

<u>2022 INDOOR RULES</u>
PRE-GAME
All players must print/sign/date the league supplied waiver before playing
Players must play in 3-games to qualify for playoffs
Cleats must be 1/4 or less
Uniforms must match in color with number by first game
Minimum of 6-players by game time to avoid forfeit
Opposing team plays with eight
Coin toss determines choice
Only rostered players are allowed on player sideline
24-person team limit including fans / Masks required for ALL
GAME
Eight vs. Eight
3-Ineligible Linemen on Offense
Defensive Linemen Head-to-Head
PRO & REC Divisions Full Rush
ROOKIE Division 3-Miss Count
Players arriving late must use a team T.O. to enter the game
Ball Begins on Five-Yard Line
One First Down at Midfield
No Straight Arming
Each Team Provides a Game Ball (CDFFL Approved)
Each Team Provides Pop Flags (CDFFL Approved)
TIMING
50-Minute Running Clock
1-Minute Warning / Stopped Time
2-Time-OUTS Per Game
30-Second Play Clock
Referee Can Stop Clock (Discretion)
Overtime CDFFL Shoot-Out Method / The down you score on determines outcome
Rosters Frozen after week four
SCORING
6-Points for TD

1-Point for kicked / run / pass Extra-Point From 3-Yard Line
2-Points for run / pass Extra-Point From 10-Yard Line
2-Points for Returned Extra-Points
2-Points for Safeties
The Game will end if one team trails by 18 or more points at the 1-minute warning of the game
PENALTIES
Half the yardage will be assessed
You may challenge one rule interpretation per half by requesting a T.O.
Failure to follow the jersey rule will result in a loss of a T.O. per player
Fighting/Referee Abuse will result in an automatic ejection from the facility
Illegal Push out of bounds will result in ejection from game
Rules NOT listed will revert to CDFFL followed by NFL Rulebook