

INDOOR FOOTBALL RULES

PARTICIPANTS:

1. No participant is allowed to be rostered on more than one team.
2. Roster change can only occur between the 5th and 6th game(mid season).
3. Any team caught using a non rostered player will be fined \$40.00 for each offense and will have all games player plays forfeited.
4. In the event that a team does not have enough players to legally play the game (4 players are required) they will have to forfeit the game.
5. No chewing gum, tobacco, food, or candy on field at any time.
6. A player with a bleeding injury must be substituted for immediately. That player may not play until the bleeding has stopped and the injury is bandaged.
7. All participants in adult leagues must be 18 years or older.

ATTIRE:

1. Cleats are not allowed. Turf shoes or tennis shoes only.
2. NO POCKETS allowed on shorts or pants.
3. NO JEWELRY that may injury other players.
4. All teams must have matching shirts. Where both teams have matching colors, home team must change.

BLOCKING:

1. No blocking is allowed.
2. Tackling is prohibited. If a player is tackled, the referee has the option of awarding a touchdown.
3. No defensive player may push or drive a ball carrier into any walls.

DEAD BALLS:

1. Ball carrier's flag is pulled, or shirt is pulled when shirt is untucked.
2. Touchdown or safety is scored.
3. The football or any part of the body touches the ground.
4. NO FUMBLES. The ball is dead where it hit the ground.
5. When the runner touches a wall.

DEFENSIVE PENALTIES:

1. Offsides – 3 yards.
2. Interference – 5 yards and automatic first down.
3. Illegal contact (holding, blocking, face guarding ect.) – 5yards and automatic first down.
 - A. Holding will be called if it impairs the runners ability. A touchdown may be awarded on a hold.
 - B. No jamming receiver at line of scrimmage.
4. Unsportsmanlike conduct/unnecessary roughness – 10 yards, and a 2 minute penalty.
5. Any player passing the line of scrimmage MUST START behind pole – 3 yards.

OFFENSIVE PENALTIES:

1. Illegal motion (false start, more than one person moving before snap of ball) – dead ball 3 yard.
2. Illegal forward lateral – 3 yards from spot of lateral.
 - A. Pass must be in beyond of line of scrimmage. Dead ball and loss of down.
3. Offensive pass interference – 5 yards from line of scrimmage and loss of down.
4. Blocking – 5 yards from line of scrimmage and loss of down.
5. Flag guarding or stiff arm – 3 yards from spot of infraction and loss of down.
6. Lowering shoulders during run – 5 yards from spot of foul and loss of down.
7. Offensive player makes contact with rusher – 3 yards and loss of down.
8. Unsportsmanlike/unnecessary roughness- 10 yards from line of scrimmage, and a 2 minute penalty.

SCORING:

1. Team has three plays to cross midfield. Then three plays to get into redzone. Once a team gets Into the redzone it has a option of having a 4th down or a field goal (3 points).
2. A touchdown is scored when the ball crosses the yellow goal line (6 points).
 - A. One point conversion will be played from the white line.
 - B. Two point conversion will be played from the red line.
3. Safety – When a flag is pulled while ball carrier is in his own endzone, a penalty occurs in ones Own endzone, or the ball hits the ground in ones own endzone.
4. A 50 point rule with 10 minutes and 30 point with 5 minutes will be in affect.