

Hot Shots Indoor Sports Arena
Official Rules and Guidelines
Indoor Flag Football

1. Introduction

The game is very similar to traditional football, with some very key differences. Most notably, four-on-four flag football, is a non-contact sport. This means that downfield blocking, jamming of receivers, bump-and-run coverage, and stiff-arm moves are all illegal.

1.1. Eligibility

In order to play in a event, players must be 15 years or older. While there is not currently a separate division for women's teams, women are encouraged to play in our open divisions.

1.2. Rosters

Teams can have up to 14 players on their rosters. Hot Shots ISA must approve changes to a team roster. Each team must have a minimum of 8 players on the roster. Players cannot be added to the roster after week 3. All players must play at least 3 games to be eligible for the playoffs.

2. The Game

2.1. Determining the Initial Possession

The initial possession will be determined by coin toss. The winner of the coin toss will have the option to start on offense, or defer to the second half and choose direction of play. The loser of the coin flip will choose the direction of play if the winner chooses to start on offense.

2.2. Timing

All games will consist of 4–12 minute quarters. There is a two minute break between quarters and a 5 minute break during half time.

2.2.3. Between Plays

Teams will have 20 seconds from the time that the ball is spotted to snap the ball.

2.3. The Playing Field

The playing field is 24 yards wide and 60 yards in total length. The end zones are each seven yards deep. The first down marker is at mid-field. There are lines delineating no-run zones (See section 4.3.2) located five yards from each goal line, and five yards in either direction of the first down marker.

The field is surrounded by a white boundary line, which is considered out of play.

2.4. Determining a Winner

The team that has scored the most points during the course of the game will be deemed the winner. If a team, leads by 30 or more points after the 3rd quarter, the game will be ended, and the team in the lead will be deemed the winner.

2.5. Ties

Any round-robin game ending in a tie will be deemed a tie, and will go down as such for each team. Ties occurring in single-elimination games will be settled by overtime.

2.6. Overtime

Overtime will consist of each team having the option of attempting a one-point try from five yards outside the end-zone, or attempting a two-point try from twelve yards outside the end-zone. The team with the most points after alternating possessions will be deemed the winner.

3. Equipment

In order to participate, Hot Shots ISA requires that players adhere to rules and regulations governing appropriate equipment.

3.1. Mouth Pieces

Mouth pieces play a valuable role in limiting the occurrence of concussions, and each player will be required to wear a mouth piece at all times. Mouth pieces will be available for purchase in the pro shop.

3.2. Footwear

No Cleats or spikes of any kind are permitted. All shoes should have 'non-marking' sole.

3.3. Shirts/Jerseys

Shirts or jerseys should be tucked in at all times. Each team is responsible for their own Jerseys. Hot Shots T-shirts are available for purchase in the pro-shop. Hot Shots will also be happy to assist teams in purchasing jerseys.

3.4. Footballs

Each team's offense can play with the ball of their choice. The Footballs must be approved by the other team at the beginning of the game. If there are any conflicts with the balls, the House Ball, provided by Hot Shots will be used.

3.5. Flags

Hot Shots ISA will provide flags for each field. Teams may not use their own flags. In the event of broken or defective equipment, the team captain can appeal to the field marshal for a replacement.

3.6. Towels

A towel can be worn from the belt, but can not interfere with or obscure the players' flags. If a player chooses to wear a towel, the defensive player can choose to pull the towel from that players' belt, and it will be recognized as a valid flag pull.

3.7. Playbooks

Playbooks are to be kept on the sidelines. Players have the option of wearing approved wrist equipment that can contain a play list, but no playbooks will be allowed on the field during play.

3.8. Foreign Substances

The use of foreign substances, such as stick-um, will not be allowed.

4. Offense

At the beginning of the half, after a turnover-on-downs, after a safety, or after a touchdown, the offense will begin their possession at their own five-yard line. They will have three plays in which to advance the ball past the first down marker. If they succeed, they will be given three additional plays in which to advance the ball into the end-zone.

After an interception, the offense will begin their possession at the point where the defending team pulled the flag of the intercepting player, or where that player went out of bounds. If possession begins before midfield, the team will have three plays in which to advance the ball past that marker for a first down, and will be granted three additional plays in which to advance the ball into the end-zone. If the possession begins past the mid-field marker, the offense will have just the three plays in which to advance the ball into the end-zone.

4.1. Alignment of Players at the Snap

Offensive players can align themselves in any way they choose before the snap. The only limitations are that the center must be on the line of scrimmage, and the other players must be on or behind the line of scrimmage. The offense must wait until the officials have properly marked the line of scrimmage and rushing line before snapping the ball.

4.2. Starting the Play

The offense has 20 seconds from the time that the ball is spotted in which to snap the ball. The center must snap the ball between his/her legs in order to start the play. The center must give right-of-way to the defensive rusher

4.3. Advancing the Ball

The offensive team can advance the ball in the following ways:

4.3.1. Forward Pass

After the snap, the Quarterback can complete a forward pass to a receiver. The receiver must be over the line of scrimmage in order for a forward pass to be legal.

4.3.2. Running or Passing the Ball After a Hand-Off

The Quarterback may choose to hand off the ball to a player in the backfield. There is no limit to the number of hand offs which can occur behind the line of scrimmage. After a hand off, the receiving player can choose to run the ball forward, or has the option to attempt a forward pass. As soon as the player advances beyond the line of scrimmage, his pass option ceases to exist.

On plays beginning within the no-run-zone five yards before the first down marker, or the no-run-zone located five yards before the end zone, the offense will not have the option to advance the ball without a forward pass.

If a player should drop or fumble the ball at any time, the ball will be considered dead at the spot where it first hit the ground, or at the spot where the player lost possession, based on which is further back.

The Quarterback is allowed to rush the ball if the opposing team decides to blitz on that play.

4.3.3. The Seven Second Rule

The Quarterback has seven seconds from the time the ball is snapped to throw the ball. If he fails to do so, the play will be ruled dead at the previous line of scrimmage. If a team executes a hand-off, the seven-second count is no longer in effect.

4.4. Spotting the Ball

The ball should be spotted at the point where the players' hips were when their flag was pulled. Players cannot extend the ball to achieve a better spot.

If a player falls towards his own line of scrimmage while making a catch, the ball will be spotted at the furthest point the ball progressed while in possession of the player, or at the hips of the player, whichever is closer to the original line of scrimmage.

4.5. Achieving a First Down

A First Down can be achieved in two ways:

The Offense advances the ball past the first-down marker in less than three plays, or an Official calls an infraction that results in a first down.

Upon achieving a first down, the offense will be granted a fresh set of downs in which to score a touchdown.

4.6. Scoring an Offensive Touchdown

An offensive touchdown is awarded when the offense advances the ball into the end-zone. Six points will be awarded for a touchdown.

4.7. Extra Points

After a touchdown is scored, the offense will have the following options:

4.7.1. Attempting a One-Point Conversion

The Offense will have one play from five yards outside the opponent's end zone. If they advance the ball into the opponent's end-zone, they will be awarded one point.

4.7.2. Attempting a Two-Point Conversion

The Offense will have one play from twelve yards outside the opponent's end zone. If they advance the ball into the opponent's end-zone, they will be awarded two points.

Note: Any defensive penalty occurring in the end-zone during the course of an extra point will result in the extra point try being deemed as successful, and the offense will be awarded the appropriate number of points.

4.7.3. Interceptions on Extra Points

Interceptions on an extra-point attempt can be returned by the defensive team. The defensive team will be credited with one point for a successful interception return on an extra-point try – regardless of whether the offense was attempting a one or two point conversion.

5. Defense

The defensive team will attempt to stop the offense from scoring.

5.1. Alignment of Players Before the Snap

Defensive players can line up any way that they choose before the snap. Their only limitation is that they must be lined up between their own end-zone and the line of scrimmage.

5.2. Rushing the Quarterback

If the defensive team wishes to rush the Quarterback, they must line the rusher up at least seven yards back from the line of scrimmage. Before each play, an official will indicate where the seven yard mark is. If a player lines up in front of the seven yard mark, they must go back behind the mark before they rush the Quarterback. Once the Defense rushes on the play, the quarterback is allowed to run – except in the no run zone.

5.3. Rushing After a Hand-Off

If the offense chooses to hand the ball off, any defensive player can rush immediately, regardless of where they lined up before the play.

5.4. Defending a Forward Pass

The defensive team can defend a forward pass by batting the ball down, or by trying to intercept the ball. No contact with offensive players will be allowed.

5.5. Interceptions

Interceptions can be returned by the defensive team.

5.6. Safeties

A safety occurs when the offensive team is stopped or commits a penalty in their own end zone. Two points and possession of the ball will be awarded for a safety.

6. Penalties

The field officials have the final say on all penalties.

6.1. General Penalties

6.1.1. Fighting

Fighting will not be tolerated. Any players involved in fights will be immediately expelled from the facility with no refund of monies being offered. Their team may be disqualified from the competition as well. In addition, a fifteen yard penalty will be assessed.

6.1.2. Taunting

Taunting of players will not be tolerated. A fifteen yard penalty will be assessed for taunting, and repeat offenders will be expelled from the game, and possibly from the tournament.

6.1.3. Unsportsmanlike Conduct

Conduct deemed as unsportsmanlike includes cursing, excessive confrontation or abuse of an official, intentionally delaying the game, or otherwise disrupting the game in an unsportsmanlike manner. A fifteen yard penalty will be assessed, and the offending player may be ejected.

6.2. Offensive Penalties

The defense has the option to accept or decline any offensive penalty. All offensive penalties will result in a five yard penalty from the line of scrimmage, and a loss of the down. Any offensive penalty occurring in the offense's end-zone will result in a safety.

6.2.1. Illegal Snap of the Ball

The ball must be snapped between the legs of the center. Illegal snap will result in a five yard penalty from the line of scrimmage, and a loss of the down.

6.2.2. Illegal Motion

Once the offense is set, only one player can be in motion at a time. The player must move laterally or backwards, and not forwards. Illegal motion will result in a five yard penalty from the line of scrimmage, and a loss of the down.

6.2.3. False Start

Offensive players can not move forward or cross the line of scrimmage before the snap of the ball. A false start will result in a five yard penalty and a loss of the down.

6.2.4. Impeding the Rusher

Offensive players must give the defensive rusher a clear path. Impeding the rusher will result in a five yard penalty from the line of scrimmage and a loss of the down.

6.2.5. Blocking Downfield

If a pass is completed to a receiver, other receiver must stop their patterns and stand still. If an offensive player fails to stop his pattern after a completion is made by another offensive player, and the player without the ball interferes with a defender's opportunity to pull the receivers flag, downfield blocking will be called. The penalty is five yards from the line of scrimmage, and a loss of down.

6.2.6. Illegal Pick

Receivers are not allowed to intentionally set picks for defenders in order to free other receivers. Illegal picks will result in a five yard penalty from the line of scrimmage, and a loss of the down.

6.2.7. Flag Guarding

An offensive player in possession of the football can not impede the defender's ability to pull his flag by swiping at his hand or using the ball as a shield. Flag guarding will result in a five yard penalty from the line of scrimmage, and a loss of the down.

6.2.8. Lowering of the Head or Shoulder

The offensive player can not lower his head or shoulder in an attempt to run over or impede a defensive player. Lowering of the head or shoulder will result in a five yard penalty from the line of scrimmage, and a loss of the down.

6.2.9. Pass Interference

Offensive players can not in any way interfere with a defensive player at any time. Offensive Pass Interference will result in a five yard penalty from the line of scrimmage, and a loss of the down.

6.2.10. Illegal Forward Pass

Passes occurring beyond the line of scrimmage are not allowed. Illegal forward pass will result in a five yard penalty from the line of scrimmage, and a loss of the down.

6.2.11. Illegal Hand-Off or Pitch

The ball can not be handed off beyond the line of scrimmage. The ball can not be pitched or lateralled backwards at any time. Illegal Hand-Off or Pitch will result in a five yard penalty from the line of scrimmage, and a loss of the down.

6.2.12. Illegal Run from Scrimmage

The offense can not advance the ball by running if the line of scrimmage is within one of the no run zones. The offense can not advance the ball by running unless a valid hand-off occurs. Illegal run from scrimmage will result in a five yard penalty from the line of scrimmage, and a loss of the down.

6.2.13. Delay of Game

The offense has 20 seconds from the time the ball and seven yard mark are spotted in which to run an offensive play. Failure to run a play within the allotted 20 second period will result in a five yard penalty from the line of scrimmage, and a loss of the down.

6.2.14. Seven Second Violation

The Quarterback has seven seconds to throw the ball after it is snapped. If seven seconds expires, and the ball has not been thrown, the play will be dead, and the ball will be marked at the previous line of scrimmage. Violation will result in a loss of down.

6.3. Defensive Penalties

The offense has the option to accept or decline any defensive penalty. Defensive penalties occurring in the end-zone on extra points will result in scores being awarded. The game can not end on a defensive penalty.

6.3.1. Off-Sides

Defensive players must line up between their end zone and the line of scrimmage. Lining up over the line of scrimmage will result in a five yard penalty from the line of scrimmage and repeat of the down.

6.3.2. Illegal Rush

Defensive players rushing from inside the seven yard mark with no hand-off occurring will be penalized for Illegal Rush. The penalty will result in a five yard penalty from the line of scrimmage and repeat of the down.

6.3.3. Illegal Contact

Defenders can not jam receiver, or engage in any other type of illegal contact. This will result in a five yard penalty from the line of scrimmage and an automatic first-down.

6.3.4. Holding

Defenders can not impede the offensive player by holding his body or equipment. Holding will result in a five yard penalty from end of the play and an automatic first-down.

6.3.5. Illegal Flag Pull

A defender can not intentionally pull the flag of an offensive player before that player has possession of the ball. Illegal flag pull will result in a five yard penalty from the line of scrimmage and an automatic first down.

6.3.6. Pass Interference

The defensive player shall not make contact with the receiver while the ball is in the air. Pass interference will result in either a five yard penalty from the line of scrimmage and automatic first down, or a spot foul and automatic first down, depending on the severity of the infraction as judged by the official.

6.3.7. Roughing the Quarterback

The defensive player can not go for the arm of the quarterback at any time. A defensive player making contact with the quarterback's arm will result in a roughing penalty. Roughing the quarterback will result in a five or fifteen yard penalty and an automatic first down, depending on the severity of the infraction as judged by the official.

6.3.8. Delay of Game

Defensive players intentionally delaying the game will be penalized. Defensive delay of game will result in a five yard penalty from the line of scrimmage and repeat of the down.

6.3.9. Illegal Push

The defensive player must make an attempt to pull the flag of the offensive player. He can not intentionally push an offensive player out of bounds. Illegal push will result in a five yard penalty from the line of scrimmage and an automatic first down.