



INDOOR FLAG FOOTBALL LEAGUE RULES

YOUTH AGES 6-8, 9-11, 12-14, MEN'S

Overview:

Welcome and thank you for your interest in flag football at the Plex. The purpose of these rules is to ensure order and safety for all involved in a flag football event at the Plex. These rules are in place to set the expectations for and monitor the type of play that takes place at the Plex. The rules are not subject to player interpretation and must be enforced by the officials. If you have any questions, comments, or concerns, feel free to email the director at makenah@plexsports.com

Table of Contents

1. General Rules	(Pgs. 1-2)
2. Uniform Rules	(Pg. 2)
3. Stats Program	(Pg. 3)
4. Roster Rules and Verification	(Pgs. 3-4)
5. Age Classification	(Pg. 4)
6. Coin Toss	(Pg. 4)
7. Playing the Game	(Pg. 5)
8. Timing & Clock	(Pgs. 5-6)
9. Offense	(Pg. 6)
10. Running/Carrying the Ball	(Pgs. 6-7)
11. Receiving/Passing	(Pgs. 7-8)
12. Defense	(Pgs. 8-9)
13. Scoring	(Pg. 9)
14. Playoff Rules	(Pgs. 9-10)
15. Misconduct	(Pgs. 10-11)
16. Penalties & Yardage	(Pgs. 11-13)

General Rules:

1. The Plex reserves the right to move teams and/or players between divisions at any time in the best interest in the league. Registering for a league does not guarantee placement in that division. All divisions and leagues will be evenly divided to allow the most fun for all teams involved. If your team wins or finishes in the top three in a division, you will automatically be considered a candidate to move to the next highest division for the next session. You may not sign up for the same division without the approval of the Plex. All team placements will be decided by the Director of Football and all teams are subject to review. This clause is at the discretion of the Plex management.
2. All teams must have a \$200 deposit paid by the deadline or they will not be allowed to participate in the session.
3. Full team payment, as well as player cards and waiver forms, are due before the second game or your team will be issued a forfeit. Teams with outstanding balances after the second game will be issued a \$50 late fee

and a credit card must be on file with management. Teams with balances after the first game will not be allowed to participate until the fees are paid in full.

4. All players must have a valid player card and signed waiver form on file with the Plex for each session before you can participate. Without a valid player card and waiver form on file, you are considered an illegal player and your team will be issued a forfeit for each game in which you participate.
5. Only qualified coaches and players are allowed in the bench area.
6. Each team under the age of 18 will be allowed a maximum of three (3) coaches in the bench area. Teams over the age of 18 are allowed one non-rostered player to serve as a coach. Coaches will adhere to the same rules as players and are subject to the same penalties as the team.
7. Any spectators found behind the goal or on the bench will be asked to sit in the spectator area. Failure to comply will result in that person being asked to leave the facility.
8. For the youth divisions (ages 6-8, 9-11, and 12-14), one coach is allowed to be on the field during the game.
9. No jewelry, hats, sunglasses (unless the game is played outdoors), or any loose article of clothing that is not your immediate jersey or shorts/pants may be worn. Any cast must be properly padded to the satisfaction of the referee.
10. Players may not wear cleats on the turf. Only flats and turf shoes will be allowed. Any player found to be wearing cleats will be asked to leave the field and may not return until they have proper footwear. If the team is already down players, said team will forfeit the game.
11. A team must have four (4) players in order to begin the game. If a team does not have the required number of players to begin the game, the clock will be started at the scheduled start time. The team that is short players will then have a five (5) minute grace period.
12. If at any point in the game, a team falls below the minimum number of required players due to penalties, ejections, etc., they will forfeit the game. If a team falls below the minimum number of required players due to injury, they may continue to play at their discretion.
13. All players must scan their Plex card before each game. If a player forgets his card, they are allowed 3 passes to be logged into the system manually by the manager on duty. After the third pass, the player must purchase a new/replacement card.
14. Spitting on the turf is not allowed. Spitting on the turf will result in an unsportsmanlike conduct penalty and the player must sit out for ten (10) minutes or until the end of the game.

Uniform Rules:

1. All teams must play in matching or similar color uniforms. This means exact color or varying shades of that color. For example, Kelly green and forest green are both green, but Kelly green and grey are not. If the team is already down players and lose one for a uniform violation, they will forfeit the game.
2. All teams must supply their own jerseys.
3. If two teams are wearing matching or similar colors, the away team must wear pennies.
4. All jerseys must be tucked in to the player's shorts/pants. No part of the jersey may cover any part of the flag. You will be considered down where you are touched during the play unless the jersey came untucked during the play.

Roster Rules & Verification:

1. The roster limit is twelve (12) players.
2. Players may not roster on more than one (1) team in the same division.
3. Players are only allowed to play in a division that is one grade lower than the highest division in which they are currently rostered. For example: An "A" player can only play down in the "B" division. They cannot play in the "C" division. "B" teams are limited to three "A" players on their roster. "C" teams cannot have any "A" players on their roster and are limited to three (3) "B" players.

4. Rosters will be frozen prior to the start of the third game. Players cannot be added after this game without the consent of the league director. If a session is six weeks or shorter in length, the rosters will freeze prior to the start of the second game. No changes can be made after that time without the consent of the league director.
5. Players must play a minimum of three (3) regular season games to be considered eligible for the playoffs.
6. Once a player plays a snap for any given team, they are locked onto that team for the entire session and may not be removed from that roster to join another team in the same division. Players who have not been locked onto a team's roster may be added to a team any time prior to the third game.
7. Non-rostered players will not be allowed to participate at any time.
8. If a non-rostered or illegal player is found to be playing or had participated, the team will forfeit all games in which the illegal player participated.
9. All players must have a current membership card. No exceptions. Player cards are valid for one full year from the date of issue. The player card must be renewed on a yearly basis.
10. Each player will be allowed three (3) temporary cards per session in the event they forget their card. After the third use of a temporary card, the player must complete a new waiver and pay for the issuance of a new player card.
11. The Plex reserves the right to move players and/or teams between divisions at any time in the best interest of the league. Registering for a league does not guarantee your participation in that division. All divisions and leagues will be evenly divided to allow for the most fun and competition for all teams involved. If your team wins or finishes in the top three (3) in a division, you will be considered a candidate to move up to the next highest division for the next session. You may not sign up for the same division without the approval of the Plex. All team placements will be decided by the Director of Football and all teams are subject to review.
12. It is the responsibility of the team representative or coach to check and verify their rosters.
13. If a team wishes to protest an opponent for nonrostered or illegal players, they must do so BEFORE the first play of the game. Once the ball is snapped, you may not protest illegal players.

Age Classification:

1. Players in their respective leagues must be that age or younger on the date of the first scheduled game for that league and session. For example: A player is 8-years old. The first scheduled game is November 10th. The player's birthday is November 11th or later, that player is eligible to play in the 6-8 age division. If the player's birthday is November 10th or prior, they are not eligible to play in the 6-8 age division. The age of a player should be checked for each session and is the responsibility of the team representative.
2. Birth certificates may be required upon request of the Plex.
3. For any team on which the maximum age of each player is 18 or younger, an adult (age 21 and older) must be on the bench at all times.

Coin Toss:

1. Each game (excluding the playoffs and championship games) shall be started with a coin toss. The winner of the coin toss shall have the option of starting on offense to begin the first or second half. A team must start on offense to begin one half or the other.
2. For playoff and championship games, the team with the higher seeding position shall have the option to begin the game on offense or defense. For the start of the second half, the team beginning the game on offense will begin the second half on defense.
3. For any overtime periods (used during playoff and championship games), the choice of offense or defense to start the first overtime will be selected by the higher-seeded team. The choice for the second overtime period will rotate to the other team. For the third overtime, the higher-seeded team can select offense or

defense, or defer the choice to the opposing team. Deferring the choice in the third overtime puts the highest seeded team on offense to begin the fourth overtime (if necessary), which is sudden death.

Playing the Game:

1. All divisions play 5v5.
2. A team must have four (4) players in order to begin the game. If a team does not have the required number of players to begin the game, the clock will be started at the scheduled start time. The team that is short players will then have a five (5) minute grace period. If the required number of players are present and ready to play before the expiration of the grace period, the game will begin at that point in time on the game clock. If the required number of players are not there to begin the game, the game will be declared a forfeit at the end of the grace period.
3. All players must play with their flags exposed over the top of their jerseys. This allows for easier access to flags. Should a shirt come un-tucked during a play, the play will continue until it is blown dead. The referee will notify the player at the end of the play to tuck in his shirt.
4. All adult teams must use a full-size regulation football (NCAA or NFL size). The 6-8 age division may use a pee-wee ball, and the 9-11 and 12-14 age divisions must use a junior or youth-sized ball. No divisions may use a Nerf, foam, or plastic ball. Teams may use a football larger than the size that is required for their age division.
5. Flags must be placed on each side (hip) of the player. Players should examine and fix flags after each play. Any excess belt must be tucked away or will be considered a third flag.
6. Teams should provide their own flags. Flag belts are available for purchase in the pro shop or local retailers. Adult divisions must use Flag-A-Tag Sonic Boom flag belts. Youth divisions may use NFL Flag belts or Flag-A-Tag Sonic Boom flag belts. Adult players cannot use NFL Flag belts.
 - a. The Plex will provide flag belts to individuals who do not have or forget their flags. The belts can be checked out by seeing the manager on duty, by giving your keys, id, etc. All belts must be returned in the same working condition in which they were issued at the conclusion of each game. Players will be held responsible for any damaged or stolen belts.
7. Any team that chooses to bring their own flags must first have them approved by the Plex staff and/or referees.
8. Should a player lose their flags during the process of a play, the player is considered tackled when the defender touches the player. The defender is cautioned to touch the player without excessive force or pushing.
9. The field dimensions are 185' x 85'. The hash marks around the field, if present, are considered the out of bounds lines.
10. Plays cannot be started by the offense until the referee has placed the markers for the line of scrimmage and for the seven (7) yard defensive rush line and has called "Rush line." Beginning a play before the rush is called will result in a 5-yard penalty and repeat of down.
11. At change of possession, each team will have ten (10) seconds to clear the field and get set for play. If there is less than one (1) minute on the clock and the game is within eight (8) points, the clock will be stopped for this transition. The clock will automatically stop at one (1) minute, regardless of change of possession. This is the "one minute warning" if the game is within 8 points. The clock will then stop again at change of possession if necessary. The clock will also stop again when there is an Offensive penalty under (1) minute within (8) points.

12. Game Play (Timing & Clock):

1. Each half during the regular season shall be a twenty (20) minute, running clock. A game consists of two (2) halves.
2. There shall be a three-minute half-time break. Should the games be running behind schedule, this break may be reduced to one (1) minute at the discretion of the referee.
3. Each half during the playoffs shall be a ten (10) minute, running clock. The championship game will be a full-length game with twenty (20) minute halves. Games will consist of two (2) halves.
4. Once the referee places the ball on the field in the ready-for-play position and calls "rush line", a team has thirty (30) seconds in the regular season and fifteen (15) seconds in playoff games in which to snap the ball. Failure to do so will result in a delay of game penalty of five (5) yards and the down is replayed. If less than a minute remains, the clock will be stopped when this penalty is issued if the offensive team is leading.
5. The clock may be stopped (at the referee's discretion) should an injury occur resulting in an extended delay.
6. During the last minute of a game, if a change of possession occurs, and the score is within eight (8) points, the clock will be stopped by the referee while the ball is placed ready for play. The clock will be started when the ball is snapped. Should the team receiving the ball fail to promptly snap the ball, the referee may start the clock at his discretion.
7. If the score is within eight (8) points in the final minute of the game, with the defense trailing and a penalty is committed by the offense, the clock will be stopped.
8. Each team is allowed one (1) timeout per half. Timeouts are thirty (30) seconds in length and will be timed by the referee. Unused timeouts will carry over from the first half to the second. The statistician will track timeouts and is not to be disputed.
9. Once the ball is snapped, the offense has seven (7) seconds in which to complete a pass. If the offense first hands off or pitches the ball, and then executes a pass play, the seven (7) second clock does not apply.
10. If a play is not completed in seven (7) seconds (referee's discretion), the play is declared dead and the ball is spotted where the quarterback is holding the ball when the play is blown dead. If the spot is in the defensive team's end zone, the defense is awarded a safety. If the defense chooses to blitz the quarterback, the seven (7) second clock will no longer apply once the blitzer crosses the line of scrimmage.

Offense:

1. The offense shall begin each new possession, except for those resulting from an interception, from the five (5) yard line.
2. The offense has three (3) plays in which to cross midfield. Once the offense crosses midfield, they are awarded a new series of three (3) plays. Failure to cross midfield results in a change of possession.
3. Once the offense has crossed midfield, it has three (3) new plays in which to score a touchdown. Failure to score a touchdown results in a change of possession.
4. All offensive players (except the center) may move or be in motion at the time the ball is snapped as long as no player is beyond the line of scrimmage before the ball is snapped. Should an offensive player be beyond the line of scrimmage before the ball is snapped, an offside penalty will be assessed (5 yards).
5. The line-of-scrimmage referee must place the ball at the start of every play. Once the ball is placed, it may not be lifted off the ground until it is snapped. The ball may be rolled side-to-side to find the laces, but may not be lifted in any way. Lifting the ball will result in a false start penalty (5 yards and replay the down).
6. The ball must be placed between the hash marks to begin play. On fields where there are no hash marks present, the ball is to be placed in the center and the offense may walk five (5) yards to the right or left of the center. Referee has the final say of where the ball is to be placed.

Running/Carrying the Ball:

1. Any player may initiate a running play or receive a pitch after the quarterback has touched the ball. A quarterback may not initiate a run unless blitzed by the defense (see below) and can never run in the “No Run Zone.” (see below)
2. All plays must start with a snap from the center to the quarterback. The ball must first touch the quarterback on each play or it is considered an illegal formation.
3. If the ball is fumbled while a player is in possession and running, the play is considered dead when the ball touches the ground. If the ball is fumbled forward, it is spotted where the player lost possession. If the ball is fumbled backwards, it is spotted where the ball first touches the ground.
4. If a backward pitch or fumble first touches the ground in the end zone of the defense, a safety is awarded.
5. Spinning by a runner is allowed. A player may jump and spin but may not dive or hurdle. If a runner dives or hurdles, the play is declared dead at that spot. A player may not jump to advance the ball.
6. There are two (2) “No Run Zones” on the field: five (5) yards in front of the midfield line (first down) and five (5) yards in front of the end zone. The offensive team may not initiate running plays in these zones under any circumstance. The snap must go to the quarterback and may not touch another player behind the line of scrimmage. This prohibition includes handoffs, backward pitches, backward passes, or any pass behind the line of scrimmage. Should a running play be initiated in the “No Run Zone,” the play is immediately declared dead and the down is consumed. However, you may line up in any manner in the “No Run Zone” and you may fake any kind of run play and not be penalized. A player at any time can pitch the ball in the “No Run Zone” and the seven (7) will go away, but still cannot run.
7. Power running is not permitted. Runners are not allowed to lower their shoulders in any way. The runner has the right to whichever lane he is on while running. The defender, while attempting to pull the runner’s flags, can get in the way of the runner at his own risk. No penalty will be assessed if contact is made while trying to pull flags. However, the runner may not adjust his lane to initiate contact. If this is done, the play will be whistled dead and an illegal run penalty will be assessed (5 yards).
8. Ball carriers are not allowed to flag guard at any time. This means any act where the ball carrier’s arms and hands drop below the waist. This can take place at any time a defender is within reach of the flags. Arms and hands are never allowed to push off or block a defender from reaching the flags. If contact is made above the waist, this is not considered flag guarding. However, it may be considered unsportsmanlike and is up to the referee’s discretion to assess a penalty. In the event of flag guarding, the play is dead at the spot of the foul and a five (5) yard penalty is assessed.
9. Players may not block at any time for the ball carrier. Blocking is defined as initiating contact with a defender during a run; any extension of the arms to intentionally make contact during the run; or any action that may impede a defender from pulling the flags of the ball carrier. Other teammates may proceed down the field with the runner. Should a blocking penalty be called, the play is ruled dead at that spot and a five (5) yard penalty will be assessed.

Receiving/Passing:

1. All players are considered eligible receivers once the ball has been snapped.
2. Pick plays are considered legal as long as the offensive player does not initiate contact with any defender. A receiver can run pass patterns in the defender’s coverage lane but cannot initiate contact with the defender. The offensive player always has the right to their route but may not adjust to initiate contact with a defender. A penalty for an illegal pick is considered offensive pass interference. It is assessed as a five (5) yard penalty from the line of scrimmage and the down is consumed.
3. Receivers are not allowed to push off. Incidental contact (referee’s discretion) is allowed. Pushing off by the offense is considered offensive pass interference and is assessed as a five (5) yard penalty from the line of scrimmage and the down is consumed.
4. Once the ball is in the air, the defensive and offensive players have equal right to the ball. As long as the defensive or offensive player is playing the ball (eyes on the ball and body moving toward the ball), there is

no interference fall if contact is made. An interference penalty will be assessed when any player (offensive or defensive) plays the opposing player and not the ball. Defensive pass interference is a spot foul and automatic first down. Offensive pass interference is a five (5) yard penalty from the line of scrimmage and the down is consumed.

5. Receivers must catch the ball with one foot inbounds in order for the catch to be legal. If a receiver has left his feet to catch a pass and incidental contact by the defender causes the receiver to land with both feet out of bounds, if, in the referee's discretion, the receiver would have landed with one foot in bounds except for the defensive contact, the catch shall be ruled legal and the play will be ruled dead at that spot.
6. Any pass that is caught with at least one (1) foot on the ground and two (2) hands on the ball possessed by the receiver and is then knocked out by a defender attacking the ball will be ruled complete and a warning will be issued to the defender.
7. Should a defender and receiver have simultaneous possession with both players' feet on the ground, the pass will be ruled complete and the play will be ruled dead at that spot in possession of the offensive player. Players are not allowed to fight for possession of a jointly-caught pass.
8. In flag football, there is no uncatchable pass. If a defender commits pass interference against a receiver, even though the ball may be uncatchable, the defender will be called for illegal contact.
9. Whoever first handles the ball after being snapped will be considered the quarterback.
10. A quarterback cannot run until he has been blitzed by the defense (see below). The quarterback is not considered blitzed until the blitzing defender has crossed the line of scrimmage. The quarterback may never run in the "No Run Zone," even if blitzed. In the "No Run Zone" the quarterback may pitch the ball to another player but still cannot run the ball.
11. A pass may only be thrown forward once during a play.
12. A pass may be thrown forward or backward, over or underhand, except for the prohibitions on certain types of passes in the "No Run Zone." The determination of a pass being forward or backward is at the discretion of the referee.
13. Intentional grounding to avoid a sack is not allowed. If the referee rules intention grounding, the ball will be placed at the spot where the quarterback threw the pass and the down is consumed. If the ball is spotted in the end zone of the defense, a safety shall be awarded. A quarterback may only throw the ball away to avoid a sack if they are outside of the hash marks and must pass the line of scrimmage.
14. A pass that first contacts the wall, netting, fan, or ground is considered incomplete and the play is ruled dead.
15. Any pass that is intercepted by the defense can be returned down the field.

Defense:

1. The object of the defensive player is to pull one or both of the offensive player's flags before the offensive player scores a touchdown.
2. The defender pulling flags should either hand the flag back to the player or place where he stands when the play is ruled dead. Any throwing of flags will be considered an unsportsmanlike penalty and will be assessed as ten (10) yards with the offense awarded an automatic first down.
3. A player that loses one or both of his flags during the play will be down when they are touched by a player from the other team. Defensive players are cautioned to touch and not push such a player.
4. The ball will be spotted where the flag is pulled; not where the ball is located at the time the flag is pulled.
5. Only a defensive player(s) who is seven (7) yards in front of the line of scrimmage at the time the offense snaps the ball may rush the passer. Should a defensive player cross the line of scrimmage and not at some point during the play have been behind the rush line, a penalty will be called for illegal rush and assessed as five (5) yards and the down is replayed.
6. Any blitzing defender who is rushing the passer must work their way to the passer without extending any part of their body to impede or contact another offensive player. Should a defender who is rushing the passer

intentionally contact (at the referee's discretion) an offensive player, an illegal contact penalty will be called and assessed as five (5) yards and the down is replayed.

7. Defenders who start in front of the defensive rush line may retreat behind the line and then rush the passer.
8. Defenders that rush the passer may not contact the passer in any way, except in an attempt in the area of the passer's flags in an attempt to pull said flags. A penalty of illegal contact will be called and assessed as ten (10) yards and an automatic first down.
9. If a defensive player who has left his feet causes any contact with the backside of the offensive player or causes an offensive player to lose their footing and fall to the ground, an illegal tackle penalty will be called and assessed as ten (10) yards and an automatic first down.
10. A blitzer who intentionally pulls the quarterback's flags AFTER the pass has been thrown will be assessed a five (5) yard penalty. The offense has the option to take the penalty or the result of the play. This penalty is at the referee's discretion after determining the blitzer's intent.
11. Pulling a flag (before the offensive player has possession of the ball) is not allowed and will be called as illegal contact and assessed as five (5) yards from the end of the play.
12. If a player's flag is pulled before he has possession of the ball, it will be treated as though his flag fell off during the play and the play will continue until he is touched or his other flag is pulled.
13. Should an offensive player be on a breakaway run and a defensive player first contacts the runner from behind; the referee may award a touchdown; if in his discretion, there are no defensive players within a ten-yard radius of the ball and the runner would have scored a touchdown except for the illegal contact. This is known as the Last Man Rule.
14. A defender, who while attempting to pull a flag, misses said flag and grabs any part of an offensive player's uniform, will be called for a holding penalty and assessed as five (5) yards from the spot of the foul. If the defender immediately releases (referee's discretion the offensive player's uniform, a penalty may not be called.
15. Defenders may not contact, hold, or push an offensive player who is running a pass route. Defensive pass interference will be called and assessed as five (5) yards from the line of scrimmage and an automatic first down. The offense has the option to accept the penalty or the result of the play. Incidental contact (referee's discretion) will not be penalized.

Scoring:

1. Touchdown – Team is awarded six (6) points.
2. Successful Point After Touchdown – One (1) point from the five (5) yard line. Play must be a pass play as it occurs in the “No Run Zone.”
3. Successful Point After Touchdown – Two (2) points from the twelve (12) yard line. Play may be either a run or a pass.
4. Safety – Team is awarded two (2) points and the ball for any tackle of a player or the result of a penalty or ruling of a dead ball in the defensive team's end zone. Any offensive player attempting to pass/run the ball out of the end zone who's flag(s) are pulled while in the end zone or on the goal line, it will be considered a safety and two (2) points will be awarded to the defense.
5. A defensive team that intercepts a pass during the PAT try may return the ball. If the ball is returned to their end zone, they will be awarded two (2) points. If they do not return the ball to their end zone, their possession will begin at the five (5) yard line; as if a change of possession has occurred.

Playoff Rules:

1. The Plex reserves the right to change or modify these rules prior to the beginning of each playoff session. Teams will be notified in advance of the beginning of the playoffs of any modifications.
2. Each game will consist of two (2) ten (10) minute periods. The championship game will be a full-length game.

3. If teams are tied at the end of the regular season, seeding will be determined as follows:
 - a. Head-to-head regular season games
 - b. Least points allowed
 - c. Most points scored
 - d. Coin flip
4. All teams participate in the playoffs.
5. All league rules apply during the playoffs.
6. Each team will have fifteen (15) seconds in which to snap the ball into play during playoff games.
7. The following overtime rules will apply, should teams be tied at the end of regulation. Please refer to the Coin Toss section to determine who receives the ball first.
 - a. Teams will start at midfield and have three (3) downs to score.
 - b. The team that starts on defense will switch to offense following the first team's score or change of possession. They will then have three (3) downs to score.
 - c. If the defensive team intercepts a pass and returns it for a touchdown, the game is over. If the defensive team intercepts a pass and fails to return it for a touchdown, and have not yet been on offense, the ball will be placed at midfield.
 - d. If teams are still tied at the end of the first overtime, the ball is placed at the twelve (12) yard line to begin a new series of three (3) plays for each team.
 - e. If teams are still tied at the end of the second overtime, the ball is placed at the five (5) yard line. Each team will now have one (1) down in which to score. Should the defense intercept a pass and return it for a touchdown, the game is over. If an interception does not result in a touchdown and the intercepting team has not yet been awarded one (1) play on offense, they will then have one (1) play from the five (5) yard line in which to score.
 - f. If the score is tied at the end of the third overtime, the game goes to sudden death, with the first team to score being declared the winner. Teams will be given one (1) play from the five (5) yard line in which to score. No try for the extra point will be required. If the defense intercepts a pass and returns it for a touchdown, the game is over. If an interception does not result in a touchdown and the intercepting team has not yet been awarded one (1) play on offense, they will then have one (1) play from the five (5) yard line in which to score.

Misconduct:

1. The Plex will not tolerate any violent or unsportsmanlike behavior. We reserve the right to take corrective actions against any player or players. Our purpose is to make this a fun, enjoyable, and entertaining sporting experience for all involved.
2. There is a zero-tolerance policy for referee dispute. Only the captain or coach is allowed to question calls or conduct for their team to the referee during the game. This should be done in a professional manner during halftime or after the game. The referee does not need to explain any calls to players, captains, or coaches. Any infraction will result in an unsportsmanlike penalty on the player/coach and will be assessed as a ten (10) minute benching and automatic first down for the offense if the offending player is on defense and a ten (10) yard penalty and loss of down if the offending player is on offense.
3. At any point during the game, the referee on the field may call the game a forfeit due to disruptive behavior detrimental to the game, players, or the Plex. If the game is called, the offending team will be charged with the forfeit. If both teams are offenders, both teams will be given a loss and the game will be reviewed by the league director. Possible suspensions may be issued.
4. All complaints should be addressed to the manager on duty.
5. Any suspended player or team may not play in another division and will not be allowed in the facilities until the suspension has been served. This is on a case-by-case basis and is reviewable by Plex management. The league director will have the final say.

6. All disputes against a team or player should be addressed to the manager on duty or referee before the start of the game. If not handled before the game, it will need to be brought to the attention of the manager on duty AFTER the game.
7. All team captains or coaches are responsible for all players' actions on their team on and off the field. The Plex reserves the right to issue extra penalties to the team captain or coach as a result of actions by members of their team. Penalties may include suspensions.
8. Players are not allowed to question judgment calls by the referee. Any questioning of calls will result in the same penalty defined in Line 2 of this section.
9. All teams are responsible for the conduct of their spectators. In the event that a spectator becomes disruptive during a game, penalties can and will be assessed against the specific spectator's team.
10. Any player or coach deemed to be under the influence of alcohol or illegal substances, as determined by Plex personnel, will be immediately ejected from the game and subject to additional penalties. No outside alcohol is allowed in or on facility property.
11. No fighting allowed. Fighting is defined as taking part in violent or physical altercation or act deemed to be aggressive by referees on the field with/toward any player.
12. Any player(s) involved in any physical altercation with another player, official, or fan will be suspended for the remainder of the session with the possibility of a ban from the league.
13. Players and fans may not leave the bench or spectator areas and enter the field during an altercation. Any violation will result in a possible team suspension. These issues will be fully reviewed by management.
14. The Plex reserves the right to suspend any player from ALL leagues for that season or longer for any player receiving a suspension.
15. If a player is ejected from a game for unsportsmanlike conduct or a penalty other than fighting:
 - a. First Offense – The player is removed from that game and will not be allowed to participate in any game or playoff game until the ejection is addressed by the league director. Player can't play in any other league for the suspension time. A ten (10) yard penalty and loss of down (offense) or replay the down (defense) will be issued to the team.
 - b. Second Offense – The player is removed from that game and will not be allowed to participate in the next two (2) regular season or playoff games. A ten (10) yard penalty and loss of down (offense) or replay the down (defense) will be issued to the team.
 - c. Third Offense – The player is removed from that game and suspended from the league. A ten (10) yard penalty and loss of down (offense) or replay the down (defense) will be issued to the team.
16. A player or team may be suspended from further participation for the following acts at the discretion of the league director:
 - a. Engaging in violent activity.
 - b. Throwing a punch toward anyone on or off the field. The punch does not have to make contact for the offender to be suspended.
 - c. Leaving the bench or spectator area during an altercation.
 - d. Deliberately inflicting or attempting to inflict physical harm to a game official, facility manager, or an opposing team's coach or players in any manner.
 - e. Behaving in a manner that is critically detrimental to the conduct of the game, including spitting on an opponent or coach, game official, or facility manager.
 - f. Verbal abuse of an official, opponent, or Plex employee. Verbal abuse is considered the intent to inflict harm.

Penalties and Yardage:

1. For any penalty, the offended team may accept the penalty and the yardage associated with the penalty or decline the penalty and take the result of the play.
2. A half or game cannot end on a penalty by the defense unless the offense declines the penalty.

3. All accepted penalties will be for the distance indicated. If the penalty is incurred inside the five (5) yard line, the distance will be half the distance to the goal.
4. There is absolutely no spitting on the turf field. Please use the trashcans on benches if you have to spit. Spitting on the turf field will be penalized with a ten (10) yard team penalty.
5. Offside – Being across the line of scrimmage before the ball is snapped. Penalty is five (5) yards, replay the down.
6. Two (2) Forward Passes – Second pass is declared dead at the spot of the pass and the down is considered complete.
7. Too Many Men on the Field – Five (5) yards and replay the down.
8. Delay of Game – Failure by the offense to snap the ball within thirty (30) seconds of being marked ready by the referee. Five (5) yards and replay the down.
9. Offensive Blocking – As defined in the Running/Rushing section, line 9. If during a run, the play is considered dead at the spot of the foul, with a loss of five (5) yards and the down is completed. If during a passing play, it will be assessed as a loss of five (5) yards from the line of scrimmage and loss of down.
10. Defensive Holding – Five (5) yard penalty. If the penalty occurs against an eligible receiver after the ball is caught, the penalty is assessed from the end of the play and the down is completed. If the pass is incomplete, the penalty is assessed from the line of scrimmage and the down is replayed. On third (3rd) down and a holding penalty occurs, it will result in a spot foul five (5) yards and/or half the distance. An additional down will be awarded.
11. Illegal Tackle – Ten (10) yards from the end of the run. An unsportsmanlike penalty is assessed with a ten (10) minute benching for the offending player. The down is considered complete. If a player has two (2) illegal tackle penalties in the same game, said player will be removed for the remainder of the game.
12. Illegal Rush – Five (5) yards and replay the down.
13. Any contact on the quarterback before the ball is released is considered illegal unless contact takes place on the hips where the flags are located. Illegal contact on the quarterback will result in an automatic first down and a ten (10) yard penalty added to the end of the play or from the line of scrimmage if the pass is complete.
14. Intentional Grounding – The play is considered completed and the ball is placed at the spot of the foul. If the penalty occurs in the end zone, a safety is awarded to the defense.
15. Pass Interference:
 - a. Offensive – Loss of five (5) yards from the line of scrimmage and loss of down.
 - b. Defensive – Pass is considered complete at the spot of the foul and automatic first down.
 - c. If defensive pass interference occurs in the end zone, the offense places the ball at the one (1) yard line and be awarded an automatic first down.
16. Running in the No Run Zone – Any act considered a run in the No Run Zone is considered a dead ball at the point of infraction. The ball is placed at the spot of infraction with a loss of down.
17. Illegal Run (including diving by a runner and flag guarding) – Five (5) yards from the spot of the foul and the down is considered complete.
18. A runner leaving both of his feet to advance the ball will be considered down at the spot of the foul. A player may leave his feet if it is in the best interest of both players to avoid contact. This will be at the discretion of the referee.
19. Impeding the blitzer- The blitzer has to be between the hash lines to be consider for an impeding penalty. If the blitzer is outside the hash line no penalty will be enforced. The blitzer has to take a direct path to the quarterback. The center/receivers cannot make contact or inhibit the blitzers path at any point unless they are setting a legal pick at the line of scrimmage. Only a pivot motion is allowed without extending your body. Shoulder width standing pick. If a defense sends two (2) blitzers, the impeding does not apply. Impeding the blitzer does not stop game play and can be accepted or declined by the defense.
 - a. Defense decline- It will be the result of the play.
 - b. Defense accepts- Will be five (5) yard/ half the distance penalty, replay down.

20. Excessive Force – If at any time, the referee rules that excessive force was used by a player, the offending player must be removed from the game for a period of ten (10) minutes or the remainder of the game (referee’s discretion, depending on the severity of the infraction). The team is assessed a penalty of ten (10) yards and an automatic first down is awarded.
 - a. The team does not play down a player. The offending player may not participate.
21. Unsportsmanlike conduct (as determined by the referee) – This includes the use of foul or abusive language, yelling “7 seconds” from the sideline or playing field, or the throwing of an opponent’s flag after it has been pulled.
 - a. By the Offense – Ten (10) yard penalty from the line of scrimmage or the end of the play and a loss of down. The offending player will be removed from the game for a period of ten (10) minutes.
 - b. A second offense by the same player will result in the same yardage penalties assessed and the player is ejected from the game.
 - c. By the Defense – Ten (10) yard penalty from the spot of the foul and the offense is awarded an automatic first down. The offending player will be removed from the game for a period of ten (10) minutes.
 - d. A second offense by the same player will result in the same yardage penalties assessed and the player is ejected from the game.
22. Trash talking, taunting, and using obscene, profane, and abusive language – including celebrating a good play, touchdown, or win.
 - a. By the Offense – Ten (10) yard penalty from the line of scrimmage and loss of down. The offending player will be removed from the game for a period of ten (10) minutes.
 - b. By the Defense – Ten (10) yard penalty and the down is replayed. The offending player will be removed from the game for a period of ten (10) minutes.
 - c. First Offense – Player will receive a ten (10) minute benching penalty. A team ten (10) yard penalty will also be assessed.
 - d. Second Offense – Player will be ejected from the game with an automatic suspension from the next league game. A team ten (10) yard penalty will also be assessed.
23. Any verbal abuse toward any official, referee, player, or manager will result in a ten (10) minute benching penalty or game ejection. This is at the referee’s discretion. Any player that is ejected from a game will automatically be suspended from the next league game.
24. Fighting is considered an unsportsmanlike act. Fighting includes the throwing of punch (even if the punch does not make contact). Punching, spitting, elbows, shoulders, kicking, and throwing the ball at players or officials are all considered acts of fighting. The yardage penalty will be assessed as an unsportsmanlike penalty and the player(s) will be immediately ejected from the game and removed from the facility. Any player involved in a fight will be suspended for the remainder of the session with the possibility of a longer suspension upon review of Plex management.

All rules are subject to change and are at the sole discretion of the Plex.