# Park Ridge 6v6 Indoor Football Rules

## 1. Game Overview

- Games are 25 minutes.
- The clock runs continuously during the first 24 minutes and stops according to rules defined in Section 3.
- There is no overtime in regular season play.
- Teams: 6 players on offense and 6 on defense.

## 2. Gameplay

- Each possession begins on the Administrative Zone goal line, moving toward the opposite goal line.
- Each team gets four downs to reach the 20-yard line for a first down, then another four downs to score a touchdown.
- Time to throw a pass or hand the ball and cross the line of scrimmage after the "snap" from QB Tee.
  - 7th/8th Grade Division – Four (4) seconds
  - 5th/6th Grade Division – Five (5) seconds
  - 1st thru 4th Grade Divisions – Six (6) seconds
  - ❖ If not thrown or does not cross the LOS by specified time limit, it counts as a Delay of Game penalty (a sack and a loss of down).
- **No defensive player can cross the line of scrimmage.**
- **No contact by either side or bump with contact coverage.**
- There are no fumbles. The ball is dead when it hits the ground.
- A single pass or pitch behind the line of scrimmage is allowed.
- No double passes, shuffle passes or hand-off and pass are allowed.
- Run Plays by Division: a run is defined by the QB handing the ball to another player
  - 5th thru 8th Grades– **No** run plays
  - 3rd/4th Grade – 2 run plays per 4 downs (no run plays on PAT)
  - 1st/2nd – Unlimited run plays
- Play clock: 30 seconds between plays.
- One 30 second timeout per team per game.
- One-hand touch anywhere below the head = tackle.
- One offensive coach may be in the huddle with players between plays. No Defensive coaches are allowed on the field.

## 3. Final Minute Clock Stoppage:

- Offensive player runs out of bounds with possession of the ball prior to being touched by defensive player.
- Incomplete pass.
- Delay of game penalty.

## 4. Extra Points (PAT)

- After a touchdown, teams choose to snap from (must be a pass 3rd through 8th grade):
  - 5-yard line = 1 point
  - 10-yard line = 2 points

## 5. Change of Possession

- Occurs after a PAT attempt, failure to make a first down, or a turnover.

## 6. Overtime (Playoffs Only)

- An official coin toss determines which team receives possession in the first overtime period.
- Each team gets 3 plays from the 10-yard line per overtime period.
- Both teams have a chance to score in overtime.
- Starting with the 3rd overtime, all PATs must be 2-point attempts from the 10-yard line.
- Overtime periods are not timed, but play clock is still in effect.

## 7. Mercy Rule

- If a team leads by 24 points or more, the clock continues to run for the rest of the game (no timeouts).
- The trailing team will remain on Offense until the scoring deficit is less than 24pts.

## 8. Scoring

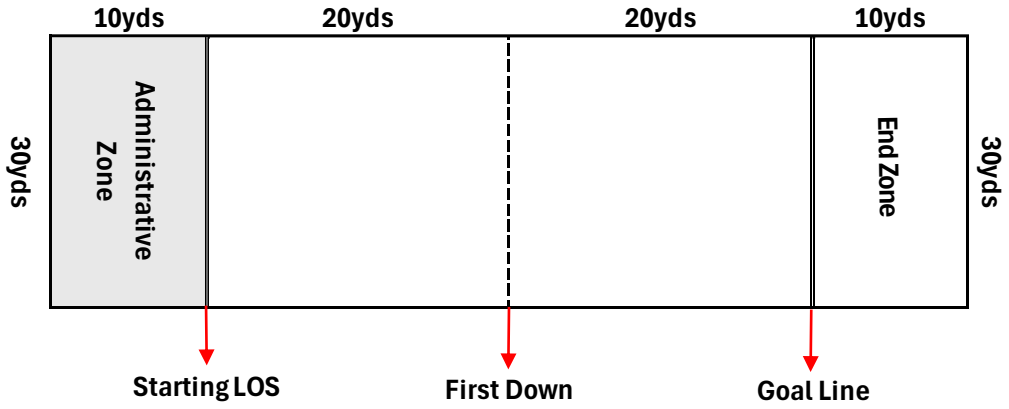
- Touchdown = 6 points
- Interception = 3 points (no points on a PAT interception)
- Turnover on downs = 2 points
- PAT = 1 point (5-yard line) or 2 points (10-yard line). No defensive points on PAT.

## 9. Penalties

- Defensive Pass Interference = 5 yards + automatic first down
- Defensive Holding = 5 yards + automatic first down (sack ignored if both occur)
- Defensive Offsides or Crossing the Line of Scrimmage = 5-yard penalty
- Offensive Pass Interference/Blocking = Loss of down, ball returns to previous spot
- Offensive Illegal Procedure = Loss of down
- Delay of Game = Loss of down
- Fighting / Unsportsmanlike Conduct (Player) = 1st offense: ejection from game; 2nd offense: ejection from league
- Fighting / Unsportsmanlike Conduct (Team) = Any player leaving sideline to fight; entire team ejected from league
- Personal Fouls:
  - Offense = Loss of down and 5 yards (if on start line, loss of down only)
  - Defense = 5 yards and automatic first down

## 10. Field Dimensions

### Game Field




## 11. Football Sizes

- Each team is allowed to use their own football, but the size must meet the Divisional specifications:
  - 7th/8th – TDY or above
  - 5th /6th – TDJ or above
  - 1st thru 4th – K2 or above