



## Field of Dreams Sports Complex Indoor Flag Football Rules

### OFFENSE:

- Offense must have three linemen at all times (center can not go out)
- QB can run once every four downs
- Offense can run every down for the extra point
- NO FUMBLES. The ball is dead where it hits the ground
- The center must snap the ball between his legs
- Offense must have at least one receiver on both sides of the ball (5 yd. penalty)
- No diving to advance the ball (ball is dead where the feet leave the ground) NO JUMP PASSES
- No flag guarding or stiff arms (5 yd. Penalty)
- TD=6 PTS. EXTRA POINT= 1PT. (1<sup>ST</sup> POLE) 2PT. (2<sup>ND</sup> POLE)

### DEFENSE:

- Defensive lineman must line up head to head to the offensive line (5 yd. penalty)
- Defense can blitz once every 4 downs (only one extra player can rush)
- Defense can blitz on the extra point (only one extra player can rush)
- Defense can send as many players on the offense hands off the ball
- Defense can't push ball carrier out of bounds (5 yard penalty)
- No stripping the ball (5 yard penalty)
- Defense can't hold ball carrier to get the flag. Play is dead and it is automatic first down.
- Defense must go for the offensive players flag.
- Defense can't make contact with the Quarter Back (10 yard penalty and automatic first down).

### PENALTIES:

- When defensive pass interference occurs the ball is placed at the spot of the interference. If it occurs in the end zone, the ball is placed at the one-yard line.
- When offensive interference occurs it will be a loss of down and 5-yard penalty.
- Holding, clipping, off sides, hands to face, is a 5-yard penalty.
- Fighting first time ejection from the game, second time ejection from the league. Offense- loss of down / Defense automatic 1<sup>st</sup> down.
- Player can't lower your shoulder or head when running the ball or blocking. No chop blocking- loss of down- 10 yd. penalty and ejection from the game
- Open hand blocking only chest level 5 yd. penalty
- Swearing and foul language 10 yd. penalty
- NO ARGUING WITH THE OFFICIALS (10 yd. penalty & ejection from the game)
- \$25 fine for each ejection. Player will not play another game until the fine is paid.
  
- **ONLY TEAM CAPTAINS CAN DECLINE A PENALTY AND CONFRONT THE OFFICIALS**