

National Indoor Flag-Football Association (NIFFA)

## Indoor Flag Football Rules

### 1. Management Rules:

- 1.1 All league fees & rosters must be turned in before the start of the first game.
- 1.2 Admission charges do apply. All spectators (6 and up), coaches and players are \$3.00. Hand must be stamped to re-enter.
- 1.3 Management reserves the right to alter any league schedule to best accommodate all.
- 1.4 All management decisions are final.
- 1.5 Referees decisions on the field are final. No appeals will be allowed of referee decisions.
- 1.6 National High School Federation Rules will be observed except where changed in NIFFA rules.
- 1.7 Conference Champions will receive a Championship T-shirt.

### 2. Uniform Rules:

- 2.1 All players must wear the same colored jerseys or shirts. Game will not start until each team has the proper colored jerseys. All shirts must be tucked in. Violation is a loss of down and ball placement at the previous spot. Home team will have the right to choose color if both teams have the same color jerseys or shirts.
- 2.2 All players must wear USTFL approved "Triple Threat Flag" belts. Flags must be a different color than pants (or shorts). Flags cannot be altered in any way (i.e. cutting flags short). Belts cannot be tied, or tucked into shirt where an opponent may not pull it off. Penalty for violation is loss of down and replay from the previous spot.
- 2.3 If a team does not have flags, the opposing team must two-hand touch the offensive player to qualify as a "tackle".
- 2.4 A player is considered down where the flag is pulled. If the flag falls off during a play, the player will be down where the flag falls off. A player who is observed carrying their flag will be considered down at the spot where the referee observes them and will be assessed a 10-yard penalty for un-sportsmanlike conduct.
- 2.5 No cleats. Only indoor soccer shoes or tennis shoes will be worn on the field. Shoes must be carried into the facility. Players will not be allowed to play until proper shoes are used.

3. **UN-sportsmanlike Conduct:**

- 3.1 Any player ejected during the game must leave the field area, and will also be suspended for their team's next game.
- 3.2 Fighting will not be tolerated. Fighting is an automatic ejection and carries a suspension for the rest of the season including playoffs.
- 3.3 Taunting will not be tolerated. First offense is an un-sportsmanlike penalty of 10 yards. Second offense is an automatic ejection. Three taunting flags on one team during the game is an automatic forfeit.
- 3.4 Because there are usually children at the games, you should refrain from cursing. Each team will be allowed one warning from the referees. After the warning, on the second offence the offending team will be assessed a 10-yard un-sportsmanlike penalty from the previous spot. On the third offense the individual offender will be ejected from the game and the offending team will be assessed a 10-yard un-sportsmanlike penalty from the previous spot.
- 3.5 Throwing the ball against the wall, at a player, down the field, and kicking the ball is an un-sportsmanlike conduct penalty of 10 yards from the previous spot and an automatic ejection from the game.

4. **Number of Players & Forfeits:**

- 4.1 All players must be on your official roster turned into management.
- 4.2 Teams will be allowed seven (7) players on the field at one time (all eligible receivers).
- 4.3 Teams must have 5 players from their original roster to play a game. No pick-ups. (Note: If a team has 5 rostered players and wants to pick-up players to play in the game it will be at the permission of the opposing team. Opposing team may choose to win via forfeit, allow other team to pick-up other players and play game, or play the game against the rostered players of the other team). **For playoffs, all players must be listed on the team's original roster.**
- 4.4 If a team starts with less than 7 players they may add other rostered players that arrive late. If rostered players arrive late, they must re-place non-rostered players playing in that game.
- 4.5 Clock will start at game time. Each team will have 10 minutes to have their team ready for play; clock will run from game time and will not be adjusted. After 10 minutes the game is forfeited. Team causing the delay will automatically lose the coin toss.

**5. Games:**

- 5.1 Games will consist of two (2) twenty-two (22) minute halves. The clock will run continuously, except for the last minute of the second half.
- 5.2 In the last minute of the game the clock will stop for all dead ball situations (incomplete pass, running out-of-bounds, change of possession, time-outs, conversion attempts).
- 5.3 Each team will be allowed two time-outs per game.
- 5.4 Teams will be allowed twenty-five (25) seconds to put the ball in play from the referee's whistle.
- 5.5 Each team must provide an individual to run the clock for a half. If no one is available there will no stoppage of the clock for time outs or dead ball situations.

**6. House Rules:**

- 6.1 No flag guarding, or stiff-arming. Violation is that player is down where violation is indicated by the referee.
- 6.2 Spinning and jumping is legal. However, hurdling and diving headfirst will not be allowed. Penalty is 10 yards from the spot of the foul.
- 6.3 No punts or kick-offs. The ball will automatically be placed on the opposite 5-yard line.
- 6.4 If a ball hits the ground, it is down where it hits. Exception, a ball fumbled forward will be placed where the offensive team fumbled the ball. Fumble in end zone is a safety.
- 6.5 The ball is out of play when it touches any net or wall.
- 6.6 Defensive player cannot shove player into wall. Violations are a personal foul penalty of 10 yards from the spot of the foul. Use of excessive force will be grounds for ejection from the game.
- 6.7 Defensive player cannot shove receiver out-of-bounds. Receivers shoved out-of-bounds will still be considered legitimate receivers. There is no penalty unless there is excessive force. Accessing a personal foul of 10 yards from the spot of the foul will penalize excessive force. Use of excessive force will be grounds for ejection from the game.
- 6.8 Defensive player may shove the receiver at the line-of scrimmage or within the "Rush Zone" area. Accessing a personal foul of 10 yards from the spot of the foul will penalize excessive force.
- 6.9 Defensive players are not allowed to run through offensive players to get flags. Violation is a personal foul penalty of 10 yards from the spot of the foul. Use of excessive force will be grounds for ejection from the game.

- 6.10 Runners cannot put head down. This is a personal foul of 10 yards from the spot of the foul.
- 6.11 Only one offensive player may be in motion at one time. Motion can be towards the line of scrimmage.
- 6.12 Offensive players do not have to be set prior to the snap.
- 6.13 Defensive players yelling out snap-counts will be assessed a five-yard penalty from the line-of-scrimmage.

**7. Defensive Rush:**

- 7.1 There is no limit to the number of defensive players allowed to rush the passer.
- 7.2 Delayed rush-Rushing team must count from " one thousand and one to one thousand and five", before they can rush. If the passer runs forward or pitches the ball to another offensive player then the defensive player may rush immediately.
- 7.3 Defensive players may line up on the line of scrimmage.

**8. Blocking:**

- 8.1 Normal blocking is permitted to defend against the pass rush.
- 8.2 No blocking in the back or blocking below the waste is permitted. Penalty will be 10 yards from the spot of the foul.
- 8.3 **No down field blocking will be permitted.** If blocking is allowed it will be in conjunction with intercollegiate rules. Blockers must have hands behind their backs (much like setting a screen in basketball).
- 8.4 Cut or chop blocking will be reason for ejection from the game and will have a penalty of 10 yards from the spot of the foul.

**9. Extra Points:**

- 9.1 **One Point Conversion:** Ball will be put in play from the 5-yard line. The offensive team must declare whether they intend to run or pass.
- 9.2 **Two Point Conversion:** Ball will be put in play from the 10-yard line. The offensive team does not have to declare their intentions.
- 9.3 **Run-Back of Conversion:** The defensive team may run back a conversion attempt. IF the defensive team runs back the conversion for a score they will be awarded 2 points.

**10. Overtime:**

Each team will be given the ball on the 10-yard line. Each team will have four plays in which to score. If either team score a TD they may choose the one or two point conversion. If team one throws an interception that is run back for a touchdown, they will get the ball at the 10-yard line and have four plays to score. If neither team scores the game will end in a tie.

**11. Mercy Rule:**

11.1 If a team is up by more than 16 points in the last minute of the game the clock will not stop and teams may not use their time-outs.

11.2 If a team is up by more than 40 points or more, after the first half, the game is over.