

# **LNSP Indoor Youth Flag Football**

## **League Rules:**

**Game:** Teams will play in a 5 v 5 format. Games will be 24-minutes long (two 12-minute halves). One coach will be permitted on the field at all times during the game. No Contact or blocking is allowed.

**Equipment:** All players will be required to wear their league issued NFL Flag Football jersey and flag belt. Players are required to wear protective mouthpieces at all times during a game. No player will be allowed to wear cleats or spikes on the turf. All games will be played with NFL Flag league balls. Players are required to wear shorts/pants with no pockets. If shorts/pants have pockets they must be taped to avoid injury.

**Roster:** Team will be limited to a maximum of 12 players and a minimum of 8. **Birthday Cut off will be August 1<sup>st</sup> of that year.** 4 players are required at the start of the game to avoid a forfeit. Rosters will be locked after week 3 of the session. No new player may be added after this point in the session without league directors approval.

**Offense:** All possessions will start at the offensive teams 5-yard line. (Interceptions will take over at the spot of the flag being pulled.) The offense is required to have at least 1 player on the line of scrimmage. The offense has only one first down marker at midfield. Once past midfield it will become first and goal. All players must start with their flag belts on and are eligible to receive passes. A QB cannot run the ball unless received by a direct handoff behind the line of scrimmage. A QB has a seven second pass clock. If the pass is not thrown within seven seconds, the play will be ruled dead, with a loss of down. Once the ball is handed off, the seven second rule is not in effect and all defensive players are eligible to rush. A receiver/runner is down where their flag belt is pulled. If the flag belt falls off without being pulled then they are required to be touched with two hands to be down. Spinning is allowed but hurdling a player or diving to advance the ball is not. There will be “no run zones” at 5-yards before the first down and endzone. There will be no kicking or punting.

**Defense:** Any amount of players may rush a QB but all players must be a minimum of seven yards from the line of scrimmage. If the offense causes the rusher to jump the seven yard marker before snap, then that rusher is no longer allowed to rush for the play. The rusher cannot run straight into the center. A rusher must also go for the QBs flags. They may attempt to block a pass but it will be a penalty to make contact with the QB.

**Penalties:** Penalties will be based on our modified 3,5, & 10 yard increments instead of the usual 5,10 & 15yard increments.

**Scoring:** Touchdown = 6pts, Extra point (5 yards) = 1pt, Extra point (10 yards) = 2pts, Safety =2pts.

**Time:** Two 12-minute halves per game. There is a 25 second play clock. Each team is allowed two timeouts per game. In the event of overtime, each team will be awarded one additional timeout. The clock will only stop in the final minute of the game for an incomplection, if the offense gets out of bounds, on a score or at a first down to reset the markers when the score is within a 9 point differential.

**Overtime:** No overtime during the regular season. Playoffs overtime will be decided from midfield with each team getting a possession until one outscores the other (college format).

**COACHES, PLAYERS, & PARENTS: PLEASE REMEMBER TO HAVE GREAT SPORTSMANSHIP**

**THANK YOU!**