

The Gathering Place @ Community Church of Greenwood
Indoor Flag Football League Rules

Revised 5.17.17

A. GENERAL INFORMATION

1. A spiritual message and prayer will be provided prior to the start of each game.
2. TEAM FEES ARE DUE IN FULL WHEN REGISTERING.

B. ROSTER

1. All players **MUST** complete and sign the official roster. If a player is not on the roster, the player is ineligible. Any team that plays an ineligible player will forfeit all affected games.
2. The official roster **MUST** be completed by the beginning of the second game.
3. **NO** roster changes can be made after the team's second game. Special requests may be made to The GP Adult Sports Director up to 24 hours before a scheduled game. Limited to 1 per league session.
4. False or incorrect information on rosters is grounds for a team to be dismissed from the league without a refund.
5. Team rosters are limited to 12 players.
6. Players may only play on **ONE** team. No player may play on multiple teams (either in regular season or the tournament). An infraction of this rule will result in both team's forfeiting of the game.
7. A team's captain may request a roster check at any point between the pre-game devotional and five minutes following the conclusion of the game. If a team is found to have violated any roster rule, the referee and/or GP supervisor may report the infraction to The GP Adult Sports Director for a ruling.

C. PLAYER ELIGIBILITY

1. Players must be at least 18 years of age. Proof of age is required. Exceptions may apply if granted by The GP Adult Sports Director up to 24 before a scheduled game.
2. Players must be in good standing with The Gathering Place.

D. EQUIPMENT

1. Each team **MUST** wear a similar colored jersey.
2. Shirts must be tucked into shorts or pants at all times.
3. Cleats, hard knee braces, or dangling jewelery are not allowed.
4. Belts, flag, and a game ball are provided by The GP.
5. It is highly recommended that a player wears a mouthpiece.

E. GAME

1. There is a 5-MINUTE GRACE PERIOD AT THE START OF A GAME. Teams unable to play after that time will forfeit the game.
2. A coin toss determines first possession.
3. Teams are allowed only six (6) players on the field at a time.
4. A team may start with 5 players. However if the opposing team has the correct amount of players at the start of the game (6), it does not have to drop down to 5 players, but may play with 6. Teams may play 6-on-5. Teams must field a minimum of five (5) players at all times.
5. The offense takes possession of the ball at the white dot closest to their end zone.
6. Offense has three (3) plays to cross mid-field to earn a first down.
7. If offense earns a first down, then they have three (3) plays to score a touchdown or kick a field goal.
 - Once the line of scrimmage is beyond mid-field, a field goal can be kicked on any down.
 - For an extra point, the offense can kick from the first white dot.
 - For a two-point conversion, the offense can attempt a run or pass play from the second white dot.
8. If the offense fails to cross the mid-field or score a touchdown, then possession of the ball changes and the opposite team starts their drive from the first white dot.
9. If a field goal fails, then possession of the ball changes and the opposite team starts their drive at the spot of the failed kick.
10. Each team has 25 seconds to snap the ball.
11. Games consist of two (2) 20-minute halves.
12. Teams change ends and possession at the half.

13. Running clock except for injuries and time-outs.
 - In the last minute of the game, if the difference in the score is eight (8) points or less, a pro clock is used (stoppage on out of bounds, incomplete passes, defensive penalties, offensive penalties, scores and changes of possession).
14. Touchdown = 6 points.
15. Extra Point (first white dot kick) = 1 point
16. Two-point conversion (second white dot kick) = 2 points.
17. Safety = 2 points.
18. Field Goal = 3 points.
19. Each team has one (1) 60-second time out per half.
20. Officials can stop the clock at their own discretion.
21. Before each play the referee will mark off seven (7) yards from the line of scrimmage. A rusher is eligible from this mark.
22. Any number of players can block with arms in any position that does not place any hands in the defenders face or hold the defender. The blockers arms must stay in-front of his/her body.
23. Any number of players can rush the QB.
24. Players not rushing the QB may defend on the line of scrimmage, but they may NOT jam the receiver at the line.
25. If the ball is handed off, the 7-yard rule no longer applies and ANY/ALL defenders may rush.
26. The snap must be between the legs.
27. A false movement of the football by the center after he is set shall constitute a false start.
28. At all times the ball shall be snapped from the spot marked by the official ball marker.
29. A fumbled snap is dead where it lies, and the offense loses the down.
30. The Quarterback or Running Back can run the ball if beyond 7 yards from the first down or end zone.
31. The Quarterback can hand-off to a Running Back.
32. The Quarterback can throw the ball as long as he has not crossed the line of scrimmage.
33. The runner CANNOT stiff-arm, run over any player on defense, dive or jump, but can spin or juke.
34. "No Running Zones" are located 7 yards before the end zone and 7 yards before the mid-field in each offensive direction.
35. The ball will be spotted at the point where the players hips were when his flag was pulled.
36. Ball AND flags must break the plane for a first down or touchdown.
37. A legal forward pass can be received anywhere on the field.
38. Laterals are allowed anywhere on the field.
39. Interceptions may be returned from anywhere and at any time of the game. At the end of the interception, the spot at the end of the return is the location of the ball marker for the change of possession.
40. Interceptions during an Extra Point attempt may be returned for two (2) points.
41. If an interception occurs in the end zone and the player's flag is pulled before he leaves, then the ball is placed at the first white hash dot.
42. All players are eligible to receive passes (including the Quarterback if the ball has been handed off or lateraled behind the line of scrimmage).
43. Only one player is allowed in motion at a time.
44. Player must have both feet in bounds when making a catch.
45. Play is ruled "DEAD" when:
 - a player with the ball has their flag pulled.
 - the ball carrier steps out of bounds.
 - a Touchdown is scored.
 - a ball carrier's hand, knee or ball hits the ground.
 - an offensive player's flag falls off during the course of play and he is touched by the defense.
46. Equipment violation: The play will be called dead at the snap if any offense player begins the play without both flags attached to the belt. If the referee missed the illegal equipment violation the play will continue as above. The offense will be assessed a five- (5)- yard penalty and loss of down.
47. If the ball is dropped at any time during play, then the ball is dead where it lies.

48. If the game is tied at the end of regulation, the game will be decided by each team using a set of downs to score a field goal or touchdown from the second white dot.
49. The team who scores the most points after the set of downs wins.
50. If the two teams tie again, then they will enter the second overtime where the team that began on offense will begin on defense. Play continues until one team wins.
51. A coin toss will determine possession.
52. Penalties:
 - Illegal Snap: 5-yards from line of scrimmage
 - Illegal Motion: 5-yards from line of scrimmage
 - False Start: 5-yards from line of scrimmage
 - Delay of Game: 5-yards from line of scrimmage
 - Illegal Block/Holding: 10-yards from line of scrimmage
 - Flag Guarding: 5-yards from the spot of the of the flag guard, loss of down; a flag guarding infraction in the team's end zone will be ruled a safety
 - Lowering head or shoulder: 5-yards from spot of foul
 - Pass Interference: 5-yards from the spot of foul, loss of down
 - Intentional grounding: 5-yards from line of scrimmage, loss of down
 - Equipment Violation: 5-yards from the line of scrimmage, loss of down; the play will be called dead at the snap if any offensive player begins the play without both flags attached to the side of the belt and the shirt tucked.
 - If the referee misses the illegal equipment violation before the snap, the play will continue as above.
 - Off-sides: 5-yards
 - Illegal Rush: 5-yards
 - Illegal Contact: 5-yards
 - Holding: 5-yards from the end of the play
 - Pass Interference: Spot of foul, automatic first down
 - Roughing the Quarterback: 5-yards, automatic first down

F. MERCY RULE

- The game will end if the point difference is 40 points or more with 6:00 remaining in the second half. The team with the lead will be awarded the victory.
- The game will end if the point difference is 30 points or more with 3:00 remaining in the second half. The team with the lead will be awarded the victory.

G. FORFEITS

1. A forfeit may be declared by the referee in favor of the team not at fault for violations governing forfeiture in the Official IHSAA Rule Book and these supplemental rules.
2. Any team forfeiting 2 games will be dismissed from the league without refund.

H. CONDUCT

1. This is a Christian Church league and the attitudes and actions of players and spectators should be of highest quality.
2. The Gathering Place is a drug, alcohol and tobacco Free Zone.
3. THIS IS A ZERO TOLERANCE LEAGUE. Trash talking, foul language, swearing, and rough play will not be tolerated. Anyone striking at, fighting with, harassing, or in any way intentionally causing bodily harm to another person in conjunction with this league (player, referee, staff, spectator) may be immediately and indefinitely suspended from all Gathering Place activities at the discretion of the GP staff.
4. In order to preserve the safety of everyone at The GP, in the case of a violation of Rules G.2 and G.3 above, The GP reserves the right to seek help from the Greenwood Police Department, if needed.
5. Suspended participants may seek reinstatement by submitting a request to The GP Adult Sports Director asking for review and reinstatement.

H. CAPTAINS

1. Team Captains are responsible for the following:
 - Informing players of all rules, regulations and guidelines for conduct.
 - The conduct of all members and spectators of his team.
 - Keeping email addresses and phone numbers current with The GP Adult Sports Director.
 - Collecting all team entry fees and making sure balances are paid in full by the end of the second game, with ONE payment.

I. MISCELLANEOUS

1. The GP Supervisor is in charge of all decisions except when it involves a referee's decision as to the play of the game.
2. The GP Adult Sports Director has the authority to make rulings on any matter related to this league.