



Longevity Sports Center Indoor Flag Football Rules Book

LONGEVITY SPORTS CENTER is a **PLAY AT YOUR OWN RISK** facility.

We reserve the right to refuse service and use of the LSC facility to anyone for any reason at any time.

No refunds on Team Deposits, Team Fees and Individual Fees.

By making a team deposit/payment and playing Game 1, your team is committing to the full season AND committing to paying the full team balance. Abandoning your team's commitment will result in suspension of ALL ROSTERED PLAYERS until the team balance is rectified with management.

No Animals Allowed. Service animals are welcome and **MUST BE IN UNIFORM.**

Longevity Sports Center Indoor Flag Football Rules Book

Any and all game situations not covered within will result in a ruling that is in accordance with the NFHS high school football rules book.

Welcome to the Longevity Sports Center indoor sports facility. We have written this rulebook to provide a basis for good competition and a safe, enjoyable experience for all players. We appreciate your input; if you have comments, additions or corrections, please tell or email your commissioner. Please feel free to also look us up at lsclv.com for more information. After you finish reading, have a great game!

Player Registration

All participants must sign a waiver of liability form. If a participant is under the age of eighteen, a parent or legal guardian must sign the waiver. Anyone entering the player bench or the field must have a completed and signed waiver. Players, coaches, assistants, and all others must have a completed waiver before entering the bench or field.

A team using a player who did not complete a waiver prior to playing will forfeit that game. If a player puts inaccurate information on his/her waiver or uses another player's identity/information to play, his/her team may forfeit that game, and the player may be suspended for one year. All fees paid by a suspended player are non-refundable.

There are visible signs on each player's box that release the LSC of all liabilities.

Game Administration

Games will be played 5v5 on a modified indoor soccer field.

Coin toss will determine initial possession and direction. Teams are REQUIRED to switch directions in the second half.

Both designated team captains must be present at coin toss. They are the only players allowed to talk or represent their team to the officials.

The game will consist of two 20 minute running halves divided by a one minute half time. The last 2 minutes of the second half will be regulation clock as long as the point differential is 9 or less points.

Each team will receive 2 (TWO) 15 second timeouts each half that do not carry over into the next half or OT. Any player on a team has the ability to call a timeout. Once a referee accepts the time-out call from any player on the team, it cannot be reversed.

Minimum of 3 players to start a game and/or continue the play of a game. Otherwise a forfeit will occur.

Teams may now use their own ball, however it must be NCAA or NFL spec. Each team's ball must be brought out to the coin toss by the captains to be approved by the refs.

Flag belts must be one piece "Triple Threat" style worn over all clothing. A broken/torn/ripped/altered flag belt is considered NO flag. All Players must bring their own flag.

Players must play in a minimum of 2 regular season games to be eligible to play in a playoff game.

For the betterment and growth of the league, players will no longer be allowed to play on more than one team. If a player plays in another game for a different team, that game will be considered a forfeit (unless agreed upon by the opposing team prior to the start of the game).

Touchdown = 6, Field Goal = 3, Kicking PAT = 1, Single-down PAT = 2, Safety = 2, Defense returns PAT = 2

Kicking a PAT will be executed as follows: one holder and one kicker for the offense, all other players behind the spot of ball. Holder will hold ball on center of white line, kicker makes the attempt. Ball must hit the back net completely between the "uprights" for attempt to be successful. If any part of the ball touches the orange tape markers and/or containment device/"uprights", the attempt will be ruled unsuccessful.

All players must be behind the ball for a kick. If a player from the opposing team is in front of the ball when kicked, it will be considered a penalty and the kick may be redone if initially unsuccessful. The kicking team can decline the penalty if successful.

On a kick, the ball must hit the back net. If it hits the ceiling net and falls short of the back net, the kick will be unsuccessful. If the ball hits the ceiling net and then hits the back net within the "uprights", it will be considered successful.

After a PAT, teams have 10 seconds (counting from signal of result) to establish themselves before a referee will whistle start of new possession.

Field Goals can only be attempted AFTER a team completes a new set of downs (successfully crossing the midfield line).

Kicking a Field Goal will be executed as follows: one holder and one kicker for the offense, all other players behind the midline. Holder will hold ball on center of top white arc, kicker makes

the attempt. Ball must hit the net completely between the “uprights” for attempt to be successful. If any part of the ball touches the containment device/”uprights”, the attempt will be ruled unsuccessful.

If the attempt is unsuccessful, the opposing team will start their offensive drive on the white arc BEFORE the midline. This gives the offensive team a chance to achieve a new set of downs during their possession.

Once crossing the first down, if a QB is sacked behind half field line after advancing past the first down or the line of scrimmage is moved behind the half field line because of penalty, they are still eligible for a Field Goal, but instead will take the kick on the the half field line. If unsuccessful it will result in turnover to the opposing team. The ball will then be marked at the bottom of the arc so that the opposing team has the ability to achieve a new set of downs.

Field Goals and PATS must be done within 15 seconds. If there is a delay of game called on a kick (Field Goal or Penalty), a penalty will be awarded to the other team (10 yards added from the team’s initial touchback start. If there is no time on the clock, a delay of game penalty during a field goal attempt will result in the ball moving from the top of the arc to midline. If the ball is at midline and a delay of game penalty occurs during a kick off, the ball will be moved from midline to the bottom arc.

There are only 3 places a field goal can occur: **Top Arc** (Standard Field Goal placement after new set of downs are achieved), **Midline** (Field Goal placement after new set of downs are achieved but line of scrimmage is brought back behind the half line in result of sack or penalty) , or **Bottom Arc** (Bottom Arc is only for a delay of game when the field goal was to be taken at the Midline).

After a field goal attempt (successful or unsuccessful), teams have 15 seconds (counting from signal of result) to establish themselves before a referee will whistle start of new possession. Play can only start with the Official’s whistle.

“ON-SIDE KICKS” are now eligible if score is 9 points or more prior to the touchdown and only in the second half. The Onside Kick can be played after a Touchdown for 2-Points and will be played from the half field for only one down. If successful, the offensive team will receive 2-Points and will regain possession of the ball at the yellow dot. If unsuccessful it will result in turnover to the opposing team at the half field line.

25 second play clock starts after the ready for play whistle is blown. The whistle will be blown by the Rush Judge after they set the spot for the official rush line. The offense is responsible for retrieving incomplete passes down the field and returning to their side of the line of scrimmage before the ball is snapped.

All rulings made by the officials on the field will be considered FINAL.

Playing of the Game

If a player's flag is dropped in the process of catching or running with the ball the player is not down until he is touched by the opposing team.

The ball must always be spotted and snapped from the center of the field.

There are no kickoffs. Play begins on the offensive team's 2 yard line (Yellow Dot) for kickoffs, punts, and safety's. Punts must be declared PRIOR to the ready for play whistle.

There are No Hand-offs.

Teams will have 4 downs to either progress past the line to gain and reset the down count or score a touchdown. The only line to gain on the field will be the midline.

All players on the field must start a down wearing flag belts. If the belt falls off on its own during the course of play and that player maintains or gains possession a ONE hand touch will declare them down.

Only the snapper is required to be on the line of scrimmage at the snap.

Offensive players must be at least one yard from the sideline (containment device) at the snap.

All offensive players are eligible and there is no intentional grounding.

Only one offensive player may be in motion at the snap and CAN be moving toward the line of scrimmage & CAN be on the line.

The designated QB for a play is whoever receives the initial snap.

Diving, sliding, or hurdling while in possession of the ball is NOT allowed.

All fumbles are dead and the offending team maintains possession at the spot the ball hit the ground. If the ball is fumbled forward it is spotted from where the player lost possession.

Laterals that occur past the line of scrimmage are legal.

Defensive rushers must be a minimum 7 yards beyond the line of scrimmage at the snap in order to be eligible to pursue the QB. If the defensive rusher leaves early to rush the ball they are considered ineligible to pursue the QB unless they go back to the 7-yard rush line, re-establish their feet 7 yards, and rush again. They may NOT get a running start prior to snap. They may NOT line up directly over the snapper. This means they must be a yard to the right or left of the center of the field.

Eligible Defensive rushers get a free release (clear path to the QB). Ineligible defensive rushers MAY cross the line of scrimmage after the snap but cannot pursue or turn to the QB.

There is NO blocking allowed. Teammates may follow behind the ball carrier. If in front of the ball carrier when beyond the line of scrimmage, teammates must either stand in one spot or retreat away from the play and back behind the ball carrier. It is advised that all offensive players not in possession of the ball stand in one place to avoid being called for a blocking penalty.

Any time a live football touches the containment device (boards & netting) the play is considered dead. Forward passes are incomplete. The only exception is if a forward pass contacts the TOP net, the ball will remain LIVE.

If a player in possession of the ball touches the containment device they are down at the spot.

If a player without possession makes contact with the containment device then gains/maintains possession of the ball they will be down at the spot. A catch would be ruled a completion.

If a player without possession makes contact with the containment device then gains/maintains possession of the ball while still in contact with the equipment they will be down at the spot. A catch would be ruled a completion.

Encroachment and illegal defensive rush are LIVE ball fouls unless the defender makes contact with an offensive player prior to the snap.

Ripping/stripping/slapping at the ball while in player possession is prohibited and will result in an illegal contact penalty. This also applies to pressuring the QB: while a defensive rusher may bat down a pass that has left the hand, at no time should they attempt to strip the ball from the QB before they release the ball. Doing so will result in a roughing the passer penalty.

Roughing the Passer and Personal Penalties will result in first down no matter where on the field.

Players in possession of the ball may not stiff arm or drop their shoulders.

Minimal contact is allowed under the rules and any play deemed "Incidental Contact" by the officials will NOT draw a foul.

No legal play will result in a player being launched/thrown/pushed into the containment device or ground. Any act determined by the officials to be excessively rough or unnecessarily violent contact will result in an Unsportsmanlike penalty for the offending player.

Flag Check Requests may only be granted after a scoring play. If found illegal the score will be disallowed and a delay of game penalty assessed.

Both teams must have their bench doors closed prior to snap. Should one be open, a delay of game penalty will be assessed to the offending team.

Gates do not have to be closed during field goals or PATs as long all players are in a players box or behind the ball when kicked.

Bump and Run Zone

The zone is a rectangular area extending laterally to either sideline from the spot of the snap, 1 yard beyond and 1 yard behind the line of scrimmage. A player is considered in the zone when their entire body is in the area at the snap.

Only players in the zone may “jam” each other off the line. Only 1 “bump” is allowed, which can only occur within the 1 yard zone of the line of scrimmage. Any other contact down the field is illegal and will result in a penalty.

There is NO “jamming” the offensive team’s Center player.

A legal jam or bump can be made using open hands only. You may contact the opponent below the neck, above the waist and never in the back.

A defender may play man-to-man against the center, but may not jam them in the zone. The center now gets a free release, just as the defensive rusher does.

If the person in motion is moving toward the line of scrimmage during the snap they may NOT be contacted or intentionally engage a defender. Resulting to an illegal contact penalty.

NO Offensive Rush Zone

When the line of scrimmage is 10 or less yards from the opponent’s goal line the QB may NOT run the football. This is the field’s third white line 10 yards before the touchdown.

When the line of scrimmage is 5 or less yards from the line to gain new set of downs (Field Midline) the QB may NOT run the football.

The officials will refer to these plays as being “Closed.”

Forward passes behind or that travel beyond the line of scrimmage, as well as pitching the football (lateral pass in the backfield), are the only legal plays in this zone.

The No offensive rush zone will be ignored if the line of scrimmage is in the MIDLINE area during a “Down & Goal” situation.

Penalty Enforcement: All fouls will be 5 yards except Defense PI.

- **Delay of Game:** Live or Dead ball. Punt declaration violation, playing without flag belt, Bench doors left open. From previous spot, replay down.
- **Diving, Sliding or Hurdling:** Live ball, spot foul.
- **Holding/Illegal Contact:** Live ball, spot foul, replay down.
- **Flag Guarding:** Live ball, spot foul loss of down.

- **Blocking:** Live Ball, spot foul, loss of 5 yards
- **False Start/Illegal Motion:** Dead Ball, from previous spot, replay down.
- **Impeding the Rusher:** Live Ball, from previous spot, loss of down.
- **Encroachment/Illegal Defensive Rush:** Live Ball, previous spot, replay down.
- **Illegal Substitution/Participation:** Live, From previous spot, replay down.
- **Roughing the Passer:** Live ball, from previous spot, 10 yards, automatic first down.
- **Pass Interference (Offensive):** Live Ball, from previous spot (5 yards), loss of down.
- **Pass Interference (Defense):** Live Ball, from previous spot, 10 yards,
- **Illegal Forward Pass:** Live Ball, from previous spot, loss of down.
- **Illegal Offensive Rush:** Live ball, from previous spot, loss of 5 yards, replay down unless on fourth down then it will result in turn over on downs..
- **Unsportsmanlike Conduct:** Live or Dead ball. Including but not limited to fighting, foul language, berating officials/players/spectators and excessively rough play. A player may be ejected for initial infraction but cannot accrue two in a game and continue play.
- **Personal Fouls:** Live Ball, from previous spot (10 yards), automatic first down
- **Player without a Flag on:** If a defensive player does not have a flag on after the ball is snapped, if the defensive player intercepts the ball, the player will be down by one-hand-touch. If an offensive player does not have a flag on when the ball is snapped, it is a 5 yard loss, replay down.
- **QB Runs when field is Closed:** loss of 5 yards, loss of down

Overtime

The officials will invite each team's captains to the Field Midline for the overtime coin toss. The designated field captain for the visiting team will call heads or tails. The winning team of the coin toss can either decide to play offense or defense. The decision cannot be deferred.

Entire OT will be at the same end of the field, officials will decide.

Each team will receive 1 timeout the entire OT.

Both teams will get 1 down from the 10 yard line in each overtime period.

If a winner has not been determined after each team has had 2 attempts at scoring, the ball will be moved from the 10 yard line (white line) up to the 2 Yard line (Yellow Dot).

Scoring and possession changes will be based on college rules.

An interception by the defensive team cannot be run back for a touchdown. An interception will stop the possession.

A winner must be determined, games cannot result in a tie.

Specific League Rules

Roster prohibitions: Minimum of 5 players, maximum of 12. Rosters will be final by the start of game in week 2.

Team Captain Designation: Will be assigned during registration. If not present at the start of a game (coin toss), a substitute player will represent the team for the entirety of that game.

All Teams must bring their own flags. All flags must be regulation. If they are not regulation or have been tampered in any way to the benefit of the player, that player will be ejected from the game for unsportsmanlike conduct.

If a captain wins the coin toss, they must use the term "DEFER" if choosing to **defer** possession until the start of the second half. If the win-tossing captain says "DEFENSE", the team that lost the coin toss has the option of choosing offense or defense the second half.

Unsportsmanlike Foul Suspension: Any player who accrues 4 penalties or 2 game ejections, whichever happens first during a season, will be suspended for the remainder without a refund.

Regulation Clock (final 2 minutes of 2nd half, barring 9+ point spread): Incomplete forward passes, contact with containment device, team timeouts, official/injury timeouts, change of possession and scores WILL stop the clock. A fumble, lateral or backward pass that touches the containment device will NOT stop the clock. The clock WILL stop for a 2 minute warning in the second half regardless of the point differential.

The forfeit of a game that did not start play will result in the offended team winning 18-0. If play has begun and cannot continue when the offended team is winning the contest, the score stands. If the offended team is tied or losing the contest, the official score will be 18-0.

Playoff Tiebreakers: 1) head to head record 2) point differential 3) total points for 4) total points against 5) coin toss (team name beginning with the closest letter to A calls the flip)