

Center Circle Indoor Flag Football League

Fall 2026

League Schedule:

Practices will be held on ½ fields Monday or Tuesday. League games will be held on Wednesdays and/or Thursdays.

Roster Limits / Team Logistics

Games will be played:

Pre-K: All players will play

K-2: 6 vs 6

3-6: 6 vs 6

Teams may play one man short if necessary. If teams cannot field appropriate number of players, the game will be forfeited.

Uniform Requirements

All flag football participants adhere to the following:

- Appropriate tennis shoes or rubber molded cleats (shoes should be clean and dry upon entering the field)
- Mouthpieces **must** be worn
- No jewelry of any kind
- Only prescription glasses, rec-specs preferred
- No shorts that closely resemble the flag colors (white/yellow)
- Uniforms must be tucked in

Equal Playing Time

All coaches will be required to turn in time sheets prior to the start time of each game. These sheets will be provided for each game. Team time keepers are strongly encouraged.

Starting Possession

All games (and overtime) will begin with a coin toss – no kick offs. The winning team may choose to begin the game on offense or defense, the team losing the coin toss will elect which side of the field they wish to defend. The team that began the 1st half on defense will have first possession at the beginning of the second half.

Formation

Teams will play one quarterback with five eligible receivers. Two players (not including quarterback) are allowed in the back-field if the team chooses to do so.

Teams will begin on the yellow line on the side of the field which they are defending.

First Downs, Touchdowns

Teams on offense will be awarded a new set of downs if they cross midfield. There will be no punting.

The goal line will be marked with cones and run even with the top of the soccer penalty box area.

Fumbles are considered a dead ball and no change of possession will take place unless the fumble occurs on 4th down.

Field Layout & No-Run Zone

Pre-K: Games will be played on ½ field. Possessions are determined by each player running or catching the football 1 time. The No-Run Zone does not apply to **Pre-K**.

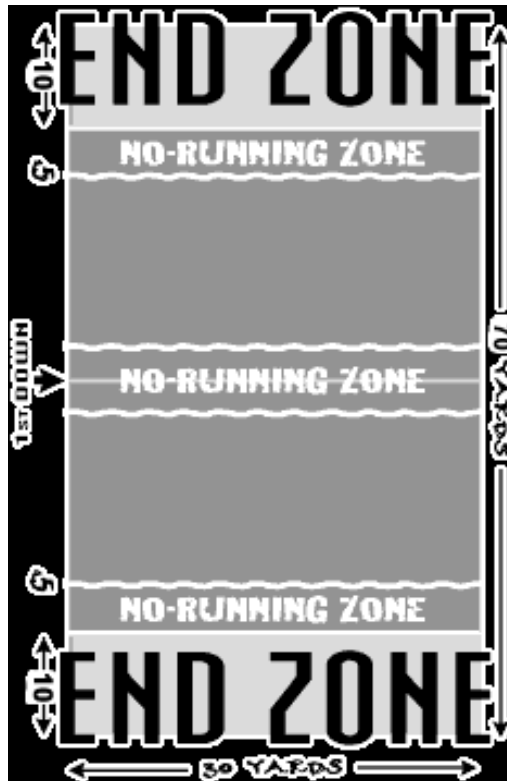
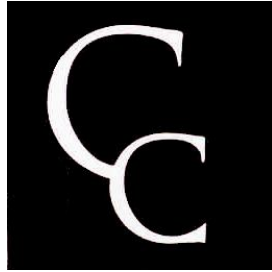
K2, 3-6 TEAMS: The area in between the yellow line and the goal line will be a “no run zone” when going into the endzone. If the line of scrimmage is at or inside this area, the ball must be passed to be scored a touchdown. Screen passes are considered pass plays. Extra point plays (PAT), which are started on the yellow line, may be converted by passing **or** running the ball.

The area between the circle on the center of the field and the first down marker is also a “no run zone”. If the line of scrimmage is at or inside this area going towards the first down line, the ball must be passed to obtain a first down.

The ball **MAY** exchange hands BEHIND line of scrimmage in no-run zone. The options within the no-run zone are:

1. QB CAN run in no-run zone **if rushed**.
2. QB must pass ACROSS the line of scrimmage.
3. Person receiving handoff/pitch/lateral pass can throw a pass ACROSS the line of scrimmage.

The QB is defined as the player that receives the snap from the center. Therefore, the player that receives the snap is eligible to run if rushed, and is the **ONLY** player that can run the ball in the no-run zone.



Game Length, Time-Outs

Games will consist of four 10 minute quarters (**K-2, 3-6 TEAMS**) or two 10 minute halves (**Pre-K ONLY**). A substitution period will occur every 5 minutes – these are **NOT** time-outs and you will need to have your subs ready to go into the game immediately at the 5 minute mark of each quarter. Teams will have five minutes of warm-up time and two to four minutes for half time *if time allows*. Teams will have 1 timeout per half with no carry overs that can only be used during the last two minutes of each half. Time-outs in the 1st & 3rd quarters and outside of 2 minutes remaining in the 2nd & 4th quarters DO NOT stop the clock and should be viewed as a “coaching opportunity”.

The clock will run continuously through injuries and penalties.

The clock will stop only for:

1. A brief substitution period once per quarter.
2. Normal stoppages (out of bounds / incomplete pass) during the last minute of each half only.

****Time-outs outside the last two minutes of the half should be viewed as**

coaching opportunities to correct or form plays not as game clock management.

A 45-second play clock will be in effect in regulation play as well as any overtime periods. Any violation of the play clock **may** result in a 5 yard penalty for delay of game and a loss of down at the discretion of the official.

All games are scheduled for one hour. If a game ends before the one-hour mark, the game is considered complete. If a game reaches the one-hour mark while play is still in progress, the league coordinator and referees will determine whether the game may be completed or must end at that time.

Overtime

- There is no overtime for regular season games, only the playoffs.
- Each team will get 4 plays from mid-field to score.
- No-run zones are still in effect and you may still choose whether to go for 1 or 2 on the extra point (in rounds 1 and 2 of the overtime).
- If the score is tied after each team has had a possession, another round will be played. This will continue until there is a winner.
- If a 3rd round is necessary, team **MUST** go for a 2-point conversion in this and all remaining rounds.

Change of Possession

Slapping at the ball is not permitted. Any fumble will be ruled a dead ball, the ball will be placed at the spot of the fumble and the offensive team will lose the down. If the referee determines that the cause of the fumble was an illegal action by the defense, the ball will be moved up five yards from the spot of the infraction.

Interceptions will result in a change of possession. If the intercepting player scores before being stopped, the touchdown will stand. If the intercepting player is downed, the intercepting team will be given the ball at the spot his/her flag is pulled. If the intercepting player is tackled, an additional 5 yards will be added to the end of the play.

If a ball is intercepted during an extra point conversion attempt and run back, the team will be awarded two points and given next possession of the ball.

Scoring

Touchdown	= 6
Extra point plays	
• 5 yards	= 1
• 12 yards	= 2
Safety	= 2

PAT Interception Return = 2
Interception Return = 6

Starting a Play

Only the center may start the play. A traditional snap is not necessary but may be used, but the ball must travel backward from the center to begin the play. A sideways stance may also be used to deliver the ball to the QB - false starts will not be called if the ball is snapped in this manner. However, if either team crosses the line of scrimmage before the play begins, the play will be whistled dead and a penalty issued to the appropriate team.

Blocking

Blocking, tackling and tripping are illegal in flag league. This rule includes line contact, downfield blocking, and bumping the defender near the line of scrimmage. Flagrant disregard for this rule may be grounds for immediate ejection at the discretion of the official.

Rushing the Passer

K-2^t, 3-6 TEAMS will use the 7 yard rush line. Players may only rush from behind that line.

All Divisions: Players not rushing the quarterback may defend the line of scrimmage – They may not go beyond the line of scrimmage unless a handoff occurs.

If the ball is not thrown after a seven-count by the tee/official, the play will be whistled dead resulting in a loss of down. The quarterback CAN run the ball if he is rushed.

Passing the Ball

All players are eligible receivers. The quarterback may receive passes after handing the ball off behind the line of scrimmage. Shovel passes are legal as long as thrown by the quarterback from behind the line of scrimmage. A receiver must have at least one foot in bounds to be ruled a completion. If a player steps out of bounds during the play, he is no longer an eligible receiver for the remainder of that play.

Running the Ball

Hand-offs and pitches are legal **only behind the line of scrimmage**. Once a runner has crossed the line of scrimmage, he may not hand off, lateral pass, or pitch the ball to a teammate.

The player who takes the hand-off can throw the ball, as long as he or she does not cross the line of scrimmage first.

REMEMBER:

- Once the ball has been handed off, all defensive players are eligible to rush.
- Once the ball has been handed off, the seven-second pass rule is no longer in effect

- Spinning is allowed. However, jumping or diving **TO ADVANCE** the ball is not allowed.
- If a flag falls off while the player is running, the player is down where the flag dropped.

***All coaches MUST encourage the ball carrier to have both hands on the ball to prevent any penalties, such as flag guarding, offensive unnecessary roughness, etc. It is also important to encourage the offensive players to stop running and remain still once the ball carrier has crossed the line of scrimmage to prevent any penalties, such as screening, blocking, or running with the ball carrier.*

Downed Player

A player is downed when his flag is pulled off his belt. A player is also downed if any part of his body, other than his hand or foot, touches the ground. If a flag incidentally falls off, the ball will be placed at that spot. Any player that does not meet the appropriate flag rules at the beginning of the play (both properly placed and reachable by the defense) will not be considered an eligible receiver. If a receiver catches the ball and does not meet the appropriate flag rules, the ball will be returned to the original spot and the offense will be charged with a loss of down for that play.

Spot

The referee will spot the ball at the feet of the player where he was downed. This is at the discretion of the official.

Penalties

- General
 - Referees will call all penalties.
 - Referees will determine incidental contact that may result from normal run of play.
 - All penalties will be assessed from the line of scrimmage, except as noted (spot fouls).
 - Only the head coach may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.
 - Games cannot end on a defensive penalty, unless the offense declines it.
 - Penalties will be assessed half the distance to the goal yardage when penalty yardage is more than half the distance to the goal.
- 5 yard penalties: All fouls will result in a five yard penalty **or** loss of down for the team committing the infraction.
 - Illegal Equipment
 - Offside
 - Illegal motion (more than one person moving, false start, etc.)
 - Illegal forward pass
 - Offensive pass interference (illegal pick play, pushing off/away from defender)
 - Screening, blocking, or running with the ball carrier

- Delay of game
- Defense illegal contact (holding, blocking, etc.)
- Defense illegal flag pull (before receiver has the ball)
- Defense illegal rushing (starting rush from inside the 7 yard marker)
- 10 yard penalties: All fouls will result in a 10 yard penalty and loss of down for the team committing the infraction.
 - Roughing the passer
 - Taunting
 - Unsportsmanlike conduct
 - After scoring and touchdown is good, offense receives a 10 yard penalty from the yard line of PAT attempt after touchdown (one warning to player and team before ejection)
- Spot Fouls
 - Flag guarding.....5 yards or loss of down
 - Pre-mature flag pulling.....5 yards or result of play
 - Defensive pass interference.....first down
 - Offensive unnecessary roughness.....10 yards & loss of down
 - Screening, blocking, or running w/ ball carrier.....5 yards or loss of down
 - Defensive unnecessary roughness.....10 yards & first down
- Defense
 - Offside.....5 yards from the LOS & automatic first down
 - Illegal contact.....5 yards from the LOS & automatic first down
 - Holding, blocking, etc.
 - Illegal flag pull.....5 yards from the LOS & automatic first down
 - Before receiver has ball
 - Illegal rushing.....5 yards from the LOS & automatic first down
 - Starting rush from inside 7-yard marker
 - Roughing the passer.....10 yards from the LOS & first down
 - Taunting.....10 yards from the LOS & first down
 - Unnecessary roughness.....Spot foul, 10 yards & first down
 - Stripping..... Spot foul, 10 yards & first down
 - Defensive pass interference.....Spot foul & first down
- Offense
 - Illegal motion.....5 yards from the LOS
 - More than one person in motion, false start, etc.
 - Illegal forward pass.....5 yards from the LOS or loss of down
 - Offensive pass interference.....5 yards from the LOS or loss of down
 - Flag guarding.....spot foul, 5 yards or loss of down
 - Screening/blocking/running w/ ball carrier.....spot foul, 5 yards or loss of down

- Delay of game.....5 yards from the LOS
- Offensive unnecessary roughness..... spot foul, 10 yards & loss of down
- While there is only allowed ONE player in motion, a legal shift IS allowed by the receivers/running back as long as they reset prior to the ball being snapped. However, once the QB and center break from the huddle and are set, they must remain set during any shift by the receivers/running backs. If players are not set and still moving while the ball is being snapped, it will be a 5-yard penalty for illegal shift (multiple players in motion).

Unsportsmanlike Conduct

If the field monitor or referee witnesses any acts of intentional tackling, elbowing, cheap shots, or any unsportsmanlike act, the game may be stopped and the player may be ejected from the game. The decision is made at the referee's discretion. No appeals!
FOUL PLAY WILL NOT BE TOLERATED.

Ejections

Players or coaches committing flagrant fouls may be given a warning or be removed from the game immediately. Any player, coach, or spectator who is ejected from a game will be forced to miss at least one game. All ejections will be reviewed by Center Circle staff and may lead to additional penalties or suspensions.

Ball Sizes:

Pre-K & K-2: K-2 Ball

3-6: TDJ Ball

Coaches Responsibilities

1. Be in contact with parents concerning practice times, game times, and flag football league important dates.
2. Adhere to league rules and recommendations as outlined by Center Circle.
3. Provide equal playing time for team members by filling out time sheets for each game.
4. Ensure fun and safe play for his or her team.

