

Wide World of Indoor Sports: Youth Flag Football Rules

**Games will be played utilizing the NFL Youth Flag Football Rules with the following specifications/amendments:*

1. Rules on Starting Games and Forfeits:

a. Games are to be played as 5v5. Each team **MUST** have at least 4 players on the field to start the game. If a team does not have 4 players on the field, they will be given a 5-minute grace period, in which, the clock will run.

b. If the team gets at least a 5th player on the field **BEFORE** the grace period is over, the game will begin, and the team will be penalized 8 points.

c. **If the team does not get the required number of players during the 5-minute grace period, they will forfeit the game 10-0 unless the opposing coach agrees to play 4v4.**

2. Game Ball: The game ball will be provided by WWIS, each team may use a ball to warm-up with.

3. Equipment: Team must wear matching jerseys provided by WWIS. Home teams will wear the dark. Mouth Guards are required for all players. Proper footwear (sneakers, turf shoes, or rubber/molded cleats are allowed-no metal spikes). Flags will be provided by WWIS.

4. Coaches: One coach can be on the field of play during the game; teams are expected to have at least 1 coach on their sideline during the entire game.

5. Game Clock: Each team will be allowed to practice for 10-minutes prior to the start of the game. The coin toss will be held with 1 and ½ minutes left in the 10-minute practice. Each team will have 1 time out per half (time outs do carry into the 2nd half if not used in the 1st). Halftime is 1-minute long and regular season games can end in a tie.

6. General Rules: The game is two 20-minute halves with a running clock. The clock will stop with 1-minute to go in the 2nd half if the score is within 10 points. In this situation, the clock will stop for incomplete passes, a player running out-of-bounds, points scored, change of possession and time outs. The clock will stop to assess a penalty in the last 30-seconds of the game if the score is less than 10 points. Once the penalty has been assessed and the ball has been spotted, the clock will resume. If the conversion has not been completed at the end of the half/game, the conversion will be attempted before the start of halftime or the end of the game.

7. Mercy Rule (Rec League Only): Once a team is winning by 21-points or more, the trailing team will start their possession at the beginning of the No-Run zone just before mid-field. (or at the spot of the INT whichever is closer to the winning teams endzone) until the margin is 20-points or less.

8. Standings/Playoffs: Standings will be updated online, and all teams will make playoffs. Teams may have more than 1 playoff game on the same day. Playoffs are single elimination and regular season rules apply; the only rule change is that the game cannot end in a tie.

9. Playoff Overtime Period: Playoffs are only played in the playoffs where a result other than a tie must be the outcome. Each team will get a chance to score and attempt at a 1-point or 2-point conversion during the first OT period. If the score is still tied after the first OT period.

10. Unsportsmanlike Conduct: Unsportsmanlike conduct of any kind will not be tolerated. WWIS follows the NFL Youth Flag Football rules regarding unsportsmanlike conduct strictly.