

## **THE PURPOSE**

The purpose of the Indian Nations Football Conference (INFC) flag football program is to help advance basic football fundamentals & concepts to players through competition and ready them for continued growth through the sport of football.

## **GENERAL INFORMATION**

- The Flag Football program will consist of Kindergarten, 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> grade teams playing 7-man football.
- Organizations may only recruit players from their territory. Exceptions under the classification of exceptional circumstance may be granted as determined by the INFC commission.
- The INFC shall furnish 4 gate passes to the organization member club per declared flag football team.
- Teams in the INFC Flag Football program must use an official Pee-Wee or equivalent size rubber, composite, or genuine leather football.

## **COACHES & PARENT RULES**

- There shall not be more than four (4) coaches per team.
- Every coach must be registered as a coach with the league on Sportabase through their club's coach's registration form. It will be the responsibility of the member association to ensure their coaches are registered.
- Each association will be responsible for the conduct of all their coaches. Coaches are responsible for the conduct of their parents.
- There shall be no more than 3 total hours of practice time per team in any week.
- Only one coach from each team will be allowed on the field during game play.
- There will be no coaching while the play is in progress. The coach must be attempting to or be a minimum of 15 yards from the LOS at the snap of the ball.
- On-Field coaches are to have no communication with the players once the line is set and the cadence begins.
- Only one warning will be given by officials for on-field coaching violations. If a second violation by the same coach were to occur, the official will eject that coach from the field of play to the sideline.
- If an on-field coach, while addressing an official; precipitates a delay of game, that team shall be assessed a delay penalty and charged any remaining time out.
- Coaches shall maintain an official team roster and make available upon request.

## **TEAM/PLAYER DRAFTS**

- The Flag Football program will be classed into divisions determined annually by the commission. Teams will be comprised of players in their grade level.
- To participate in the Flag Football program, players must not be:
  - o Kindergarten: cannot turn 7 years old prior to September 1.
  - o 1<sup>st</sup> grade: cannot turn 8 years old prior to September 1.
  - o 2<sup>nd</sup> grade: cannot turn 9 years old prior to September 1.
  - o 3<sup>rd</sup> grade: cannot turn 10 years old prior to September 1.
- With approval from their club, Flag Football participants may play up one grade level.
- An INFC Commissioned officer or an appointed committee member of the INFC Flag Football Program must supervise all drafts.
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- Protects:
  - o New teams: shall have the ability to protect up to four (4) new players.
  - o Existing teams: shall have the ability to protect up to two (2) new protects.
- Within INFC Flag Football Program it will be the parent or coaches request to remove a child from a team and place him/her into the draft. Otherwise, the player remains with the previous Flag Football team.

## **PARTICIPATION RULES**

### **PLAYER PARTICIPATION**

- o Teams may not carry more than **12** players on the roster. Teams must field no less than 5 players to participate in a contest. Teams fielding players of less than 5, the game will be considered a forfeit.
- o Players must reside within the club boundary of their team unless granted exception through the Conference.
- o Each player must play no less than **12** total live plays throughout the game with a minimum of **6** plays being in the first half & **6** plays in the second half. Dead ball fouls and victory formations do not count towards the players play count.

## **GAME RULES**

- General game play rules utilizing Oklahoma High School & INFC football rules will be used with the exceptions noted below.
- **Field size:** The field width will be reduced to no less than 35 yards, no more than 40 yards.
- **Game Time:** 20-minute half's will be utilized for all Flag Football League play.
  - o This is a continuous running clock, stopping only for Time Outs & Injuries.
  - o A team is allowed **35** seconds between each play. Time starts at the placement of the ball by the official.
  - o Each team is allowed one (1) time out per game.
- **Ball Placement:** The ball shall be placed at the 40-yard line:
  - o at the start of the contest.
  - o after each turnover of downs.
  - o after each touchdown, try.
  - o at the beginning of the second half.
- **Interceptions & Fumbles:**
  - o All interceptions shall be blown dead at that spot & are non-returnable.
  - o Defensive interceptions shall result in 2 points for the team. (Excludes extra point try)
  - o Defensive interceptions will cause a turnover of downs.
  - o Fumbles: All fumbles as caused by the defense will be immediately blown dead.
    - Defensively caused fumbles will be called dead.
    - Offensive fumbles & missed snaps will be blown dead if unable to be immediately fielded.
- **Scoring:** The score shall be kept by the official unless an official board is utilized.
  - o Points
    - Six (6) points for a touchdown
    - One (1) point for a successful try from the 5-yard line.
    - Two (2) points for a successful try from the 10-yard line.
    - Two (2) points for a defensive interception (Regulation Play only)

- Three (3) points for a successful try from the 15-yard line.
  - There shall be no overtime during the regular season games. Games resulting in the same score at the end of the contest shall be scored as a tie.
- **Uniforms:**
  - Jerseys: Must be tucked into the uniform bottom and not overlapping the belt & flags.
    - Home teams: Dark jerseys w/ yellow flags
    - Away teams: Light (or white) jerseys w/ green flags
  - Hoodies covering player jersey numbers are prohibited.
- **Flags:** The conference shall issue up to 12 sets of green & 12 sets of yellow flags per declared football team.
  - Coaches are responsible for proper flag care, length & game play conditions.
  - A minimum of two (2) flags will be worn at the waist, one on each side of every player.
  - Belt shall be worn snug around players waist to eliminate turning.
  - Flags must:
    - measure 12 inches in length with a tolerance of no more than 1/8 inch.
    - measure 2 inches in width.
    - be of different color than the players lower uniform.
  - Secured and hanging directly below the hip of the player.
  - To avoid flag wrapping, there shall be an X visibly marked indicating correct alignment of flags.
  - Short or modified flags, cut below 12" will result in a scored forfeiture of the game and the suspension of the head coach.
  - Players caught wearing cut flags will be removed from the contest.
- **OFFENSE**
- May have no more than 4 players in the backfield at the snap.
- Center must be positioned on the line and between the offensive guards (OG).
- At the snap, the ball may be exchanged to any offensive back between or around the legs of the center.
- Center may screen block but is not eligible for a pass.
- Must have two offensive guards.
  - OG's may not be lined up or positioned on the LOS more than 4 yards from the center.
  - At no time shall the ball be carried past the LOS within 4 yards of the snap.
  - OG's are eligible for a pass.

### **OFFENSIVE SCREEN BLOCKS**

- Screen blocks utilizing minimum contact are permissible in a rectangular area (known as the box) extending laterally 4 yards either side of the spot of the snap and 3 yards behind each line of scrimmage.
  - Blockers hands can either:
    - be stationed within 4" of their own chest and/or grasping their own jersey.
    - stationary and looped inside or within 4" of the belt at the hip.
  - Hands & arms must remain in place during the entire course of block.
  - At no point shall a player attempt to strike another player while attempting a block.
  - Arms & hands of any offensive player may not be extended while attempting a block.
- Illegal screen blocks shall result in a 10-yard penalty per incident.

### **OFFENSIVE SCREENING**

*Screening is a legal attempt of an offensive player to place their body between the ball carrier and the defensive player nearest the ball in an attempt to impede the defensive player from grabbing the flag of the ball carrier.*

- Screening is permissible by any offensive player anywhere on the field after the snap.
- At no time shall the player screening initiate contact with defensive player by
  - o Running purposely into the defense by force
  - o Extending arms or hands towards the defensive player
- Illegal screening shall result in a 5-yard penalty per incident.

## **DEFENSE**

- All defensive players must remain frozen until the snap of the ball.
- May not have more than 2 players (designated as Defensive Tackles) on the LOS.
  - o DT's must be lined head up with the OG's.
  - o DT's may move into (or fill) the gaps adjacent to OG's and laterally along the LOS.
  - o DT's may not advance more than 1 yard beyond the LOS.
- All remaining players must be positioned 4 or more yards from the LOS at the time of the snap.
- There shall be no blitzing or intentional running of a defensive player through the gaps adjacent to the center and within the box immediately preceding the snap.
- May have no more than 5 players positioned 4 yards off the ball.
- It shall be the defensive players responsibility to avoid forceable contact with any offensive player attempting an offensive screen.

**TOURNAMENTS:** INFC will determine the format for preseason and/ or post season activities and tournaments.

## **CONDUCT**

- Any assault, verbal abuse, profanity, or display of unsportsmanlike conduct by a coach, parent, participant, club official, or guest at any **INFC function** will not be tolerated. Intentionally running up the score will be classified as unsportsmanlike conduct. Violations will be dealt with accordingly.
- **Alcoholic beverages, illegal drugs** and/or the consumption of alcoholic beverages and/or illegal drugs will not be tolerated by anyone at an *INFC* sanctioned function.
- The penalty for any infraction will be one or more of the following:
  - o Fine up to \$500.00.
  - o Suspension from a game or games.
  - o Lifetime suspension from any **INFC Football Event, or Game.**
  - o Probation.
  - o An action deemed appropriate by the INFC Commission.