

Central New York Family Sports Centre RUN-N-GUN INDOOR FLAG FOOTBALL

LEAGUE RULES

- 1) The Primary purpose of this league is to have fun. Fighting and profanity will **NEVER** be tolerated at CNYFSC.
- 2) Please bear in mind our referees are human. Only the head coach can question a call. Advise your squads that any player can and will be ejected at the discretion of the referees. *All ejected player/coaches and bench personnel and spectators will have a suspension as follows:*

UNSPORTSMANLIKE CONDUCT:

1ST Offense: one game suspension
2nd Offense: out for the season

- 3) As a team, you are responsible for having all of your players in the same colored jerseys that are numbered.
- 4) Schedules will be posted online at www.cnyfsc.com. There is an **8-game** guaranteed schedule.
- 5) All penalties in the CNYFSCFFL shall consist of 7 yard or 3-yard infractions and/or ejection from the game and/or monetary fines.
- 6) This league shall be governed by the UNITED STATES FLAG FOOTBALL ASSOCIATION NATIONAL RULES unless otherwise noted in these rules.

PLAYERS AND SUBSTITUTIONS

- 1) There shall be seven players on each team and all seven players shall be in the offensive huddle.
--Penalty: 7 yards from the line of scrimmage.
- 2) A team must field a minimum of six players to play the game. Anything less constitutes forfeiture. There shall be a grace period of 5 minutes from the scheduled game time. If a team cannot field 6 or more players at the end of the grace period, forfeiture results.
- 3) Any number of substitutions may be made when the ball is dead.
- 4) All 7 team members will be equipped with triple threat flag belt. All will be eligible to receive passes and carry the ball.

DURATION OF GAME

- 1) A game will consist of four 10-minute quarters (5 min halftime) (COVID is two 20 minute Halves)
- 2) A team may take a total of one time-out per half (Time outs DO carry over to the 2nd half). Time-outs are 60 seconds.
- 3) Under two minutes in the 4th Qtr, if a team scores, clock will be stopped and there will be an untimed down for the x-pt. Then the next possession will be on the snap

SCORING

- 1) A touchdown counts 6 points. XP-run, pass, kick-1pt from 5yds, 2pts from 7 yds
- 2) Safety will count 2 points for the defensive team
- 3) There will be a 36-point mercy rule. Game will officially end at the time a difference of 36 points. The coaches can then decide to continue the game with a running clock and no score. Coaches, please do your best to not let this happen!
- 4) Field Goals are allowed. Count 3 points. If a kick hits the boards and goes in the net-THE KICK WILL BE GOOD!!

SCRIMMAGE

- 1) Four downs are given to advance the ball from one zone into the next in order to retain possession of the ball. A team can choose to punt on 4th down, the ball will be placed at the other teams start point. If a team decides to go for it on 4th down anywhere on the field and don't make a first down, it will be turnover on downs at the dead ball spot. To put the ball into play legally, it must be snapped by the center between the legs to a backfield man. The play must start with 3 players on the line of scrimmage.

CARRYING THE BALL

- 1) Any member of a team is eligible to carry the ball.
- 2) A ball carrier that has fallen to the ground without being legally stopped may resume his run until he is legally stopped. A player is considered to be legally stopped when anyone of their flags have been pulled from their belt or is touched anywhere with one hand when they are on the ground.
- 3) At no time during a game may the ball carrier pass the ball to themselves to avoid being stopped. If they do, the ball will be ruled dead at that point.
- 4) If the ball carrier has lost their flags not due to any legal action of an opponent, they may continue to advance the ball until they are tagged by an opponent. Example: A player loses a flag while blocking at the line of scrimmage, play continues, and they catch a pass. Since they have no flag, they need only be tagged anywhere.
 - Play: Receiver is bumped at the line of scrimmage. The defender pulls the receiver's flag without the receiver having the ball in possession.
 - Ruling: Illegally pulling the flag. The receiver is still eligible to catch the pass, but only needs to be touched to be down.
 - **Penalty: Unsportsmanlike conduct; 7 yards from the line of scrimmage or the end of the run.**
- 5) The ball carrier may not use their hands, feet or arms in any way to avoid having their flags pulled. This includes stiff-arming. The ball carrier may never leave the feet to prevent from being deflagged. This includes diving into the end zone. They may, however, leave feet to avoid a fallen player only.
 - **Penalty: Flag guarding; 7 yards from the spot of the violation and the loss of a down.**
- 6) The ball carrier must make every effort to avoid contact with the defender. The defender has the right to maintain position.
 - **Penalty: Charging; 7 yards from the spot of the violation and the loss of a down.**

ENCROACHMENT

- 1) After the ball is ready for play and until the snap, no player on defense may encroach, touch the ball, nor may any player contact opponents or in any way interfere with them. This includes standing in the neutral zone to defensive signals or shifting through the zone. After the snapper has made final ball adjustment, it is encroachment for any player to break the scrimmage line plane, except for the snapper's right to be over the ball.
 - **Penalty: Dead ball foul-Encroachment; 3 yards from the previous spot.**

SHIFT

- 1) In the snap preceded by a huddle or shift, all offensive players must come to a complete stop and remain stationary in legal position without movement of feet, body, head or arms for at least a full second before the snap of the ball.
 - **Penalty: Illegal shift; 3 yards from previous spot.**
 - **Play: Following a huddle or shift one offensive player takes a preliminary possession, then advances or drops into final position.**
 - **Ruling: Such movement constitutes a shift: all players must hold their positions for one second before the snap.**
 - **One-man motion is permitted.**

GUARDING THE FLAG BELT

- 1) Runners shall not flag guard by using their hands, arms or the ball to deny the opportunity for opponents to pull or remove the flag. Flag guarding includes:
 - Swinging the hands or arms over the flag to prevent an opponent from deflagging
 - Placing the ball in possession over the flag to prevent an opponent from deflagging.
 - Lowering the shoulders in such a manner in which placing the arm over the flag to prevent an opponent from deflagging.
 - **Penalty: Flag Guarding; 7 yards from the spot of the violation and loss of down**

PASSING

- 1) Any member of a team is eligible to pass and/or receive the ball. There can only be one forward pass attempt on each down. Any number of backward or lateral passes may be attempted at any time from any point on the field. There must be no interference with the pass receiver. If a lateral or backward pass is dropped or fumbled, the ball is dead at the spot it hits the ground.
 - **Penalty: Illegal forward pass; 3 yards from the spot or line of scrimmage (whichever is greater) and loss of down.**
- 2) A receiver can be hit by a defensive player within 5 yards of the scrimmage line.
 - **Penalty: Illegal check; 7 yards from the line of scrimmage.**
- 3) The center must have time to protect himself (stand up and face the defender).

- **Penalty: Unnecessary roughness; 7 yards from the spot of the infraction. If flagrant; ejected from the game.**
- 4) Defensive players must make a definite effort to avoid charging into a passer after it is clear the ball has been thrown. No defensive player shall contact the passer who is standing still or fading back as he is considered out of the play pass.
 - **Penalty: Roughing the passer; 10 yards from the line of scrimmage and automatic first down**
 - 5) Protection from roughing the passer ends if the forward pass is thrown from beyond the offensive teams' line of scrimmage.
 - 6) The offensive player shall not be interfered with while attempting to catch a free thrown ball.
 - **Penalty: Defensive pass interference; Spot of foul, automatic first down. If interference is committed in the end zone, the ball shall be placed on the one-yard line and automatic first down.**
 - 7) The defensive player has as much right as the offensive player to catch a ball thrown. The defensive player shall not be interfered with while attempting to catch a ball thrown.
 - **Penalty: Offensive pass interference; 7 yards from the line of scrimmage. Loss of down.**
 - 8) When the receivers are running passing routes, they may not intentionally interfere with the defender, such as set a pick.
 - **Penalty: Illegal Pick; 7 yards from the line of scrimmage.**
 - 9) Any defensive player rushing the passer and not making contact with the ball (after released by the passer) and then makes significant contact with the passer is in violation of roughing the passer.
 - **Penalty: Roughing the passer; 7 yards from the line of scrimmage and automatic first down.**

BLOCKING

- 1) A player attempting to block must be on their feet before, during and after the block and the block must be between the defender's waist and shoulders and to the front side.
 - **Penalty: Illegal block; 7 yards from the spot or line of scrimmage, whichever is greater.**
- 2) THERE IS NO BLOCKING DOWN FIELD AT ALL!!
- 3) Penalty-blocking downfield, 7yds from the line of scrimmage and replay down.
- 4) Offensive blockers may extend their hands to block but may not grasp or extend their arms past their shoulders in an attempt to block a defender. Open hand only!
 - **Penalty: Illegal block or holding; 7 yards from the spot or line of scrimmage (whichever is greater). If flagrant, ejected from the game.**

USE OF HANDS OR ARMS BY THE DEFENSE

- 1) The defensive player may not use hands to grab or hold an opponent.
 - **Penalty: Defensive holding; 3 yards from the previous spot, automatic first down.**
- 2) The defensive player may not tackle or hold the ball carrier.
 - **Penalty: Holding the ball carrier; 7 yards added to the end of the run. If the penalty occurs while the ball carrier is on a breakaway and within the opponents Red Line, and the referee judges such violation an attempt to prevent a touchdown then the referee may award a touchdown to the offensive team.**

- 3) The defensive player cannot make contact with an opponent above the shoulders.
 - **Penalty: Unnecessary roughness; 10 yards from the spot.**

FUMBLES

- 1) Any fumble, the ball is dead at the spot it hits the ground.
- 2) On a snap from center, if the ball is touched by the offensive team before it hits the ground, the ball is dead at the spot it hits the ground, otherwise the play is dead and will resume at the previous spot.
- 3) If the snap goes over the head of the person receiving the snap and the ball goes out of the endzone before hitting the ground a safety shall be awarded to the defensive team.
- 4) IF A FUMBLE IS IN AIR BEFORE TOUCHING THE GROUND, A DEFENSIVE PLAYER CAN RECOVER IT AND RETURN IT SIMILAR TO AN INTERCEPTION.

CONDUCT OF PLAYERS AND OTHERS

- 1) No player shall commit any of the following non-contact acts during a half or intermission:
 - Abusive, insulting or profane language
 - Any acts of unfair play
 - Using disconcerting acts or words prior to the snap in an attempt to interfere with the offensive teams' signals or movements
 - Intentionally kick at an opposing player
 - Intentionally kick at the ball
 - Intentionally swing an arm, hand or fist at any opposing player
 - Leaving the field between downs to gain an advantage unless replaced or with permission of the referee.
 - **Penalty: Unsportsmanlike conduct; 7 yards from the previous spot. If flagrant, ejected from the game.**
- 2) When the ball becomes dead in possession of a player, he shall not:
 - Intentionally kick the ball
 - Spike the ball into the ground
 - Throw the ball high into the air
 - Fail to return the ball to the huddle
 - **Penalty: Unsportsmanlike conduct; 7 yards from the previous spot. If flagrant, ejected from the game.**
- 3) There shall be no unsportsmanlike conduct by substitutes, coaches or others subject to the rules. This includes:
 - Attempting to influence a decision by an official
 - Disrespectfully addressing an official
 - Indicating objections to an official's decision
 - Holding an unauthorized conference, or being on the field illegally
 - Using profanity, insulting or vulgar language or gestures. A warning for profanity is given by these rules. The referees can and will eject any player using profanity; no warning is necessary.
 - **Penalty: Unsportsmanlike conduct; 7 yards from the previous spot. If flagrant, ejected from the game.**
- 4) There shall be no unfair acts:
 - A team must play within two minutes after ordered by the referee

- Play is interfered with by an obviously unfair or unsportsmanlike act not specifically covered by the rules
 - A team repeatedly commits fouls, which can be penalized only by halving the distance to the goal line.
 - **Penalty: Unsportsmanlike conduct; referee may enforce any penalty he considers equitable, including the awarding of a score or after one warning, forfeiting the game to the opponents.**
- 5) No player shall commit a personal foul during a period or an intermission. Any act prohibited there under or any other act of unnecessary roughness is a personal foul. No player shall:
- Steal, attempt to steal or bat the ball from a player in possession
 - Trip an opponent
 - Contact an opponent who is on the ground
 - Contact an opponent who is on the ground
 - Make any contact with an opponent who is deemed unnecessary of any nature including, but not limited to: using fists, locked hands, elbows or any part of the forearm or head except according to the rules.
 - Clip an opponent
 - Position himself on the shoulders or body of a teammate or opponent to gain an advantage
 - **Penalty: Unsportsmanlike conduct; 7 yards from the previous spot. If flagrant, ejected from the game.**

PENALTIES

- 1) All penalties shall be the distances stated throughout these rules or half the distance to the goal line, whichever is applicable.
- 2) No touchdown shall be scored on a penalty. Except as noted by rule.
- 3) If a penalty is committed after the touchdown is scored or the defensive team commits a penalty during the PAT (and the offensive team converts their PAT), the penalty will be assessed on the "Kick-off".
- 4) The opposing team will have an option on all penalties whether to accept the penalty or the down.

GENERAL REGULATIONS

- 1) Teams will be allowed 30 seconds to put the ball into play after the previous play has been completed. The official is responsible for seeing that play is continued at a reasonable rate.
- 2) All decisions made by the referee will be final. There will be no protests allowed on judgement calls. The official has the authority to eject any player from the game and will stop the game, if in his opinion, it becomes too rough. In the case of a terminated game, both teams will be given a forfeit loss.
- 3) If the referee inadvertently blows a whistle the play is dead at the spot the whistle is blown. The offensive team has the option of accepting the play or replaying the down.

FLAG FOOTBALL RULES FOR SPECIAL EMPHASIS

- 1) One foot must be in bounds for a legal catch. The lines are out of bounds. END ZONE IS ALL FIELD OF PLAY!! Any player touching the back wall or using the back wall of the end zone as a springboard will be deemed AS AN INELIGIBLE RECIEVER! If a player is pushed out of bounds, they must return immediately in bounds or forfeit right to return in bounds and be deemed as going out of bounds and then returning into play. If a player jumps in the air and is pushed into the back wall and the referee

judges that the receiver would have stayed in the field of play if not pushed, shall be given the reception and the touchdown.

- **Penalty: Illegal receiver; 7 yards from the line of scrimmage.**

- 2) Officials will keep the time on the field. The clock will only stop for time outs and any serious injury.
- 3) The spot is by the ball not the feet.
- 4) If the defensive player attempts to go after the ball and hits the quarterback, this will be a roughing the passer penalty.
- 5) If a team takes too much time to put the ball in play in the last two minutes of the game, this will result in a 3-yard penalty.
- 6) When the whistle blows, the play is dead.
- 7) No jewelry.
- 8) The rule will be enforced for off side's encroachment.
 - **Penalty: 3 yards.**
- 9) The referees will be protecting the quarterback at all times and players near the boards.
- 10) Each player on the field will wear a flag belt-NO EXCEPTIONS!!
 - **Penalty: Unsportsmanlike conduct; 7 yards from the previous spot.**
- 11) Fighting, serious abusive language, intentional and flagrant fouls will result in a 7-yard penalty and the player will be suspended for the season!
- 12) At no time may a player leave feet and be completely horizontal to the ground in an attempt to deflag an opponent.
 - **Penalty: 7 yards added on to the end of the play.**
- 13) Pushing an opponent into the boards with no attempt at the flags shall be prohibited.
 - **Penalty: 7 yards from the end of the play and automatic ejection (no warning is required) and will miss the next game.**
- 14) Flag guarding or any offensive penalty committed in the end zone will result in the awarding of a safety to the defensive team.
- 15) A safety will cause a change of possession and the ball will be moved to the offensive team's Start Line.
- 16) Teams must remain in their respective team boxes. Players on the sidelines are considered as part of the field of play; therefore, all rules apply to bench players as do the field players (i.e. fighting, swearing, etc.) are grounds for ejection from the game.
- 17) Trash cans are provided for spitting and garbage beside the team benches...Please use them!
- 18) Fighting by both teams will result in an automatic loss for both teams.
- 19) Any player who comes off the bench while a fight, pushing contest, or ruckus is in progress, even if intentions are to help break up the melee, will be ejected from the game and will be assessed an unsportsmanlike conduct penalty.
- 20) In the event of successive incidents, the suspension becomes indefinite and may carry over into the following season.
- 21) Fighting or serious abusive language as determined by the referee and based on game reports turned into CNYFSCIFF will result in an automatic season suspension and forfeit.

LET'S HAVE SOME FUN AND PLAY SOME FOOTBALL!!

Brandon Paul-DIRECTOR OF FOOTBALL