



CYSA Indoor AMENDMENTS to the NFL Flag Rules

(Amendments are numbered in sequence with the NFL Rules Handbook for easy reference)

I. GAME

1. When starting a game, it is important to check in all of the players. Make sure each player is wearing their NFL Flag jersey and that it is tucked in. Check that flags are on properly. Soccer-type cleats are allowed. Check all players for jewelry, watches, gum, etc. **NO JEWELRY IS ALLOWED.** And that means **NO EARRINGS.** If ears have just been pierced and the player is not willing to remove them for the game, they are not allowed to play.
2. NO CHANGE.
3. The Offensive team starts each possession at the $\frac{1}{4}$ line in the Mac. 4 downs per possession. AFC gets a new set of downs at each $\frac{1}{4}$ of the field (white line). NFC and All Pro division get a first down at midfield only.
4. If the offensive team fails to enter the next zone or the end zone in 4 downs, possession of the ball goes to the other team. Teams begin their possession at the $\frac{1}{4}$ line on their end.
5. Same as 4.
6. Starting point is the $\frac{1}{4}$ line.
7. No change.

II. TERMINOLOGY

No changes.

III. ELIGIBILITY

1. All players must be registered with CYSA and NFLFlag.com. Coaches will confirm this.

IV. EQUIPMENT

1. No change. Ensure that flag belts are adjusted correctly with a flag on each hip, (Tuck or cut off extra length of belt to keep it from getting pulled. (NO POCKETS on shorts or warmups. If pockets are found they must be taped shut)
2. Soccer cleats and turf shoes are allowed on the turf at the MacDonald Center.
3. No change.
4. **NO JEWELRY.** If a player has new piercings, they must remove them or they will not be allowed to play. **PERIOD.**
5. & 6. & 7. No change.

V. FIELD

1. No change.
2. See Section XI. #5...The AFC will NOT use the "no running zones."

NFC teams must use a pass play within 5 yards of their side of the midfield line and within 5 yards of the opponent's end zone. (At the Mac we will use the center circle to mark the center no running zone and near the end zone the line closest to the end zone will mark that no running zone.)

3. STEPPING ON A SIDELINE/GOAL LINE/MIDFIELD LINE is considered "over the line."
4. This is not applicable to the AFC teams.

VI. ROSTERS

1. No change.
2. All games will be 8 v 8.
3. No change. Coaches can also agree to "share" players in CYSA if a team is short players.

VII. TIMING AND OVERTIME

1. No change.
2. Halftime will be 5 minutes.
3. - 6. No change.
7. Referees will keep score, but scores will not be advertised. A game may end in a tie. There will be no overtime in CYSA.
8. NOT APPLICABLE – WE WILL NOT HAVE OVERTIME.

VIII. SCORING

1. - 3. NO CHANGE
4. & 5. Since we do not keep an official score, we will not use the Mercy Rule or Scrimmage Mode. However, in a lopsided scoring situation, we urge coaches to make player substitutions and adjustments to allow a losing opponent to challenge more effectively.

IX. COACHES

1. & 3. NO CHANGE
2. Coaches will be allowed on the field between plays, however they must be off the field before the 30 second delay of game time is up.

X. LIVE BALL/DEAD BALL

There are no changes to this section other than that there will be NO FUMBLES. The dead ball will be spotted where the ball carrier's feet were at the time of the fumble.

ALSO, read Rule #9 – Coaches can use a time-out to clarify a ruling. If the ruling is correct (BE SURE TO HAVE YOUR RULES HANDBOOK!) the team will be charged their timeout. If the ruling on the field was incorrect, the time out will not be charged and the correct ruling will be enforced. Referees should discuss the call amongst themselves and check the Rules Handbook.

XI. RUNNING

1. - 3. No change.
4. UNLIMITED LATERALS AND PITCHES ARE ALLOWED.
5. See below:

IN THE AFC: Teams will NOT follow the "NO RUNNING ZONES." They can run the ball at any time.

IN THE NFC: Teams will follow the "NO RUNNING ZONES" as described in the NFL Rules Handbook. They must pass the ball if their line of scrimmage is within 5 yards of their opponent's endzone or 5 yards from their side of the half-field line.

6. - 10. No change.
- 11./12. SCREENING will not be allowed, however blocking is ALLOWED if done properly. An offensive player may "plant" himself/herself on the field in order to block for a runner as long as their arms are immobile and they do not move in the path of the defender. If the offensive player blocks a defender with arms out away from their body or they are impeding the defender from grabbing flags, they can be called for screening, illegal blocking or flag guarding. We will follow 12 once the ball has crossed the line of scrimmage all offensive players without the ball must stop offensive motion.

Offensive players can only block while "planted" and must have their arms crossed at chest level. They can move in any direction with hands down but cannot block unless planted with arms crossed.

13. No change.

XII. PASSING

No change. Ref. Rule #3, the referees must count a 7 second "pass clock" starting when the quarterback receives the ball. The pass must be made within that 7 seconds or the ball is returned to the line of scrimmage and there is a loss of down.

XIII. RECEIVING

1. ALL PLAYERS ARE ELIGIBLE TO RECEIVE PASSES, including the quarterback as long as the ball was handed off behind the line of scrimmage first.
2. - 6. No change.

XIII. RUSHING THE PASSER

1. ANY NUMBER OF PLAYERS CAN RUSH THE QUARTERBACK HOWEVER, THEY MUST BE 7 YARDS BEHIND THE LINE OF SCRIMMAGE AT THE SNAP. Referees will verify that all players are behind the 7 yards prior to the snap.
2. No change.
3. Before each snap, confirm to any rushers where the 7 yard line is. PLEASE STUDY SECTION 3!
4. No change.
5. READ THIS!
6. No change.

XV. FLAG PULLING

No change.

XVI. FORMATIONS

1. - 3. No change
4. Side snaps are allowed.

XVII. UNSPORTSMANLIKE CONDUCT

No change

XVIII. PENALTIES

KNOW THESE FOULS AND PENALTIES!!! You may want to shrink this page and laminate it onto an index card to keep in your pocket for quick reference.

CYSA FLAG FOOTBALL

Indoor SEASON: AFC Thursday 7&8PM, NFC Friday 7&8PM

Top of the hour – 10 minute warm up time

:10-:30 – 1st half – PLEASE ENSURE PROMPT START TIMES! If you delay you only take away from your own game time!

5 minute half time

:35-:58 - 2nd half – Games end by the clock. Referee to have alarm at :58 of the hour. Game ends on that alarm (refs try to give a warning of time ending soon!). If a play is live that play ends the game (ie, throw in the air is live until the end result of the play)