

Parks & Recreation



2026 Winter 7th-8th Grade

Indoor Flag Football Rules

OHSAA rules will be in effect, except where specific league rules differ

Teams

- Roster max is 10 players
- Team roster must be submitted one week before the season. No players may be added after week 2.
- Teams must provide their own game ball to be used when they are on offense, youth/intermediate size
- Must have a minimum of 5 to start/end a game, without 5 players team will forfeit
- Shirts must be tucked in during games so that flags are not blocked

Gameplay

- A coin toss will determine who starts with the ball. The visiting team calls the toss. The winner of the coin toss has the choice to take offense or defense; no option to defer to the 2nd half.
- Two 20 minute halves, running clock. 25 second play clock.
- Clock will stop only in the last 2 minutes of the 2nd half according to high school rules
- 2 time outs per half (30 seconds each). Halftime is 5 minutes
- 6 on 6, no contact (no blocking)
- Team roster must be submitted 1 week before the season. No players added after week 2.
- Teams must provide their own game ball to be used when they are on offense.
- No fumbles, play is blown dead at the spot
- Interceptions cannot be returned, the play will be blown dead and intercepting team will start with possession at the 40-yard line

Offense

- One first down per possession (20-yard line)
- Touchdown: 6 points
- PAT: 1 point (from 3-yard line) OR 2 points (from 7-yard line)
- There are no safeties; offense retains possession spotted at the 40-yard line
- Run or pass is allowed. Laterals, pitches, & handoffs must take place behind the LOS
- All players are eligible to receive a pass
- Center must be on the LOS; all other players can line up how they want
- Ball must be snapped off the ground. Both between the legs and side snaps are allowed.
- If a snap hits the ground, it is a loss of down. No penalty and no yards lost
- One player is allowed to be in motion. Motion cannot be towards the LOS, must be sideways
- No run zone inside the 3-yard line. If the offense is at the 3-yard line or closer, they must pass
- QB's are not allowed to run beyond the line of scrimmage, but the ball may be handed off and then that player has the option to run or pass

- QB's have 7 seconds to attempt a pass or the play is blown dead and is a loss of down. If the ball is handed off there is no 7 second count.
- Ball carrier cannot stiff arm/flag guard. No penalty but play will be blown dead at spot of foul
- No diving or jumping to gain yardage or cross the goal line
- If a ball carrier's flag belt falls off without being pulled, play is blown dead at that spot
- No blocking or screening is allowed

Defense

- Allowed 1 player designated to rush the QB. Must be 7-yards off the LOS; the official will let the defender know the spot they can start from. Rusher can change at any time, doesn't have to be the same player all possession
- If the ball is handed off any defender may cross the LOS
- Rushers may attempt to block a pass, however no contact can be made with the passer

Penalties

*All penalties are 5-yard infractions unless otherwise noted

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| • Offensive blocking/screening | 5 yards from spot of foul (result of play stands) |
| • Offensive pass interference | Loss of down |
| • Flag guarding/stiff arms/untucked shirt | Dead ball at spot of foul |
| • Defensive holding (on receivers) | 5 yards from LOS & replay down |
| • Defensive holding (grabbing runner's jersey) | 5 yards from spot of foul OR replay the down |
| • Pushing a runner out of bounds | 5 yards from spot OR replay the down |
| • Illegal rush | 5 yards from LOS & replay the down |
| • Defensive pass interference | 5 yards added onto play OR replay the down |
| • QB interference | 5 yards from LOS & replay the down |

Overtime

- Winner of a coin toss chooses offense or defense first
- Each team takes turns getting one (1) play from the 7-yard line
- Whether or not the team that begins on offense converts, the team that started on defense gets a chance on offense to win or tie by converting a play of its own.
- If score is tied after 1 overtime period, then the process is repeated with teams alternating who starts with possession on offense

Code of Conduct

- All players, coaches, & spectators must respect all officials, staff, & league rules at all times.
- League Staff & Officials have the right to remove anyone for reasons detrimental to the game
- Rules may be altered at any time in order to promote a better gameplay experience and keep with the spirit of the game. All teams will be given written notification of any changes