



# INDOOR FOOTBALL RULES



## GENERAL GUIDELINES

- All Players/Teams MUST BE REGISTERED AND PAID PRIOR to playing any games
- All fees must be paid before the 1<sup>st</sup> game or the team will incur a late fee of \$200.00.
- Teams must provide their own game balls (any type of football is permitted)
- All teams should have matching uniforms. All uniforms should be numbered
- Only turf, running shoes, or Multi-cleats may be worn (no spikes)
- Players must play a minimum of 50% of regular season games to be eligible to play in the play-offs
- Each team will be permitted one time out
- 1 full 40 mins game, no half-time, running time and 5 plays at the end of the forty minutes
- 6 players a side (includes quarterback) but teams may start game with 5 players
- 4 downs for the field (no kicking/punting plays); play starts on the 5 yard line
- If the offense does not pass half after their 4<sup>th</sup> down then turnover will occur at half
- If the offense passes half after their 4<sup>th</sup> down then turnover will occur at the other team's 5 yard line
- Interception turns ball over at the spot where the ball is returned to
- Huddles are 20 seconds (15 seconds for higher division).

## GAME DEFAULT GUIDELINES

- The first team default is a warning
- The second team default a team may be asked to leave the league, no REFUND
- Teams with only 4 players to start a game may ask other players from other teams to play.
  - This is **only permitted** if each team captain agrees.

## PENALTIES

### 5 Yard Penalties

- Delay of game = penalty and down over
- Offside = penalty and down over
- Too many men = penalty and down over
- Extending ball = penalty and next play

### 10 Yard Penalties

- Taunting, show boating, spiking the ball = yard penalty
- Defensive holding = penalty and down over
- Offensive holding = penalty and down over
- Offensive pass interference = penalty and loss of down
- Defensive pass interference = ball placed at the spot of the foul and down over
- Defensive pass interference in the end zone is first down at the 1yard line or convert is successful
- Diving with the ball = penalty and loss of down, if 4<sup>th</sup> down turnover at the spot of the dive

### 15 Yard Penalties

- **FIGHTING** Any person(s) fighting, automatic game and or league ejection
- Any contact with the Quarterback (including running into and/or contact with QBs arm) results in a penalty and down over
- Roughing (penalty and possible ejection): Tackle, aggressive hand or body contact, rough tags



## INDOOR FOOTBALL RULES



### SCRIMMAGE RULES- GENERAL

- 1 hand-touch only (no slapping, punching, pushing, kicking etc...)
- Substitutions can be made at any break in the game or between plays, no huddle is needed, play starts when referee blows it in
- The Quarterback **CANNOT** run, they can only scramble behind the line of scrimmage. If he/she crosses the line of scrimmage, play is whistled dead and loss of down
- Running plays are allowed, the RB can line up on the line of scrimmage or in the backfield
- The Referee will count the steamboats at all games
- Steamboats count begins once the ball is lifted off the ground by centre
- The Quarterback/Rusher has 4-Steamboats before the Rusher and other defence can attack rush on the "t" at the end of Steamboat
- Rusher must be within 5 yards of line of scrimmage. After 4 steamboats the Rusher can choose not to Rush and play defence from anywhere on the field. Rusher cannot be in the end zone during steamboats
- Offside by the Rusher occurs when **ANY** part of the body is over the line of scrimmage before the 't' of the 4<sup>th</sup> Steamboat.
- If the Quarterback hands the ball off or throws a lateral pass behind the line of scrimmage, the rusher or any defender can cross the line of scrimmage before the 4-Steamboat count
- Fumbled snap – The QB can pick up the ball. The play is still live. Once the snap is fumbled, steamboats no longer apply and the rusher can immediately rush the QB
- Whoever receives the snap is deemed the quarterback and cannot run across the line of scrimmage.
- A forward hand off is considered a backward lateral, and the Running Back cannot throw the ball
- The ball **MUST** be snapped between the legs of the Centre
- 1 foot **MUST** be inbound on all catches
- 6 points is awarded for a touchdown
- 1 point is awarded for a convert from 5 yards out and 2 points for a convert from 10 yards out, convert must be another play, either passing or running
- If a 2 point convert is missed the opposing team gets the ball on the 10 yard line of scrimmage
- 2 pts is awarded when a defensive player returns an INT to their goal on 1 pt or 2pt convert attempt
- 2 points awarded for a safety
- Mercy Rule: If a team is winning by 21 points or more at the end of the game the last 5 plays will not be played
- Fumbled balls are dead balls. If a fumble is made after a reception the ball is dead where the fumble lands. Ball cannot be advanced with a fumble., Laterals are allowed and encourage after catches
- Each team is responsible to pick up their own ball, if there is a delay in retrieving ball 20 second count will commence
- Deflections or tipped balls by an offensive player which are caught in an advancement by another offensive player are dead at point of deflection or tip
- Sidelines – if an Offensive player is pushed out of bounds, the player is still eligible, if the player goes out of bounds on his/her own, player is ineligible for a catch during that down; there will be a loss of down if the ball is caught by an ineligible player
- When an interception occurs in the end zone, the ball is placed on the 5 yard line
- The ball can be placed anywhere on the line of scrimmage
- No extending, jumping or diving to advance the ball
- No obstructing or impeding a defender to the ball carrier – at referees discretion=dead ball at place of infraction, no loss of down