



FLAG RULEBOOK

2026



INDIAN NATIONS FOOTBALL CONFERENCE
FLAG FOOTBALL RULEBOOK

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INFC FLAG FOOTBALL

GAME PLAY AND RULES

Article I

THE PURPOSE

The purpose of the Indian Nations Football Conference (INFC) flag football program is to help advance football fundamentals & concepts to players through competition and prepare them for continued growth through the sport.

Article II

GENERAL INFORMATION

The INFC Boys Flag Football program will consist of Kindergarten through 5th grade teams playing 7-man football. The INFC Girls Flag Football program will comprise teams from Kindergarten through 7th grade.

Organizations may only recruit players from their territory. Exceptions for exceptional circumstances may be granted as determined by the INFC Commission.

The INFC shall furnish gate passes to each member club for all coaches registered in Sportabase. A maximum of three gate passes will be issued for any individual team.

Teams in the INFC Flag Football program must use an official Pee-Wee or equivalent size rubber, composite, or genuine leather football.

Article III

COACHES & PARENT RULES

There shall not be more than three coaches per team.

Every coach must be registered as a coach with the league on Sportabase through their club's coach registration form. It will be the responsibility of the member association to ensure that their coaches are registered.

Each association will be responsible for the conduct of all its coaches. Coaches are responsible for the conduct of their parents.

Each team is limited to a maximum of three total hours of practice during any week.

Only one coach per team is permitted on the field during gameplay.

Coaching is not permitted while a play is in progress. At the snap of the ball, the on-field coach

must be positioned at least 15 yards from the line of scrimmage (LOS).

Once the offensive line is set and the cadence begins, the on-field coach may not communicate with the players.

Only one warning will be given by officials for on-field coaching violations. If a second violation by the same coach occurs, the official will eject that coach from the field of play to the sideline.

If an on-field coach, while addressing an official, precipitates a delay of the game, that team shall be assessed a delay penalty and charged any remaining timeout.

Coaches are required to produce an official team roster upon request. All team rosters must be submitted to the INFC league office.

Player benches may be on the sidelines. All spectators' seating must be a minimum of 5 yards outside the field of play.

Article IV TEAM/PLAYER DRAFTS

The Flag Football program will be classified into divisions determined annually by the commission. Teams will be composed of players at their grade level.

To participate in the Flag Football program, players must meet the age guidelines set forth below:

- Kindergarten: must be at least 4 years old prior to September 1 and cannot turn 7 years old prior to September 1.
- 1st grade: cannot turn 8 years old prior to September 1.
- 2nd grade: cannot turn 9 years old prior to September 1.
- 3rd grade: cannot turn 10 years old prior to September 1.
- 4th grade: cannot turn 11 years old prior to September 1.
- 5th grade: cannot turn 12 years old prior to September 1.
- 6th grade: cannot turn 13 years old prior to September 1.
- 7th grade: cannot turn 14 years old prior to September 1.

With approval from their club, Flag Football participants may play up one grade level.

An INFC commissioned officer or an appointed committee member of the INFC Flag Football Program must supervise all drafts.

Protects:

- New teams shall have the ability to protect up to four new players.
- Existing teams shall have the ability to protect up to two new protects.

Within the INFC Flag Football Program, a parent or coach may request that a child be removed from a team and placed into the draft. Otherwise, the player remains with the previous Flag Football team.

Article V PLAYER PARTICIPATION RULES

A team may carry a maximum of 12 players on its roster. A team must field a minimum of 5 players to participate in a contest. If a team fields fewer than 5 players, the game will be considered a forfeit.

Players must reside within the club boundary of their team unless granted an exception through the Conference.

Each player must play no less than 12 total live plays throughout the game, with a minimum of 6 plays in the first half and 6 plays in the second half. Dead-ball fouls and victory formations do not count towards the player's play count.

Article VI GAME RULES

Section 1: General Rules

General gameplay rules, utilizing Oklahoma High School and INFC football rules, will be used, with the exceptions noted below.

Field size:

The field width will be no less than 35 yards and no more than 40 yards.

Game Time:

20-minute halves will be utilized for all Flag Football League play.

- This is a continuous running clock, stopping only for timeouts and injuries.
- A team is allowed 35 seconds between plays. The 35-second period begins when the official places the ball for the next play.
- Each team is allowed one timeout per game.

Ball Placement:

The ball shall be placed at the 40-yard line:

- At the start of the contest.
- After each turnover of downs.
- After each touchdown attempt.
- At the beginning of the second half.

If enforcement of any penalty would require the ball to be spotted behind the 40-yard line, the penalty shall instead result in a loss of down, with the ball remaining at the 40-yard line.

Interceptions & Fumbles:

- All interceptions shall be blown dead at that spot and are non-returnable.
- Defensive interceptions shall result in 2 points for the team. (Excludes an extra-point try)
- Defensive interceptions will cause a turnover of downs.
- Fumbles: All fumbles caused by the defense will be immediately blown dead.
 - Offensive fumbles & missed snaps will be blown dead if unable to be immediately fielded.

Scoring:

The official shall keep the score unless an official board is utilized.

- Points awarded
- 6 points for a touchdown
 - 1 point for a successful try from the 5-yard line.
 - 2 points for a successful try from the 10-yard line.
 - 3 points for a successful try from the 15-yard line.
 - 2 points for a defensive interception (Regulation Play only)
- There shall be no overtime during the regular season games. Games resulting in the same score at the end of the contest will be considered a tie.

Standings:

Scores and standings will be kept beginning in the 4th grade.

Mercy Rule: At the time a team reaches a 28 point spread, the score will freeze and INFC mercy rule procedures apply.

Marginal points will be calculated for each pool game played during the regular season based on the margin of victory. Teams are awarded up to +/- eight marginal points per pool game. No team may add or subtract more than eight points for any single game.

Uniforms:

- Jerseys: Must be tucked into the uniform bottom and not overlap the belt & flags.
 - Home teams: Dark jerseys
 - Away teams: Light or white jerseys
 - If both teams arrive with the same flag color, the home team will be responsible for changing their flag color.
- Hoodies covering player jersey numbers are prohibited.

Flags:

The Conference shall issue up to two sets of 12 flags for each declared football team.

- Coaches are responsible for proper flag care, ensuring the correct length, and maintaining game-play conditions.
- A minimum of two flags will be worn at the waist, one on each side of every player.

- The belt shall be worn snug around the player's waist to eliminate turning.
- Flags must adhere to the following guidelines.
 - Measure 12 inches in length with a tolerance of no more than 1/8 inch.
 - Measure 2 inches in width.
 - Be of a different color from the players' lower uniform.
 - Be secured and hang directly below the player's hip.
- To avoid flag wrapping, there shall be an X visibly marked indicating the correct alignment of flags.
- Flags less than 12" or otherwise altered will result in a scored forfeiture of the game and the suspension of the head coach, and the player will be removed from the contest.

Section 2: Offense

The offense may have no more than four players positioned in the backfield at the time of the snap.

The center must be positioned on the line of scrimmage between the two offensive guards (OGs).

The ball may not be carried across the line of scrimmage (LOS) until the ball carrier is at least 4 yards from the spot of the ball.

- When the ball is carried well beyond the playside OG, cutbacks are allowed only if the ball is taken past the backside OG.
- A violation of the carry rules shall result in the loss of down.

At the snap, the ball may be exchanged to any offensive back, between the offensive guards, including the quarterback, between or around the legs of the center. The center may screen block, but is not eligible for a pass.

The offense must have two offensive guards (OGs).

- OGs may not be lined up or positioned on the LOS more than 4 yards from the center.
- OGs are eligible for a pass.

Section 3: Offensive Screen Blocks

Screen blocks utilizing minimum contact are permissible in a rectangular area (known as the box) extending laterally 4 yards on either side of the spot of the snap and 3 yards behind each line of scrimmage.

- A blocker's hands may either:
 - be positioned within 4" of the blocker's chest and/or grasping the blocker's jersey.
 - be stationary and looped inside or within 4" of the belt at the hip.
- Hands and arms must remain in place, not extended, throughout the entire course of the block.
- At no point shall a player attempt to strike another player while attempting a block.

Illegal screen blocks within the tackle box shall result in a 10-yard penalty per incident.

Section 4: Offensive Screening

Screening is a legal attempt by an offensive player to place their body between the ball carrier and the defensive player nearest the ball in an attempt to impede the defensive player from grabbing the flag of the ball carrier.

Screening is permissible by any offensive player anywhere on the field after the snap.

At no time shall the player screening initiate contact with a defensive player by:

- Purposely running into a defensive player with force
- Extending arms or hands towards the defensive player

Illegal screening outside the tackle box shall result in a 5-yard penalty per incident.

Section 5: Defense

All defensive players must remain stationary until the ball is snapped.

The defense may not have more than two players (designated as Defensive Tackles) on the LOS.

- DTs must be lined up head-to-head with the OGs.
- DTs may move into (or fill) the gaps adjacent to the OGs and laterally along the LOS.
- DTs may not advance more than 1 yard beyond the LOS.

All remaining players must be positioned 4 or more yards from the LOS at the time of the snap.

There shall be no blitzing or intentional running of a defensive player through the gaps adjacent to the center and within the box immediately preceding the snap.

The defense may have no more than five players positioned 4 yards off the ball.

It shall be the defensive player's responsibility to avoid forcible contact with any offensive player attempting an offensive screen.

Article VII TOURNAMENTS

INFC will determine the format for preseason and/or postseason activities and tournaments.

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SIGNS & SYMPTOMS OF A CONCUSSION

SIGNS OBSERVED BY COACHING STAFF

- Appears dazed or stunned
- Is confused about the assignment or position
- Forgets sports plays
- Is unsure of the game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to the hit or fall
- Can't recall events after a hit or fall

SYMPTOMS REPORTED BY ATHLETE

- Headache or "pressure" in the head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"

COACH RESPONSIBILITY SHOULD A CONCUSSION BE SUSPECTED

1. Remove the athlete from play.
2. Look for signs and symptoms of concussion if an athlete experiences a bump or blow to the head. "When in doubt, sit them out." Athletes with signs or symptoms of concussion must not return to play.
3. Ensure that the athlete is evaluated immediately by an appropriate health care professional.
 - a. Do not try to judge the severity of the injury yourself.
 - b. Coaches recording the following can help a health care professional in assessing the athlete:
 - i. The cause of the injury and the force of the hit or blow to the head.
 - ii. Any loss of consciousness, and if so, for how long.
 - iii. Any memory loss or seizures immediately following the injury.
 - iv. Number of previous concussions (if any).
4. Inform the athlete's parents/guardians of the possible concussion and give them the concussion fact sheet for parents found on usafootball.com.
 - a. Ensure that parents know the athlete must be seen by an appropriate healthcare professional.
 - b. Provide formal documentation of the injury and notify the INFC Commissioner.
5. Allow the athlete to return to play only after an appropriate healthcare professional clears his or her return. A repeat concussion that occurs before the brain recovers from the first can slow recovery or increase the likelihood of having long-term problems.

CONDUCT

Section 1: Any assault, verbal abuse, profanity, or display of unsportsmanlike conduct by a coach, parent, participant, club official, or guest at any INFC function will not be tolerated. Intentionally running up the score will be classified as unsportsmanlike conduct. Violations will be dealt with accordingly.

Section 2: Alcoholic beverages, illegal drugs, and/or the consumption of alcoholic beverages and/or illegal drugs will not be tolerated by anyone at an INFC sanctioned function.

Section 3: The penalty for any infraction will be one or more of the following:

- Fine up to \$500.00.
- Suspension from a game or games.
- Lifetime suspension from any INFC Football Event, or Game.
- Probation.
- An action deemed appropriate by the INFC Commission

PARENT CODE OF ETHICS

- I hereby pledge to provide positive support, care, and encouragement for my child participating in youth sports by following this Parents' Code of Ethics:
- I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other youth sports event.
- I will place the emotional and physical well-being of my child ahead of my personal desire to win.
- I will insist that my child play in a safe and healthy environment.
- I will require that my child's coach be trained in the responsibilities of being a youth sports coach and that the coach upholds the Coaches' Code of Ethics.
- I will support coaches and officials working with my child in order to encourage a positive and enjoyable experience for all.
- I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and will refrain from their use at all youth sports events.
- I will remember that the game is for youth, not adults.
- I will do my very best to make youth sports fun for my child.
- I will ask my child to treat other players, coaches, fans, and officials with respect regardless of race, sex, creed, or ability.
- I will help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, assisting with coaching, or providing transportation.
- I will read the National Standards for Youth Sports and do what I can to help all youth sports organizations implement and enforce them.

OKLAHOMA STATUTE REGARDING HARM TO OFFICIALS

Oklahoma Stat. Ann. Tit. 21, Section 650.1 provides:

Every person who, without justifiable or excusable cause and with intent to do bodily harm, commits any assault, battery, assault and battery upon the person of a referee, umpire, timekeeper, coach, official, or any person having authority in connection with any amateur or professional athletic contest is guilty of a misdemeanor and is punishable by imprisonment in the county jail not exceeding one year or by a fine not exceeding One Thousand Dollars (\$1,000) or both such fine and imprisonment.



**TACKLE FOOTBALL
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