



Best Damn Sports and Social Club

Co-ed Indoor Flag Football Rules

Last Updated 10/23/25

THIS IS A SOCIAL LEAGUE... AGGRESSIVE CONDUCT, ARGUING, DISRESPECT TO ANYONE WILL NOT BE TOLERATED. By playing you agree to the terms below with no refund if violated:

Conduct Rules and Warnings

The only way to de escalate any situation is not responding or getting “heated”. You are expected in any situation to act the same:

- 1. If someone yells at you, you walk away**
- 2. If someone pushes you, you walk away**
- 3. If someone hits you, you walk away (They are removed from league)**
- 4. If you respond to an escalation you will be punished as well**

If any Best Damn Staff observes a violation of the conduct policy the following official verbal and written warnings will be issued in person and EMAIL:

1st offense - You will be asked to sub out of game for the current drive and the next offensive and defensive series. (2 full possessions for each team) This will be a verbal warning and cool down for these plays where you cannot play. A written email will be sent as your 1st offense

2nd offense - You will be sent home immediately and suspended for the current game AND the next game. A written email will be sent. This is your final warning.

3rd offense - You will be removed from the league and banned from the following Best Damn Season of Flag Football. You will receive a written email.

4th offense - you will be banned from Best Damn Flag for life... your offenses do not reset either so do not let it go this far. If you cannot understand by this point this is a social league for fun you will be banned for life and this league is not a fit for you!!

These rules are not intended to scare anyone. We want all of our players to have fun while competing, but this is a SOCIAL league and our focus is on community wellness, not competition.

Game Regulations

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- Games consist of the following timed halves:
 - 1st Half: 25 Mins
 - **2nd Half: 24 Mins**
- If you are the HOME team (Check schedule) you are responsible for starting digital clock/scoreboard (You will be trained Week 1)
- Who ever is out of the game on the HOME team is responsible for updating electronic scoreboard with up to date score
- You must IMMEDIATELY start your game clock at your game start time, no times for “warm ups” (Your 2nd half clock will be cut short by staff if you do not start 1st half clock on time)
- You will run a 5 minute clock on scoreboard for Halftime (break/rest)
- Games consist of 6 on 6 (2 females minimum required on field AT ALL TIMES)
- Players can sub in and out on any dead ball
- The team with the most points at end of 2nd half wins, if tied read “OT Rules”
- Two females must be on the field playing at ALL times
- If your team cannot field at least 2 males and 2 females they forfeit the week (be there on time and bring Subs if you need them!)
- The team on defense will always elect 1 sub who is not playing to make all referee calls
- Captains take a picture of final scoreboard for safekeeping, intern should be recording it for you regardless.
- Keep things Social and do not argue over calls, you will get warning/ejections/BANNED for repeated offenses and disrespect to anyone around you!
- All BDSSC members must wear Team Shirts WHILE PLAYING

TIE BREAKER RULES

- ANY 2 TEAM TIES will be broken via the following methods in order:
 - Head to Head Record if they played each other
 - The Team with lower total PSA (Points Scored Against) on the Season
 - The team with the highest PSD (Point Score Differential)
 - The Team with the most PS (Points Scored)
 - Coin Toss by Best Damn Staff (If the above 4 all still result in a TIE)
- **If MORE THAN 2 teams are tied (3 or more) they will be ranked based on the following, moving down list if things are still tied:**
 - **Ranked in order of lowest PSA (Points Scored Against) on the Season**
 - **Ranked in order of highest PSD (Points Score Differential) on the Season**
 - **Ranked in order of highest (PS) Points Scored**
 - **BDSSC STAFF WILL BREAK any rare Tie that still exists after this**
- There is ONE scenario where the following logic will not be used in a multi-team tie, that is if EVERY TEAM in the tie has a complete head-to-head history during the season and ONE team has beat every other team in the tied scenario, ANY OTHER tie will use logic in RED.
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Substitutes for Missing Players

- You can only bring subs for players missing on your PAID roster
- If you are on a team roster you are NOT ALLOWED to sub on any other team for the entire season. In emergency situations league members can sub on other teams as a last resort to play the game, but the team they are subbing on takes an automatic Forfeit regardless of game outcome
- We have tools to find subs so there is no excuse, we have a facebook chat group, a facebook best damn sub group and worst case reach out to BEST DAMN, we will find you a sub. You must communicate with your team and as captains to find valid subs. We want new members to experience our league!

Game Rules

(We want to keep these short and sweet, this is not the NFL, so just have fun and enjoy the game!)

- There is NO contact, this is FLAG Football (no jamming, no playing the ball and blowing someone up... be aware of your surroundings! No hand checking WRs or DBs)
- **Any Football that hits a Wall, Side Net, or Ceiling Net/Ceiling is IMMEDIATELY a deadball and loss of that current down**
- Rock, Paper, Scissors will determine 1st possession
- No kickoffs, possessions will start at 5 yardline (5yards from opposing endzone) at each half and after scores
- You get 4 downs before turning over the ball
- You only need 1 foot in bounds for a catch to count! (There are no out of bounds so this is irrelevant)
- You can earn ONE 1st down per drive by crossing the midfield marker (line)
- A female must touch the ball every **other play**, you cannot have back to back plays with only males touching the ball
- A female MUST PLAY QB if the previous play was male to male
- Only a female may rush a female QB. Any rushing female can cross the LOS after a 5 Mississippi count. (No male can pull a female QB flag unless the female QB is past the LOS or handed the ball off)
- A female QB can hand off to a female RB and it counts as a female play
- No players on offense can line up on LOS within 4 feet from both sides of the ball (Blocking is not allowed so don't even try to get in the way or block for a handoff)
- No contact or tackling, you are considered down when 1 of your flags is pulled off the belt. **(You should be aiming for FLAG when tackling, not body contact)**
- **If a flag falls off while running you are DOWN. The only scenario where this differs is if you are QB behind the LOS and your flag falls off on its own, you must be 1 handed touched, and you are down (If you are running a route and a flag falls off you are down where you catch the ball!!!)**
 - **If you are a RB and your flag falls off before or AFTER receiving the ball PAST the LOS you are DOWN immediately. The only scenario where 1 hand touch comes into play with a fallen flag is a player with the ball BEHIND the original LOS.**
- You should not be pulling a flag before a receiver CATCHES the ball. If it's close within reason the receiver is just DOWN. If you intentionally pull a receivers flag BEFORE they catch it, this is a violation and the offense can choose to REPLAY the down or keep the completion at the catch location.
- You are not allowed to cover your flags or hide them in any way, please keep flags on left and right hip
- **If you have no flag belt you are down with 1 hand TOUCH**

- Do not put your flags in so tight they cannot be pulled. You will be given a velcro flag if you break a belt from this tactic
- You cannot Dive for a first down and TD! You are DOWN when you leave your feet, with the ball spotted where your FEET were before the dive (Any other time BALL is the marker when your FLAG is pulled, if you dive it is your FEET)
- Please do not dive into a QBs legs going for a flag. You must commit to one side and avoid bodily contact
- No Stiff Arms by runners or ramming into defenders or FLAG GUARDING
- QB can only run if rushed
- Please avoid making contact with receivers down field, penalty calls should be made by the person sitting out, but remember... keep it fair and don't argue over calls. (Replay a down on any flags)
- There is no Blocking in this league, only "screening in place". You CANNOT line up presnap in a position to block. Screen blocking only goes into effect after a person has become a runner and you "screen" in place wherever you are. Do not step in and screen someone and initiate contact like a basketball screen. **The screen blocker shall have his or her hands behind his or her back. Any use of the hands, arms, elbows, legs, or body to initiate contact during a screen block is ILLEGAL.** This prevents holding and injuries.
- You are NOT allowed to lineup anywhere as a blocker in between the QB and the QB Rusher. Blocking is not apart of this league and only comes into place with the rule above when you are already in the field of play playing.
- You are allowed to rush the QB after counting OUT Loud to 5 "MISSISSIPPI". (count slowly, if you are confused pull out your phone and time how long 5 seconds really is) **Staff will be monitoring your counts WEEK 1 to make sure its ACTUALLY 5 seconds long... not 2 or 3!**
- The QB will use a small flat cone to mark the Line of Scrimmage, the rusher cannot pass this cone until he counts to 5. QB is responsible for moving it down field.
- **Punting:** You may punt the ball rather than going for it on 4th down. There is no rushing the punter, the defense cannot cross the line of scrimmage. No "blocking" on punt returns, only screening. Same rules that apply to every down blocking from above.
 - Punts can be played off of the CEILING and CEILING NET only, meaning the returning team can catch and return them IF the ball does not hit the ground. A Punt is DEAD as soon as it hits the ground or side net/wall and is placed at that spot.
 - **A PUNT CAN BE THROWN LIKE A PASS as kicking can be hard with the low ceilings, same rules apply when "passing" a punt. Pass must be caught to be returned, and the ball is down where the passed ball dies. You cannot fake a punt once declaring to punt/pass.**
- **Fumbles:** A ball is dead at the immediate spot of a fumble. This includes a dropped ball by QB, a dropped reverse pitch, or any other fumbles. Possession does not change on a fumble
- **The QB must snap the ball on the LOS cone (1 foot touching the cone) at ALL TIMES, then drop back. No shotgun snaps.**
- **Drives start on the white line marked on the soccer field (10 yard line or so)**

Scoring

- There are no Field Goals or PATs
- Male touchdowns are worth 6 points (male to male)
- Female involved touchdowns are worth 9 points (female passing, running, or receiving a TD) If a female passes a ball to a male and he laterales it at anytime its still 9 points if a TD is scored as the passing TD stat still goes to the female QB
- A female pick 6 is worth 9 points
- If a female pick 6 is **lateraled** to a male its still 9 points, unless the male laterales again to another male, then its 6
- Safeties are worth 2 points and defensive team takes possession at 15 yard line

OVERTIME RULES

- **Overtime will be played similar to NCAAF RULES, but modified to save time since we cannot go over 1 Hour Time Slots inside!**
- You will rock paper scissors to see who plays Defense 1st
- **The first OT each team will start from the 5 yard line going in, and get 4 downs to score a TD (Male/Female Points still count)**
- **If you are STILL tied after the 1-OT you will move to swapping 2 PT conversion plays ONLY**
- Each team gets one 2 Pt Conversion play from the 5 yard line in each OT
- Male to Male 2 PT Conversion plays will be worth 2 Points
- If a female is involved it will be worth 3
- You continue rotating these OT rules until someone wins
- **If you have questions about this ask Week 1 before the game begins*

End of Game

- You will be using the digital scoreboard to see when your half is ending
- **7 PLAY RULE = After time expires in the 2ND HALF you will play exactly 7 more snaps/plays. The down and possession stays the same along with all other rules**
- After the 7th play has ran the game is officially over unless tied
- This rule is to prevent clock watching/wasting and allow for a fair ending. DO NOT PURPOSELY CHEW CLOCK in the 1st half, this is a social league.

Captain Responsibilities

- Make sure your team has enough people to play every week
- Make sure if you are HOME team someone on your team is running the electronic clock/scoreboard
- Make sure you grab a picture of the final scoreboard with your phone just in case!
- Make sure your team understands this is a social league. No one should be getting angry or arguing calls (Any concerns will be brought to the TEAM CAPTAIN)

- Make sure your team understands all rules before playing
- **Flag Belts are not supplied. You must bring your own if you did not purchase them. If you have no flag belt you are automatically down with 1 touch/1 hand**
- **Captains you may want to have extra belts on hand for your subs!**

Conduct Rules and Warnings

The only way to de-escalate any situation is not responding or getting “heated”. You are expected in any situation to act the same:

1. If someone yells at you, you walk away
2. If someone pushes you, you walk away
3. If someone hits you, you walk away (They are removed from league)

If any Best Damn Staff or Kingdom Staff (James, Art, Cory, Mackenzie, Sara, any interns or multiple “Witnesses”) witness anyone physically pushing or hitting anyone outside of gameplay or outbursting verbally with “explicit” you will be asked to leave for that game and that is your first warning. If you receive a second warning you are going to be banned from Best Damn Football for life, 3rd warning you are banned from Best Damn period

Other Things

- Please play fair and do not get angry, this is a social league
- Please do not drink and drive, if you need assistance getting a ride speak with BDSSC Staff
- BDSSC LLC is not responsible in any way for damages, injuries, and faults of its members. You sign this away with your waiver so you will be responsible for all of the above. Please be aware and stay safe
- BDSSC Staff will be taking photos and videos during all events. We have the right to use all media and will be posting them to our social media for everyone to enjoy
- There is no smoking allowed anywhere
- Have FUN and Keep it SOCIAL!!