



LNSP MENS 6-ON-6 INDOOR FLAG FOOTBALL LEAGUE RULES

UPDATED – JANUARY 23rd

LEAGUE/REFS - THIS IS NOT A USFTL SANCTIONED LEAGUE. REFEREES WILL BE CERTIFIED HIGH SCHOOL AND FLAG FOOTBALL REFEREES. TEAMS ARE RESPONSIBLE TO BRING THE TWENTY TWO (\$22) DOLLAR REFEREE FEE TO EACH GAME.

EQUIPMENT – TEAMS ARE RESPONSIBLE TO BRING THEIR OWN FOOTBALL, FLAGS, KICKING TEE ETC. FOOTBALL MUST BE REGULATION HIGH SCHOOL SIZE OR LARGER. FLAG BELT MUST HAVE 3 FLAGS ON IT (TWO FLAGS ON SIDE AND ONE ON THE BACK).

PLAYERS&UNIFORMS – SIX PLAYERS FROM EACH TEAM ARE ON THE FIELD AT ONE TIME. TEAMS MUST HAVE ATLEAST FIVE PLAYERS ON THE FIELD TO BEGIN AND FINISH THE GAME. ALL TEAMS ARE REQUIRED TO HAVE MATCHING JERSEYS WITH A NUMBER.

CLEATS- **NO CLEATS ARE PERMITTED ON THE FIELD!!!**

JEWELRY – IS NOT ALLOWED TO BE WORN WHILE PLAYING A GAME.

DURATION OF GAME- GAMES CONSIST OF TWO RUNNING 20 MINUTE HALVES. CLOCK WILL ONLY STOP FOR TIMEOUTS AND FOR ALL DEAD BALLS IN THE FINAL TWO MINUTES OF THE GAME AND SCORE IS WITHIN 17 POINTS. BOTH TEAMS GET TWO 1 MINUTE TIMEOUTS PER HALF. TIMEOUTS DO NOT CARRY OVER FROM THE FIRST HALF. TEAMS GET ONE TIMEOUT IN OVERTIME.

TIE GAMES- IN THE CASE OF A TIE GAME; IT WILL BE AN UNTIMED, FOUR DOWN COLLEGE STYLE SHOOTOUT FROM MID-FIELD. REGULAR SEASON GAMES WILL BE LIMITED TO TWO POSSESSIONS PER TEAM MAX.

FORFEITS – FORFEIT FEE WILL BE A \$50 CHARGE. TEAMS WILL NOT BE PERMITTED TO PLAY IN THEIR NEXT SCHEDULED GAME WITHOUT THIS FEE BEING PAID FIRST.

EJECTION/SUSPENSIONS - **ANY PLAYER THAT INTENTIONALLY PUSHES AN OPPOSING PLAYER INTO THE WALL WILL BE EJECTED FOR THE REST OF THE GAME. THE EJECTED PLAYER WILL THEN BE SUSPENDED FOR THE FOLLOWING TWO GAMES. ANY HARASSMENT OF THE REFEREES WILL RESULT OF AN EJECTION AND A ONE GAME SUSPENSION.**

FIGHTING – **FIGHTING WILL NOT BE PERMITTED! NO ACCEPTIONS!**

KICKOFFS – THERE WILL BE NO KICKOFFS!

ON-SIDE KICKS – ONSIDE KICKS WILL ONLY BE PERMITTED IN THE FINAL THREE MINUTES OF REGULATION WITH THE SCORE WITHIN 17 POINTS. IF “ON-SIDE KICK” IS DECLARED, THE BALL MUST BE KICKED FROM THEIR OWN TEN YARD LINE. RECEIVING TEAM MUST RETURN KICK PAST THEIR OWN TEN YARD LINE. IF STOPPED PRIOR TO THE TEN, KICKING TEAM WILL TAKE OVER AT MIDFIELD. BALL WILL BE DECLARED DEAD IF IT GOES OFF OF ANY NETS OR CEILING.

PUNTING – NO PUNTS WILL BE ALLOWED. TEAMS MUST EITHER GO FOR IT ON FOURTH DOWN, KICK A FIELD GOAL, OR “DECLARE PUNT”. IF ON A “DECLARED PUNT” YOU ARE SHORT OF MID-FIELD THE OPPOSING TEAM WILL START FROM MID-FIELD, BUT IF YOU ARE PAST MID-FIELD AND “DECLARE PUNT” THE TEAM WILL START FROM THEIR OWN TEN YARD LINE.

FOOTBALL IN PLAY- OFFENSIVE TEAM WILL HAVE 25 SECONDS TO PUT THE BALL IN PLAY FROM THE MOMENT THE BALL IS SPOTTED AT THE LINE OF SCRIMMAGE AND THE REFEREE WHISTLES THE PLAY READY.

FIRST DOWN – TEAMS WILL GET ONE FIRST DOWN AT MID-FIELD.

OFFENSE – OFFENSIVE TEAM MUST HAVE ATLEAST THREE PLAYERS ON THE LINE OF SCRIMMAGE PRIOR TO SNAP.

FUMBLES – FUMBLES ARE DOWN AT THE SPOT OF THE BALL.

BALL CARRIER – NO BALL CARRIER MAY JUMP OR HURDLE DURING THEIR RUN.

PASSING – ALL PLAYERS ARE ELIGIBLE RECEIVERS.

RECEPTIONS – PLAYERS CAN CATCH A PASS AGAINST THE WALLS WITH AT LEAST ONE FOOT DOWN BUT WILL BE MARKED DOWN AT THE SPOT. IF A RECEIVER JUMPS TO MAKE A CATCH, HE MUST HAVE ONE FOOT DOWN BEFORE MAKING CONTACT WITH THE WALL. NO RECEPTIONS CAN BE MADE OFF OF THE NETS.

CENTER CONTACT – NO DEFENSIVE PLAYER MAY CONTACT THE OFFENSIVE CENTER UNTIL THE CENTER HAS LIFTED HIS HEAD.

SCORING – TOUCHDOWNS = 6 POINTS

KICK OR RUN/PASS AFTER SCORE FROM THE THREE YARD LINE = 1 POINT

KICK OR RUN/PASS AFTER SCORE FROM THE TEN YARD LINE= 2 POINTS

SAFETY = 2 POINTS

** THE BALL IS BLOWN DEAD ON AN UNSUCCESSFUL CONVERSION ATTEMPT AFTER A TOUCHDOWN**

** IF DURING A RUNNING/PASSING EXTRA POINT ATTEMPT A LEGAL CHANGE OF POSSESSION OCCURS , PLAY CONTINUES AND CAN BE RETURNED BY THE “INTERCEPTING” TEAM FOR THE VALUE OF THAT CONVERSION ATTEMPT**

**NEVER CAN A BLOCKED/MISSED FIELD GOAL ATTEMPT/KICKING EXTRA POINT CONVERSION ATTEMPT BE RETURNED NOR ADVANCED BY ANY TEAM. IF A FIELD GOAL IS BLOCKED OR MISSED THE PLAY IS IMMEDIATELY DEAD AND THE DEFENSIVE TEAM WILL TAKE POSSESSION FROM THE SPOT OF THE KICK. IF A KICKING EXTRA POINT CONVERSION ATTEMPT IS BLOCKED OR MISSED THE PLAY IS IMMEDIATELY DEAD AND THE DEFENSIVE TEAM WILL TAKE POSSESSION FROM THEIR OWN TEN YARD LINE.

FIELD GOALS/EXTRA POINTS – NO RUSHING THE CENTER GUARD GAP WILL BE PERMITTED ON ALL FIELD GOAL AND EXTRA POINT ATTEMPTS. PLAYERS WILL ONLY BE PERMITTED TO RUSH FROM OUTSIDE THE GUARDS.

PENALTIES – PENALTIES WILL BE CALLED BUT WITH ONLY WITH PARTIAL YARDAGE

ALL 5 YARD PENALTIES = 3 YARDS

ALL 10 YARD PENALTIES = 5 YARDS

ALL 15 YARD PENALTIES = 10 YARDS

PERSONAL FOULS/UNSPORTSMANLIKE – WILL BE TREATED LIKE TECHNICAL FOULS IN BASKETBALL. TWO PERSONAL FOULS/UNSPORTSMANLIKE WILL RESULT IN A ONE GAME SUSPENSION BASED ON THE REFEREE AND LEAGUE DIRECTORS DISCRETION.

STIFF ARMING/FLAG GAURDING – WILL NOT BE ALLOWED AND A PENELTY WILL BE CALLED.

OBSTRUCTING THE RUNNER – A DEFENSIVE PLAYER SHALL NOT GRAB, HOLD OR STOP A RUNNERS FORWARD PROGRESS WHEN ATTEMPTING TO REMOVE THE FLAG BELT.

GOOD LUCK TO ALL TEAMS!