ACFL “7 on 7 “Flag Football League Rules

(Revised September 2024)

2 Referees per game = $60 per team, per game

Roster Rules

1. HEAD COACH: The head coach is responsible for making every player aware of every rule prior to any participation in any game or any portion of a game or activity. The Head coach and Assistant Coach are responsible to pay the league fee prior to the start of the season. If the league fee is not paid prior to the start of the season, the league can charge a late fee that will be determined by the League Office. If arrangements are made with the League Office to pay the league fee after the start of the season, it must be satisfied by week 3. After week 3, the team will not be included in the schedule and the team will forfeit all games until the entire league fee has been satisfied.

2. Every player must sign both the pre-season insurance waivers/registration forms and the on-field insurance waiver/game registration form prior to participating *or receiving a forfeit win* in any ACFL game or activity or any portion of any ACFL game or activity. The waiver must be presented to the league at the league address (ACFL, 48 Bi-State Plaza, #136, Old Tappan, NJ 07675) or in person at a designated, prearranged location and must be in the possession of league officials prior to the start of the season. **The league provides no medical, liability nor disability insurance of any form. If you do not have personal medical insurance, the league recommends that you do not play or participate. If you choose to play or participate you do so at your own risk with the understanding that the league does not provide medical insurance.**

2a.Every participant must sign a waiver on game day prior to participating in any event. *This includes a team receiving a forfeit win.* Participation by any player without having signed the on-field waiver *will result in a 15 yard unsportsmanlike conduct penalty.* The waiver, provided to all head coaches, must be signed by the entire team and turned in to the referee before the start of the game. For players arriving late, the team has the option to use a time-out to allow that team member(s) to sign the waiver and join the game/event or wait until halftime. If there are no time-outs remaining, the team may opt to take a Delay of Game penalty to allow the player(s) to participate (see Delay of Game penalty in Penalty Yardage section).

2b. If it is determined that a player(s) played in a game without signing the pre-season waiver and paying any additional fees (if necessary) that team will suffer a forfeit of that, plus the next, game -- plus any previous games in which that player participated. Signature checks based on pre-season form registrations may be made at any point in the season.

2c. ROSTERS and PLAYOFF ELIGIBILITY : Maximum roster limits for 7 on 7 league teams is16. *AFTER THE COMPLETION OF THE 5TH GAME OF THE REGULAR SEASON, ALL TEAM ROSTERS ARE FROZEN. NO TEAM MAY*

ADD A NEW PLAYER TO THEIR ROSTER NOR MAY ANY NON ROSTERED PLAYER PLAY IN ANY GAMES.

Keep in mind, whenever adding players, that the new player must sign an individual insurance waiver/registration form and submit it to the league prior to participation. A player must play in at least half of the team's regular season games to be considered eligible for the playoffs. That player's name and signature must appear on half of the game day sign in forms to be eligible. However, in the case where a player is injured and is unable to play for the half of the regular season games but can come back in time for post season, there is an exception. Injured players can receive attendance credit by being present at the game and printing and signing name on waiver and writing "IR" next to it (signature must match that which was submitted on the Preseason Waiver). If the injured player signs his name on half of the Gameday Waivers, he will be eligible come playoff time. In the event that it is not physically possible for a player to attend half the games to sign in for eligibility, special circumstances may be reviewed by the league.
Any player on a team that forfeits a game will NOT receive credit for a game played (to determine playoff eligibility). All players on the team that receives a forfeit win will receive credit for a game played.

(**Head coaches must call Jeff Thomas at 914-629-4865 prior to eligibility expiration.)**

2e.The league only recognizes players who have had their Pre-Season Registration Forms turned in by their coach. No other players are eligible. The only players allowed on a playoff roster are players whom the league recognizes by way of their Pre-Season forms. ONLY if the League Office is in possession of the Pre-Season form and that player meets the minimum games played criteria (see rule 2c) and is not under league suspension, can he play. If there is any question as to a player's eligibility, the league reserves the right to request a signature match by that player. The signature must match Pre-Season form turned in by the coach at the beginning of the season. No match, no eligibility, no playoffs.

3. The league reserves the right to allow whomever it chooses and to refuse whomever it chooses.

3a. Home Field Scheduling:

ACFL will do everything possible to schedule teams at their '"home field" during the regular season.
The ACFL reserves the right to schedule all post season/ play-off games in accordance with the weekly match-ups.

"Home field" will be taken into consideration when scheduling post season match-ups but cannot be guaranteed.

Participation Rules

4. The dimensions of the **(Seven {7} on seven {7})** Flag League playing field will be 70 yards long (plus ten-yard end zones) and **35** yards wide .

5. DELAYED STARTS/FORFEIT:

5a (Seven {7} on Seven {7}) Flag League

A team can play with a minimum of Six players -- any less is a forfeit... *If one team has 7 players , it has the option to start the game at the scheduled time with the option of playing 7 on 6 .* There is no requirement to wait for additional players to arrive. Referees will wait 15 minutes from game time for late arriving players. Any time spent waiting after game time will be deducted from the first half. The "on-time" team wins the toss **in both halves**. If after waiting 15 minutes, one team has less than 6 players, the other team has the option of taking a forfeit win or playing 7 on 5. If both teams are short they can play 6 on 6 or 5 on 5. Anything less than 5 is a forfeit. A forfeit will be recognized officially as a 28-10 game. There are no non-roster players or players from other ACFL teams permitted to play on any other ACFL team, at any time for any reason. All players must have a signed registration form in ACFL possession by the Friday prior to a game. Again, rosters freeze after the midway point.

The ACFL is not responsible for forfeits and NO refunds will be given to any team after the kickoff of your first game.

5b.If a team forfeits prior to the start of a game, the team that DOES show up DOES NOT have to pay the referee. The team that forfeits is obligated to mail a check to the league to cover the costs of both referees *($120)* or some other payment arrangements can be made. This money MUST be received prior to the team's next game or will not be allowed to play its next game. There will be no "next Sunday at the field" collections. Unpaid forfeits will result in an unreturned forfeit deposit.

5c. Procedure to Avoid Forfeit Fee

Any team that forfeits must send in the entire referee fee for the
>forfeited game ($120) to the League Office (48 Bi-State Plaza, #136, Old
>Tappan, NJ 07675) or make other arrangements for the fee and ensure that the payment arrives no later than the Friday following the missed game.

> If a team realizes that they will not be able to field a team for a game,
>they can avoid paying the forfeit fee by notifying the League Office
> by calling or texting Jeff Thomas (J.T.) - **914-629-4865**, no later than the Friday(before the game) prior to 7PM and leaving a message stating that you are forfeiting that Sunday's game.

>If these calls or text are made in time then you (forfeiting team) will not be
>responsible for the $120 forfeit fee. Keep in mind that if you forfeit
>twice during the season the league reserves the right to expel you from the
>league. If a team forfeits their last game of the season they must pay the
>forfeit fee before playing the following year. The head coach will be
>responsible so if the team disbands and comes back scattered the following
>year the team that the head coach goes to will not be allowed to play until
>satisfying the forfeit fee requirement.

5d. In any season that the ACFL has a "A" league and a "B" league, each "7 on 7 " Flag "B" league team roster may contain a

maximum of ***three (3)*** active **"A"** ***players*** *from any other ACFL* ***FLAG*** *roster.* A player who quarterbacks (QBs) in any "A" league (Flag or Touch) may not throw a forward pass in any "7 on 7" Flag League game.

VIOLATION OF THIS RULE 5d WILL RESULT IN THE GAME BEING FORFEITED.

6. The following are the only acceptable footballs allowed in an official ACFL game:

Any adult size football, composite or leather, including tactified versions, that have either an NFL, NCAA or NFHS logo embossed on it.

EXCEPTION: Wilson Ultra and Baden can be used (not embossed)

No foreign substances may be applied to the ball, the player's hands or gloves (if worn).

The ball must be inflated to approximately 13 pounds (to be approved by the referee).

All footballs that a team wishes to use during the game must be brought to the coin toss for inspection and approval by the official. These footballs will be referred to as "game approved".

The officials have sole discretion to disallow the use of a football and there will be no further discussion.

If subsequent to this pre game meeting, another football needs to be approved, this must be requested during a timeout period, between quarters, at half time, or prior to the start of overtime.

If a team uses a football that has not been approved by the officials, a 15 yard unsportsmanlike penalty will be enforced.

6a: A team can switch balls at any time assuming it is for a "game approved "football and it is done within the 30-second play clock.

7. Inclement Weather (Rain, Snow, Etc.)

If the fields are extremely wet and there is a real chance that the field will be destroyed by use, league officials could cancel a game sight unseen due to extreme wet conditions. (We need to keep our fields.) Every attempt will be made to reschedule games postponed due to weather conditions.

If a heavy snow hits the night prior to a game, we will likely cancel. If it snows two nights prior or the day before or in all other instances where the roads have time to be cleared, we play as scheduled. In the event of a cancellation, it is the responsibility of the coach to inform his entire team. League officials will NOT call coaches.

With regards to rain, snow or any other possible weather issue,**The league will do it's best to post a message on the "Message Board" at about 6:30am (on game day) indicating if games are on or cancelled.**

8. The coach of the winning team must contact J.T. 914-629-4865 with the score or post the score on the "Message Board" by 5 p.m. on Sunday. Games not called in will go down as 0-0 in the standings. If for some reason the winning team cannot post the score on the "Message Board" they can call J.T. at 914-629-4865.

9. A team may wear any color as their team color. Colors must remain the same throughout the season unless league approval is granted. If two teams have similar color play and one has the official ACFL football jersey, the team with the official ACFL football jersey will NOT have to wear the pinnies (regular season and post season). Teams can also purchase official ACFL patches for their existing jerseys and NOT have to wear pinnies. If both teams have the official ACFL football jersey then the team with more ACFL years in regular season and better record in the playoffs have the choice. If a determination cannot be made to the satisfaction of the referees, the winner of a coin toss with decide which team wear the pinnies.

NOTE: OFFICIAL ACFL FOOTBALL JERSEY MEANS A JERSEY THAT HAS THE ACFL PATCH AFFIXED TO IT.

9a. Players must wear shirts of the same color. Ex. If a team is red, everyone one the team must wear red. Any player not in the proper color may not be allowed to play. The final decision is up to the referees as to what is acceptable. An opposing coach will want to bring it to the attention of the referee before the start of a game. Once a player starts a game with a different color shirt, he will be allowed to complete the game this way. Coaches may want to keep some extra shirts of their color just in case.

9b. *No football pads or hard knee braces/casts, no metal cleats, no foreign substances on football or hands. Receiver gloves are legal. Mouth guards are suggested. It is suggested that every coach have a First-Aid kit.*

9c AUXILIARY EQUIPMENT *:*

No hard substance in its final form such as leather, rubber, plastic, plaster or fiberglass shall be worn unless covered on all exterior surfaces with no less than ½ inch thick, high density , closed cell polyurethane or an alternate material of the same thickness and with similar physical properties to protect any injury. This appliance is to be brought to the attention of the officials prior to the coin toss who shall inspect and approve it for use.

Tape, bandage or support wrap not to exceed three thicknesses may be worn to protect an existing injury but must be brought to the attention of the officials prior to the coin toss.

10*. GAME CLOCK:* Games will consist of two 30-minute, running time, halves with a two-minute warning at the end of each half. *The clock will be stopped and the two minute warning will be issued after the end of the down immediately after 2 minutes is reached. Both team captains will be notified of the time and numbers of time outs they have. The clock will then*

be started on the snap. Neither half can end on a defensive penalty that is accepted. **Inside two minutes**, normal football clock-stoppage rules will apply and is defined as follows: The clock will not stop for a first down when the play ends in the field of play. The clock stops after change of possession, incomplete passes (including “quick spikes”), plays ending out of bounds, time-outs and touchbacks and restarts on the ensuing snap. The clock stops for all scores, and restarts when receivers touch the ensuing kickoff and advance the ball in the field of play. Clock doesn't run during extra points. The clock stops for all referee time-outs including penalty enforcement and restarts on "ready" whistle unless play dictates otherwise. For "delay of game" penalties the clock starts on the snap. When a fumble occurs the clock is stopped, ball is reset, and clock restarts on the “ready” whistle. If the clock is stopped for an injury timeout, the team is charged with a timeout. If no timeouts are left, the team is assessed a five (5) yard delay of game penalty. If an inadvertent whistle is sounded inside two minutes of either half, the clock will be stopped to administer the result of the inadvertent whistle. The clock will then be restarted when the ready-for-play whistle is sounded.

*. **Note:** During the first Twenty eight (28) minutes of either half, the clock is stopped and restarted on the ”ready” whistle for an injury timeout.(Per Rule 11).*

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10a. **THE TOSS:** *The visiting team always has first choice of toss, at start of game and first overtime session.*

The team that wins the toss may elect to: 1) receive, 2) kick, 3) choose direction, or 4) defer.
Captains bring their sign-in sheets & ref fees to the toss.

In overtime, the choices at the toss *to start the first overtime session* are to 1). Go on offense, 2) Go on defense or 3). Choose direction.

If the game remains tied after the first overtime session, the first choice of the toss options goes to the team that lost the toss to start the overtime.

If game still remains tied the first choice of the toss options alternates between the teams at the start of every new session.

Note: There is only one coin toss in the overtime segment of the game and it occurs at the start the first overtime session .

10b. **SCORING:** Touchdown = 6 points.... Safety = 2 points (ensuing kickoff may be punted or kicked, with tee, from 25-yard-line) . *Safety on Extra Point = 1 point .(See Rule 47)* . PAT = 1 point (run/pass from *5-yard-line*) ...OR... 2 points (run/pass from 10-yard-line).

10c. OVERTIME GAMES: If the game is tied after regulation, there is a one-minute intermission and the captains are brought to the center of the field for a coin toss. The winner of the toss can either choose 1.) to go on offense, 2.) to go on defense, or 3.) to defend a goal. Each team **will have the ball first and goal** starting from the 20-yard line (*or yard line determined by succeeding spot fouls).* (in an equal number of sets) to go for a score, touchdown AND the PAT. After each completed set the option to pick from the three choices alternates to each team. A winner is declared when one team scores more points than the other during a complete set. An interception returned for a TD ends the game. If an interception is not returned for a touchdown, it comes back to the 20-yard line. Sets are repeated until a winner is declared. Each team gets one 1 time-out during each overtime set. A team can go for either one or two points in an extra-point conversion attempt.

10d . MERCY RULE: If a team is winning by 18 or more points, at the two-minute warning of the second half, THE TEAMS WILL BE ADVISED THAT THE POINT DIFFERENTIAL EXCEEDS THE MERCY RULE LIMIT . AT THIS TIME ,THE LOSING TEAM HAS THE OPTION TO TERMINATE THE GAME.OR CHOOSE TO ALLOW THE GAME TO CONTINUE. ANY TIME THEREAFTER, SHOULD THE HEAD REFEREE DEEM THAT THE CONTEST IS GETTING TOO CONTENTIOUS, IT WILL BE TERMINATED IMMEDIATELY.

11. If an injury occurs in the first thirty-three (30) minutes of *either* half, the clock will automatically be stopped. An injury occurring in the last two (2) minutes of *either* half will require a team to use a timeout. If the team has no timeouts left, they will be assessed a five (5) yard delay of game penalty.

12. TIME-OUTS: Each team will have three timeouts per half in a regulation game and they cannot be carried over to next half or overtime period. An on field captain and a non playing Coach will be designated for each team before the start of the game. These will be the only persons who can call the timeouts.

13. 30-SECOND PLAY CLOCK: *The defense has 30 seconds to return the ball to the line of scrimmage after completion of the play. Once the ball is set, and the "ready" whistle is sounded, the offense has 30 seconds to snap the ball. The Line Referee will issue a fifteen (15) second warning and continue the count down with a silent hand motion and will announce the ten (10) second time point. He will continue the silent hand motion until the five(5) second point at which time he will both motion and announce the last five (5) seconds as 5, 4, 3, 2,1 .Delay of Game (5 yards) is the penalty for the violation of either of these offenses.*

Game Rules :

14.. BALL CARRIER: The spot of the ball is always the torso of the ball carrier at the time of flag removal ***OR THE FLAG FALLING TO THE GROUND. Ball Is dead at the spot.*** It is illegal for the ball carrier to: 1). Flag shield 2). Run directly at a defender including lowering head and/or shoulders (charging) 3). Crawl 4). Dive, (defined as not landing on your feet ***) and 5) NO STIFF ARMS .***

These are all 10 yard penalties . See Rule 55 Par 15-19 for Rule enforcement.

A ball carrier that falls to the ground may get up and advance unless " one hand touched " while on the ground.

The defense cannot push a ball carrier out of bounds. If a ball carrier loses his flag ***for any reason , the ball is dead at the spot****. The defense cannot use contact to break up a pass play, they must truly be "going for the ball ".You cannot hold the jersey to pull the flag or tackle a ball-carrier (if it prevents a TD, the ref can award a TD). You cannot "stand up" the ball carrier to pull a flag.*

NOTE 1: If any player either starts a play without one or two flags, or loses one or two flags during the play *and subsequently* becomes a ball carrier, the play ends and the ball is dead at the spot of possession.

Note 2: Should a defender deflag a receiver before the ball arrives / is touched by receiver(per Rule 17) ,the play is dead at the spot of the one hand touch. A 10 yard penalty will be assessed on the defense from the end of the run and the down *will be replayed* .

Note 3: Should a defender deflag a receiver after the ball arrives / is touched by a receiver and is subsequently caught/ possessed by a receiver ,the play is dead at the spot of the *one hand touch*. There is no penalty .

***Note 4 :*After the deflag ,should the receiver intentionally touch/bobble the ball to avoid immediate possession and subsequently catch /possess the ball, the play is immediately dead and the ball is spotted at the spot of the initial touch/bobble. A 10 yard penalty will be assessed on the offense from that spot and the down counts**

15. After the snap there will be a slow three Mississippi count, called out by the referee. After the count, defense player(s) can rush the quarterback. (See RULE #18 for blitzing.)

16. The offense can keep a player, or players, in the backfield to block for the quarterback from the rush. These players may only block behind the line of scrimmage. However, everyone is eligible.

17. All blocking must be done with open hands and with arms away from the body. Additionally, the blocks must be between the shoulders and the waist. There will be no chop blocks or blocks to the head. You cannot leave your feet to block. <u>You cannot push someone over; the point of this type of blocking is to just get in someone's way</u>. Anyone lowering their

shoulder, using their forearms, leaving their feet or blocking with their hands close to the body (as opposed to outstretched arms) will receive a major penalty and could be ejected.

18. There will be one blitz allowed per series. On a blitz, in the "A" and " B " Leagues, the defense can blitz ANY NUMBER of players. Once again, any offensive player behind the line of scrimmage can block the blitzer. Defensive players cannot tag the quarterback on the top of shoulders, neck or head area. This will result in a major infraction. On a snap that hits the ground, touched or untouched by the QB, the status of the blitz will be determined by the location of the defensive player(s) at the time the ball hits the ground. ***If the snap is fielded cleanly, even if it hits the ground first, the play remains live*.**

18a. If the quarterback FAKES a pitch, lateral or handoff and keeps the ball, the defense must wait until the ref counts the three Mississippi before rushing or be charged with a blitz.

18b. If a player blitzes and then the ball is lateraled or handed off it is considered a blitz as long as the blitzer *crossed the Line of Scrimmage (LOS) before the lateral* or handoff.

18c. If the ball is lateraled or handed off, the defense can rush immediately.

18d*. If any offensive player makes contact with the defense anywhere along the LOS, the defense can commence their rush*.

18e. It is not an automatic run play once the quarterback leaves the pocket. Except during a blitz, a player(s) can only rush in before the end of the count when the QB crosses the line of scrimmage or if he hands off or laterals the ball to another player behind the line.

19. Blocking is allowed on running plays. Once the offensive team initiates a block and continues to block beyond the neutral zone (more than 2 yards beyond the Line of Scrimmage (LOS), the resulting play must be a run or a penalty will be assessed. If a team runs a "flea-flicker" where the quarterback hands off or pitches the ball to a teammate and he begins to run with the ball before pitching it back to the quarterback for a pass, the offensive player(s) CANNOT initiate a block over the line of scrimmage because it is still considered a passing play by the offense. Even if the player who receives the pitch/handoff then fakes the run but does not cross the line of scrimmage, the offense cannot initiate a block to open a lane. They can, however, block any defenders that might be entering the backfield to make a "tackle" immediately following the handoff or pitch, as is allowed. Since a flea-flicker is considered a pass play, anyone offensive player blocking over the line of scrimmage is illegally blocking.

20. There will be no contact (besides incidental contact) by the defensive team (including chucking) on the offensive receivers as they run their patterns -- off the line or at any time. Illegal contact is a 10-yard penalty, unless it is illegal contact to the head or neck where it is a 15-yard penalty and possible ejection. Holding to try to slow a player off the line is considered illegal contact and is a 10-yard penalty enforced from the line of scrimmage.

There will be no shoving out of bounds, tripping nor ball stripping. (Penalty Yardage # 12)

Note: If these acts, in judgment of the Referee prevent a touchdown, the Referee can award a touchdown

A receiver may not initiate a block beyond the line of scrimmage and then release for a pass., this is considered offensive pass interference and is a 10-yard penalty, enforced from the line of scrimmage

21. Bullrushing is allowed. This is when a defensive player attempts to push back the offensive blocker in pursuit of the quarterback *or during a punt.* The rusher is not limited to merely running around or evading the blocker. HOWEVER, the rusher cannot get a running start at the stationary offensive player. And as always, there can be no lowering the shoulder or use of forearms. Even on a bullrush the hands must be open and away from the body. Penalty for illegal bullrush is 15yds from LOS and an automatic 1st down.

22. A touchdown, *extra point(s)* or first down will be recorded when the torso of the ball carrier is over the appropriate line, goal line/midfield line with the ball in his obvious possession.

23. The offensive team has four downs to get a first down or score a touchdown. A first down is achieved by *advancing the ball across the mid-field line*. *In all cases the foremost point of the ball at the time of the "tackle" (Flag pull) is the torso of the ballcarrier and determines the forward progress spot.*

24. There are no fumbles. A ball is considered "dead" when it hits the ground (including a fumbled **{ dropped }** exchange between the center and ***a)***.quarterback ***on a direct snap and b). the punter*** . The same is true if a receiver touches -- but does not catch -- a kick or punt (this is considered a muff). The ball will be spotted where it hits the ground or is touched , which ever spot is furthest from initial spot of touching. In addition, a ball is considered dead at the spot it "touches" the ground even while in the possession of the runner. A fumble or a muff can be intercepted (caught in the air) and advanced by either team. *A fumble can be intercepted (caught in the air) and advanced by either team.*

***If a snap is fielded cleanly during a down in which a punt is not declared , even if it hits the ground first, the play remains live*.**

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NOTE: If a kick or punt hits the ground and touches a receiver, that player is the only one who can catch the muff and advance. If subsequent to the muff the ball hits the ground or is caught by any other player the ball is dead and is placed at the furthest spot from the LOS, either spot of initial muff or final dead ball spot.

24b: INADVERTENT WHISTLE :

During a down, or during a down in which the penalty for a foul is declined, if an inadvertent whistle occurs while:

a). A legal forward pass or snap is in flight, or during a legal kick, the down shall be replayed.

b). The ball is loose following a backward pass, fumble, illegal forward pass or illegal kick, the team last in possession may choose to put the ball in play where possession was lost or replay the down.

c). The ball is in player possession, that team may choose to accept the play at that spot or replay the down.

If an inadvertent whistle occurs during a down in which a foul occurs prior to the inadvertent whistle, and the penalty is accepted, the inadvertent whistle is ignored.

25. RECEIVER: A receiver must have ***one (1) foot*** in bounds to make a reception. **(Revised September 2024)**. A receiver cannot step out of bounds, on his own, and come *back onto the field and touch the ball*. This is considered illegal participation. *The player may return to block or "tackle" the ball carrier.*

". There is no ball-stripping or deflagging a receiver before the ball arrives"

26. A team may choose to punt by declaring to the referee at any time -- but you cannot throw a punt, it must be kicked out of hand. A snap IS mandatory. .

If a snap is fielded cleanly, even if it hits the ground prior to reaching the punter, the punt may still be attempted. If the punter 1) is hit by the snap and it hits the ground or 2). *fumbles* (drops) the snap or 3). has an errant snap goes over his head or to his right or left in the air and hits the ground beyond where he is standing, the play is dead at the spot it hits the ground and the down counts .

The receiving team must have a *minimum of three (3) players in 7 on 7* on the Line of Scrimmage at the time of the kick. The receiving team cannot blitz the punter, however they can rush the punter after the three Mississippi count. There will be no roughing/ contact with the punter. *There will be no movement downfield by either team until the ball is punted. A punt may be advanced out of the end zone* you cannot fake a punt. If a team declares they want to punt and then decides to go for it instead, a timeout must be used to declare the switch. If the team makes a switch and they have no time outs left, it is considered a delay of game penalty in which the ball is spotted back five yards. Then the team can declare the switch.

If the receiving team commits a penalty, prior to change of possession, during a down in which a punt has been declared, the kicking team may choose to accept the result of the play or accept the penalty. If the kicking team accepts the penalty, they may choose to run a play from scrimmage or to punt. Whatever their choice, the kickers will not be charged with a timeout (or delay of game penalty if there are no timeouts remaining).

Definition of Roughing the Punter :

Roughing the punter is defined as while the player contacted is in the act of punting :

Any physical contact is made with the punter , whether the ball is touched or not, including pushing, shoving, lowering of shoulder to knock the player over, etc. while attempting to block the kick.

26a.There is no reason to scramble for the ball on a blocked punt once it touches the ground behind the line of scrimmage. However, if either team catches a blocked punt in behind the line of scrimmage, it can be advanced. If a blocked punt hits the ground beyond the line of scrimmage, it can be advanced only by the receiving team.

26b.When in a punt formation, ***if a snap is fielded cleanly, even if it hits the ground first, the kick may still be attempted.*** If the punter fumbles (drops) the snap the play is dead.

26c. NOTE : A PUNT, TOUCHED BY ANY MEMBER OF THE KICKING TEAM, THAT CONTINUES TO MOVE, IS CONSIDERED A "LIVE" Ball AND MAY BE PICKED UP AND ADVANCED BY THE RECEIVER. **THE RECEIVERS HAVE THE OPTION OF TAKING THE BALL AT THE SPOT(S) WHERE THE KICKING TEAM FIRST TOUCHES THE BALL.**

26d. Kick Catching Interference:

While any kickoff, kick after safety or punt is in flight, no player from the kicking team shall touch the ball nor obstruct any receiver's path to the ball.

These restrictions do not apply after a receiver has touched the ball.

Exception: A player on the kicking team may catch, bat or touch a punt in flight if no player from the receiving team is in position to catch the ball.

Penalty for kick catching interference :

The receiving team may accept a 10 yard penalty from previous spot and replay down or accept a 10 yard penalty from spot of foul.

27. Blocking is allowed on kickoffs and punt returns -- keeping within the strict guidelines for blocking -- just to get in someone's way, not to barrel anyone over.

28. The ball must be snapped to a quarterback by a teammate and the ball must be on the ground when snapped. The quarterback can line up under center or in the shotgun. There must be a definite ball exchange between the center and the quarterback where the quarterback establishes possession. Just touching the ball and letting the center maintain possession to initiate a run play is not an established possession by the quarterback. A snap that hits the ground is dead at the spot and the down counts. Defense may not impede (by slapping, blocking, etc.) the exchange. This will result in an illegal procedures penalty (five yards).

29. The ball can be hiked to anybody behind the line of scrimmage by a center. Whomever the ball is hiked to is considered the quarterback for that play. There can be silent hikes.

30. It is not an automatic run play once the quarterback leaves the pocket .Except during a blitz, a player(s) can only rush in before the end of the count when the quarterback crosses the line of scrimmage or if he hands off or pitches the ball to another player behind the line.

31. A flagrant personal foul call can be levied even if a ball is uncatchable; assuming it is excessive intentional behavior/contact. The play will be brought back to the line of scrimmage and a 15-yard penalty will be assessed and could result in an ejection of the offending player*. An automatic first down will also be declared if penalty is on the defense and the down counts if penalty is on the offense.*

32. If the situation presents itself, a team can declare they are taking a knee to run out the clock. In this case, the quarterback must take the snap and touch his knee to the ground immediately. There are no fakes after the "taking a knee" declaration to the officials. The play is over when the person with the ball touches his knee to the ground. He does not have to be touched by the defense. The defense cannot attempt to strip or punch the ball loose. Keep in mind that even upon declaring to take a knee, a fumbled snap results in a dead ball and the clock will automatically stop after the two-minute warning and be restarted after the referee sets the ball and gives the ready signal.

33*. No player may rough touch or shove any player (considered Unnecessary Roughness)* *in the back in order to prevent a reception or interception. -- even after any player touches the ball -- in hopes of jostling the ball free. This is treated as a live ball unnecessary roughness foul. If on defense, a 15-yard penalty will be assessed from the line of scrimmage if the ball is dropped, or from the point of infraction if it is caught and an automatic first down will also be declared. This is not a pass interference penalty since it occurs after the receiver makes contact with the ball. If the penalty is on the offense if pass is incomplete or caught by offense, catch is nullified, a 15 yard penalty is enforced from LOS and the down counts.*

Rough touch fouls committed on touchdowns and made extra points will be enforced as a 15-yard penalty assessed from the succeeding spot on the ensuing kickoff

<u>THE NAME OF THE GAME IS TO PLAY THE BALL AND NOT THE PLAYER !.</u>

34. GAME CLOCK AFTER EXTRA POINT TRY*. Following an EXTRA POINT attempt, the SCORING (kicking) team has 60 seconds within which they must kickoff to the receiving team. However, the SCORING (kicking) team may kick the ball in under that allotted time (for example, in 15, 20 or 25 seconds). In this way, the offense determines the start of play assuming they do not go past 60 seconds (delay of game, 5 yards). This 60-second allotment works much the same as the 30-second play clock, where there is no requirement to wait the full 30 seconds. As with the 30-second play clock, the SCORING (kicking) team must wait for the official's "ready" whistle after the ball has been set.*

35. This is a flag recreational league. **The following restrictions apply:<u>.</u>** Players may not grab a player's shirt or pants at anytime to complete a “tackle” (Flag pull). This will be considered a holding penalty and a 10-yard penalty will be assessed from the end of the run and the down *or trip* an opposing player .These acts are a referee's *judgement* call. Behavior of this kind will be treated as unnecessary roughness and will be penalized as such (Penalty Yardage #12). This is a 15 yard penalty enforced from the end of the run

. ***Note: If these acts, in judgment of the Referee prevent a touchdown , the Referee can award a touchdown***

Roughing the passer, as defined in 35b, is a 15 yard penalty assessed from LOS (if pass in incomplete or a sack occurs), or from the end of the run, and an automatic first down is declared.

35a. Definition of QB sack: *The QB is considered to be "sacked "when a defender pulls his flag prior to the ball being released, as in a forward or backward pass or hand-off. The position and/or motion of the QB's arm has no bearing on the call.*

35b. ***Definition of Roughing the Passer :***

Roughing the passer is defined as while the passer is in the act of throwing a forward pass:

- *Any contact is made with the passer's throwing arm/ hand whether the ball is touched or not*
- *Any contact is made above the passer's shoulders, including an attempt to make a "tackle".*
- *Any physical contact is made to the passer including pushing , shoving, lowering of shoulder to knock the passer over, etc. while attempting to make the flag-pull.*

35c. Illegal Use of Hands, Penalty Yardage # 19

35c.1There are no "stiff arms" allowed by any player. This will be considered an illegal contact foul and a 10-yard penalty will be assessed and the down will count .

35c.2 No runner / player in possession of the ball, shall use his hands to prevent an opponent from tackling him in accordance with Rule 14. This includes hand swipe or any other act to prevent opponent from making a tackle. This act will be considered an illegal contact foul and a 10-yard penalty will be assessed from the end of the play (succeeding spot). The down will count if a play from scrimmage.

36. Safeties are allowed. They are two points and the team who scored the safety receives the ball on a kickoff. A safety is also scored when the offensive team commits a penalty in the end zone or commits a fumble in the end zone. The safety kickoff alignment is the same as a regular kickoff. The ball may be place kicked (from tee or while being held on the ground by a teammate) or punted in the proximity of the center of the yard line. This is considered a free kick.

NOTE 1 : A FREE KICK TOUCHED BY ANY MEMBER OF THE KICKING TEAM IN THE NEUTRAL ZONE IS DECLARED DEAD IMMEDIATELY . THE

RECEIVING TEAM HAS THE OPTION OF 1). ACCEPTING A 15 YARD UNSPORTSMANLIKE PENALTY FROM THE SPOT OF THE TOUCH AND PUTTING BALL IN PLAY ,FIRST DOWN OR 2). ACCEPTING A 10 YARD PENALTY ENFORCED FROM THE SPOT OF THE KICK AND HAVING THE BALL REKICKED.

NEW ONSIDE KICKS RULE AS OF SPRING 2023

This rule can only be used in the last 4 minutes of the game. The team that is losing at this point upon possession can choose to use the Onside Kick rule.

The kicking team must tell the officials (who, in turn, will alert the other team). The losing team starts their possession on their own 15 yard line. They have 1 play to get to midfield (35 yard line). If they are successful, their drive continues. If their drive is not successful, the other team takes over the ball from the spot of the end of that play.

The Defense cannot blitz on the Onside Kick attempt.

The clock will start on the snap and all normal playing rules are in effect.

Should the losing team still be behind in the score after scoring on their onside kick play, they have 2 options:

1) Declare another on side kick play or
2) Kickoff to their opponent from the 20 yard line.

PRIOR TO THE LAST 4 MINUTES OF THE GAME REMEMBER, THERE ARE NO ONSIDE KICKS.

NOTE 2 : SHOULD A GROUNDED FREE KICK / KICK OFF , UNTOUCHED BY THE RECEIVERS, BE RECOVERED OR STOPPED BY BEING TOUCHED BY ANY MEMBER OF THE KICKING TEAM BEYOND THE NEUTRAL ZONE, THE BALL IS DEAD AT THAT SPOT AND IT IS FIRST DOWN FOR THE RECEIVERS .

SHOULD A GROUNDED FREE KICK / KICK OFF , UNTOUCHED BY THE RECEIVERS, TOUCH ANY MEMBER OF THE KICKING TEAM BEYOND THE NEUTRAL ZONE, AND THE BALL CONTINUES TO MOVE, THE BALL REMAINS "LIVE" AND MAY BE PICKED UP AND ADVANCED BY THE RECEIVERS

37. One player can go into motion prior to the snap, but this must be side to side. It is an illegal motion (live ball) penalty if a player is moving toward the line of scrimmage at the time of the snap. It is an illegal shift penalty (live ball) if two (2) or more players are moving at the time of the snap.

38. Kickoffs are from the 20-yard line, *unless moved by penalty* , and MUST BE PLACE KICKED (from tee or while being held on the ground by a teammate) in the proximity of the center of the yard line. *There are no onside kicks. .There is a restraining/ neutral zone of 15 yards which defines the receiving team's restraining line as midfield (35-yard line), assuming no succeeding spot penalty*. *Any kick that lands between the restraining lines is "live" and may be advanced*. If a kickoff travels out of the end zone or goes out of bounds after crossing the goal line, the ball will be placed on the 15-yard line. Any kick that touches the ground in the end zone and is not returned will be declared a touchback and will come out to the 15-yard-line. *Any kick that goes out of bounds, untouched by the Receiving Team , between the restraining lines , results in a 10 yard penalty to the Kicking Team and comes in to play 10 yards in advance of the out of bounds spot, first down.* Any kick that goes out of bounds, untouched by the Receiving Team , **beyond Receiving Team's restraining line** and before the goal line comes in to play at *the Team Receiving Team's 30 yard line, 1st down and 5 yards to go(which is the 35 yard line/ midfield.* Any player(s) crossing their restraining line before the kick will be flagged for offsides. This is considered a *"live"* ball foul and a five-yard penalty will be enforced, *if accepted*, and the ball will be re-kicked. The receiving team must keep at least three (3) players within 5 yards of the restraining line (in B league, 2 players).

NOTE 1 : A KICKOFF TOUCHED BY ANY MEMBER OF THE KICKING TEAM IN THE NEUTRAL ZONE OR THAT GOES OUT OF BOUNDS BETWEEN THE RESTRAINING LINES UNTOUCHED BY THE RECEIVING TEAM, IS DECLARED DEAD IMMEDIATELY . THIS ACTION IS A 10 YARD ILLEGAL PROCEDURE FOUL BY THE KICKING TEAM AND WILL BE ASSESSED FROM THE SPOT OF THE TOUCH OR THE OUT OF BOUNDS SPOT RESULTING IN A FIRST AND 10 / FIRST AND GOAL FOR THE RECEIVING TEAM.

REMEMBER, THERE ARE NO ONSIDE KICKS.

NOTE 2 : SHOULD A GROUNDED FREE KICK / KICK OFF , UNTOUCHED BY THE RECEIVERS, BE RECOVERED OR STOPPED BY BEING TOUCHED BY ANY MEMBER OF THE KICKING TEAM BEYOND THE NEUTRAL ZONE, THE BALL IS DEAD AT THAT SPOT AND IT IS FIRST DOWN FOR THE RECEIVERS .

SHOULD A GROUNDED FREE KICK / KICK OFF , UNTOUCHED BY THE RECEIVERS, TOUCH ANY MEMBER OF THE KICKING TEAM BEYOND THE NEUTRAL ZONE, AND THE BALL CONTINUES TO MOVE, THE BALL REMAINS "LIVE" AND MAY BE PICKED UP AND ADVANCED BY THE RECEIVERS

38A: Kick Catching Interference:

While any kickoff, kick after safety or punt is in flight , no player from the kicking team shall touch the ball nor obstruct any receiver's path to the ball .

These restrictions do not apply after a receiver has touched the ball.

Exception: A player on the kicking team may catch, bat or touch a punt in flight if no player from the receiving team is in position to catch the ball.

<u>Penalty for kick catching interference :</u>

The receiving team may accept a 10 yard penalty from previous spot and replay down or accept a 10 yard penalty from spot of foul.

39. The defense must be within ten yards of the line of scrimmage at the snap of the ball, except on a punt. Remember, no fake punts.

39A Unsportsmanlike Conduct by Defense Prior to the Snap

If in the covering official's judgement, the action by the defense , using acts or words prior to the snap, is for the purpose of disconcerting or hindering the offense's signals or movements, this is considered an unsportsmanlike conduct (dead ball) foul.This is a 15 yard penalty marked off from the line of scrimmage.

40. General referee alignment. One referee will stay in the proximity of the line of scrimmage, call out the count, and be responsible for all calls in that area. The other official will start 10 yards from LOS to ensure proper defensive alignment at the snap and be responsible for the calls in his area. There may be additional referees added for playoffs and will divide the field accordingly. The official's ruling is final. If he doesn't see it, it didn't happen.

41. Defensive and Offensive pass interference penalties can only be called when the pass is ruled "catchable". Defensive Pass Interference will result in the ball being placed at the spot of infraction plus repeat of down. It is not an automatic first down unless the spot of the foul will place the team past the first down marker. In this case a first down will be awarded. *Defensive pass interference fouls committed on touchdowns and made extra points will be enforced as a 15-yard penalty assessed from the succeeding spot on the ensuing kickoff*

Offensive pass interference will result in a 10-yard penalty from the line of scrimmage. Either penalty could result in an ejection at the referee's discretion.

NOTE: Face Guarding is a form of Pass Interference (PI). Face guarding is defined as a player (offense or defense) who turns his back to the ball and directs his attention to his

opponent and waves his arm(s) to block the vision of the potential receiver or interceptor. There is no attempt by the player (offense or defense) to look back at the ball. No contact need be made for PI to be called.

42. Any blocking on a non-running play will give the defense the option of the result of the play or the assessment of a 10-yard penalty, from line of scrimmage, and repeat of down. Blocking by the offense is permitted on a passing play only after a ball is caught.

43. If a defender(s) crosses the line of scrimmage before the three count, the defense will be charged with a blitz. If the blitz has already been used in this series, the defense will be assessed a five-yard penalty. The offense can choose to decline the penalty and take the result of the play.

44. (The 'New' Bulldog Rule). Should the defense go offside, the offense has the option of accepting the results of the play or the penalty with or without the distance (5 yards) being enforced. Should the defense continue to go offside during the same down, an unsportsmanlike conduct (15 -yard) foul may be assessed.

45. Holding or any form of illegal contact (by the offense or defense) will result in a 10-yard penalty. Running someone over when blocking ,attempting a "tackle" or at any other time will result in a 15-yard penalty ,***an automatic first down*** if on defense ***and the down counts*** if on offense and possible ejection.

46. FORWARD PASS: There is only one forward pass per play. Ball must be snapped to the QB or another back. During the last two(2) minutes of each half, the QB may spike the ball (from *under* center or shotgun), immediately upon catching the snap, to stop the clock. This is defined as a "quick spike." *You may not lateral back to someone behind the line of scrimmage once you've crossed it and have that person throw a forward pass. Nor can you step over the line of scrimmage and go back behind it and pass.* These are both illegal forward pass penalties and the defending team has the option to take *the "live" ball foul* , a penalty (5 yards from the spot and loss of down) or the result of the play

Laterals (backward passes) are allowed *at any time*.

> **46a. Intentional grounding occurs** when the quarterback releases the ball in an attempt to avoid a sack with no receivers in proximity. This is considered an illegal forward pass which is a five-yard penalty, *assessed from spot of the pass* and loss of down. Unlike the NFL, there is no "tackle box," therefore this penalty can occur from sideline to sideline.
>
> **46b. The QB may quick spike the ball** immediately upon taking the snap (from under center or *from the shotgun formation* during any down in the last two (2) minutes of each half. This is defined as a "quick spike" and is not intentional grounding. The ball will remain on the same line of scrimmage as if it were an incomplete pass and the clock will be stopped. If the defense blitzes on what is an immediate quick spike, it will be up to the discretion of the referee as to whether or not a blitz occurred at any point before the QB released the ball.

47. After a team scores, they have the choice of going for a one- or two-point conversion. The one-point attempt will take place from the five-yard line and the two-point attempt will be from the ten-yard line. PAT's can be run back. If the defending team intercepts a pass and runs the ball all the way back, they will be awarded one or two points, depending on what the offense was trying for -- and, the team originally making the PAT attempt will have to kick off, not the team that ran back the PAT. *If an intercepting player goes into the endzone trying to avoid being tagged and is tackled in the endzone a safety is declared and one (1) point is added to the opponent's score.(this includes a play where the interception was caught in the endzone and the interceptor comes*

out of the endzone and goes back in). Regardless if a team has used its blitz or not, there is no blitzing on the extra point attempt.

If a team declares they want to go for a one point conversion and then decides to go for a two point conversion (or vice versa) a time-out must be used to declare the switch. ***If the team wants to switch and they don't have any time-outs left, they can take a delay of game penalty and then switch****. This option is not permitted after the acceptance of a penalty .*

48. Illegal participation will be called when a player goes out of bounds, returns to the field and touches the ball. *The player may return to block or "tackle" the ball carrier.* This is a 10-yard penalty. Of course, if he is bumped out it is a penalty on the other team since there is no chucking. If bumped out, player may come back in and participate in the play, providing he does so immediately. It will not be offsetting penalties for a chuck out of bounds and an illegal participation. This penalty will be assessed from the line of scrimmage and not from the point of infraction.

48a.It is also illegal *if a team has too many men on the field.*

1).In the huddle before the snap, dead ball foul, 5 yard penalty ***(Illegal substitution)***

*2).After the snap, live ball foul, 10 yard penalty if accepted****. (Illegal participation)***

49. Players on the sidelines may not travel past the 20-yard line. This is to be called at the discretion of the referees. It is a rule to prevent distraction in the "red-zone." First offense is a warning. Repeated offenses may lead to a five-yard penalty.

50. If a player grabs a jersey with one hand, in an attempt to pull a flag, it is a 10-yard penalty from the spot of the foul and *replay* down.

51*.* ***SIDELINES:*** *All players and coaches must stay in the area between the 20-yard-lines. All coaches are responsible for keeping all spectators 5 yards from sideline. Anytime a coach enters the playing field to question a call a time-out will be assessed. If a coach requests a timeout to question a rule and the rule is not changed, the team is charged with a timeout or assessed a five (5) yard delay of game penalty if no timeouts are left. All coaches should have garbage bags to clean up their sidelines before leaving the field. Leaving garbage on the field will result in a $50 fine, which must be paid before the next week's game or the team will forfeit until they pay fine.*

51a . The home team (team that secures the field) has the option to choose a sideline

52 . False Start - Definition :

After becoming set, it is a false start (dead ball) penalty if an O-lineman (Center and the two players adjacent to the center) moves before the snap or any offensive player makes any movement that simulates action at the snap.

NOTE : if a defensive player is in the neutral zone at the time of the false start or offensive offsides, the ball is declared dead and a defensive offsides penalty is declared.

53. Offside - Definition :

1). Defensive offside occurs when any defensive player enters the neutral zone prior to the snap. This is a live ball foul unless the official declares the rush is unabated to the QB, at which time the whistle will blow declaring the play dead.

2). Offensive offside occurs when any player other than the center and the two players adjacent to the center enter the neutral zone before the snap. The whistle will blow declaring the play dead.

54. Protests:

If a possible rule misinterpretation directly affects the outcome of the game, a protest may be filed in the following manner: 1). Coach informs Head Referee immediately (before next play) of the protest 2). Head referee will note the exact conditions at the time of protest, including time, team in possession, spot of ball, down, distance and reason for the protest. He will obtain signature of both coaches signifying agreement. 3). Coach & Head Referee call league office and a decision will be rendered by the league office as early in the following week as possible. Upheld protests will be played at a time and place designated by the league office from the point in the game when the protest was declared with conditions as defined in sentence 2) above. Remember, a protest cannot be lodged for a judgment call. All decisions are final and not subject to appeal.

55. Penalty Yardage

1. **Illegal block** including blocking on passing plays before the ball is caught, offensive player crossing the line of scrimmage to initiate a block on a non-running play are 10 yard penalties .The defense has the option of accepting the result of the play or accepting penalty which will be enforced from Line of Scrimmage (LOS) and the down is replayed.

1a. *Illegal block in the back is a 10 yard penalty***.** *The offended team has the option to accept the result of the play or have the penalty enforced from the spot of the foul.*

1b. **Offensive holding is a 10 yard penalty.** *The offended team has the option to accept the result of the play or have the penalty enforced from the spot of the foul.*

2. Personal Foul (blocking above the shoulders, clipping, blocking below the waist, *and non open hand blocking) - 15-yards*
3. Illegal motion, illegal shift - 5 yards from line of scrimmage
4. Illegal contact / Defensive Holding - 10 yards from line of scrimmage
5. Delay of game - 5 yards, stop clock during last 2 minutes of each half.
6. Defensive pass interference - spot of foul and repeat of down.
Offensive pass interference - 10-yard penalty from line of scrimmage
7. Offsides and False starts - 5 yards
8. Illegal formation (defense not within 10 yards of line of scrimmage) - 5 yards
9. Unsportsmanlike penalty - 15 yard penalty and warning
9a. 2nd unsportsmanlike penalty on the same player - 15 yard and automatic ejection from the game. ADDITIONAL PENALTIES WILL BE ASSESSED AT THE DI SCRETION OF THE REFEREE/LEAGUE OFFICIALS (See Conduct).

10. **ILLEGAL FORWARD PASS*/ ILLEGAL FORWARD HANDING*** **:** 5 yards from spot of infraction and loss of down.

DEFINITIONS :

ILLEGAL FORWARD PASS:

A). Forward Pass from beyond the line of scrimmage. Foot or feet of QB is in contact with the ground beyond the LOS

B). Forward Pass intentionally thrown to save loss of yardage or to conserve time.

EXCEPTION: During the last two(2) minutes of each half, the QB may spike the ball (from *under* center or shotgun), immediately upon catching the snap, to stop the clock. This is defined as a "quick spike."

C). Intentional Grounding, a Forward Pass intentionally thrown into an area not occupied by an offensive receiver. . Unlike the NFL, there is no "tackle box," therefore this penalty can occur from sideline to sideline.

D). A second or subsequent forward pass during the down

E). Forward Pass after team possession has changed during the down

ILLEGAL FORWARD HANDING :

A). No player may hand a ball forward except during a scrimmage down before a change of possession , provided both players are behind the LOS

B). During a scrimmage down after a change of team possession, no player may hand the ball forward to a teammate.

11. Kickoff goes out of bounds – *Any kick that goes out of bounds ,untouched by R, between the restraining lines comes in to play at the out of bounds spot.* Any kick that goes out of bounds ,*untouched by R, **beyond R's restraining line** and before the goal line comes in to play* at *Team R's 30 yard line, 1st down and 5 yards to go(which is the 35 yard line/ midfield)* .

12. Personal Fouls/ Unnecessary Roughness of any kind, i.e., barreling a player over when blocking (on a kickoff or at any other time), rough tackle/ flag pull, *shove out of bounds* contact with potential receiver (offense or defense), illegal bullrush*, tripping, ball stripping*, fighting of any kind including throwing of punches whether there is contact or not is a live ball foul . A 15-yard penalty (and possible ejection) will be enforced from line of scrimmage or spot of "rough" touch/shove. If penalty is on defense*, a first down will be declared* after penalty enforcement. If penalty is on offense the down counts after penalty enforcement.

. **Note: For any penalty listed in this Para 12 , if in judgment of the Referee a touchdown was prevented, the Referee can award a touchdown**

13. Roughing the passer - 15 yards added on to the end of the run *OR FROM LOS (if incomplete pass or sack) AND an automatic first down is declared.*

Definition of Roughing the Passer:

Roughing the passer is defined as while the passer is in the act of throwing a forward pass:

- *Any contact is made with the passer's throwing arm/ hand whether the ball is touched or not*
- *Any contact is made above the passer's shoulders, including an attempt to make a "tackle".*
- *Any physical contact is made to the passer including pushing , shoving ,lowering of shoulder to knock the passer over, etc. while attempting to make the flag-pull.*

. Definition of QB sack: The QB is considered to be "sacked" when a defender pulls his flag prior to the ball being released, as in a forward or backward pass or hand-off. The position and/or motion of the QB's arm has no bearing on the call.

13a Roughing the Punter: *15 yards FROM LOS AND an automatic first down is declared*

Definition of Roughing the Punter :

Roughing the punter is defined as while the player contacted is in the act of punting :

Any physical contact is made with the punter , whether the ball is touched or not, including pushing, shoving ,lowering of shoulder to knock the player over, etc. while attempting to block the kick.

14. Illegal participation - 10 yards from line of scrimmage

15a. Holding the runner to pull a flag - 10 yards from "end of run" and *replay* the down .

15b. Stripping the runner - 10 yards from "end of run" and *replay* the down

15c. Deflagging / Early Flag Removal 10 yards from spot of one hand touch (end of run) and REPLAY down .

15d. Hold runner 10 yards from end of the run ad REPLAY the down

15e. Tackle / Pull Down runner 10 yards from end of the run ad REPLAY the down. If in the Referee's opinion, this action prevents a touchdown, a touchdown may be awarded.

16. The Runner shall not charge/lower his head and/or shoulder (spot minus 10 and down counts), nor dive or crawl (spot player leaves his feet minus 10 and down counts)

17. *All defensive fouls committed on touchdowns and made extra points will be enforced from the succeeding spot on the ensuing kickoff .*

18. Illegal Substitution *– 5 yards*

19. Illegal Use of Hands- 10 yards from end of play (succeeding spot) and lose of down

Definition of ILLEGAL USE OF HANDS:

19.1.1 There are no "stiff arms" allowed by any player. This will be considered an illegal contact foul and a 10-yard penalty will be assessed and the down will count. ***Should contact be made above the shoulders , to the neck, face , head, etc , this will be considered a major penalty and be penalized as spot of foul minus 15 yards and the down counts***

19.2. No runner player shall flag shield / use his hands to prevent an opponent from tackling him in accordance with Rule 14. This includes hand swipe or any other act to prevent opponent from making a tackle.
This act will be considered an illegal contact foul and a 10-yard penalty will be assessed from the end of the play(succeeding spot). The down will count as this is considered an "end-of-the-run" foul.

20.0 Kick Catching Interference :

While any kickoff, kick after safety or punt is in flight , no player from the kicking team shall touch the ball nor obstruct any receiver's path to the ball .

These restrictions do not apply after a receiver has touched the ball .

Exception: A player on the kicking team may catch, bat or touch a punt in flight if no player from the receiving team is in position to catch the ball.

Penalty for kick catching interference :

The receiving team may accept a 10 yard penalty from previous spot and replay down or accept a 10 yard penalty from spot of foul.

The receiving team may accept a 10 yard penalty from previous spot and replay down or accept a 10 yard penalty from spot of foul.

21. Unfair acts - any action not specified in rules and/or deemed actions that make a travesty of the game. Penalty - referee can award any penalty he sees fit, including a score.

All other penalty yardage assessments will be issued at the referees' discretion.

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Foul on Last Play of Half or Game

1. On a foul by defense on last play of half or game, the down is replayed if penalty is accepted.

2. On a foul by the offense on last play of half or game, the down is not replayed and the play in which the foul is committed is nullified.

Exception: Fair catch interference, foul following change of possession, illegal touching. No score by offense counts.

INADVERTENT WHISTLE ON LAST PLAY OF HALF OR GAME :

If there is an inadvertent whistle during the last timed down of either half, the half must be extended by an untimed down.

Penalty Enforcement During and After Touchdowns and Extra Points:

a). If during a TD scoring play in which there is no change of possession, the opponent of the scoring team commits a foul, the scoring team is awarded the TD and has the option to have the penalty enforced from the succeeding spot(extra point spot or if in OT, the 20 yard line) or the subsequent kick-off.

b). If during a TD scoring play in which there is a change of possession, the opponent of the scoring commits a foul after the change of possession , the scoring team is awarded the TD and has the option to have the penalty enforced from the succeeding spot(extra point spot) or the subsequent kick -off.

c). If after a TD scoring play and prior to the initial ready for play signal for the try, either team commits a foul , the offended team has the option to have the penalty enforced from the succeeding spot(extra point spot or if in OT, the 20 yard line) or

on the subsequent kick –off.

d). If during a successful try, a loss of down foul by the offense occurs, there is no score and no replay.

e). If during a successful try, a foul by the defense occurs, the offense is given the choice of:

1. Accepting the penalty and replaying the down following enforcement; or
2. Accepting the result of the play and enforcement of the penalty from the succeeding spot (kick-off or if in OT, the 20 yard line).

f). Should either team commit a dead ball foul after the extra point try , the penalty is enforced from the succeeding spot (kick-off or if in OT, the 20 yard line).

This penalty will be combined with any other penalties that are to be enforced from the succeeding spot (kick-off or if in OT, the 20 yard line) from previous playing action.

56. Conduct :

There will be absolutely zero tolerance for unsportsmanlike conduct. Anyone who engages in unsportsmanlike conduct, as defined below, will severely disqualify his team and his chances for resuming play this or any season**.** ***A player who throws a punch or who makes physical contact with a referee. This action could also result in an immediate forfeit of the game will be suspended for the entire season. 8 regular season games (which can overlap seasons) and you are ineligible for the playoffs in the season in which the punch was thrown. Mandatory 3 games for verbally abusing/threatening refs.***

Any player that gets suspended from play must fill out legal paperwork and agree to the terms listed. Once a player has done so, the paperwork must be signed and returned to the league before that player will be considered for re-entry. It is up to the league directors to decide if that player can return to play. If that player is allowed to return, that player is on lifetime probation. If the player gets suspended a second time, the league can ban that player for life.

Coaches are alerted to the fact that they should not bring a potential problem player onto their team. These players tend to show themselves more than once during the course of a season and will adversely affect your team's chances for success. Avert the problem, don't sign him. This is meant to be a friendly league. We will let no one player or one team jeopardize our good-natured, recreation pursuits of the league, our use of fields and insurance privileges.

Along with the legal paperwork, the suspended player must pay a $100.00 fine.

Unsportsmanlike conduct is any conduct that is not contingent to the game. Any participant of a fight will unquestionably be expelled from the game. It will be up to the referee as to whether or not that player is to return the following week, or any game thereafter (upon consultation with league management). If a precipitator can be determined, he will be ejected. If not, both players will be automatically ejected. Any player ejected from a game is to leave the field property entirely or the team will suffer a forfeit. A referee and league officials can hold a team accountable (in the form of forfeit) for any unsuitable actions taken by the player after he is ejected.

The second player from the same team engaged in a second fight will automatically be ejected for that game plus the following game. It will be up to the discretion of the official whether or not a team should be held accountable for the actions of the second ejected player by levying a team forfeit of the current game.

A major responsibility of the refs is to watch out for cheap shots. This will lead to an automatic ejection. Anyone developing a reputation for committing cheap shots or any chronic conduct violation will be monitored closely by the league and will probably not finish the season.

The referee can request a mandatory forfeit for a subsequent week of any team engaging as a whole or majority in unsportsmanlike actions. This can only be upheld, however, after consultation with league management. The same rules apply for any verbal assault on a referee.

The only players allowed to question the call of an official is be the coach or the designated captain. All else are subject to ejection for all or part of a game at the ref's discretion. The preface of any confrontation with a referee must be to ask for an explanation of a rule or a call -- not to chastise the official.

This is not a "rough touch" league. However, if you feel you were unjustly rough-touched, you may not confront the accused offender to express your displeasure. All calls by the officials are final. If the official does not call a penalty for a rough touch, there was none in the eyes of the league.

Harassing verbal confrontation will also not be tolerated. It will be up to the official whether or not language is fight provoking and if action need be taken. Any player abusive in this manner may be asked by the official to sit out the remainder of the half. If this persists, he may then be asked to leave the game by the official. Trash talking is discouraged as it could be considered fight-provoking behavior.

57. RULE AMENDMENT: Requests to amend a rule may be made to league officials and will be decided upon by league management. No rules will be amended on game day.

58. MORE QUESTIONS: E-mail it to Head Referee, Martin Landin, at mglandin@hotmail.com and he will respond to any intelligent questions.

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