FLAG FOOTBALL RULES AND REGULATIONS

Number of Players

1. Teams need a minimum of six (6) players to be able to compete and a maximum of seven (7) players on the field at any given time. The official roster size will depend on the guidelines set forth by leagues, national and international tournaments.
2. Each team may have a maximum of seven (7) players on the field during a play. A team may use a minimum of six (6) players during a play. A team which has more than seven (7) players on the field at any time, while the ball is live shall be penalized for illegal substitution.
3. A team must have a minimum of six (6) players and a maximum of seven (7) players on the field at the scheduled time or be penalized for delaying the start of the game. The team will forfeit the game by a score of 1-0 if they do not have a minimum of six (6) players and a maximum of seven (7) players on the field within fifteen (15) minutes of the scheduled start of the game.
4. When a team refuses to start or continue a game at the request of the Referee, it will be penalized for delaying the game. On the 3rd refusal, the team will forfeit the game by a score of 1-0; if the non-forfeiting team is leading at this time the score will stand.
5. A player is eligible to play, if he/she has arrived prior to the 2nd half kick-off.
6. No players having actually played for a team shall play for any other team during the league's schedule.
7. Rosters max out at 12.

The Game

1. The game starts with a kick-off (one team kicks the ball to the opposing team) from the 5 yard line. The receiving team becomes the offensive team and the kicking team becomes the defensive team.
2. To begin a play, the ball must be snapped by the offensive center, from the point of scrimmage to the quarterback. The quarterback must be at least five (5) yards from the line of scrimmage when they first touch the ball.
3. The offensive team tries to bring the ball to the opponent’s end zone by passing or running it (touchdown or kick). The offensive team has 3 tries or downs to gain 10 yards and complete 1 pass. If they succeed, the offensive team has earned a 1st down and gets another set of 3 downs to move the ball downfield.
4. If they do not score or get a 1st down, the offensive team loses possession of the ball and becomes the defensive team.
5. If the offensive team thinks that they will not get a 1st down, they can decide to give the ball back to the opponent by punting the ball to them, as far away as possible from their own end zone.
6. The defensive team on the field tries to prevent the offense from scoring or getting a first down. To do so, they have to stop the ball carrier by flagging him or her or by knocking down a pass before it is completed.
7. When the defensive team succeeds in preventing the offense from getting a first down or by intercepting a pass, the teams exchange roles on the field. Offense becomes defense and vice versa.
8. A defensive team can also score points. If the offensive team is stopped in its own end zone, the defense scores a safety. If the defensive team intercepts a pass and runs the ball back to the opponent’s end zone, they score a touchdown.
9. The team that scores a touchdown gets an extra down to try to score a convert: they can choose to try and score either 1 or 2 points on a convert.
10. After the convert, play resumes with a kick-off by the scoring team (now the defensive team) who will try to prevent the opponent from scoring or getting a 1st down during their ball possession.
11. The quarterback can run with the ball past the line of scrimmage.
12. Once the ball carrier has crossed the line of scrimmage the ball can be handed off or lateraled.
13. An offense may use multiple handoffs behind the line of scrimmage. Only backward & lateral handoffs are allowed during the down.
14. Forward pass – Ball must be thrown from behind the line of scrimmage to be legal.

**Touch Downs**

1. A touchdown is scored when a player has legal possession of the ball in the opponent’s end zone.
2. The ball is considered to be in the end zone when at least one hip of the ball carrier is on or over the ground in the end zone, or when it crosses the extended plane of the goal line.
3. When the ball is in the end zone, it is considered to be still in the end zone until it is brought entirely out of the end zone into the field of play.
4. The team scoring the most points during regulation time is declared the winner. If the teams are tied
5. After regulation time and a winner must be declared, the team scoring the most points during overtime is declared the winner.

**Live Ball / Dead Ball**

**Live Ball**

1. The ball is live after the Referee has signaled play to begin and the ball has been snapped by the team in possession. The ball will remain live until the ball is ruled dead according to the dead-ball rules. A team cannot advance the ball or score unless the ball is live.

**Free Ball**

2. A free ball is a live ball, such as a tipped ball, that is not in a player’s possession and can be legally recovered by either team. The ball can be caught and advanced by the same offensive player who initially lost possession or by a defensive player. Any player may recover the ball. The ball is considered to be free from the time it leaves a player’s body until the instant it touches the ground.

**Dead Ball**

1. The ball is dead when any of the dead-ball conditions are met. A live ball becomes dead when an official’s whistle is blown. The team in possession can advance no further when the ball is dead.
2. Substitutions may be made only when ball is dead and approved by the official. If a ball carrier’s flag falls off, the play will be whistled dead and the ball will be spotted where the flag fell off. Players are eligible to catch a pass or receive the ball by hand off, toss or pitch if their flag has fallen off but unable to advance.
3. The play will be called dead where the player (with no flag) caught the ball.
4. There are no fumbles. The ball becomes dead at the spot in which the ball was dropped.
5. If the QB doesn’t gain possession of the ball during the snap, the ball will be placed at the line of scrimmage and result in a loss of downs or turn over on downs.
6. A play is ruled “dead” when:
7. An official blows his whistle.
8. Ball carrier’s flag is pulled or ball carrier otherwise becomes illegal.
9. Ball carrier steps out of bounds
10. Ball carrier dives or jumps
11. Points are scored.
12. When any part of the ball carrier’s body, other than his hand or foot touches the ground.
13. When the ball touches the goal post assembly
14. When the ball touches an official (it shall be considered as having touched the ground).
15. When the flag of the player with possession of the ball falls off or out of position. When the whistle is blown inadvertently by an official, the play shall stand unless the Referee decides
   a. that the whistle affected the result of the play. The Referee will decide which team is adversely
   b. affected by the whistle; that team may choose to let the play stand when the whistle blew or
   c. repeat the last play.
16. If the Referee cannot decide which team is adversely affected, the play shall be repeated.
17. Any fouls which occur during the play and are allowed to stand will be administered as they would be in a regular play situation. Dead-ball fouls will be administered in all cases.

Control of the Ball

1. A player is considered to have control of the ball when the player has the ball firmly held in one (1) or both hands, arms or legs or holds the ball firmly in one (1) or both hands, arms or legs or holds the ball firmly under the body without having the ball touch the ground. The grip on the ball must be firm enough to enable the player to stop the rotation of the ball and to exhibit influence over its direction.

Possession of the Ball

1. A team must have possession of the ball to score a touchdown or to earn a first down. When a team obtains possession from the opponents, they will be awarded a first down where the ball becomes dead.
2. After being awarded a first down, a team keeps possession for three (3) downs or three (3) plays, unless the opponents gain control of the ball, or either is awarded first down by penalty. During the three (3) downs or three (3) plays, the team in possession must gain the required distance for first down or score a touchdown, otherwise it will give up possession.
3. A player is considered to have possession of the ball if that player has control of the ball. If control of the ball is lost, the player no longer is considered to have possession of the ball.
4. A team is considered to have possession of the ball when one (1) of its players has possession of the ball or awarded possession by the rules. A team loses possession of when the opponents intercepts a pass or gain control of a free ball.

Huddle

1. The offensive team on the field must hold a huddle after a time-out, a change of sides on the field, or a change of possession. A huddle is not mandatory in any other cases. An infraction to this rule brings a penalty for illegal procedures.
2. The team on offense has thirty (30) seconds to put the ball in play.
3. The official will give a reasonable period of time for both teams to regroup and will then whistle the thirty (30) seconds period to start. If the ball is not put in play before the end of the thirty (30) seconds, the offense will receive a penalty for time out violation.

Running
1. The center is the player who gives the ball to the quarterback via a snap. The center cannot take a direct handoff back from the quarterback (no center sneak play). Any violation of this play is illegal procedure.
2. The center must take a position facing the defense with the feet straddling the line of scrimmage. The ball must be snapped off the ground and between the legs in one (1) motion in the direction from toe to heel.
3. Any player who snaps the ball shall be considered as the center.
4. The line of scrimmage and point of scrimmage shall be determined by the officials according to the deadball rules and scrimmage regulations.
5. The quarterback is the player who receives the ball directly from the snap.
6. The quarterback is permitted to scramble from behind the line of scrimmage. Especially, because the rusher does not count steamboats before rushing the quarterback.
7. Tosses or sweeps behind the line of scrimmage are allowed and are running plays.
8. The player who takes the handoff, toss or pitch can throw the ball from behind the line of scrimmage.
9. No player is allowed to move to try to draw the opponent’s offside.
10. The quarterback cannot use tactics to try to draw the opponent offside (illegal procedure). The defensive unit on the field cannot shout terms that would confuse the offense and draw them offside (penalty).
11. All defensive players are eligible to rush once the ball has been handed off or tossed, or there is a play action fake or fake handoff.
12. Spinning is allowed, but the ball carrier cannot dive forward or jump to avoid a defensive player or gain yardage (no diving). One foot, at least, must remain in contact with the ground.
13. It is up to the ball carrier to avoid contact with the defender.
14. The ball is spotted where the ball carrier’s hips are when the flag is pulled not where the ball is. The ball shall be placed so the its long axis is parallel to the sidelines.

**Receiving**

1. All players are eligible to receive passes (including the quarterback if the ball has been handed off or tossed behind the line of scrimmage)
2. All players must be completely behind their side of the scrimmage neutral zone at the instant the ball is snapped, except the center. Violation of this procedure is an offside penalty.
3. Any number of players can be in motion when the ball is snapped; only the center must be at the line of scrimmage.
4. Player out of bounds – if a player goes out of bounds, without interference, the player may not return to the field or catch the ball.

**Rushing**

1. All players who rush the passer must be five yards from the line of scrimmage (marked with a bean bag)
2. when the ball is snapped. Any number of players can rush the quarterback.
3. Players not rushing the quarterback may defend on the line of scrimmage. The rusher must rush continuously.
4. Once the ball is handed off or tossed, or fake handoff, the five yard rule no longer is in effect and all defenders may go behind the line of scrimmage.
5. Remember, blocking and tackling are not allowed.
6. A rusher lined-up within two (2) yards (side to side) of the five yard marker, he/she is entitled to a free rush at the quarterback – the rusher may not be interfered with. If the rusher is lined up outside the two (2) yards (side to side) of the 5 yard marker, they are not entitled to a free rush at the quarterback and can be interfered.

**Flagging**

1. To prevent the ball carrier from advancing, an opponent must pull off one or two flags without preventing the ball carrier to move forward. The ball is declared dead at this point. Once the defender has removed a flag, they are to remain in place hold the flag up for the referee to confirm the play has stopped and return the flag to the ball carrier. If a defensive player does not immediately return the flag back to the ball carrier, the official will issue a warning to the captain of the team at fault. If the situation repeats itself, no matter which player is involved, the official will issue a player misconduct penalty.

2. Defensive players are not allowed to pull an opponent’s flag unless they are the ball carrier. A flag cannot be pulled until the ball carrier has the ball in their hands. The penalty, if the pass is complete results in an automatic first down 5 yards from where the ball is caught. If the play is incomplete, it is an automatic first down and the ball is placed 5 yards ahead of the previous line of scrimmage.

3. The officials will whistle when they see that a defensive player has removed (flagged) one of the flags of the ball carrier. If a ball carrier does not have all his or her flags, the player is deemed ineligible. If a flag is not placed correctly following a defensive player’s intervention, the official may decide to let the play continue, or whistle the play down (flag protection penalty).

4. An ineligible pass receiver who loses a flag at the line of scrimmage can still receive a forward pass, but the ball will be declared dead at the point of reception. Players winding flags on belts will be warned the first time, next time removed from the game.

**Passing**

**Pass**

1. A pass is a ball thrown, handed, dropped, knocked or batted by a player in any direction; a ball that is bounced off a player in any direction is also considered to be a pass. A pass must be completed over the line of scrimmage.

**Onside Pass**

1. An onside pass is a ball that is propelled from a player’s body towards that player’s dead line or parallel to that player’s dead line, regardless of how it was propelled.

**Offside Pass**

1. An offside pass is a ball that is propelled from a player’s body towards the opponent’s dead line. A hand-off in a forward direction is considered an offside pass.

2. Violation of these rules are an offside pass penalty against the team that committed the offside pass. No penalty is involved, just a dead ball.

3. An offside pass is not legal even when it is touched by an opponent first.

**Forward Pass**

1. A forward pass is a ball deliberately thrown by an offensive player towards the opponent’s goal line. The first pass thrown by the offense during a play will be considered a forward pass.
2. A forward pass is legal when it is thrown from behind the line of scrimmage; it must be the first forward pass thrown by the offense during each play; it must be thrown before the ball is carried over the line of scrimmage. Any forward pass that violates these rules will be treated as an offside pass.

3. For the purposes of determining a legal forward pass, when even on hips of the ball carrier is over the line of scrimmage or passer is over the line of scrimmage, the ball is considered to be over the line of scrimmage.

**Passing**

4. The quarterback has seven seconds to throw the ball. If a pass is not thrown within the seven seconds, the play is dead, with a loss of down and the ball is spotted five yards back from the previous line of scrimmage.
   Once the ball is handed off or tossed or fake handoff, the seven second rule is no longer in effect. Only one forward pass thrown is allowed in a down.

5. Interceptions change the possession of the ball.

6. Shovel passes are allowed but must be made behind the line of scrimmage.

7. Interceptions can be returned by the defense.

8. On interceptions that occur and remain in the end zone, the ball becomes dead and turned over to the intercepting team at its 10 yd. line.

9. Should an interception occur in the end zone and the ball carrier leave the end zone, the ball will belong to the intercepting team at the spot the ball becomes dead. However should the ball carrier return to the end zone and be deflagged or the ball becomes dead, except in a case of premature whistle, the result would be a safety for the other team.

**Complete Pass**

1. A pass is completed when a receiver is in possession of the ball.
2. When an opponent causes the receiver to land out of bounds and, in the judgment of the officials, the receiver would have touched the ground in bounds without the opponent’s action, the receiver will be considered to have landed in bounds.
3. When a receiver has control of the ball even for an instant, then loses control because of bodily contact caused by an opponent or the ground, the receiver will be awarded a complete pass.
4. A pass is ruled as complete to a receiver when an opponent is penalized for pass interference against that receiver in the target area.
5. When a player catches a pass tipped by a teammate, the pass completion is awarded to the player who caught the pass.

**Simultaneous Possession**

1. A complete pass caught simultaneously by teammates shall be awarded to the teammate who first touched the pass. A completed pass caught simultaneously by players on opposite teams shall be awarded to the player whose team had possession before the pass was caught simultaneously.

**Tipped Pass**

2. Tipped passes are legal. If the pass is an onside pass, the ball can be advanced when caught.

**Bobbled Pass**
1. If the player who caught the ball was the last player to tip the ball and had been flagged by an opponent after tipping the ball, the pass is considered complete and the ball is considered dead when the player was flagged.
2. When the ball carrier accidentally loses control of the ball, then catches it without the ball being touched by another player, the play continues. If the ball carrier was flagged by an opponent after losing control of the ball, the play is considered dead when the ball carrier was flagged.
3. When the ball carrier deliberately throws the ball into the air, then catches it to avoid being flagged, the ball is dead immediately.

**Intercepted Pass**

1. Any pass that is incomplete by the team in possession but caught by the opponents is an intercepted pass.

**Incomplete Pass**

2. Any thrown pass is incomplete and the ball is immediately dead when it touches the ground, the goal post or an official, or goes out of bounds before being caught.

**Forward Pass vs. Dropped Ball**

1. When the passer attempts a forward pass and loses control of the ball after starting the passing arm in a forward motion and following through with the intended pass motion, the ball is dead when it hits the ground and the play is considered to be an incomplete forward pass.
2. If the forward motion of the throwing arm had not started when control of the ball was lost, the play is dead at that spot.

**Blocked or Deflected Forward Pass**

1. A forward pass that is blocked by a rusher is considered to be an incomplete forward pass when it hits the ground. If the ball is caught, the appropriate offside/onside pass rules apply. The offense cannot throw a second forward pass; this will be ruled an offside pass. A deflected pass is ruled a regular forward pass playable by both teams.

**Deliberate Grounding Pass**

1. When the passer deliberately throws the ball out of bounds, or to an area where there is no receiver, in an obvious attempt to avoid a loss of ground, the passer will be penalized for grounding.

**Choice of Kick-Off**

1. A coin toss will decide which team makes the selection at the start of the game. Visiting team will get to choose head or tails for the coin toss.
2. The winner of the coin toss can make one of three choices: to receive the ball, to kick the ball or to defer the choice to the second half (which means the loser of the coin toss will choose to receive or kick the ball, and the winner of the coin toss will be able to make the choice in the second half).

**Down**

1. After the ball becomes dead on a kick off, the team in possession shall be awarded a first down and will have three (3) attempts or downs to gain 10 yards. The ball shall be advanced by carrying
it or throwing it using a legal scrimmage play. If the offense gains the required distance in the series of three (3) downs, a first down is awarded again.

2. If the required distance for a first down is not gained in the three (3) attempts, the ball is awarded to the defense at the point where the ball becomes dead after the third attempt.

3. The Referee is the sole judge as to whether or not a first down has been gained by the offense. The captain of either team may ask for a measurement, but the Referee has the authority to ignore the request if the Referee is convinced that a correct decision can be made without the aid of measurement.

Equipment

1. The kicking tee must not raise the lowest part of the ball more than two (2) inches off the ground. The penalty is illegal procedure.
2. The kicking team is responsible for removing the kicking tee from the field after the play is dead.
3. Failure to do so will result in an objectionable conduct penalty against the team.

Bean Bags

1. Three (3) bean bags are needed. One to indicate the line of scrimmage and another to indicate the 5 yard rusher’s line. A third bean bag of a different color is needed to mark the first down.

Timing

1. The game consists of four quarters. Not counting time outs, the 1st and 3rd quarters will 12 minutes.
2. The 2nd and 4th quarters will be 12 minutes with 5 plays being used to run out the final two minutes of the quarter. When 10 minutes has passed in the 2nd and 4th quarters, the referee will indicate that there are 5 plays remaining in the half/game.
3. Each half will begin with a kick off from the kicking team’s 15 yard line (Marked with an orange pylon).
4. The 1st and 3rd quarters will end when no time remains in the period when the ball becomes dead at the end of a legal play.
5. At the start of the 2nd and 4th quarters, the teams will change ends. The ball will be put into play by the team entitled to do so, at the appropriate point determined by the end of the last play of the previous quarter.
6. A half shall end when the ball becomes dead at the end of the fifth play. A penalty incurred on the final play of the 2nd quarter, will be assessed on the first play of the 3rd quarter after kick-off.
7. The clock must be stopped if the ball falls off the kicking tee.
8. When a touch down is scored on the final play of a period, the convert attempt must be completed before that period is considered completed.

Overtime

1. In the interest of time, regular season games, if tied, will end in a tie.
2. For playoffs, when the score is tied at the end of the game, overtime procedures are as follows:
   • A 3-minute rest period is allowed at the end of the 4th quarter;
   • Team captains will assemble for a coin toss (like pre-game); the winner of the coin toss chooses to start on offense or on defense.
   • Each team has 3 attempts to score a 1-point or 2-point convert, at their convenience.
3. If the score is still tied after the 3 convert attempts have been played on each side, each team will then have one chance at another convert attempt (in the same order) until one team outscores the other.
**Time-Outs**

1. Each team has two (2) 60-second timeouts per half. These cannot be carried over to the second half or overtime.
2. Each team captain will be told when 10 seconds remain in the timeout. Teams may shorten the 60 second time period if they both agree.
3. Time outs can only be called by the referee and any on-field player, through the referee and only when the ball is dead.
4. After the team timeout, all offensive players must return to the huddle. Violation of this rule will be penalized as illegal procedure.
5. The game clock will stop for the length of the timeout.

**Team Time Outs**

1. Stopped time / interrupted play used for an equipment check are not to be charged as a team time out; abuse of this privilege will be penalized for objectionable conduct against the team captain who requested the time out.
2. Time outs used to check the proper application of a rule will be charged as a team time out if the rule was properly applied, and the team will receive a delay-of-game penalty. If the rule was not properly applied, the Referee will correct the application and the time out will be charged as an official’s time out.
3. For a check on a ruling, the time out must be made before the ball is snapped on the next play, or if the ruling was made on the last play of the half, before one (1) minute has elapsed after the end of the half; otherwise the rule application cannot be questioned.
4. The Referee will explain the ruling to the captain. If the captain agrees with the Referee, the team will be charged the appropriate penalties. If the captain disagrees with the Referee, the Referee must consult the rule book. When the correct rule and penalty is applied, the Referee will whistle time in, and then start the clock.
5. Teams cannot use time outs to questions an official’s judgment call. Violation of this rule will be penalized by charging the teams with a team time out plus apply a delay of game penalty.

**Injury Time Outs**

1. Only the Referee may call an official’s time out to allow a team to attend to an injured player. If the time out is called by the Referee, the injured player must be removed from the field for at least one (1) play, unless the injured player’s team calls a time out. The Referee has full authority to delay the game until the injured player is safely removed from the field.
2. Unnecessary delay in removing the player shall be penalized for delay of game.

**Changing Sides**

1. At the end of the 1st and 3rd quarter, the two teams change sides on the field. The team in possession of the ball will then restart the next play at a point corresponding exactly to the point where the ball became dead at the opposite end of the field, and in exactly the same manner as if play had not been interrupted by the end of the previous period.
2. The referees will move the bean bags and measure out the new spot of the ball as required.

**Half Time**
1. At the end of the 2nd quarter, a 2 minute rest period is allowed. With the approval of the captains of both teams and the head referee, the length of the half time period can be modified.

**Obtaining Points**

1. Touchdown – 6 points; Safety – 2 points
2. Single: A team scores a single (1 point) when one of the players kicks the ball:
3. Inside the opponent’s end zone and the play is whistled dead; the ball goes through the end zone or crosses the back line; or, the ball first lands inside the opponent’s end zone and then leaves the end zone by crossing the sideline.
4. Exception: on a kick-off, the ball must first touch the ground inside the playing field before a single can be awarded.
5. A team that has conceded a single will take possession of the ball on their own side of the field, 20 yards from midfield, between the 2 hash marks.

**Kicking**

1. A kicked ball is one struck by a player’s foot or leg below the knee to intentionally give possession of the ball to the opposing team.
2. Two types of kicks exist in 7v7 flag football: kick-off, and punt.
3. When the ball contacts a foot or part of a leg of a player while a team is trying to gain possession and is not intentionally kicking the ball, it is considered not to be a kick and the ball is treated as a lateral pass with applicable rules.

**Immunity**

1. The first player to touch the ball kicked by the opponent (returner) has a 5 yard immunity area: no player on the kicking team (including the kicker) can be inside the 5 yard area when the returner touches the football for the first time.
2. Infractions result in a penalty for not respecting immunity (penalty with options; see different types of kicks).
3. If a player from the kicking team touches the ball first, the ball is whistled dead and the immunity rule is in effect, even if no player from the receiving team is closer than the 5 yard area.

**Kick Off**

1. The kick-off is executed as the 1st play to start a half or after a touchdown. There will be no kick-off after a safety, just a punt.
2. On kick-offs that occur after a touchdown, or to start a half, the football is placed between the hash marks on the side of the field of the kicking team. The ball is placed on the 25 yard line (marked by an orange pylon). The application of penalties can modify the placement of the football.
3. During a kick-off, the ball may be placed on the ground, held by another player, or it can be placed on a kicking tee. If placed on the tee, the football must not be more than 2 inches off the ground. A procedure penalty may be called for infractions. The team executing the kick-off is responsible for removing the kicking tee from the field once the ball is whistled dead.
4. A huddle is not mandatory for a kick-off. The kicking team has 10 seconds after the official’s whistle to kick the ball. Once the time has expired, the official will stop the play and give a penalty for delay of game.
5. If there is a second penalty for delay of game, the opposing team will take possession where the ball was spotted. After the penalty for delay of game, the official must inform both teams of the implications of a second penalty for delay of game.
6. Once the official has whistled the start of the 10 seconds, no player, either on offense or defense, may enter the field (penalty for illegal substitution). The official will make sure there are 7 players on the field for each team. A team that takes too much time to line up 7 players on the field for kick-off will receive a penalty for delay of game.

7. The receiving team on a kick-off cannot execute a forward pass but may use lateral passes to try and advance the ball further.

**Offside on a Kick Off**

1. Neutral zone: the neutral zone is the area between the kick-off line, the line 20 yards in front of the kickoff line and the 2 sidelines.
2. At the exact moment when the ball is kicked, all players on the kicking team (except for the holder) have to be behind the ball (if not, penalty for offside: 5 yard penalty and re-kick, or the receiving team may decline the penalty and take the ball at the point where the play stopped).
3. Until the ball is kicked, players on the receiving teams must remain on their side of the neutral zone (if not, penalty for offside: 5 yard penalty and re-kick or kicking team may decline the penalty and the receiving team takes possession of the ball at the point where the play stopped).

**Kick Off Out of Bounds**

1. A kick-off is out of bounds when:
2. The ball goes out of bounds without touching the playing surface or end zone, any player or goal post;
3. The ball goes out of bounds by crossing the sidelines of the field of play after touching the playing field, but without touching a player or the goal post;
4. An out of bounds kick-off brings a penalty (with options).
5. Unless it is touched by a player on the receiving team, the ball must travel at least 20 yards (with or without any bounce) towards the opponent’s end zone (if not, penalty for illegal procedure – 5 yards with options).

**Kick Off Penalties**

1. Delay of game on a kick-off, no options
2. Kicking line moved back 10 yards and re-kick by the team at fault
3. 2nd consecutive infraction by the kicking team: loss of possession at the kicking line.
4. Offside on kick-off, options for team not at fault:
5. Kicking line is moved 5 yards back towards the team at fault and re-kick;
6. Penalty is declined and the possession of the ball is taken at the spot where the ball whistled dead.
7. Kick-off out of bounds, options for the receiving team:
8. Kicking line is moved 5 yards back towards the team at fault and re-kick;
9. Receiving team take possession of the ball 25 yards from the kicking line;
10. Receiving team take possession at the point where the ball went out of bounds.
11. No yard rule on a kick-off, options for team not at fault:
12. Kicking line is moved 5 yards back towards the team at fault and re-kick;
13. 15 yard penalty starting at the point of infraction and ball possession for the receiving team.
14. Penalty is declined and the possession of the ball is taken at the spot where the ball was whistled dead.
15. Illegal substitution on a kick-off: options for team not at fault:
16. Kicking line is moved 10 yards back towards the team at fault and re-kick;
17. Penalty is declined and the possession of the ball is taken at the spot where the ball was whistled dead.
Punting

1. A punt is executed to give possession of the ball to the opponents by pushing them as far back as possible into their zone. A punt can be executed at any time, on any down and without being announced.
2. A punt must be executed behind the line of scrimmage.
3. A punt is executed by a player who receives the ball by the center, then releases the ball with the hands to kick it before it touches the ground. After the snap from the center, the punter is the only player allowed to touch the ball before the kick (if not, penalty for illegal procedure).
4. During a punt, the procedures of punting the ball in play are the same as for a normal offensive play.
5. If the kicked ball is falling in an area where there are many players, the official can whistle the play dead while the ball is coming down. The ball becomes officially dead at the spot where the ball made contact with the ground or a player. The “no yard” rule doesn’t apply.
6. If a punt goes off the field by crossing a sideline inside the playing surface, the ball will be spotted at the exact yard line where it went out. If it goes off the field inside the end zone, then the rules of a single will apply.
7. During a punt, the receiving team cannot execute a forward pass but lateral passes are permitted.

Roughing The Kicker

1. A judgment has to be made by the official when contact is made with the kicker.
2. Voluntary and deliberately violent contact made with the kicker results in a roughing the kicker penalty. Accidentally contact or one that is made with the attempt to avoid contact by the defender will result in a penalty for contacting the kicker.

Punt that does not Cross Line of Scrimmage/Goal Line

1. The ball is dead when it touches the ground, a player or if it goes out of bounds. The “no yard” rule does not apply.
2. Punt that does not cross the goal line: when a punt is executed from the team’s own end zone and it does not cross the goal line, a safety will be awarded to the receiving team.

Tipped Punt

1. A tipped punt is a kicked ball touched by a player (offense or defense) immediately after being kicked, before it crosses the line of scrimmage and still continues its path towards the opponent’s end zone. A tipped punt is considered an untouched ball.
2. If the ball crosses the line of scrimmage, all the rules of punting apply. If it doesn’t cross the line of scrimmage, the ball will be dead the moment it touches the ground, a player, or goes out of bounds. The receiving team will then take over possession of the ball at the point where the ball was whistled dead. The “no yard” rule does not apply.

Blocked Punt

1. A blocked punt is kicked ball touched by a player (offense or defense) immediately after being kicked, before it crosses the line of scrimmage and does not continue its path towards the opponent’s end zone.
2. The “no yard” rule does not apply.
3. If the ball touches the ground or goes out of bounds, the play is dead. The receiving team gets possession of the ball at the point where it was blocked.
**Blocked Punt Recovered**

1. When a blocked punt is recovered by the kicking or receiving team, the ball remains in play. When the
2. kicking team recovers the blocked punt, continuation of the play is considered normal – the team may kick, pass or run the ball.
3. If a punt is blocked or tipped by the receiving team inside the end zone of the kicking team, and the ball does not cross the goal line or goes out of bounds inside the end zone, the receiving team scored a touchdown.

**Punt Penalties**

1) No yard rule: options for the team not at fault
   a) 15 yard penalty from the point of infraction and 1st down is awarded;
   b) Penalty is declined and ball is spotted at the point where the play was stopped.
2) Illegal procedure on a punt: options for the team not at fault
   a) Loss of 5 yards for kicking team and re-kick.
   b) Penalty is declined and ball is spotted at the point where the play was stopped.
3) Contact with the kicker
   a) 10 yard penalty from the LOS and replay down for the kicking team; if the yards gained by the penalty
   4) are sufficient, a 1st down is awarded to the kicking team.
   a) Penalty is declined and ball is spotted at the point where the play was stopped.
5) Roughing the kicker
   a) 15 yard penalty and automatic 1st down for the kicking team.

**Pass Interference**

1. Pass interference occurs when a player takes away an opponent’s positional advantage
2. Pass interference in the target area can apply when the pass is in the air and the player who had
3. positional advantage had a reasonable chance of getting to the arrival point for the ball. When these two conditions do not apply, any pass interference that occurs will be considered to have occurred in the remote areas.
4. Pass interference by the offence or the defense is illegal. The team that violates the pass interference regulations will be penalized as determined by the official.

**Contact**

1. A player has committed bodily contact when that player makes contact with an opponent and moves the opponent off stride or away from the opponent’s intended direction or position. Contact between opponents is legal provided that the contact results from a simultaneous and legitimate attempt to play the ball and occurs at the arrival point of the pass; this contact is legal only when each player is intent on playing the ball and each player is in an equally favorable position to play the ball.
2. When contact occurs without moving the opponent of stride or away from the opponent’s intended direction or position, pass interference has not occurred; this is incidental contact.

**Path to the Ball**
1. All players have an equal right to a direct path to the arrival point of the ball. However, a player in an unfavorable position cannot commit bodily contact with an opponent to reach the ball, even if the ball was eventually touched by that player.

2. A player who is in an equal or advantageous position to play the ball, compared to an opponent, is considered to have the right to the path of the ball. When that right is taken away by an opponent using bodily contact, pass interference has occurred.

3. A player, who is taking a path or a position on the field in order to catch a pass, or defend against a pass, has a right to that path or position unless an opponent has already taken it. A player who takes an opponent’s established path or position using bodily contact is guilty of pass interference.

4. When two (2) opponents cross paths and make contact, the player who had clearly declared the intended path first has the right to that path; the opponent is guilty of pass interference unless the contact was incidental. If the officials cannot determine who declared their path first, pass interference has not occurred.

5. When opponents get their feet tangled up while running their respective paths causing one player to lose balance, a pass interference penalty is not automatic. The relevant positions and intended paths of the players must be taken into account.

6. In all the above cases, the player who is in the advantageous position to play the ball must continue to display intent to reach the arrival point of the ball. Otherwise, any contact by the opponent in a sincere effort to reach the arrival point of the ball will not be considered pass interference. A deliberate attempt to block the opponent from reaching the arrival point of the ball is pass interference.

**Pick Play**

1. An offensive player cannot prevent a defensive player from pursuing another offensive player by impeding that defensive player’s direct path to the teammate. The defensive player must be moving towards the second offensive player to be considered pursuing that player.

2. If the first offensive player is playing the ball, that player cannot be considered as impeding the defensive player from pursuing the second offensive player.

3. Violation of these regulations is pass interference.

**Stationary Position**

1. A defensive player who has maintained a stationary position since the ball was snapped shall not be penalized for pass interference if run into by an opponent.

**Playing The Ball**

1. A player must be facing the ball as it arrives in the target area to be considered to be playing the ball.

2. When the ball strikes a player who is playing the ball and who is impeding an opponent’s approach to the ball, this is pass interference in the target area; for the purposes of this regulation, the opponent must be moving towards the ball to be considered impeded.

**Screening**

1. As the ball arrives in the immediate vicinity of a receiver, a player who is not playing the ball cannot extend the arms or wave a hand in an attempt to distract a receiver, to block a receiver’s vision or to touch the ball. Violation of this rule in pass interference in the remote area; if the ball is touched or the receiver’s direct line of vision to the ball is blocked; this is pass interference in the target area.
Non-catchable Pass

1. When an official considers a pass cannot be caught even with extraordinary effort, no pass interference penalty shall be assessed even when pass interference occurs by either team. Therefore no penalty call either way.

Sportsmanship

1. Foul Play Will Not Be Tolerated.
2. Trash talking / taunting is illegal. (Trash talk is talk that may be offensive to officials, opposing players, teams or spectators.) If trash talking / taunting occurs, the referee will give a 15 yd unsportsmanlike penalty, loss of down or automatic 1st down on defence. If it continues the player or players will be automatically ejected from the game.
3. Shifting in a way that simulates the start of a play or employing any other unfair tactic for the purpose of drawing one’s opponent offside. This can be constructed only as a deliberate attempt to gain an unmerited advantage.
4. Players cannot cross the line of scrimmage to listen to the opponents’ huddle. Players cannot voice signals or make sounds that are intended to confuse the opponents’ signals.
5. After the center sets the ball for the snap, a defender cannot move directly in front of the center and prevent the center from moving forward after the snap. Any defensive player must be at least three (3) yards from the center at the time of the snap if intending to assume a stationary position.
6. Defenders can be 1yd from the center at the time of the snap within the no run zone.
7. Violation of these rules is an illegal procedure penalty.

Roughing

1. If the referee witnesses any acts of flagrant contact, tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game.
2. A player is not allowed to trip an opponent using the arm, lower leg or foot.
3. After the whistle is blown to indicate the ball is dead, a player is not allowed to run into, throw the body against or deliberately fall upon an opponent.
4. The ball carrier is not allowed to elbow, shoulder, or throw the body into an opponent or attempt to jump through defenders blocking the path.
5. A player is not allowed to contact the passer’s arm in the throwing motion using bodily contact.
6. A player is not allowed to use bodily contact on a pass receiver before or after the ball is touched.
7. If the bodily contact was caused by a legitimate attempt to catch or down the ball while both players had equally favorable positions to the ball, no foul has occurred.
8. A player is not guilty of contacting the receiver if the bodily contact was caused by a sudden stop or change in direction by the opponent and the player made every attempt to diminish the contact.

Illegal Acts

Use of Hands

1. Players cannot use their arms or hands to impede or redirect an opponent, except when that opponent obstructs their direct path to the ball carrier. Players cannot use the goal posts with their hands or arms to push off or to change direction. Violation of these rules is illegal use of hands.
2. When a player is playing the ball, an opponent can redirect that player with the hands in an effort to continue pursuing a direct path to the arrival point of the ball or the intended receiver.
3. Players may touch an opponent to feel their relative positioning as long as the opponent is not impeded or redirected. Players may touch the goal posts with their hands if such touching does not help them change their direction.
Obstruction

1. Obstruction is when a player impedes an opponent’s direct path to the ball, the ball carrier or the intended receiver, with or without contacting the opponent.
2. A player may assume a stationary position if the intent is obviously to avoid obstructing an opponent. A player may cut across the path of an opponent if the opponent’s progress is not impeded or redirected.
3. Violation of these rules is an obstruction penalty.
4. When the ball carrier uses stationary teammates as a means of blocking the opponent from getting to the ball carrier, such stationary teammates are not to be penalized for obstruction unless they move from their spot. (Note: this rule does not apply to center/ rusher interference)

Illegal Re-entry

1. A player who steps out of bounds during the live ball cannot re-enter the field to play the ball, pursue a ball carrier or pursue an intended receiver. A player who is pushed out of bounds by an opponent or goes out of bounds as a result of a slippery field is not considered to have gone out of bounds unless that player makes not immediate effort to get back in bounds. Violation of these rules is an illegal re-entry penalty.

Illegal Participation

1. A player cannot leave the bench area to enter the field and play the ball, pursue a ball carrier, pursue an intended receiver or obstruct a player; this rules also applies to fans and team members in or out of the team bench area. Violation of this rule is an illegal participation penalty.

Personal Conduct

ANY MAJOR FOUL, OBJECTIONABLE CONDUCT will result in AUTOMATIC EJECTION FROM THE GAME AND SUSPENSION FROM THE LEAGUE PENDING A MEETING WITH THE LEAGUE MANAGER and INTRAMURAL PROGRAMMER.

Penalties

Penalties

1. All penalties are 5 yards. The down will be repeated unless otherwise noted, and will be assessed from the line of scrimmage.
2. All penalties may be declined except for False Start and penalties for improper attire (dead ball fouls).
3. Penalties will not exceed half the distance to the opposing team’s goal line from the line of scrimmage.
4. Game officials determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage.
5. Games cannot end on a defensive penalty, unless the offense declines it.
6. Penalties after an interception shall be assessed after the return is over and/or the play is blown dead.

Defensive Penalties

1. Offside – 5 yards
2. Substitution fouls – 5 yards. (player enters field after ball is blown dead ready for play, i.e. to deceive the opponents or 6 men on the field)
3. Disconcerting signals – 5 yards. (signals to distract/simulate offensive signals prior to snap)
4. Interference with opponent or ball at the snap – 15 yards
5. Illegal rushing – 5 yards. (starting rush from inside 7-yard maker)
7. Illegal contact – 5 yards and automatic first down. (holding, blocking, etc)
8. Illegal flag pull – 5 yards and automatic first down. (before receiver has ball)

Offensive Penalties

1. Flag guarding – 5 yards.
2. Delay of game – 5 yards.
4. False start – 5 yards (cannot be declined).
5. Illegal snap – 5 yards
8. Player out of bounds – 5 yards (if player goes out of bounds by his own cognisense, player cannot return to the field and catch the ball).
9. Illegal forward pass – 5 yards and loss of down. (a second forward pass or after the ball has crossed the line of scrimmage)
10. Offensive pass interference – 5 yards and loss of down. (illegal pick play, pushing off/away defender)
11. Running inside a no running zone is a loss of down at the previous spot.
12. Rusher interference – 5 yards and loss of down.