

LNSP Indoor Youth Flag Football

League Rules:

Game: Teams will play in a 5 v 5 format. Games will be 44-minutes long (two 22-minute halves). One coach will be permitted on the field at all times during the game. No Contact or blocking is allowed.

Time: Two 22-minute halves per game. There is a 25 second play clock. Each team is allowed one timeout in the first half and 2 timeouts in the second half. 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 incompletion, 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.

Mercy Rule: If a team goes up by 30+ points, the opposing team will have another chance to score, if they are stopped, the leading team wins the game. Remaining time will be used as a scrimmage with no score being kept.

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. Four 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. “Pitching” is allowed. There will be no kicking or punting.

Defense: 6-8yr old Division will not allow any rushing. All other divisions will allow any amount of players to 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.

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!

(Rules as of 10/28/2018)