



## Fall Indoor 2025 Rule Book

### Equipment/Uniforms

Each team is responsible for providing its own football. All footballs must be NCAA or NFL regulation size, except in the COED and Women's divisions, where smaller sizes are permitted.

Teams must coordinate matching shirts or jerseys for all players. The use of Pop Flags is permitted, with two flags required—one on each hip. Flags must be worn externally, ensuring the entire flag belt remains visible at all times. No part of the uniform or body may cover any portion of the flag belt; if the belt is obscured, referees may rule the player as “touched” instead of a successful flag pull. Flags must also be a contrasting color to the player's shorts or pants. Players wearing billed hats are required to wear them backward to avoid interference during play.

### Team Captains & Rosters

Only the designated team captain(s) may communicate with referees regarding calls made during the game. Players may ask referees brief clarifying questions; however, any disrespectful or unsportsmanlike remarks toward officials—by any player, including the captain—may result in team penalties and possible ejection of the offending player. Continued misconduct may lead to game termination at the referee's discretion, resulting in a forfeit, regardless of the current score.

A minimum of four players is required for a team to begin a game; failure to meet this requirement will result in a forfeit. Each team must maintain a roster of at least seven players, with a maximum of twelve for the season. All players must be listed on the team's official online roster located on their designated team page and must complete the online waiver prior to the start of each season. To qualify for playoff participation, a player must compete in a minimum of four regular-season games. During the playoffs, players are permitted to compete on only one team per division.

### Subs

All substitution requests must be submitted by **Thursday at midnight** for **Saturday League** games and by **Sunday at midnight** for **Tuesday League** games. Teams must adhere to all division rules and cloned team guidelines when making substitutions. Substitutes may only be added if a team has **six or fewer active players** available. A team may have a **maximum of seven players total**, including substitutes, when using subs.

If a substitute plays in more than **three games** for a team, they must pay the **full registration fee** to participate in a **fourth** game and to become **eligible for playoffs**. Proper roster management is the responsibility of each team and is essential to maintaining fairness and compliance.

### **Scheduling & Forfeits**

Teams that provide less than **24 hours' notice** of their inability to play will receive a **forfeit** for that game. A **\$20 fine per forfeited game** will be assessed, and the team will receive a **loss** in the standings. Teams will be **ineligible for playoffs** until all fines are paid in full.

Please be considerate of other teams and notify league officials as early as possible to allow adequate time to schedule a replacement team.

### **Length of the Game**

Each game consists of **two 20-minute halves** with a **5-minute halftime break**. The game clock will start at the scheduled game time immediately following the coin toss.

The clock will **stop during the final minute of each half** for all dead balls, out-of-bounds plays, changes of possession, and incomplete passes. There are **no automatic time reductions** for penalties, and the clock will **continue to run during first downs**.

If a team leads by **more than 35 points in the second half**, the game will be **terminated** and recorded as a completed result.

### **Extended Playing Time**

A period or half may be extended by an **untimed down** only if, during the final timed down, one of the following occurs:

1. A **touchdown** is scored, and the **try-for-point** is attempted as part of the same half.
2. An **inadvertent whistle** occurs, and the down is to be **replayed** within that half.
3. A **defensive penalty** is committed at the **expiration of the half**.

### **Size of the Field**

The standard playing field measures **30 yards wide** by **50 yards long**, with **two 7-yard end zones**, for a total field length of **64 yards**. There is **one first down**, located at **midfield**.

Field dimensions may be adjusted based on available space; however, the field shall not be smaller than **25 yards wide** by **40 yards long**, with **two 7-yard end zones**.

### **Coin Toss**

The team that wins the coin toss may choose to:

1. Receive the ball first,
2. Pick which goal to defend, or
3. Defer their choice to the second half.

The team that loses the coin toss chooses from the remaining options. In the second half, the selection order is reversed.

### Possession

Play begins at the **5-yard line**, with the offensive team granted **four attempts to reach midfield** for a first down. After achieving midfield, the team receives **four additional attempts to score a touchdown**. Following a **safety**, the team resumes play from the **15-yard line**.

Once a team earns a first down, they **cannot achieve the same first down again in that series** due to yardage loss. If a team gains a first down but is **penalized on the same play**, the penalty is assessed first, and referees will determine whether the first down still stands.

### Turnovers

- If the offense **fails to achieve a first down or touchdown**, the opposing team **starts their drive from their 5-yard line**.
- **Interceptions** are **spotted at the location where the interceptor is down**.

### Time Outs

Each team is allowed **three 30-second time outs per half**. Teams may call **consecutive time outs** if desired.

### Play Clock

The offensive team has **25 seconds between plays** to snap the ball. Following any **pre-snap penalty** (e.g., false start, delay of game), the play clock is **reset to 15 seconds**. Referees will provide a **10-second and 5-second warning** as a courtesy.

### Touchdown

A touchdown is scored when any part of the ball, legally possessed by a player **in bounds**, **breaks the plane of the opponent's goal line**, provided the play is **not a touchback**.

### Formation

The offensive team must have **at least three players on the line of scrimmage** at the time of the snap. In a **bunch formation**, players' feet must be **within 6 inches of each other**, ensuring **no large gaps** between teammates.

### Running / Passing

- **Handoffs:** Handoffs are allowed as running plays. Once a forward handoff occurs, **no forward pass** may be thrown on that down.
- **Second QB/Running Back:** Lateral pitches/passes and backward pitches/passes behind the line of scrimmage are still eligible for a forward pass. These players are also eligible to run the ball. **Note:** Original player to receive the snap may not run the ball.
- **Forward Passes:** Only **one forward pass per down** is allowed. A forward pass does **not** need to cross the line of scrimmage.
- **Laterals:** The ball may be lateraled **any number of times** during a play.

- Handoffs are considered **legal forward passes**.
- An **illegal forward pass** occurs only if the passer's **entire body has crossed the line of scrimmage** before throwing the ball.
- **Goal Line Exception:** If the line of scrimmage is close enough that the quarterback can reach into the end zone while keeping part of his body behind the line of scrimmage, the play is immediately dead, results in a **loss of down**, and **no yardage penalty** is assessed.

### No Run Zone

Running plays are **prohibited inside the 5-yard line** of the **first down marker** and within the **end zone**. Any running play in the No Run Zone is **immediately dead**, resulting in a **5-yard penalty** and a **loss of down**.

### Flag Falls Off

If a player's flag **falls off without contact from a defender**, the player is considered **down when touched**.

### Ball Spotting / Flag Pulling

- The ball is **spotted** at the location where it is at the moment the **flag is pulled**.
- If a player **bobbles the ball** and the flag is pulled **after the ball is first touched but before possession is secured**, the ball is marked at the spot where the **flag was first pulled**. This prevents unfair advantage from intentional bobbling.
- If a player pulls another player's flag **before the ball is touched**, the player is **not down** until they are **touched**, as if the flag had fallen off.
- **Intentional flag removal** away from the ball is a **5-yard penalty**, assessed from the end of the play.
- Receivers may advance the ball if they **fall down without being touched or flagged**.
- A player on the ground or with a **knee down** is considered down and must be **touched** to end the play.

### Flag Guarding / Ball Carrier Conduct

- Ball carriers **may not guard their flags** using their hands, arms, or the ball.
- **Straight-arming**, lowering the head, or lowering the shoulder to run into a defender is **prohibited**.
- Offensive players must **avoid contact**; deliberate collisions with defenders using the upper body are **not allowed**.

- **Spinning** to evade defenders is permitted.
- No Jumping or high knees. Ball carriers may **jump or dive** only to **avoid injury or contact**, not to gain additional yardage. Referees will determine the intent of jumps or dives.

### **Illegal Contact**

- Defensive players **may not hold, grasp, push, or tackle** the ball carrier.
- If a defender **grabs clothing**, they must release immediately, or a **penalty** will be assessed.
- If the defender committing illegal contact is the **last line of defense**, the play results in a **touchdown** for the offense.

### **Fumbles**

- Most fumbles are **dead at the spot** where the ball hits the ground.
- **Exception:** Muffed snaps **behind the line of scrimmage** are **live** until the quarterback or another player **gains possession**. After possession is secured, the **normal fumble rules** apply.

### **Motion**

- Only **one offensive player** may be in **horizontal motion** at the time of the snap.
- The player **may not turn upfield** before the snap.
- All other offensive players must be **set for at least one second** prior to the snap.

### **Pushing Out of Bounds / Stripping**

- **No pushing players out of bounds** is allowed at any time.
- Players **may not strip the ball** from an opponent in possession.
- Receivers **cannot be pushed out of bounds** while attempting a catch.
- If a push prevents a catch, the official may award the reception if they determine the catch would have been completed **without the push**.

### Pass Rush

- Defensive rushers must start **7 yards behind the line of scrimmage**.
- If the offense throws a **lateral** (a pass or pitch behind the quarterback), the **7-yard rule is nullified**, and any defensive player may rush, regardless of starting position.
- Defensive players who did not start **7 yards back** may **not cross the line of scrimmage** until the lateral is thrown.
- If a rusher starts early, they may **reset 7 yards back** without penalty, unless they cross the line of scrimmage **before the snap**.
- The offense must **avoid running into the rusher**, and offensive players must be **running a legal route**—no shielding, mirroring, screening, or blocking.
- Rushers must **avoid interfering** with the center's or other receivers' routes; changing direction to avoid contact will **not be considered impeding**.
- Incidental contact: If the quarterback's arm or hand **unintentionally contacts a defender** (who is not actively blocking the pass), it is **ruled incidental**, and the down will be **replayed** at the referee's discretion.
- **Lead-Based Rule:** If one team has a **19-point or greater lead**, the **losing team may rush without the 7-yard restriction**. Once the lead drops to **18 points or less**, the standard **7-yard rush rule** is reinstated.

### Blocking / Contact Downfield

- **No blocking or setting picks** is allowed downfield; all receivers must be **running legal routes**.
- Any other contact downfield will be penalized as **illegal bumping**.

### Extra Point Attempts

- Teams may attempt an **extra point** from the **5-yard line** for **1 point** or from the **10-yard line** for **2 points**.
- If the defense **gains possession** on an extra point attempt, they may **return it for 2 points**.

## Field Goal

- A team that has **crossed midfield** may attempt a **field goal** on any of its four downs.
- The attempt is **one play** from **half the current distance** to the goal line, and a successful attempt scores **3 points**.
- If the attempt **fails**, the defense takes possession from the **original line of scrimmage**.
- If the attempt **succeeds**, a **normal change of possession** occurs.
- Field goal attempts are conducted **like a normal play**, not like an extra point or onside kick:
  - The **game clock runs**.
  - The **normal play clock** is in effect.
  - The defense may **return a miss for 6 points (touchdown)**.
  - **Spot foul penalties** by the defense are assessed at **half the distance**, and the field goal is **replayed**.
- Once a team has attempted a field goal, they **may not switch to a touchdown attempt** after a penalty has been assessed.

## Onside Kick

- After a **touchdown** and immediately following the **extra point**, a team may declare an **onside kick**. This must be declared **before the referees mark the change of possession**.
- The onside kick is **one play (untimed down)** from the midfield line.
- If the onside kick is **successful**, the team **retains possession** and starts on their **own 5 yard line**.
- If the attempt is **unsuccessful**, the defense takes possession from midfield.
- If the defense **intercepts the ball**, the play is **dead**.
- Onside kicks are **only permitted** for teams that are **losing in the second half**.

### Rule Clarification / Challenge

- At any point during the game, a designated **Team Captain** may request a **clarification** of a rule or **challenge a ruling** by calling a **timeout**.
- Once the timeout is granted, it is the captain's responsibility to **explain to the referee** the specific discrepancy and how the ruling negatively impacted their team.
- The referee will **consult the Field Supervisor or League Director**, and may also reference the **rulebook** for a final ruling.
- If the challenge is **successful**, the team **retains its timeout**.
- If the challenge is **upheld**, the team **loses one of its three timeouts**.
- If a team has **no timeouts remaining**, a challenge results in a **10-yard delay of game penalty** and a **loss of 10 seconds** if under two minutes of either half.
- Teams are allowed **one challenge per half**.
- **Judgment calls** (e.g., subjective referee decisions) **cannot be challenged**.

### Overtime

- A **coin toss** determines which team receives the ball first.
- Each team chooses to attempt **1 point** from the **5-yard line** or **2 points** from the **10-yard line**.
- During the **regular season**, each team has **up to 3 attempts** to score. If the score remains tied after both teams have attempted, the game **ends in a tie**.
- Teams **alternate who goes first** at the start of each overtime round.
- During the **playoffs**, overtime continues **until a winner is determined**.
- **Interceptions** may be **returned for a touchdown**, resulting in victory.

### Sportsmanship Policy

- A player who commits **two unsportsmanlike penalties** in a single game will be **automatically ejected**.
- **Fighting, or touching, belittling, or demoralizing referees**, will result in **immediate ejection**.
- **Entire teams** may be ejected at the **referees' discretion**.



- All **ejections** are reviewed by the **board and commissioners**, and further disciplinary action may include **fines** or **suspension for multiple games or the season**.
- **Excessive taunting** or "trash talking" may result in **game disqualification**.
- Teams **disqualified or ejected** from the league will **forfeit their entrance fee**.

#### **Unsportsmanlike Minor Penalty**

- Includes **excessive complaining, belittling or degrading referees, inappropriate language, or unsportsmanlike behavior**.
- Enforced as a **10-yard dead ball penalty and redo down**.
- **Multiple unsportsmanlike minor penalties** may lead to **player ejection**.

#### **Playoff Policy**

- To be eligible for the playoffs, a player must:
  1. Be listed on the **official online roster**.
  2. Have played in **at least four regular season games**.
  3. Have **paid the season registration fee**.
- Teams must also adhere to the **Modified Multiple Team Policy** (referenced above).
- Any **changes or additions** to playoff eligibility or team rosters must be **approved by UFFL officials in advance**.

## Offensive Penalties

<b>Penalty</b>	<b>Yardage / Enforcement</b>	<b>Additional Notes</b>
<b>Delay of Game</b>	-5 yards	Replay down
<b>False Start</b>	-5 yards	Replay down
<b>Illegal Motion</b> (2 or more in motion at snap)	-5 yards	Replay down
<b>Illegal Formation</b> (less than 3 on line of scrimmage at snap)	-5 yards	Replay down
<b>Offensive Pick Play</b>	-5 yards	Replay down
<b>Impeding or Running into Rusher</b>	-5 yards	Replay down
<b>Jumping, Lowering Shoulder, or Diving to Advance Ball</b>	-5 yards from spot	Down counts; on 4th down & extra points: -5 yards from original line of scrimmage & replay down
<b>Flag Guarding / Stiff Arming</b>	-5 yards from spot	Down counts; on 4th down & extra points: -5 yards from original line of scrimmage & replay down
<b>QB Flag Guard / Stiff Arm</b>	Spot of infraction	Loss of down; on 4th down & extra points: -5 yards from original line of scrimmage & replay down
<b>Illegal Forward Pass / Second Forward Pass</b>	-5 yards	Loss of down
<b>Blocking / Illegal Pick</b>	-5 yards from spot	—
<b>Offensive Pass Interference</b>	-5 yards from original line	Loss of down
<b>Illegal Run</b> (running play in no run zone or first QB runs)	-5 yards	Loss of down
<b>Illegal Participation</b> (player out-of-bounds first to touch ball)	—	Loss of down
<b>Flag Tying</b>	-10 yards from original line	Possible ejection & Loss of Down

## Defensive Penalties

<b>Penalty</b>	<b>Yardage / Enforcement</b>	<b>Additional Notes</b>
<b>Illegal Rush</b>	+5 yards	Replay down
<b>Stripping</b>	+5 yards	Assessed at end of play
<b>Pulling a Player's Flag Away from Ball</b>	+5 yards	Assessed at end of play
<b>Holding Ball Carrier / Ball Carrier's Clothes</b>	+5 yards	Assessed at end of run; if last defender, results in <b>touchdown</b>
<b>Not Going for Flags / Pushing Ball Carrier Down or Out of Bounds</b>	+5 yards	Assessed at end of run; if last defender, results in <b>touchdown</b>
<b>Holding QB's Clothes</b>	+5 yards	Replay down
<b>Defensive Holding</b> (DB holding receiver before ball is thrown)	+5 yards	Automatic first down
<b>Illegal Bump / Contact Downfield by Defender</b>	+5 yards	Automatic first down

<b>Tackling</b>	+10 yards	From end of play
<b>Contact with Center Before Standing Up</b>	+10 yards	Replay down
<b>Roughing the Passer</b>	+5 yards	Added to end of play; Automatic first down
<b>Defensive Pass Interference / Push Off</b>	Spot of infraction	Automatic first down; note: face guarding is <b>not a penalty</b> unless the receiver returns to the ball and contact occurs without defender turning to look for the ball

### Other / Conduct Penalties

<b>Penalty</b>	<b>Yardage / Enforcement</b>	<b>Additional Notes</b>
<b>Unsportsmanlike Conduct</b>	-10 yards	Dead ball penalty
<b>Personal Foul</b> (unnecessary roughness)	-10 yards	From spot of foul
<b>Taunting / Trash Talking</b>	-10 yards	Possible ejection
<b>Fighting</b>	—	Ejection and possible disqualification; <b>mandatory 1-game suspension</b> for throwing a punch, even if it does not connect; <b>possible police action</b>
<b>Touching, Belittling, or Demoralizing Referees</b>	—	Ejection + 1-game suspension; <b>possible police action</b>

<b>Begging the Call / Excessive Complaining</b>	Progressive	<p>Only team captains may address referees, respectfully and in the form of a question. Referees may enforce penalties progressively as follows:</p> <ul style="list-style-type: none"> <li>• 1st team infraction: warning</li> <li>• 2nd team infraction: -5 yards</li> <li>• 3rd team infraction: -10 yards</li> <li>• 4th or subsequent team infractions: -15 yards</li> </ul> <p><b>Dead ball penalties</b>, enforced after the play. Repeated infractions by a player may result in sitting out <b>plays, series, a half, or ejection</b>.</p>
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