score a

touchdown. If the offense fails to cross midfield or score the defensive team shall take possession at that spot.

(NOTE: A team may punt on fourth down)

- The game is divided into two 20-minute halves (Continuous Clock until 1 minute to go) with a 1-minute half time. Teams will change sides to start the second half. The team which started the game on defense will start with the ball the second half. Each team will receive one 30 second timeout per half. Clock stops at 1 minute prior to end of half unless one team is winning by 20 or more points. (all extra points under 1 minute are untimed).
- Each team will be allowed to substitute before each series, but must do so in a manner suitable to the flow of the game. Before a new series begins, the referee will indicate to both teams when play may begin. A hurry up offense may be executed after a series has begun, but the offense must give the defense adequate time to cross the line of scrimmage before they snap the ball. The referee will use his judgment on these calls when enforcing penalties.
- If a player's flag is pulled while they do not possess the ball, that player is still eligible to receive the ball again. The defense must only touch the player in this situation for the play to end.
- **The officials are allowed to call regular season games within five minutes from completion due to score differential.**

The Players / Game Schedule

- Teams consist of 5 to 12 players, max 5 are on field at one time.
- Position breakdown is as follows: 1 Quarterback
1 Center
3 Backs or Receivers
- Teams must field a minimum of 4 players. A 5 minute grace period will be utilized after originally scheduled game time.
- Any team that is more than 5 minutes late with less than 4 registered players in the soccer arena for their scheduled game forfeits. The score for a forfeited game will be 50-0 and count towards tie-breakers.
- **Players must be on a team roster in order to play for that team.**

Scoring

- Touchdown = 6 points (ball on or over yellow line), Extra point = 1 (top of the arch), Two Point Conversion = 2 (white line), Returned Conversion = (1 or 2), Safety = 2 points.

- Safety: Any ball snapped into the endzone and fumbled or dropped by an offensive player in the endzone or flag pulled in the endzone or intentional grounding call.

Blocking

- No team may block in this league.

Running

- The Quarterback can only run the ball if the defensive player crosses the line of scrimmage.
- It is the players' responsibility to know when they are in the "**No Running Zone.**"
- "**No Running Zones**" are located 5 yards from each End Zone and 5 yards on either side of midfield. "**No Running Zones**" are designed by cones on the sidelines, and the circles of the soccer field.
- The player who takes a hand-off may throw the ball as long as they do not cross the line of scrimmage.
- Once the ball is handed-off all defensive players are eligible to pass the line of scrimmage.
- Unlimited backwards laterals are permitted
- No intentional fumbling, ball will be placed at foot spot in this instance. **Clock will continue to run / stop at referee discretion.**

Passing

- Forward shovel passes are allowed.
- QB may run only if the defense crosses the line of scrimmage.
- Interceptions may be returned, but **teams cannot block.**
- Only one FORWARD pass per down.
- The ceiling, lights and rafters are in play, however, the wall and side net are out of bounds.

Receiving

- All players are eligible to receive passes (including the QB if the ball has been handed off behind the line of scrimmage)
- Only one player may be in motion at a time.
- College receiving rules. One foot in bounds for a legal catch.
- Becomes one hand touch if flag(s) falls off accidentally
- A knee, leg, elbow, forearm, head, shoulder or back touching the ground is ruled down with or without contact.
- A player touching the wall is down at their ball spot.

- If a player leaves the field of play, they must re-establish both feet to be the first to receive/touch the ball. ****Be mindful of the out-of-bounds lines!!!****
- **A player who does not have their flag or belt secured will be ruled down at point of reception.**
- **Any player who catches the ball in the end zone but does not get one foot inside the end zone line first will be ruled out. If a player is pushed out of the end zone and otherwise would have had a legal touchdown, a touchdown will still be called.**

Spot of the Ball

- When the play is over, the referee will spot the ball where the player with the ball was down. **Ball spot is where the ball is marked to begin the next down.**

Dead Balls

- The ball must be snapped between the legs from where the official spotted the ball to start play.
- Play may be ruled “Over” when:
 - Offensive player’s flag is pulled
 - Ball carrier steps out of bounds
 - Touchdown is scored
 - Ball carrier is ruled down (see receiving)
 - Ball carrier’s flag falls off while they possess ball
 - Incomplete Pass
 - Ball carrier touches the wall.

Rushing the QB

- **Only one defensive player is allowed to rush the QB** per play after referee says “Go.”.
- The rushing defensive player must be behind the line of scrimmage until the official has completed the “1, 2, 3, Go” count. Once the word “go” is said the rusher may then cross the line of scrimmage.
- If the ball is handed off, all defenders may cross the line of scrimmage. Players must wait on fake handoffs or penalty may be called if the defense crosses the L.O.S.
- Fake handoffs resulting in more than one defender crossing the line of scrimmage will result in a **5-yard defensive penalty.**

Punting

- A team must tell the referee they are punting. The referee will then inform the other team of their decision.
- **After a team declares they are punting, the receiving team will start with the ball on their white $\frac{1}{4}$ line.**

Fumbling

- A defensive player must try to grab a flag. If a live ball hits the ground the play is dead. Receiving team maintains possession. No stripping of the ball will be allowed. A 15 yard personal foul may be called if the “strip” is intentional and flagrant.
- If a ball that is in the possession of a player is fumbled, without the cause of it resulting from the defending team and without it touching the ground or wall, the opposing team may recover the ball and advance at will (i.e. intercepting a pitch also).

Penalties

- The referees will call all penalties. Judgment calls are at the sole discretion of the referees. A conference may be called to determine result of the penalty between referees and team captains in unique situations. The referees will stop the clock when necessary to conserve time.
- **Referees determine incidental contact that may result from normal run of play.**
- Only the team captain may ask the referee questions about rule clarification and interpretations. **PLAYERS CAN NOT QUESTION JUDGMENT CALLS.**
- **IF ANY PLAYER UNNECESSARILY/EXCESSIVELY ARGUES A CALL, A 15 YARD UNSPORTSMANLIKE CONDUCT PENALTY MAY BE CALLED. TWO UNSPORTSMANLIKE CONDUCT PENALTIES WILL RESULT IN EJECTION FROM YMCA PREMISES. THREE UNSPORTSMANLIKE CALLS AT ANY TIME OVER THE COURSE OF THE SEASON WILL RESULT IN EXPULSION OF PLAYER FROM TEAM FOR SEASON AND NO REFUNDS WILL BE GIVEN.**
- Games cannot end on a defensive penalty.

Defensive

- Offsides = 5 yards

- Pass Interference = 10 yards and automatic 1st down.
- Illegal/initiating contact = 10 yards from scrimmage.
- Illegal flag pull before receiver has the ball = 5 yards from the end of the play
- Illegal blitz/2 or more crossing line on a run play = 5 yards
- Unsportsmanlike conduct = 15 yards
- Holding = A defensive player holding a jersey/flag strap to prevent advancement of a player = 10 yards from spot of foul.
- 6 or More Men on Field at snap = 5-yard penalty
- Swearing = 15-yard personal foul.
- **Spitting on Turf or anywhere besides a garbage can = 15-yard penalty / ejection from game.**

Offensive

- Illegal Motion = 5 yards
- False Start = 5 yards
- Illegal forward pass = 5 yards from spot of pass
- Offensive pass interference = 10 yards and loss of down
- Flag Guarding/Stiff Arm = 10 yards from the spot and loss of down
- Illegal Run (rushing in no rush zone) = 5 yards
- Delay of game = (25 second clock) Clock will stop under 1 minute. 5-yard penalty. *Extra point Delay of Game calls will result in the offensive team losing their opportunity to score. *
- Unsportsmanlike conduct = 15 yards
- Blocking down field = 10 yards from spot, loss of down
- Jumping / Diving= dead ball at spot
- Intentional Grounding (referee discretion call) = 10-yard penalty and loss of down.

Attire

- No cleats allowed. Turf shoes will be ok'd with consent of officials
- Shirts must be tucked in; If shirt is untucked one warning will be given. The second offense will result in a 5-yard penalty.
- No hats, hoop earrings, or jewelry which may cause injury/distraction will be allowed.

Clock Timing and Time Outs

- **25 second play clock.**
- If necessary on any particular down, a team will be issued one 10 second warning to snap the ball.
- Each team will receive 1, 30-second timeout per half. Time outs will stop the clock no matter how much time is left in the half or game.
- Officials may stop the clock at their own discretion.
- Clock will stop for dead balls, incomplete passes, out of bounds, and defensive penalty calls under 1 minute of play in both halves if score difference is 19 points or less.
- Clock will stop for a “1-minute warning” This is only a verbal warning to each team. Clock will re-start upon snap of football.
- Extra points are a dead ball play only after the "1-minute warning".
- **All extra point plays under one minute will be dead ball situations. Clock will restart at snap after change of possession.**
- Clock will continue to run the last minute of each half if a team is up by 20 points or more.

Unsportsmanlike / Roughing

- YMCA leagues are formed for recreation, fun and competition. Any unsportsmanlike conduct detrimental to league policy and standards will absolutely not be tolerated. Our leagues offer a friendly, yet competitive atmosphere.
- Unsportsmanlike conduct penalties confer a 15-yard penalty for the first offense. The second offense is an automatic ejection from the game and a 15-yard penalty. **NO EXCEPTIONS.**
- A third unsportsmanlike conduct penalty for the year will result in a suspension for the remainder of the year.
- **UNSPORTSMANLIKE CONDUCT** i.e. trash talking, swearing, excessive celebration, arguing with officials, other players or spectators will result in a 15 yard penalty. Unsportsmanlike conduct penalties are a referee’s judgment.
- **UNSPORTSMANLIKE ROUGHING** penalties – tackling, cheap shots, elbowing or any unsportsmanlike acts will result in that player/team being kicked out for remainder of game. **FOUL PLAY LIKE THIS WILL NOT BE TOLERATED.**
- Any fighting is an automatic ejection from the league for all players involved.

Tournament Over Time Rules:

- College like rules. Ball placed on middle white line. No first downs.
- Each team will get a minimum of one possession in over time.
- Teams must go for a 2-point conversion if tied after first overtime period.

***Rules are subject to change throughout the season after each week. Team captains will be notified of any rule changes. ***