



Adult Local League Rules

The City of Greenville Parks & Recreation Department reserves the right to change and implement new rules at any time. We are committed to provide the best programs possible to ensure the best environment for the players, coaches and their respective families

Local Playing Rules (Men's Indoor)

The Game

1. No contact allowed.
2. NO BLOCKING/SCREENING beyond the line of scrimmage. Offensive players not involved with a play down field must attempt to get out of the way.
3. Games consist of 2 - 15 minute halves. Half time will be 1 minute. There are NO DEFERMENTS. The winner of the coin toss has the following options: 1) offense, 2) defense. Loser of the coin toss has the remaining options and the first choice in the second half.
4. The offensive team takes possession of the ball at the 45-yard line and has four (4) plays to gain a first down.
5. All possession changes start on the 45-yard line. 1st downs are 15 yards.
6. Each time the ball is spotted a team has 15 seconds to snap the ball.
7. Running clock: except injuries & time-outs. Clock will stop in the last minute of each half for out of bounds, incomplete pass and a touchdown.

The Field

1. The field dimensions will be 45 x 53 yards (one - 10-yard end zone).

Attire

1. Cleats are allowed, no metal cleats, or screw ins allowed. Inspections can and will be made.
2. Shirts must be tucked in shorts (WITH NO POCKETS), pants, etc.
3. Flags – The “Sonic” belts will be the only flags allowed. Flags must be a minimum of 12 inches in length and 1-½ inches in width and must be a different color than the player's lower uniform. (Will be furnished)
4. No headgear may be worn (ex: caps, beanies, visors, etc.)

Rosters

1. Team's rosters are not to exceed 15 players

Participants (Men's Indoor)

Section 1 - Players/Game Schedules

1. Teams must field a minimum of six (6) players at all times.
2. Pickup players may not be anyone who is currently already on another roster in our league.
3. Game time is forfeit time. (NO EXCEPTIONS)
4. We reserve the right to reduce, shorten, or reschedule games due to inclement weather or unforeseen circumstances.
5. All players must carry I.D. for proof of age and identity.
6. Players may only be on one roster within our league.

Section 2 – Scoring

1. TD=6 points, Extra Point=1 (3 yards out); 2 (10 yards out); an interception on the extra point try kills the play.

Section 3 - Time Outs

1. Each team has one, 60-second, time out per half, in which the clock stops.
2. Officials can stop the clock at their own discretion.

OFFENSE (Men's Indoor)

Section 1 - Center Snap

1. A center snap may touch the ground before it gets to the quarterback and remain playable if the quarterback fields it cleanly off the bounce (one or more) from the ground. However, if quarterback muffs the ball to the ground or the ball goes past the quarterback it is dead where the ball touches the ground.
2. All center snaps will be off the QB tee and thrown backwards to the quarterback.
3. The center will be considered an ineligible player.
4. The center is responsible for moving the QB TEE and any down markers.
5. **Offense must have a TE 5 yards from the center and a running back in the back field.**

Section 2 – Running

1. The quarterback or any player who might have gotten the ball prior to it passing the line of scrimmage CANNOT run the ball.
2. The player, who takes the pitch back, behind the line of scrimmage, cannot run with the ball. He must throw the ball beyond the line of scrimmage.
3. Spinning is allowed but players must avoid a defensive player, if contact is made it will be on the offensive player out of control.
4. The ball is spotted where the ball carriers belt is when the flag is pulled, not where the ball is. Flags must break the plane for a 1st down and touchdown.

Section 3 – Passing

1. All passes must be forward and received beyond the line of scrimmage.
2. Shovel passes are allowed but must be received beyond the LOS.
3. A Forward Pass/Lateral is defined as a live ball thrown towards the opponents' goal line.
4. **QB has a 4-second "pass clock" and will begin once the ball is snapped. The offensive team will have 4 seconds to advance the ball through the air across the LOS. If they fail to attempt to advance the ball through the air during the 4 second clock, a 5-yard penalty will be enforced from the previous spot and a loss of down.**
5. If the QB intentionally grounds the ball to avoid a sack, then the play will be ruled a loss of down and be assessed a 5-yard penalty.
6. Referees will do the official count.

Section 4 - Receiving

1. Only one player is allowed in motion at the time of the snap.
2. Player must have at least one foot in bounds when making a catch.

Dead Balls (Men's Indoor)

Section 1 - Dead Balls

1. Play is ruled "DEAD" when:
 - Offensive player's flag is pulled.
 - Ball carrier steps out of bounds.
 - Touchdown is scored.
 - Ball carrier's knee or the ball hits the ground.
 - Ball carrier's hand touches the ground

- If an Offensive Players flag falls out during a play, he will be whistled dead at the spot the flag fell out.
 - Interception is made. (This results in a turnover)
2. There are no fumbles. Ball is spotted where it hits the ground. Anytime the ball touches the ground it is dead.
Exceptions:
 - a. Any ball dropped in a forward motion will be brought back to last point of possession.
 - b. Quarterback may field the ball off a bounce.

Section 2 - Overtime

1. If the score is tied at the end of 30 minutes, teams move directly into overtime.
2. Coin toss determines possession.
3. Each team receives the ball at the 20yard line with one possession. Winner will be determined by points, or by positive yardage. After two overtime periods teams, must go for 2 on the extra point.
4. Interceptions will end series.

Section 3 - Sportsmanship/Roughing

1. If the fields monitor or referee witnesses any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped, and the player can be ejected from the game. League representative may decide to eject players from the game. **FOUL PLAY AND FOUL LANGUAGE WILL NOT BE TOLERATED AND WILL RESULT IN AN EJECTION.**
2. Trash talking is illegal. Official has the right to determine language that is offensive. (Trash talk is that which may be offensive to official, opposing team, or spectators). Referee can eject players from the game for trash talking.