

2024 INDOOR RULES NOMTFA INDOOR FOOTBALL RULES

General:

PLAYERS MUST BE REGISTERED WITH SIGNED WAIVERS PRIOR TO PLAYING ANY GAMES.

- 4 teams of 12 players will play 9 games each, plus a 2-game play-off without consolation games.
- 6 players aside (includes quarterback) but teams may start game with 5 players.
- Substitutions can be made at any break in the game or between plays.
- **55-minute game running time (two x 22 minute halves + 6 plays each half).**
- **One 30-second timeout per team per half; which will stop the running game clock.**
- One hand touch only.
- Only turf and running shoes may be worn. NO METAL SPIKES.
- All team players must have matching base uniforms.
- All uniforms must be numbered.

Mechanics of the game:

- Ball possession starts on 5-yard line in place of kickoffs.
- Any player who receives the ball in the backfield through a snap, a hand-off or lateral pass is considered to be a quarterback and can scramble but cannot cross the line of scrimmage. If this player crosses the line of scrimmage, the play will be whistled dead and loss of down.
- **1 foot inbound on all catches = completion.**
- **Five (5) plays for the field. Offense must complete all five plays (no kicking) Failure to score will result in the change of possession at the point of the last line of scrimmage (LOS).**
- **On 5th down the offensive team can decide to give up the ball to the other team if they have not passed mid field. The ball will be placed on the other teams 5 yard line.**
- DEFLECTIONS or TIPPED BALLS, which are caught, are dead at point of deflection ONLY in those situations where the pass is tipped by one offensive player and then caught by a different offensive player. **If the ball is tipped or deflected by an offensive player to a defense player and caught the play continues until the player is touched.**
- **Fumbled balls between the QB and Centre are live to the QB only.**
- Fumbled balls are dead balls.
- Fumbled after reception, ball is dead at the place of fumble.
- **Fumbled snap to QB - ball is LIVE.**
- **Player with knee down can continue to play unless touched.**
- Any diving with the ball to avoid a touch will be placed at the spot of the dive.
- Any lowering of the head to avoid a touch will result in a dead ball at the spot of the lowering.
- If an offensive player is pushed out of bounds (sideline), the player is still eligible to come back into the play. If a player goes out of bounds on the sideline on their own the player is ineligible for catch or play = loss of down if caught by ineligible player.
- **Rear end zone line is not LIVE (in play) unless resulting in a catch play. A player can exit over the dead ball line and re-entry the end zone during the play but must catch the ball in the end zone to score.**
- **If ball hits wire running across the dome, play is dead, repeat play and down.**
- If ball hits ceiling, dead ball and loss of down.
- Each team is responsible to pick up their own ball, if delay in retrieving ball 20-second count will commence.
- **In the last six plays of each half, any penalty application will result in loss of a play except for any penalty accepted on the last play. (apply the yardage, repeat the play)**

Rushing:

- **2 loud steamboats (counted by the same referee)**
- Once 2 steamboats are counted, rusher may cross the line of scrimmage and other defensive players may join in the rush.
- Steamboats count begins once the ball is lifted off the ground by center, regardless if quarterback calls hut.
- Rusher lines up 1 yard on either side of bag and 1 yard back of line of scrimmage.
- Rusher cannot advance until 2 steamboats have been called. But can move from side to side with QB.

- **Rusher must wait for 2nd steamboat before advancing.** Offside by the rusher occurs when any part of the body is over the rushing line before the 2 steamboats is finished.
- If the QB Laterals to Option QB than the rusher can continue to rush QB or participate in a defensive play (cover the original QB or play zone)
- If there is an Option QB a defensive player may rush the Option QB only after the 2 steamboats have been called.

Scoring:

- 6 points for a touchdown.
- 1-point (from 5 yards out) or 2-point (from 10-yards out) converts. **Converts must be another play but does not count as a play in the last 6 plays of a half.**
- Interceptions during converts, dead ball.
- 2 points for a safety. (Tag or ball lands in end zone or through end zone).
- Game is deemed over when a team is winning by 40 points or more with 2 minutes left in the game.
- If a team is winning by 21 points or more at the end of the second half the last 6 plays will not be played.
- When determining ranking in the standings, plus/minus will only apply after head/head has been applied or if teams did not play each other.

Penalties:

- Taunting - There will be no taunting of opposing players = 5 yard penalty.
- Spiking - Any spiking of the ball at any time = 5 yard penalty. If spiking occurs after a touchdown the offending team will be penalized 5 yards on the convert.
- Delay of game = 5 yard penalty loss of down.
- Defensive holding = down over and 5 yard penalty.
- Offensive holding = loss of down and 5 yard penalty.
- When the player with the ball is running, team members cannot interfere with play, no hand blocking or impeding allowed. Infraction = dead ball at place of infraction... no loss of down.
- Catchable Balls: Defense = pass interference at the spot of the foul and repeat down.
Offence = target area interference- change of possession point of foul.
- Non-Catchable Balls: Defense = 5-yard penalty and repeat down.
Offense = 5-yard penalty and loss of down.
- 2ND RIGHT TO THE BALL: Any player has second right to a ball after being tipped or deflected.
- A player who interferes with another player, i.e. grabs hands or in some way prevents a player from catching a tipped or deflected ball is guilty of Pass Interference when the ball remains catchable.
- Aggressive hand or body contact either before or after a reception (co-incident contact allowed, both players going for the ball) = 15 yards down over and completed yards.
- Aggressive Pushing out of bounds = 15 yards down over and completed yards.
- In the END ZONE, any defensive rough play toward the intended receiver, or flag against the defender covering the intended receiver, is an automatic touchdown or convert.
- In the END ZONE, any offensive rough play is a loss of down & 5-yard penalty or loss of attempt at convert.
- Any additional rough play or roughness not mentioned above is at the discretion of the official. Offending player(s) will be cautioned and/or removed from the game and/or face possible suspension.
- FIGHTING. Any person(s) fighting, automatic game ejection and further league discipline.
- TACKLE = GAME EJECTION AND 15 YARD PENALTY
- No swearing/threatening at officials or opposing players = loss of down + series ejection and/or game ejection + 15 yard penalty.
- ANY PERSON STRIKING DIRECTLY OR INDIRECTLY or THREATENING A REFEREE OR EXECUTIVE OFFICIAL OF THE LEAGUE WILL BE SUSPENDED FROM THE LEAGUE INDEFINITELY.
- Team captains have the right to remove a player on his team from the field of play due to poor conduct or unsportsmanlike behavior. Refusal of the player to leave will result in an automatic league suspension.

- If any player does not play a minimum of 50% of the game, the team in question shall suffer a forfeit and the opposing team will earn a win.
- A breach of any of the above deemed to be aggressive by an official, can be followed up by game ejection of the player(s) or team from the game and/or banishment from the league.

Revised January 15, 2024