

LANSING INDOOR SPORTS ARENA

7 V 7 FLAG FOOTBALL RULES

Revised 11.08.05

1. **PLAYER LIABILITY WAIVER FORM:** All participants are required to complete a player liability waiver form prior to taking part in league play or practice session.
2. **ROSTER ADDITIONS/DEADLINES:** Players may be added to a roster prior to, and up until the beginning of their fourth game. All player additions/transfers must be first cleared through the Football Director. Illegal players (via protest procedures) will result in a forfeit by the offending team. The team manager may be held responsible and miss the following game. League management reserves the right to modify this rule based on teams depleted by injuries or unforeseen circumstances.
3. **REQUIRED EQUIPMENT:** Every player must wear flags supplied by The League. No alternative game flags will be allowed. Each team must wear team jerseys with numbers or same colored t-shirts to help distinguish players on opposite teams. Team jerseys or clothing must not, in any way, alter the defensive's team's ability to remove the flags. No pads, dangerous equipment or apparel will be allowed. All players are encouraged to wear mouth protection. **A player caught with a "TIED" or illegal belt will be ejected from the game** and an un sportsmanlike conduct penalty assessed to their team.
4. **FIELD LAYOUT:** The field is sixty (65) yards in length including two (2) ten (10) yard end zone areas. There will be two (2) end zones marked at each side of the field. Out-of-bounds is marked by the end and side-lines of the field. All netting, cables to hold nets, lights, roof and anything hanging from ceiling is out of bounds. If the ball touches any of the above mentioned
5. **ROSTER SIGN IN** The captain must fill in and sign the roster with the player names/jersey numbers before the game. The roster is to be turned into the Head Referee. .
6. **OFFICIALS** There will be two (2) referees per game.
7. **CAPTAINS** each team is required to have an offensive captain and a defensive captain (this can be the same player) per team. The captain's responsibilities are to call the coin toss, communicate with the referees during the games in relation to accepting/declining penalties, clarification of rules and score/time issues. Time-outcalls will be accepted from any player/coach, but it is advised that the captains call time-outs to avoid penalties.
8. **GAME FORMAT:** Games are two 22 minute running halves with a 2 minute halftime.

In the second half, in the final 4 minutes, the clock will stop on the following occurrences: Change of possession, penalties, team time outs, official time outs, touchdowns, Clock will not run during an extra point in this scenario, 1st downs until official sets the ball and at the discretion of the official to retrieve long incomplete passes if defense does not immediately retrieve the ball. Team injuries that require the officials to stop the clock will be a charged time-out, if no time-outs remain, a 5 yard penalty and 10 seconds will be taken off the clock.

The clock WILL NOT STOP on an incomplete pass, fumble or a runner going out-of-bounds. Each team has two (2) thirty (30) second time-outs for the game. These two (2) timeouts can be used at any time in the game and can carry over to the second half if not used in the first half.

The Game Clock is a running clock. Meaning if the game is scheduled for a 6:00 pm start, The Game Clock will start at 6:05 pm and not stop. If a team does not have at least 5 players ready to play when the Game Clock begins, the game will be declared a forfeit. If both teams do not have 5 players, then it will be declared a double forfeit.

9. If a regular season game ends in a tie score at the end of regulation, overtime will take place immediately. There will be a coin flip to determine who starts with the ball. Coin flip winner chooses or defers. The offensive team starts on the 12.5 yard line and has 4 downs to try and score a TD. If they achieve a TD, they get one attempt for a PAT. After their success or failure, their opponent starts at the same 12.5 yard line on offense and gets the same chance. Note-if the defense intercepts the ball, they may return to the opposite end zone for a TD. If the defense intercepts a conversion it may be returned to the opposite end zone for two (2) points. There will only be one (1) overtime in a regular season game. If the two teams tie after the first overtime, the game will be declared a tie. There are no additional time-outs in overtime play.

10. LEAGUE SCORING: Teams receive two (2) points for a win, one (1) point for a tie and zero (0) points for a loss.

11. GAME SCORING: Teams will be awarded six (6) points for a touchdown. Two (2) points will be awarded for a passing/running extra point conversion from the 10 yard line or one (1) point for a passing/rushing extra point from the 3 yard line. If an extra point is intercepted it may be returned to the opposite end zone for two (2) points for the defensive team. If there is a defensive penalty on an extra point attempt, the offense automatically receives one (1) point for the one (1) point conversion and two (2) points for a two (2) point conversion. If the offense commits a penalty, the attempt is disqualified and ball changes possession. If the defensive team intercepts an extra point and the offensive team commits a penalty after the interception, the defensive team will receive two (2) points automatically. Teams will be awarded two (2) points if the defense sacks the QB in the end zone or another offensive player who has ball possession in the end zone has their flag pulled. This will also result in a loss of down, but the ball will not change possession. If the QB/player with ball possession steps out-of-bounds in the end zone this WILL NOT result in two (2) points awarded for the defense but will result in a loss of down. There are no kickoffs or punts. The offensive team will begin their drive from the three (3) yard line.

13. Player Positions.

OFFENSE: Seven (7) Players

- One (1) Quarterback

- Three (3) linemen, a Center (the Center must snap the ball, no Center sneaks are allowed) and 1 guard on each side of the center. The guards must be within one (1) arms length of the center. One (1) of the three (3) linemen is eligible to go out for a pass or rush the ball. This eligible linemen DOES NOT have to declare their eligibility before the play. Two (2) of the three (3) persons on the line of scrimmage shall be blocking linemen and will be considered ineligible for receiving a hand-off or pass. During a legal block, contact can be made with **OPEN HANDS ONLY**. Open hands can be thrust forward initially to contact an opponent inside their body frame. Hands cannot be thrust forward above the shoulders to contact an opponent on the neck, face, or head. As the play develops, a blocker is permitted to work for and maintain position on an opponent as long as they do not push from behind or clip. Open hand blocking is allowed ONLY at the line of scrimmage. Once the ball has passed the line of scrimmage, all offensive players must stand in place immediately.

No down field blocking

Two on one blocking is allowed.

The blocking linemen are allowed to advance off the line of scrimmage one (1) yard.

-The remaining three offensive players may line up in any formation.

There DOES NOT have to a running back in the backfield.

OFFENSE: If there are only six (6) players
-1 QB
-Three (3) linemen, one (1) eligible.
-Remaining two (2) players in any formation.

OFFENSE: If there are only five (5) players.
-1 QB
-Three (3) linemen, two (2) eligible.
Remaining one (1) player in any formation.

DEFENSE: Seven (7) Players
. Two (2) linemen MUST rush at all times. (cross out at all times, because when the defense only has five players, they only have to rush one lineman.
-The remaining five (5) players may line up in any formation.

DEFENSE: Six (6) Players
-Two (2) pass rushing linemen.
-Remaining four (4) in any formation.

DEFENSE: Five (5) players
-One (1) pass rushing linemen.
-Remaining four (4) in any formation.

14. BEGINNING THE GAME: The first possession will be determined by a coin flip by the officials at mid-field with the team's captains prior to the start of the game. The home team (listed first on the league schedule) shall call heads or tails. The team that wins the toss may choose to receive or defend and the other team shall decide which direction they want to start/defend.

15. BALL POSSESSION: Four (4) downs per possession. The offensive team must make it to the mid-field mark, on their first possession or they surrender the ball to their opponent who shall begin their offensive drive in the same manner. If the offensive team crosses the mid-field point, they will receive a new set of four (4) downs. From this new line of scrimmage, the offensive team will now have to advance the ball to a fixed 1st down marker to receive a new set of 4 downs. The first down line will be marked by a cone or yellow hash marks or noted by the official. If the offensive team passes the mid-field mark and loses the ball on downs, the opposing team will take over possession at that line of scrimmage, NOT the three (3) yard line.

DELAY OF GAME: Offensive team has thirty (25) seconds from the spot of the ball to snap the ball or it will be a delay of game.

16. BALL ADVANCEMENT:

- Forward runs or passes are acceptable
- No laterals are allowed past the line of scrimmage, this will result in a loss of that plays gain and a 5 yard penalty.
- Pass receptions must be made with BOTH feet landing in bounds.
- If possession of the ball is lost simultaneously when the receiver hits the ground, it is not a reception.
- If a ball carrier's knee touches the ground, they shall be considered down at that point.

17. SHIFT

two or more offensive players may be shifting their position at the same time prior to the snap. Their movement may be in any direction but they must become set for one full count (1 second) before the ball is snapped or before another player may go in motion prior to the snap.

18. MOTION

Only 1 player is allowed to be in motion and his movement must be parallel to or away from the L.O.S. in a continuous motion at the snap.

19. ENCROACHMENT/OFFSIDE

Encroachment Offside shall be called if either the offense or the defense passes over the plane of the L.O.S. and touches a player before the ball is snapped. A false start will be called if the offensive line moves before the snap, however if a defensive linemen breaks the plane of the L.O.S. and the offensive linemen jump this will be encroachment on the defense. A false movement of the football by the center shall constitute offensive encroachment. These are Dead Ball Fouls and the play shall be immediately whistled dead before play begins and 5 yards automatically marked off against the encroaching team unless a first down would occur (Captain's Choice).

If a defensive player passes over the plane of the L.O.S. without touching an offensive player a flag will be thrown but play will continue.

If a player on either side lines up offside, the official will point toward that player's team side. It is the player's responsibility to look at the referee. If that player does not get back on side before the ball is snapped, he will be considered as having been offside at the moment of the snap. If an official has not "offside warned" a team for lining up offside by pointing at the team side, he should not call offside on them at the snap of the ball.

Penalty: 5-yard penalty or captain's choice after play is over.

20. DOWNING THE BALL CARRIER:

- Players must have possession of the ball before they can be legally de-flagged. When a runner loses their flag either accidentally, inadvertently, or on purpose, play continues and the de-flagging reverts to a one-hand touch anywhere on the player's body. It is illegal for a defensive player to intentionally pull a flag from an offensive player who is not in possession of the ball. Tampering with the belt in any way to gain an advantage is considered unsportsmanlike. Diving in an attempt to remove a flag is legal as long as no contact is made.

21. LOSS OF BALL POSSESSION: Failure to make it to mid-field (25 yard line) on a team's first possession of their drive, or failure to advance the ball to the 12.5 fixed 1st down marker or score in four (4) downs after reaching mid-field will result in loss of possession. No punting. Interceptions may be returned. Once the ball is intercepted, the team intercepting the ball MAY NOT run down the field blocking. The team who threw the interception may try to de-flag the ball carrier. ALL FUMBLES ARE CONSIDERED A DEAD BALL AS SOON AS THEY LEAVE POSSESSION OF THE BALL CARRIERS HANDS. Fumbled balls will be spotted where it hits the ground. If an official believes a ball was fumbled forward on purpose, the official may spot the ball where the ball left possession of the ball carrier. If a ball is fumbled in the end zone behind the offensive team, this will be considered a safety and loss of down, but no points will be awarded. Possession will not change even if the ball is fumbled into the opposing team's possession. If a player dives or tries to pick up a fumbled ball, this may result in a penalty.

22. Intentional Penalties -If the offense/defense commits an "intentional" penalty in the last four minutes of a game that is 10 points or less at the time, this may be penalized as an intentional unsportsmanlike conduct and called at the discretion of the official. If an "intentional" penalty is called, penalty is loss of down (offense only) and clock does not stop.

23. 1 yard QB sneak rule - If your offense is 1 yard or less from a first down or goal line, the QB (under center) may not run the ball for a first down/TD between the tackles (or any tight formation). Penalty is 5 yards. In the shotgun formation, this rule does not apply.

24. Taunting/Trash Talking

No trash talking or taunting of opponents and/or referees either on the field or from the sidelines.

Defensive Penalty: Will result in a 15-yard penalty and an automatic first down. The next offense from that player will result in an ejection from the game and he will also serve an automatic one (1) game suspension the following week.

Attacking Penalty: Will result in a 15-yard penalty and loss of 1 down. The next offense from that player will result in an ejection from the game and he will also serve an automatic one (1) game suspension the following week.

If conduct persists from the same team, the official has the right to declare a forfeit. This applies to fans as well. Second offense is banishment.. Referees can penalize a team for remarks from the sideline. This means players or fans. Any fan that makes remarks to the field will have to leave the premises.

Players will be ejected immediately. The League reserves the right to suspend or banish a player(s) and/or team for verbal abuse and/or misconduct.

25 A. Contact with an Official

Any verbal abuse of an official and/ or league representatives will result in a 10-yard penalty and an automatic one (1) game suspension. If conduct persists from the same team, official has the right to declare a forfeit. This applies to fans as well. Second offense banishment. Any player that touches an official in anger will result in police charges being filed by the league, as well as lifetime banishment. The above goes for before, after or during any game. League reserves the right to suspend or banish a player(s) and/or team for verbal abuse and/or misconduct.

25 B. Contact with a Player

Any contact with the **QB** above the waist will result in an penalty of roughing the passer which will result in a 10 yard penalty and automatic first down.

There will be a no tolerance policy on any illegal contact with a player. Any player found using 2 hands to push an opponent will be ejected from the game and will not be allowed to return. That player will also serve a 1 game suspension for the next game.

Any player(s) found fighting or throwing a punch will be ejected from the building immediately and suspended for one game. That suspension could be also be further extended once the incident has been reviewed by the management team

26. Begging a Call

During a play, if a possible infraction occurs and players or Coaches from either team, either on the field or sidelines begin yelling out (Begging A Call), a penalty of 5 yards can be tacked onto the end of the play. This penalty will be marked off as a Dead ball Foul even if it occurred while play was in progress.

27. PENALTIES:

10 YARD INFRACTIONS

- Unnecessary roughness
- Unsportsmanlike conduct
- Illegal Contact

5 YARD INFRACTIONS

- Obstructing the runner by holding, grasping, or obstructing the forward motion of a runner while attempting to de-flag them.
- Offsides
- illegal blitz**
- Flag guarding
- Illegal formation
- Illegal motion
- Begging a call
- Calling an additional time-out
- Intentional grounding
- Laterals or backwards passes past the line of scrimmage (includes loss of down and gain)
- False start
- 1 yard QB rule
- Attempting or picking up a fumbled ball
- Delay of game

28. OTHER PENALTIES/ISSUES

- Defensive pass interference results in ball being placed at the spot of the foul and automatic first down
- Inadvertent whistle. The offensive team shall have the option to replay the down or have the ball spotted at the point where the inadvertent whistle occurred.
- If a player is bleeding, they must leave the field of play and stop the bleeding or bandage it up and then report to the official for clearance to resume play. (First Aid IS NOT PROVIDED BY LEAGUE, it is the responsibility of each team to provide their own first aid kit).

29. OFFICIAL'S AUTHORITY

An official's authority to discipline (suspend) players/teams for actions prior to during, and after the game. The officials' have the authority to rule on any situation not specifically covered in the rules. His/her discretion is FINAL. The officials have the right to eject players or have them sit out part or all of the game. Fans, coaches and spectators are considered part of the team and any fouls they commit will result in a penalty against their team. Any player ejected from a game for any reason must immediately leave the building. If the ejected player does not leave the building in two (2) minutes, the game will be declared a forfeit and the offending team will receive a loss and the opposing team will receive a win. An ejected player will be ineligible to play in the next game also. Further disciplinary action may result depending on the severity of the incident.

30. PROTESTS:

A) Any team wishing to file an official protest (illegal player, rule clarification, etc.) must immediately bring the official protest to the game official, who will then notify the scorekeeper for record keeping of game time etc. Team captain must follow it up in writing (or e-mail) to The League Director the following business day. \$200 fee for filing the protest.

The fee is returned if the protest is ruled in favor of the protesting party. The fee is kept if the protest is denied.

B) To provide excellent customer service, any rule clarification can be made by the head referee either in person or e-mail (headrefereesports@hotmail.com)

31. Tiebreaker for Regular Season Champion. If two teams tie and have earned the same points, the following is the tiebreaker procedure: Head to Head competition, Record against common opponents, Defensive points against. If more than two teams are tied for 1st place in the regular season, the tiebreaker is as follows: Head to Head; record against common opponents; points given up on defense; coin toss. For seeding purposes, the process is Head to Head; record against common opponents; points given up on defense.

32. Playoffs: The playoff format will always be determined after the amount of teams in the league has been determined.

33. FOREFITS In the case that a game is not played due to one of the teams forfeiting, the following occurs: Forfeiting team receives a loss, 0 points are added in the Offensive Points scored category; whatever the current league average of points against will be added to the forfeiting team in that category; if there is a double forfeit, both teams follow this procedure. For the team that wins the forfeited game the following occurs: Offensive Points scored category; team average is added; Points against category, team average is added. Any team that forfeits a game will not be eligible for the playoffs. Any future seasons, the forfeiting team will have to post a \$500 forfeit bond. The forfeiting team may be removed from the league with out any refund due to them.