

5 MAN INDOOR RULES CONTACT-LINEMAN ELIGIBLE

Updated 7/3/18

Overview:

- 5 Players per side, less than 4 would result in a forfeit. You may start with 4 players.
- First downs are awarded by crossing midfield.
- Team area-all coaches and players must be inside the players respective benches.
- All rosters are final after the third week. Max roster- 12 players.
- All players must have played in 2 regular season games to be eligible for playoff games.
- All teams must be in matching jerseys/shirts.
- All jerseys must be tucked into pants. Any player whose jersey is covering their flag or flags that are worn backwards will be penalized for flag guarding (UNSPORTSMANLIKE 7 YARDS).
- Players may wear cleats. Turf shoes or sneakers are permissible. (NO METAL CLEATS).

Rules on Starting Game and Forfeits:

- The game clock will start at the designated time whether teams are prepared or not. Teams are recommended to arrive 30 minutes prior to their game to take care of administrative duties.
- A team must have 4 players on the field to start the game. A team without 4 players at game time will be given a 5 minute grace period, during which time the game clock will run.
- If the minimum number of players arrive during the grace period, the game will begin with the team in question being penalized 10 points.
- If the minimum players do not arrive, the team in question will forfeit and the official score will be recorded as 10-0.

Game Ball:

- Teams will supply their own ball.

Kickoffs:

- Toss choices: Offense or Defense, End-zone to defend.
- Ball will be placed on top of the blue circle and first downs are awarded for crossing midfield.

Punting:

- All punts are declared. No fake punts.
- Punts will be thrown as well. Punts which land "out of bounds" will be spotted where they went out. Punts which land in the end zone or go out of bounds through the back of the end zone will be considered a touchback and will be placed at the extra point line.
- Punter must be at least 3 years behind the center.
- PENALTY: illegal procedure- 3 yards.
- Punter cannot be rushed; it is a "free kick".
- Defense must have one player on the line.
- Teams have 3 seconds to "punt" the ball after the snap

Extra Points:

- Extra point options: 2 points with a passing play from the 10 yard marker and 1 point from the top of the 5 yard marker.
- The captain must tell the referee which extra point option is desired.
- Once declared, it will cost the team a timeout to change this choice. A team may not change the choice after a penalty.
- Defense may intercept the ball and run it back for 2 points.

Rules About the Clock:

- The game consists of two 25 minute halves with stopped clock in the last 30 seconds of the second half. NFL time keeping will be utilized during those 30 seconds. Clock will stop on incomplete passes, out of bounds, scoring, change of possessions and time outs. No clock stoppage if score is 10 points or more difference. (Mercy Rule)
- Clock will stop to assess a penalty in the last 30 seconds of the game if the mercy rule is not in effect. However, the clock will start once the penalty has been assessed and the ball is set and ready for play.
- 30 second play clock is in effect throughout the entire game.
- Each team will have 1 timeout to utilize per half. Duration of the timeout is 30 seconds.
- Halftime is 1 minute long.

Tie Games (Play-Offs Only):

Sudden death rules apply for all playoff games ending in a tied score at the end of regulation play. 10 minutes will be placed on the game clock; the first team to score within this time will be declared the winner. If at the end of 10 minutes the game is still tied, the shootout method will be utilized from the first dotted line, giving each team an opportunity to score. During the regular season, if a game is tied at the end of regulation, it will remain a tie.

- Defense may return the ball for a touchdown.
- Extra points are attempted.
- The team that is a higher seed will have the choice of coin toss.

Equipment and Uniforms:

- No metal cleats, turf shoes may be worn.
- All teams must be in matching uniforms with numbers that are two inches thick, four inches wide and eight inches in height.
- Players not in uniform will not be allowed onto the field or in the bench area with the exception of a documented coach.
- Football or baseball gloves are the only types of gloves that can be worn.
- No caps with extended bills.

Special Rules:

- Offense must have 3 players on the line of scrimmage.
- Quarterback must always be in the shotgun position (at least 3 yards behind his offensive line).
- The ball is dead where it hits the ground. No fumbles.
- Receivers must have 1 foot in bounds on all catches.
- When a receiver makes a diving catch, he can get up and advance the ball unless he is touched by a defensive player or the ball touches the ground.
- If a player inadvertently loses a flag or belt, he is downed where he has possession of the ball.
- The ball may bounce once up to the quarterback from the center as long as it is in front of the quarterback.
- All players must have flags on and worn correctly.
- No diving to advance the ball forward.
- Ball carrier is down when the ball touches the ground.
- Inadvertent whistles: play is blown dead. Ball is spotted at most forward foot and replay of the down.
- Ball is spotted where belt is, not the ball.
- For a touchdown: ball and both flags must break the plane.
- ALL PLAYERS MUST KEEP THEIR SHIRTS TUCKED INTO THEIR PANTS, OR THE REF CAN RULE YOU DOWN.

Offensive Rules:

- 5 vs. 5 Quarterback, Center and 3 Wide Receivers
- Must have at least 3 players on the line of scrimmage including center.
- All offensive players are considered eligible receivers.
- Quarterback cannot run the ball.
- Forward passes must be across the line of scrimmage. (If not illegal forward pass- 3 yards loss of down).
- If an offensive player gets pushed out of bounds, he will be able to come back in-bounds to become an eligible receiver. The offensive player just needs to have both feet in-bounds to re-establish himself. If a player goes out of bounds on his own, that will be the penalty for illegal touching.

Defensive Rules:

- Defender must line up head to head on the offensive player at the line to be eligible to rush the quarterback.
- No slapping at the ball when it is in the ball carrier's hands. PENALTY: Unsportsmanlike Conduct- 7 yards and automatic first down or penalty can be tacked onto the play.
- The defender cannot use contact to break up a pass. PENALTY: Illegal Contact- 3 yards and automatic first down.
- Contact is allowed and it must be within 5 yards of the line of scrimmage.
- Don't make contact with the passer above his waist under any circumstances. GO FOR HIS FLAG. PENALTY: Roughing- 7 yards and automatic first down.
- No defensive holding. PENALTY: 3 yards and automatic first down.
- No tackling. PENALTY: 7 yards and the play.
- No pushing ball carrier "out of bounds". PENALTY: Roughing- 7 yards and automatic first down.

Guarding the Flag Belt:

Runner shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull the flag. PENALTY: 3 yards and loss of down.

Flag Guarding includes:

- Swinging of the hand or arm over the flag to prevent an opponent from de-flagging.
- Placing the ball in possession over the flag to prevent an opponent from de-flagging.
- Lowering the shoulders in such a manner that the defender is shielded from the flag.
- Holding the flag or belt with the off hand.
- Stiff arming or running directly into the defender (bulling). Carries a 7 yard penalty and loss of down.
- Inverted flags are unsportsmanlike foul, 7 yards from previous spot and loss of down.

Penalties:

- 3 yard penalties include: motion, offside's, encroachment, defensive holding, flag guarding
- 5 yard penalties include: illegal block, illegal contact
- 7 yard penalties include: roughing the passer, unsportsmanlike conduct
- Head referee can overturn calls made by the other officials. Verbal abuse of the officials will not be tolerated. WE HAVE A ZERO TOLERANCE POLICTY ON THAT MATTER. LEAGUE FINES AND/OR SUSPENSIONS WILL BE GIVEN.
- Any player ejected from a game by the official will have 60 seconds to leave the field area or the team will forfeit the game regardless of the score at the time.
- Fighting will not be tolerated. If a player from your team is involved in a skirmish, he will immediately be ejected from the game. If two or more players are involved in a skirmish/wrestling or shoving match, the entire team will be ejected from the game. In both cases it would be up to the league administrators to decide what the proper punishment would be.

If any player/coach bumps, assaults or contacts a referee or league administrator, his team will forfeit all remaining games and all money will forfeited as a result of this action.

Trash talking is not allowed. Please remember that there are children in ear shot of all behavior.

Racial and religious remarks will not be tolerated. Players guilty will be ejected immediately.

We reserve the right to suspend any player or team for unsportsmanlike conduct. All money will be forfeited.

- Offensive holding: 3 yards
- Offensive offsides: 3 yards
- Illegal Motion: 3 yards
- Defensive Offside: 3 yards
- Offensive pass interference: 5 yards, repeat down
- Defensive pass interference: Automatic first down at spot of foul(placed at 1 if in endzone)

- Defensive holding: 3 yards, automatic first down
- Illegal chuck: 3 yards
- Hurdling, Bulling, Diving: 7 yards
- No attempt for flag(push out of bounds): 7 yards, automatic first down
- Roughing the QB: 7 yards, automatic first down
- Flag Guarding: 3 yards from spot, down counts
- Stiff Arm: 7 yards
- Too Many Men on field: 3 yards
- Unsportsmanlike conduct: 7 yards, automatic first down(if necessary)
- Flagrant foul: 7 yards, automatic first down(if necessary)

