

**OFF *The* WALL
SPORTS**

***Indoor
Flag
Football***



The Game

- 1) The Away team will have possession to start the game. The home team will have possession to start the 2nd half.
- 2) The offensive team takes possession of the ball at its 5-yard line and has three (3) plays to cross midfield. Once a team crosses midfield, it has three (3) plays to score a touchdown.
- 3) If the offense fails to score, the ball changes possession and the new offensive team starts its drive on its own 5-yard line.
- 4) If the offensive team fails to cross midfield in 3 plays, possession of the ball changes and the opposition starts its drive from its own 5-yard line.
- 5) All possession changes, except interceptions, start on the offense's 5-yard line.
- 6) Teams change sides after the first half.
- 7) Each team will play with 7 players on the field.
- 8) Teams must start games with a minimum of six players. In the event of an injury, a team with insufficient substitute players may play with five players on the field but no fewer than five.

Equipment

- 1) Off The Wall Sports will provide all equipment for games including Off The Wall Sports team jerseys, flags, and footballs.
- 2) Players must wear shoes. Cleats are allowed at Off The Wall Sports. Cleats with exposed metal are never allowed.
- 3) Players may tape their forearms, hands, and fingers. Players may wear gloves, elbow pads and knee pads. Braces with exposed metals are not allowed.
- 4) Players' jerseys must be tucked into shorts or pants.
- 5) We recommend players **wear shorts or pants that do not have pockets**. Shorts or pants with belt loops or pockets must be taped. Games will not be delayed for a player to tape up pockets.

Timing

- 1) Games are played on a 40-minute continuous clock with two 20-minute halves. If one team gains a 28-point advantage, the game will be over. The game will continue as a scrimmage for the remainder of the time, but the score will be removed from the scoreboard.
- 2) Halftime is one minute.
- 3) Each time the ball is spotted, a team should not take more than 30-40 seconds to snap the ball. Although there is no play clock, teams who are taking longer or blatantly wasting time will be subject to a penalty. The referee will use their discretion to determine if teams are wasting time.
- 4) There are no timeouts.
- 5) In the event of an injury, the clock will not stop.
- 6) If the score is tied at the end of 40 minutes, the game will result in a tie. There will not be an overtime period.

Scoring

- 1) Touchdown: 6 points
- 2) PAT (point after touchdown) 1 point (5-yard line) or 2 points (10-yard line)
 - a) 1-point PAT is pass only; 2-point PAT can be run or pass.
 - b) A team that scores a touchdown must declare whether it wishes to attempt a 1-point conversion (from the 5-yard line) or a 2-point conversion (from the 10-yard line). Once the ball has been spotted this decision cannot be changed.
- 3) Safety: 2 points
 - a. A safety occurs when the ball-carrier is declared down in his/her own end zone. Runners can be called down when their flags are pulled by a defensive player, a flag falls out, they step out of bounds, their knee or arm touches the ground, or a fumble occurs in the end zone.

- 4) After one team is winning by 28 points or more, the game is over. The game will continue in scrimmage mode for the remainder of the time. The referee will remove the score at this point. Forfeits will be scored 28-0 for the winning team.

Live Ball/Dead Ball

- 1) The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
- 2) A player who gains possession in the air is considered inbound if one foot comes down in the field of play or if one foot comes down before making contact with the wall.
- 3) The defense may not mimic the offensive team signals by trying to confuse the offensive players, while the quarterback is calling out signals to start the play. This will result in an unsportsmanlike conduct penalty.
- 4) Substitutions may be made on any dead ball.
- 5) The official can whistle the play dead.
- 6) Play is ruled "dead" when:
 - a) The ball hits the ground.
 1. If the ball hits the ground because of a bad snap, the ball will be placed back at the line of scrimmage and a down will be consumed.
 2. In the 3rd/4th grade division, teams may redo bad snaps without a loss of down.
 - b) The ball-carrier's flag is pulled.
 - c) The ball-carrier steps out of bounds or touches the wall.
 - d) A touchdown, PAT or safety is scored.
 - e) The ball-carrier's knee or arm hits the ground.
 - f) The ball-carrier's flag falls out.
 - g) The receiver catches the ball while in possession of one or no flag(s).
 - h) The 7 second pass clock expires.
 - i) Inadvertent whistle.

NOTE: There are no fumbles. The ball is spotted where the ball-carrier's feet were at the time of the fumble.

- 7) In the case of an inadvertent whistle, the offense has two options:
 - a) Take the ball where it was when the whistle blew, and the down is consumed.
 - b) Replay the down from the original line of scrimmage.

Running

- 1) The ball is spotted where the runner's feet are when the flag is pulled, not where the ball is. Forward progress will be measured by the player's front foot.
- 2) The quarterback cannot directly run with the ball, even if the defense rushes the passer. The quarterback is the offensive player who receives the snap.
- 3) Only handoffs behind the line of scrimmage are permitted. Handoffs may be in front, behind or to the side of the offensive player but must be behind the line of scrimmage. The offense may use multiple handoffs.
 - a) "Center sneak" play is not allowed. The QB is not allowed to handoff to the center on the first handoff of the play.
- 4) Absolutely NO laterals of any kind.
 - a) Please note that a pitch/toss for a running play is allowed.
- 5) No-run Zones are located 5 yards before each end zone and 5 yards on either side of midfield are designed to avoid short-yardage power-running situations. Teams must pass the ball if the line of scrimmage is within these zones. (Reminder: Each offensive team approaches 2 no-run zones in each drive – one 5 yards from midfield to gain the first down and one 5 yards from the goal line to score a TD).
- 6) Any player who receives a handoff can throw the ball from behind the line of scrimmage.
- 7) Once the ball has been handed off in front, behind or to the side of the quarterback, all defensive players are eligible to rush.
- 8) Runners may not leave their feet to advance the ball. Diving, leaping, or jumping to avoid a flag pull is considered flag guarding.
- 9) Spinning is allowed, but players cannot leave their feet to avoid a flag pull.
 - a) Players spinning out of control will be called for flag guarding.
- 10) Runners may leave their feet if there is a clear indication that he/she has done so to avoid collision with another player without a flag guarding penalty enforced.
- 11) No blocking or "screening" is allowed at any time.
- 12) Offensive players around the ball should stop their motion once the ball has crossed the line of scrimmage. They can be called for blocking if they are running with the ballcarrier.

and interfering with a defender's path to the ball carrier.

- 13) Flag obstruction – All jerseys MUST be tucked in before play begins. The flags must be on the player's hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.

Passing

- 1) All passes must be from behind the line of scrimmage and thrown forward, beyond the line of scrimmage.
 - a) The quarterback may throw the ball away to avoid a sack. Pass must go beyond the line of scrimmage. If the ball fails to go beyond the line of scrimmage, an illegal pass penalty will be enforced.
- 2) Shovel passes are allowed.
- 3) The quarterback has a seven-second "pass clock." If a pass is not thrown within seven seconds, the play is dead, the down is consumed, and the ball is returned to the line of scrimmage. Once the ball is handed off, the 7-second rule is no longer in effect.
 - a) If the QB is standing in the end zone at the end of the 7-second clock, the ball is returned to the line of scrimmage (LOS).
 - b) The referee will count the 7 seconds out loud each play.
 - c) An illegal forward pass will be called if the center snaps the ball and immediately turns around and catches a pass.

Receiving

- 1) All players, including the center, are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- 2) Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted toward the line of scrimmage.
- 3) A player must have at least one foot inbound when making a reception.
 - a. If a player is touching the boards surrounding the field while making a catch, the play will result in an incomplete pass.
- 4) Any pass that hits the netting or the wall will be ruled as an incomplete pass.
 - a. It is an incomplete pass if the player uses the wall to help them catch the ball.
- 5) In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.

- 6) Interceptions change the possession of the ball at the point of interception. Interceptions are the only changes of possession that do not start on the 5-yard line.
- 7) Interceptions are returnable but not on conversions after touchdowns.
- 8) If the player running with the ball touches one of the boards surrounding the field, they will be considered out of bounds.

Rushing the Passer

- 1) All players who rush the passer must be a minimum of ten yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players who are not rushing the quarterback can defend on the line of scrimmage. The referee will use a special marker to designate the line of scrimmage and the rush line.
- 2) Once the ball is handed off, the ten-yard rule no longer is in effect and all defenders may go behind the line of scrimmage.
- 3) A special marker will designate a rush line ten yards from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play. A legal rush is:
 - a) Any rush from a point 10 yards from the defensive line of scrimmage.
 - b) A rush from anywhere on the field AFTER the ball has been handed off by the quarterback.
 - c) If a rusher leaves the rush line early (breaks the 10-yard area), they may return to the rush line, reset, and then legally rush the quarterback.
 - d) If a rusher leaves the rush line early and the ball is handed off before he/she crosses the line of scrimmage, he/she may legally rush the quarterback.

A penalty may be called if:

- a) The rusher leaves the rush line before the snap crosses the line of scrimmage before a handoff or pass – illegal rush (5 yards from the line of scrimmage and first down).
- b) Any defensive player crosses the line of scrimmage before the ball is snapped – offsides (5 yards from line of scrimmage and first down).
- c) Any defensive player not lined up at the rush line crosses the line of scrimmage before the ball is passed or handed off – illegal rush (5 yards from

the line of scrimmage and first down).

Special circumstances:

- a) Teams are not required to rush the quarterback with the seven second clock in effect.
 - b) Teams are not required to identify their rusher before the play.
- 4) Players rushing the quarterback may attempt to block a pass; however, NO contact can be made with the quarterback in any way. Blocking the pass or attempting to block the pass and then contacting the passer will result in a roughing the passer penalty.
 - 5) The offense cannot impede the rusher in any way. The rusher has the right to a clear path to the quarterback, regardless of where they line up prior to the snap. If the “path or line” is occupied by a moving offensive player, then it is the offense’s responsibility to avoid the rusher. Any disruption to the rusher’s path and/or contact will result in an impeding the rusher penalty. If the offensive player does not move after the snap, then it is the rusher’s responsibility to go around the offensive player and to avoid contact.
 - 6) A sack occurs if the quarterback’s flags are pulled behind the line of scrimmage. The ball is placed where the quarterback’s feet are when the flag is pulled.
 - a) A safety is awarded if the sack takes place in the offensive team’s end zone.

Flag Pulling

- 1) A legal flag pull takes place when the ball-carrier is in full possession of the ball.
- 2) Defenders can dive to pull flags but cannot tackle, hold, or run through the ball-carrier when pulling flags.
- 3) It is illegal to attempt to strip or pull the ball from the ball-carrier’s possession at any time.
- 4) If a player’s flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends. The ball is placed where the flag lands.
- 5) A defensive player may not intentionally pull the flags off a player who is not in possession of the ball.
- 6) Flag guarding is an attempt by the ball-carrier to obstruct the defender’s access to

the flags by stiff arming, dropping the head, hand, arm, or shoulder or intentionally covering the flags with the football jersey.

- 7) Defenders may not intentionally push the player with the ball into the boards.

Formations

- 1) Offenses must have a minimum of one player on the line of scrimmage (the center) and up to six players on the line of scrimmage. The quarterback must be off the line of scrimmage.
 - a) One player at a time may go in motion 1-yard behind and parallel to the line of scrimmage.
 - b) No motion is allowed toward the line of scrimmage.
- 2) Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.
- 3) The center must snap the ball with a rapid and continuous motion between his/her legs or by turning and tossing the ball to the quarterback. The ball must completely leave his/her hands.

Unsportsmanlike Conduct

- 1) If the referee witnesses any acts of intentional tackling, elbowing, cheap shots, blindside blocking or any unsportsmanlike act, the game will be stopped, and the player will be **ejected** from the game. The decision is made at the referee's discretion. No appeals will be considered. **FOUL PLAY WILL NOT BE TOLERATED!**
- 2) Offensive or confrontational language is not allowed. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.
- 3) Players, spectators, and coaches who are ejected are subject to a suspension to Off The Wall Sports.
- 4) Players may not physically or verbally abuse any opponent, coach or official. **No trash talking.** Players will be given one warning before being ejected.
- 5) Ball-carriers **MUST** try to avoid defenders with an established position.
- 6) Defenders are not allowed to run through the ball-carrier when pulling flags.
- 7) Fans must also adhere to good sportsmanship as well:

- a) Yell to cheer on your players, not to harass officials or other teams.
- b) Keep comments clean and profanity free.
- c) Compliment ALL players, not just one child or team.
- d) Fans can be removed from the facility at the referee's/facility manager's discretion.

Penalties

- 1) Referees determine incidental contact that may result from normal run of play.
- 2) All penalties will be assessed from the line of scrimmage, except for spot fouls.
- 3) Only the team captain or head coach may ask the referee questions about rule clarification and interpretations. Players may not question calls.
- 4) Games may not end on a defensive penalty unless the offense declines it.
- 5) Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete.
- 6) Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.

Defensive spot fouls

Defensive pass interference	Automatic first down
Holding	Automatic first down
Stripping	+5 yards and automatic first down

Offensive spot fouls

Screening/blocking	-5 yards and loss of down
Charging	-5 yards and loss of down
Flag guarding	-5 yards and loss of down

Defensive penalties

Defensive unnecessary roughness	+10 yards and automatic first down
Defensive Unsportsmanlike conduct	+10 yards and automatic first down
Offside	+5 yards from line of scrimmage and automatic first down
Illegal rush (Starting rush from inside 10-yard marker)	+5 yards from line of scrimmage and automatic first down
Illegal flag pull (Before the receiver has the ball)	+5 yards from line of scrimmage and automatic first down

Offensive penalties

Offensive unnecessary roughness	-10 yards and loss of down
Offensive unsportsmanlike conduct	-10 yards and loss of down
Offside/false start	-5 yards from line of scrimmage and loss of down

Illegal pass (Any pass that does not go forwards or if the QB throws the ball away and it does not reach the line of scrimmage)	-5 yards from line of scrimmage and loss of down
Offensive pass interference	-5 yards from line of scrimmage and loss of down
Illegal motion (More than one person moving)	-5 yards from line of scrimmage and loss of down
Delay of game	-5 yards from line of scrimmage and loss of down
Impeding the rusher	-5 yards from line of scrimmage and loss of down
Illegal Rush (Running inside the no rush zone)	-5 yards from line of scrimmage and loss of down