Sports Emporium

Indoor Youth Flag Football Rules & Regulations

* Players should wear their provided team jersey to every game.
* The league will play 5v5 on the south field and 6v6 on the north field with a maximum of 10 players on the roster.
* All players are eligible receivers.
* The offense has 4 plays to reach half field for a first down and four plays to reach the end zone.
* The offense has 35 seconds from the time the ball is placed down to run a play. The referee will give a 10 and 5 count warning.
* The offense will begin each new set of downs on the circle at the top of the arc nearest the end zone unless there is an interception. In that case the offensive team will begin their new set of downs from them spot of the defensive return.
* Scoring: touchdowns count for 6 points, 1 point for conversion from the dash nearest the end zone, 2 points from the circle at the top of the arc.
* The clock will run continuously. At the end of a half and/or game, the team can run the extra point play after time has expired.
* A player is considered “down” if a flag is pulled or dropped, a knee or hand touches the ground, or the ball touches the ground.
* If an offensive player loses their flag during the running of the play, or their flag is pulled prior to controlling the ball they are down when touched by one hand.
* There are no fumbles. Once the ball hits the ground, the play is dead.
* The nets are out of bounds. Once the ball touches the net the play is dead.
* A player is considered down, and the ball is spotted at the place where the forward most flag is when the offensive player’s flag is pulled.
* An offensive player cannot dive forward to advance the ball. If both offensive player’s feet come off the ground, the ball is spotted where the player left their feet.
* The ball must be snapped from the ground either between the legs or from a side stance. Players will not be allowed to stand and throw the ball to the quarterback.
* The Quarterback may not run the ball directly from the snap even if rushed.
* The offense may run the ball only after a direct hand-off or lateral has occurred. A direct hand-off may occur on any part of the field.

A legal throw is considered to be overhand, side arm or when your arm is parallel to the ground and you push the ball forward.

A forward throw may not occur past the line of scrimmage. A player is considered behind the line of scrimmage if any part of their body is still on or behind the line.

* Motion along the line of scrimmage is permitted. The offensive player(s) cannot make a move toward the line of scrimmage until the ball is snapped. More than one person can be in motion at a time.
* The dotted lines around the field are the out-of-bounds. This is until you reach the end zone and the out-of-bounds extends to the wall.

To have a completed pass and/or interception, a receiver/defender must have one foot in bounds. In the case of the end zone, the receiver/defender must have control of the ball before contacting the wall. If contact with the wall occurs and the receiver has not established control of the ball, the pass is incomplete. Within the goal mouth to have a completed pass and/or interception in the endzone the receiver must have at least one foot in bounds and control of the ball before crossing into the goal.

* Flags must be kept at the side of the offensive player at the snap of the ball. (failure to do so will result in a penalty. If the flags shift during the play, there is no penalty.)
* Shirts must remain tucked in for all offensive players.

Defensive players are not responsible for shirts torn or grabbed. This rule is for your safety.

* No foul language is allowed on the field. You will receive one warning and then be asked to leave the field.
* In the case of a turnover on downs, the ball goes to the other side of the field.
* Blocking is allowed, all blocking must occur below the neck and above the waist. Any illegal block will result in an unnecessary roughing flag and loss of down for the offensive team.
* On defense, a player (s) is permitted to rush from 7 yards off the line of scrimmage. In the case of a direct hand-off, the rush may come from the line of scrimmage or anywhere else on the field.
* If a rusher crosses the designated rush area before the ball is handed off they will be considered off sides and a free play will continue with the option by the offensive to replay the down if wanted.
* A rusher can jump straight up in the air to deflect a pass while in front of the quarterback. A rusher cannot come from behind the quarterback and go after the arm or the ball. This is considered unnecessary roughness.
* All offensive penalties result in loss of down.
* All defensive penalties are a replay of the down. In the case of pass interference or unnecessary roughness, there will be a replay of down and an automatic first down. The offense has the option to decline.
* Common penalties:

# Offensive pass interference; loss of down

Defensive pass interference; automatic first down

Offensive flag guarding: the ball will be placed at the point of infraction.

Defensive off-sides: Replay of down

Offensive offsides; loss of down

Offensive rusher interference; loss of down

Offensive charging; dead ball spot of the foul

Unnecessary roughness defense; Automatic first down

Unnecessary roughness offense; loss of down

Illegal pick play offense; loss of down

* Penalty descriptions:

All penalties are to the discretion of the referee.

Offensive pass interference: the offensive player cannot extend their arm to create separation from the defender. An offensive player can bring up their forearm level to the ground and no higher than chest high to cushion any contact with the defender. The offensive player, however, is not allowed to extend the forearm more than 10 inches from their body. (it is a judgment call by the referee)

Defensive pass interference: the defensive player cannot extend their arm to create separation from the receiver or keep the receiver from their route. A defensive player can bring up their forearm level to the ground and no higher than chest high to cushion any contact with the receiver. The defensive player, however, is not allowed to extend the forearm more than 10 inches from their body. (it is a judgment call by the referee.) Defensive pass interference also includes holding a receiver, making contact before the ball is to the receiver, and face guarding.

Note: a defender has just as much right to the ball as the receiver. If contact is made while both players are going for the ball it is up to the discretion of the referee to decide whether the contact was illegal.

Offensive flag guarding: an offensive player cannot impede a defender from pulling their flag. If a motion of the arm or hand is made to keep the defender from the flag the play will be called dead, and the ball placed at the spot of the foul. An offensive player’s running style is not taken into consideration. It is the referee’s discretion to decide if the defender was kept from pulling the flag.

Offensive charging: the defensive player has a right to their space; the offensive player must make and attempt to spin/move around the defender. If the defensive player slides or moves into the path of the offensive player, no call will be made. If the offensive player initiates contact or runs into the stationary defensive player who has already established their position on the field, the play will be called dead, and the ball will be placed at the spot of the foul.

Unnecessary roughness: It is understood that incidental contact will occur on the field. If, in the eyes of the referee, a player maliciously goes after another player a 5-yard penalty will be enforced. Competition is part of the game and tempers can flare at any time. If one player purposely goes after another and makes unnecessary contact the penalty will be called, and the player may be thrown out of the game.

Illegal offensive pick play: it is the responsibility of the offensive player to give the defender enough space on the field to cover the receiver. They may not intentionally obstruct the defender from defending the offensive player. It will be up to the referee’s discretion to determine if the contact is intentional or unintentional. Intentional contact will result in an offensive penalty and loss of down.

Unsportsmanlike-like conduct: if, in the opinion of the referee, a player uses malicious intent to go after another player or taunts another player causing a fight to ensue, the player will automatically be ejected.

If in the opinion of the referee a player demonstrates disrespect for the other team or referee, that player may be ejected or penalized for 2 minutes during which time his team will play short.

Tiebreakers proceed in this order:

1. If two or more teams are tied, the head-to-head results (win/loss record of the game(s) between the tied teams) determine the winner.
2. If two or more teams are still tied, the winner is the team with the fewest points scored against them in all games.
3. If two or more teams are still tied, the point differential for all the games between the tied teams determines the winner.

Policies and procedures

A1. Player registration

A1-1 waivers

All players 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. A team using a player who did not complete a waiver prior to playing will forfeit that game.

A1-2 player eligibility

1. A youth player may play in a youth age group older than he is eligible for, but never in a younger age group.
2. Persons with physical or mental impairments of a serious nature that may put themselves or others at risk will be restricted from play. Pregnancy and heart problems are conditions that put persons at risk.
3. The sports emporium staff may restrict advanced players from playing in certain leagues.

A2. Team registration

The winner of each regular season league will receive a championship T-shirt. Players must play at least three games to get a t-shirt.

A6. Discipline

A7. Player’s equipment

A7-1 Jewelry, Footwear, and headwear

No jewelry or watches are allowed.

Outdoor grass cleats are allowed. (no metal on the cleats) turf shoes are fine if they have more than twenty cleats.

no hats are allowed.

A7-2 braces and casts

Knee braces must be inspected and approved by the referee prior to the start of the game. Only hand or arm casts are allowed. Casts must be padded and must be inspected and approved by the referee prior to the start of the game.

A7-3 injuries

The referee shall send any player off the field that requires treatment for injury or blood (regardless of whether the blood is his own or another’s or is on his body or uniform). For treatments of blood, the player must obtain the referee’s approval before he may re-enter the field.

play shall stop when the referee decides;

1. An injury is critical
2. The injured player’s location is likely to interfere with play, or
3. The injured player’s team has control of the ball

During all league games the clock is continuous and will not be stopped due to injury unless determined necessary by staff.