

LNSP MENS 6v6 INDOOR FLAG FOOTBALL LEAGUE RULES

LEAGUE/REFS - REFEREES WILL BE CERTIFIED HIGH SCHOOL AND FLAG FOOTBALL REFEREES. TEAMS ARE RESPONSIBLE TO BRING THEIR REFEREE FEE TO EACH GAME.

EQUIPMENT – TEAMS ARE RESPONSIBLE TO BRING THEIR OWN FOOTBALL, FLAGS, ETC. FOOTBALL MUST BE REGULATION HIGH SCHOOL SIZE OR LARGER. FLAG BELT MUST BE THE TRIPLE THREAT FLAGS. NO OTHER FLAG BELTS ARE PERMITTED. CORRECT BELTS MAY BE PURCHASED FROM LOST NATION IF YOU ARE UNABLE TO GET THEM.

PLAYERS&UNIFORMS – SIX PLAYERS FROM EACH TEAM ARE ON THE FIELD AT ONE TIME. TEAMS MUST HAVE ATLEAST FOUR PLAYERS ON THE FIELD TO BEGIN AND FINISH THE GAME. ALL TEAMS ARE REQUIRED TO HAVE MATCHING JERSEYS WITH A NUMBER.

ROSTERS/ELIGIBILITY – ROSTERS WILL BE LIMITED TO 15 PLAYER MAX. PLAYERS WILL NEED TO PLAY IN THREE (3) REGULAR SEASON GAMES TO BE ELIGIBLE FOR THE PLAYOFFS. ALL PLAYERS ARE REQUIRED TO SIGN IN PRIOR TO THE START OF THE GAME. INJURED PLAYERS MAY BE REPLACED, BUT REPLACING PLAYER MUST PARTICIPATE IN AT LEAST ONE (1) REGULAR SEASON GAME TO BE ELIGIBLE FOR PLAYOFFS.

CLEATS- NO CLEATS ARE PERMITTED ON THE FIELD!!! TURF SHOES RECOMMENDED

JEWELRY/APPAREL – IS NOT ALLOWED TO BE WORN WHILE PLAYING A GAME. ALSO, NO HAT WITH A BRIM SHALL BE PERMITTED.

DURATION OF GAME- GAMES CONSIST OF TWO RUNNING 20 MINUTE HALVES. CLOCK WILL ONLY STOP FOR TIMEOUTS AND FOR ALL DEAD BALLS IN THE FINAL TWO MINUTES OF THE GAME WHEN THE SCORE IS WITHIN 18 POINTS. BOTH TEAMS GET TWO 1 MINUTE TIMEOUTS PER HALF. TEAMS GET ONE TIMEOUT IN OVERTIME.

MERCY RULE- A GAME WILL BE ENDED AT THE TWO-MINUTE MARK IF THE POINT DIFFERENTIAL IS GREATER THAN EIGHTEEN (18).

TIE GAMES- IN THE CASE OF A TIE GAME; IT WILL BE AN UNTIMED, FOUR DOWN COLLEGE STYLE SHOOTOUT FROM MID-FIELD. REGULAR SEASON GAMES WILL BE LIMITED TO TWO POSSESSIONS PER TEAM MAX.

FORFEITS – FORFEIT FEE WILL BE A \$50 CHARGE. TEAMS WILL NOT BE PERMITTED TO PLAY IN THEIR NEXT SCHEDULED GAME WITHOUT THIS FEE BEING PAID FIRST.

EJECTION/SUSPENSIONS - ANY PLAYER THAT INTENTIONALLY PUSHES AN OPPOSING PLAYER INTO THE WALL WILL BE EJECTED FOR THE REST OF THE GAME. THE EJECTED PLAYER WILL THEN BE SUSPENDED FOR THE FOLLOWING TWO GAMES. ANY HARASSMENT OF THE REFEREES WILL RESULT IN AN EJECTION AND A ONE GAME SUSPENSION.

FIGHTING – FIGHTING WILL NOT BE PERMITTED! NO ACCEPTIONS! SUSPENSIONS TO BE DETERMINED BY LEAGUE DIRECTOR.

KICKOFFS/ON-SIDE KICKS – THERE WILL BE NO KICKOFFS OR ON-SIDE KICKS!

PUNTING – NO PUNTS WILL BE ALLOWED. TEAMS MUST EITHER GO FOR IT ON FOURTH DOWN, OR “DECLARE PUNT. ON A “DECLARED PUNT” THE BALL SHALL BE TURNEDOVER TO THE OTHER TEAM BASED UPON YOUR LINE TO GAIN, REGARDLESS OF YOUR FIELD POSITION. (EX. 4th AND MIDFIELD, OTHER TEAM TAKES OVER AT MIDFIELD. 4th AND GOAL, OTHER TEAM TAKES OVER AT THEIR OWN 5YD LINE.

FOOTBALL IN PLAY- OFFENSIVE TEAM WILL HAVE 25 SECONDS TO PUT THE BALL IN PLAY FROM THE MOMENT THE REFEREE WHISTLES THE PLAY READY.

FIRST DOWN – TEAMS WILL GET ONE FIRST DOWN AT MID-FIELD.

OFFENSE – OFFENSIVE TEAM MUST HAVE ATLEAST THREE PLAYERS ON THE LINE OF SCRIMMAGE AT TIME OF SNAP.

FUMBLES – THE BALL IS CONSIDERED DEAD WHEN IT HITS THE GROUND.

BALL CARRIER – NO BALL CARRIER MAY JUMP OR HURDLE DURING THEIR RUN WHILE ANY DEFENDER IS WITHIN REACH OF YOUR FLAGS (SEE FLAG GAURDING).

PASSING – ALL PLAYERS ARE ELIGIBLE RECEIVERS.

RECEPTIONS – RECEIVERS WILL NEED ONE FOOT DOWN IN BOUNDS WITH POSSESSION OF THE BALL.

CENTER CONTACT – NO DEFENSIVE PLAYER MAY CONTACT THE OFFENSIVE CENTER UNTIL THE CENTER HAS LIFTED HIS HEAD.

SCORING – TOUCHDOWNS = 6 POINTS

RUN/PASS AFTER SCORE FROM THE FIVE YARD LINE = 1 POINT

RUN/PASS AFTER SCORE FROM THE TEN YARD LINE= 2 POINTS

RUN/PASS AFTER SCORE FROM THE EIGHTEEN YARD LINE= 3 POINTS

SAFETY = 2 POINTS

** IF DURING A RUNNING/PASSING EXTRA POINT ATTEMPT A LEGAL CHANGE OF POSSESSION OCCURS, PLAY CONTINUES AND CAN BE RETURNED BY THE “INTERCEPTING” TEAM FOR THE VALUE OF THAT CONVERSION ATTEMPT**

PENALTIES – PENALTIES WILL BE CALLED BUT WITH ONLY WITH PARTIAL YARDAGE

ALL 5 YARD PENALTIES = 3 YARDS

ALL 10 YARD PENALTIES = 5 YARDS

ALL 15 YARD PENALTIES = 10 YARDS

PERSONAL FOULS/UNSPORTSMANLIKE – WILL BE TREATED LIKE TECHNICAL FOULS IN BASKETBALL. TWO PERSONAL FOULS/UNSPORTSMANLIKE WILL RESULT IN A ONE GAME SUSPENSION BASED ON THE REFEREE AND LEAGUE DIRECTORS DISCRETION. ROUGHING THE PASSER MAY BE AN EXCEPTION TO THIS TWO TECHNICAL RULE BASED UPON THE DEGREE OF THE CONTACT MADE. REFEREE'S DISGRESSION.

UNNECESSARY/EXCESSIVE ROUGHNESS – ANY BLOCK WHICH UP-ENDS AN OPPOSING PLAYER (DOES NOT ALLOW HIM ANY CHANCE TO KEEP HIS FEET) MAY BE GIVEN A PERSONAL FOUL/UNNECESSARY ROUGHNESS PENALTY WHICH WILL COUNT TOWARD THE TWO TECHNICAL RULE.

STIFF ARMING/FLAG GUARDING – WILL NOT BE ALLOWED AND A PENALTY WILL BE CALLED (FLAG GUARDING IS CONSIDERED ANY ILLEGAL ACTION TO IMPEDE A DEFENDER FROM PULLING ONE'S FLAG INCLUDING BUT NOT LIMITED TO STIFF ARMING, DIPPING DOWN AS TO COVER YOUR FLAG BELT WITH ANY PART OF YOUR OWN BODY AND JUMPING/DIVING (WHICH CHANGES THE LEVEL OF YOUR FLAG BELT AND BY RULE IS ILLEGAL WHEN A DEFENDER IS WITHIN REACH OF YOUR FLAGS). PENALTY WILL RESULT IN A LOSS OF DOWN.

OBSTRUCTING THE RUNNER – A DEFENSIVE PLAYER SHALL NOT GRAB, HOLD OR STOP A RUNNER'S FORWARD PROGRESS WHEN ATTEMPTING TO REMOVE THE FLAG BELT.

PLAYOFFS – NUMBER OF PLAYOFF TEAMS WILL BE DETERMINED BY LEAGUE SIZE. FIRST TIE BREAKER IS HEAD TO HEAD. SECOND TIE BREAKER IS POINTS AGAINST. THIRD TIE BREAKER IS POINT DIFFERENTIAL.

GOOD LUCK TO ALL TEAMS!

(RULES AS OF MARCH 24th, 2016)