

Rules for Indoor Passing League

General Rules:

1. Each team will consist of 7-10 players
2. 2 Coaches per team/1 coach on field during play.
3. Game consists of all passing plays, no running plays are allowed.
4. Quarterback has 4 seconds to throw the ball once he has removed the ball from the timer/stand.
5. Games consist of 2 – 20 minute half's with running clock. Clock only stops for change of possession. Each team is allowed 1 timeout per half.
6. Offensive teams will have 5 players on playing field at one time.
7. Defensive teams will have 5 players on playing field at one time

Scoring:

1. 6 points for touchdown
2. 1 point for 2 point conversion from 3 yard line
3. 2 points for 2 point conversion from 5 yard line
4. 2 points for defensive stop/offensive team fails to score
5. 3 points for defensive pass interception

Interceptions cannot be advanced, teams will change possessions and ball will be marked at 40 yard line. On all fumbles the ball is dead and offensive team retains possession.

Offensive Rules:

1. Offensive teams will start at the 40 yard line and have 3 downs to move ball to 20 (midfield) for first down.
2. Offensive players are ruled down once they have been touched or knee has touched the ground.
3. All offensive players are eligible receivers
4. All teams will provide own playbook.
5. NO Double Passes or laterals

Defensive Rules:

1. Teams can play coverage's of choice
2. Interceptions and fumbles cannot be advanced
3. **No excessive physical play will be accepted**
4. On change of possession ball will be marked back to 40 yard line