

FLAG FOOTBALL RULES

1. Revised on March 18, 2024



The Game, Field, Players and Equipment

1. Field:

- 1) The field size for the CIF postseason and playoffs will be 40 yards wide by 80 yards long with two 10-yard endzones.
- 2) When space is limited--
 - a. Width: 30 yards minimum to 40 yards maximum (Fields may be up to 45 yards in width if there is a permanent marking on the field such as a Lacrosse boundary that provides a permanent visible line to be used as the sideline).
 - b. Length: 60 yards minimum to 80 yards maximum + 2 end zones (10 yards each)
- 3) No-run zones are located 5 yards from each End Zone and 5 yards from each line to gain.
- 4) Team Area: 2 yards from each sideline and between the 20-yard markers (or the line to gain nearest the endzone on fields shorter than 80 yards). The team box will be marked with either discs, cones, or lines.
- 5) The line to gain will be marked at the 20-yard line, 40-yard line, and 20-yard line. (or $\frac{1}{4}$, midfield and $\frac{1}{4}$ of the field space).
- 6) When possible, the line to gain and the No Run Zone will be marked at the sideline with a disc or cone.
- 7) When possible, the Goal Line and the End Line will be marked with Pylons.
- 8) **For tournament play only or when space is limited --**
 - a. A field may be 20 yards by 40 yards with two 10-yard endzones.
 - b. There will be only one line to gain at midfield.
 - c. The ball will be spotted at the 5-yard line to begin the game and after punts.
 - d. This style of tournament play must be approved by the CIF. Failure to get approval will lead to the event being unsanctioned.

2. Restricted Area:

- 1) The restricted area is the area extending two yards outside the perimeter of the entire field (i.e., outside both sidelines and end lines). This restricted area is designated by the restraining line.
 - a. The restraining line is a coned or lined mark on the field, at least 2 yards from the sideline.
 - b. The restraining line is the field sideline of the team box.
- 2) The team box is the area immediately outside the restricted area between the 20-yard lines (or the lines to gain nearest the endzones on fields that are shorter than 80 yards) on each side of the field. With limited exceptions, nonplayers are not permitted in the restricted area at any time during the game. Nonplayers include coaches, team personnel, spectators, game administrators, and members of the media.
- 3) During a dead-ball interval, no more than three coaches are permitted in the restricted area directly in front of the team box. No one may be in the restricted area when the ball is live.
- 4) The restricted area is designated to make the sidelines safer for everyone and to allow game officials ample room to work. If the restricted area is not delineated or not enforced by game administration, coaches, or game officials, individuals in the restricted area are at risk for injury during or after a play.
- 5) Coaches are encouraged to instruct team personnel on the parameters and boundaries of the team box and to effectively communicate the requirements to always stay in the team box. Coaches are also required to remain outside the restricted area when the ball is live, and no more than three coaches are in the restraining area when the ball is dead.
- 6) Coaches may not enter the field to call plays.

Penalty -- First offense, Sideline Warning; Second offense, Sideline Infraction, live ball foul, 5 yards, replay the down or end of play for offense on the opposing team; Third offense and beyond, Unsportsmanlike Conduct, 10 yards, live ball foul, replay the down or end of play for the offense on B & automatic 1st down; Contact with an official, Unsportsmanlike Conduct, 10 yards, live ball foul, replay the down or end of play for offense on B & automatic 1st down

3. Players:

Each team shall begin the game with 7 players, but if it has no substitutes to replace injured or disqualified players, it may continue with a minimum of 5.

4. Officials:

- 1) The game will be played under the supervision of 2-4 officials.
- 2) 5 officials may be used for CIF playoffs or tournament finals.
- 3) Team representatives, including players, substitutes, replaced players, coaches, trainers, and other persons affiliated with the team are subject to the rules of the game and shall be governed by decisions of the officials assigned to the game.

5. Shoes:

- 1) Must be soft pliable upper material (i.e., canvas/synthetic) that completely covers the foot and is attached to a one-piece molded composite bottom (i.e., tennis shoes).
- 2) Turf Shoe or molded rubber cleats only. NO metal cleats, screw-in cleats, or baseball cleats allowed.

6. Shirts/Jerseys:

- 1) All jerseys must have numbers on the front and back. (6 inches in height on the front and 8 inches in height on the back)
- 2) No identical numbers on the field at the same time.
- 3) Must cover the players' torso.
- 4) Must be long enough to be tucked into pants.
- 5) Must have both a light-colored (away) and a dark-colored (home) shirt.
- 6) The shirt must be always tucked in.
- 7) Sweats (including hoods) must be worn under the uniform if worn.

7. Shorts/Pants:

- 1) Must be part of a uniform.
- 2) The uniform may be a flag football, soccer, or lacrosse uniform.
- 3) No Open Pockets, belt loops, or exposed drawstrings.
- 4) Spandex and compression shorts may be worn under the uniform.
- 5) No torn shorts or sweatpants.
- 6) The pants or shorts must be a contrasting color to the flags.

8. Flags:

- 1) A one-piece flag belt without any knots.
- 2) **One flag on each hip (2 flags total)**
- 3) Flag size is 2" wide by 15" length. (A flag with no more than 5% variability will be legal)
- 4) **Flags MUST be removable from the belt.**
- 5) **All "pop" flags must be designated by the manufacturer to be for YOUTH. Any flag designated by the manufacturer to be an "adult" pop flag will be illegal.**
- 6) Flags may not be altered in width or length (from their original manufactured size) and may have no tape on them.
- 7) All flag attachments must be unaltered from the original manufacturer's design.
- 8) The officials of each contest will have the final rule for that contest as to the legality of all flags, belts, and attachments.
- 9) Play cards or other foreign attachments may not be worn on the flag belt.
- 10) All players must be wearing 2 flags before the ball becomes live. Failure to properly wear required player equipment when the ball is about to become live results in a dead ball penalty for Delay of Game. Flags must be a contrasting color to the pants or shorts.

Penalty, Delay of Game, 5 yards, Dead Ball Foul

- (a) **NOTE: Games will not be played unless both teams have the appropriate flags. Officials will ensure that all participants are properly equipped to begin the contest**

9. Football:

- 1) Pebble-grained or rubber-covered football.
- 2) Must be a size 7, youth, or intermediate-size football. Measurements between 10" -11.25" in length, 4.5" -6" in height, and circumference of 18" - 20.75".
- 3) The referee shall be the judge of any ball offered for play.

10. Recommended Field Equipment:

- 1) Scoreboard
- 2) Goal post pads
- 3) Sideline markers, discs, cones, and pylons
- 4) Down marker

11. Additional Equipment:

- 1) Mouth and Tooth Protector: It is MANDATORY that all players wear a mouthpiece.
- 2) Sunglasses: Players are not permitted to wear sunglasses
- 3) Hand Warmers: Players may not wear hand Warmers that buckle around the waist.
- 4) Wristbands and headwear shall meet the following guidelines: Soft-sided, Rubber, cloth, or elastic bands may be used to control hair. Hard items, including, but not limited to, beads, barrettes, and bobby pins, are prohibited.
 - a. Play cards must be worn on the players wrist or arm.
- 5) Softshell helmets may be worn to protect the head. All headgear must be secured to the head and worn as intended by the manufacturer and must contain no hard objects.
- 6) Knee & ankle braces are permitted but all exposed hinges must be covered. Most oversleeves recommended by the manufacturer are acceptable. These braces may be padded or unpadded. All padding must be shown to and cleared by the Referee prior to the coin toss.
- 7) The officials shall not permit any team member to participate while wearing apparel or equipment if in his/her judgment any item is dangerous or confusing to other players, is not appropriate, or constitutes a safety concern.

- 8) A player may not wear jewelry. Religious and medical alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical alert medal must be taped and may be visible.
- 9) No eye shade other than all black. E
 - a. Exception: Pink is allowed during October.
- 10) Body paint or markings on the body are not allowed.
 - a. Exception: At the discretion of the officials, pink may be worn during October.
- 11) "Adornments" such as soft bracelets, and wrist bands not worn on the wrist or arm are not allowed. All adornments are at the discretion of the officials assigned to the contest.

12. Coaches field Equipment:

- 1) Electronic communication devices shall not be used with any player in the field of play.
- 2) Electronic communication devices are allowed during timeouts and while a player is not participating in a scrimmage play.
- 3) Officials will never use any video during a game to change a call.

13. Prior to the Game:

- 1) At the beginning of each contest, immediately following the coin toss, each team will present themselves along their sideline for a Pre-Game Equipment Check. Players that are not legally equipped at this check will not be allowed to participate until they become legally equipped.
- 2) Teams that do not present themselves for this equipment check in a timely manner are subject to a delay of game foul or forfeiture of a Timeout.

Penalty – Art 2, Delay of Game, dead ball foul, 5 yards

14. Improper or Illegal Equipment:

- 1) Any player not properly equipped to begin each down will be removed from the field of play for at least one down.
- 2) The play clock will not reset to remove improperly equipped players from the field of play or to allow a substitute to enter.
- 3) If the ball is snapped before all offensive players are properly equipped the penalty is a dead ball, delay of game.
- 4) If proper and legal equipment has become improperly worn through use, but prompt repair is possible and does not delay the ready-for-play, such repair may be made without replacing the player for at least one down.
- 5) Each player shall properly wear the mandatory equipment while the ball is live.

Penalty – Art. 3, Delay of Game, dead ball foul, 5 yards, previous spot; Improperly Equipped, Art. 5, live ball foul, 10 yards, previous spot (A), end of related play (B), replay the down

2) Definitions

1. Player Designations:

- 1) An offensive blocker is a player who is blocking or in position to block by being between the potential flag taker and the runner.
- 2) A passer is a player who throws a legal forward pass.
- 3) A runner is a player who is in possession of a live ball.

2. Goal Line:

- 1) The goal line is the vertical plane that separates the field of play from the end zone. When related to a live ball in a runner's possession (touching inbounds) while the ball is over the out-of-bounds area, the goal line includes the extension beyond the sidelines. A team's goal line is the one it is defending.

3. Team Designations:

- 1) The offense is the team in possession of the ball. The opponent is the defense.
- 2) A is the team that puts the ball into play. The opponent is B.
- 3) Team designations (A and B) are retained until the ball is next ready for play.

4. Blocking:

- 1) Offensive blocking shall take place without contact. Blocking may only occur at or behind the line of scrimmage (LOS). Blocking beyond the LOS is illegal.
- 2) The blocker shall have their arms and hands at their side, across their chest, in front of the body, or behind their back. Any use of hands, arms, elbows, legs, or body to initiate contact during an offensive block is illegal.
- 3) An offensive player who is attempting to block shall not move their feet or lean into a defensive player.
- 4) The defense is responsible for avoiding contact with a stationary blocker.
- 5) **To be deemed as stationary, the blocker must be stationary for a distance of at least 1 yard in advance of the defender.**

5. Passing:

- 1) A pass is defined as a ball in player possession that is then thrown.
- 2) A forward pass is a pass thrown with its initial direction toward the opponent's end line.
- 3) A forward pass ends when it is caught touches the ground, or is out of bounds.
- 4) A backward pass is a pass thrown with its initial direction parallel with or toward the runner's end line.
- 5) A backward pass ends when it is caught, contacts the ground or is out of bounds.
- 6) The offensive team may NOT throw more than one forward pass per play.
- 7) The offensive team may throw an unlimited number of backward passes during any play.
- 8) No player may throw the ball forward if the **entire body** of that player is beyond the line of scrimmage.
- 9) The quarterback may intentionally ground the ball by throwing the ball into the ground or out of bounds to avoid a sack. If the ball is thrown laterally or backwards it is considered a fumble and the ball will be placed at the spot where the ball crossed the out-of-bounds demarcation or hits the ground. If the pass is thrown forward it is considered an incomplete pass and will be placed at the previous spot.
- 10) No forward passes are allowed after an interception.

6. Snapping:

- 1) A snap is the legal act of passing or handing the ball backward from its position on the ground.
- 2) The snap begins when the snapper first moves the ball legally other than in adjustment. In a snap, the movement must be a quick and continuous backward motion of the ball during which the ball immediately leaves the hand(s) of the snapper and touches an A player with their feet at least one (2) yard behind the LOS before it touches any other A player.

3) The person who receives the snap is considered the quarterback for that play.

7. Defensive Rushing:

- 1) A team B player who crosses the LOS with any part of their body is considered a Rusher. If the LOS is not crossed, then they are not considered a rusher.
- 2) No more than two team B players shall cross the LOS during a down in which the QB is the only player to possess the ball.
- 3) Prior to the snap, a legal rusher may be lined up anywhere along the rush line that is set 7 yards from the LOS.

8. Quarterback:

- 1) The Quarterback (QB) is the A player who receives the legal snap to start the scrimmage play.
- 2) Once any other team A player possesses the ball all restrictions placed on the offense or defense regarding the quarterback are dissolved, even if the A player who received the snap possesses the ball again during the scrimmage play.

9. Down -- Loss of Down:

- 1) A down is an action that starts with a legal snap (beginning a scrimmage play). A down ends when the ball becomes dead.
- 2) The ball becomes dead when the ball carrier's flag is pulled, the ball touches the ground or any body part, other than the hand or feet of the ball carrier touches the ground, or any body part of the ball carrier touches out of bounds.
- 3) The loss of a down is the loss of the right to replay the down.
- 4) Penalties that require a loss of down – if a first down is gained after administration of the yardage of the penalty, the next down to be played will be first down. (i.e. – flag guarding, after penalty administration the first down is gained, the next down to be played will be first down.)

10. Forward progress:

- 1) Forward progress is the end of advancement of the ball, toward the opponent's goal, in a runner's possession when the runner is deflagged.
- 2) Forward Progress determines the dead-ball spot.
- 3) Forward progress of a fumble to first touch the ground, and becomes dead out of bounds, is the forwardmost point of the ball when it crosses the sideline when the fumble of forward or where it touches the ground if the fumble is backward.
- 4) Forward progress of a fumble that contacts the ground, and becomes dead, in advance of the runner who had possession will be marked at the spot where possession was lost.
- 5) Forward progress of a fumble that contacts the ground, and becomes dead, behind the runner who had possession will be marked at the spot that the ball contacts the ground.

11. Fouls and Penalties:

- 1) A foul is a rule infraction for which a penalty is prescribed.
- 2) Types of fouls:
 - a. Dead Ball – a foul that occurs in the time interval after a down has ended and before the ball is next snapped.
 - b. Double – one or more live-ball fouls (other than nonplayer or unsportsmanlike) are committed by each team at such a time that the penalties offset.
 - c. Flagrant – a foul so severe or extreme that it places an opponent in danger of serious injury, and/or involves violations that are extremely or persistently vulgar or abusive.

- d. Live ball – a foul that occurs during a down.
- e. Multiple – two or more live ball fouls (other than nonplayer or unsportsmanlike) are committed during the same down by the same team at such a time that the offended team is permitted a choice of penalties.
- f. Nonplayer or unsportsmanlike – a noncontact (other than unintentional contact) foul while the ball is dead or during the down which is not illegal participation and does not influence the play in progress.
 - (a) The second Unsportsmanlike foul given to any player or coach will result in ejection from the contest
- g. Simultaneous with the snap – an act which becomes a foul when the ball is snapped.

12. Handing, Pitching, and Tossing:

- 1) Handing the ball is transferring player possession from one player to a teammate in such a way that the ball is still in contact with the first player when it is touched by the teammate. Handing the ball is not a pass, pitch, or toss. Loss of player possession by unsuccessful execution of attempted handing is a fumble.
- 2) Pitching and tossing occur when the player in possession of the ball completely releases the ball while the ball travels in the air either forward, backward, or laterally before another player possesses the ball. The ball may not contact the ground even if the direction of the ball is lateral or backward.

13. No Run Zone:

- 1) The No Run Zone is an area that starts at the goal line or line to gain and extends five yards towards the Team A endzone or line to gain.
- 2) When the ball is snapped within the No Run Zone, it shall not be advanced beyond the LOS without first being passed forward or backward.

Penalty—Illegal Run, live ball foul, 5 yards, previous spot, Loss of Down

14. Fumble:

- 1) A fumble is any loss of player possession except handing or passing and the ball contacts the ground.
- 2) A fumble is a dead ball when the ball contacts the ground.
- 3) A loss of player possession and the ball does not contact the ground is not a fumble and the ball will remain live.

15. Line of Scrimmage and Neutral Zone:

- 1) The line of scrimmage for each team is a vertical plane through the point of the ball nearest the team's goal line. It is determined at the ready-for-play and remains until the next ready-for-play.
- 2) The neutral zone is the space between the two scrimmage lines during a scrimmage down and is the length of the football.

16. Out of Bounds:

- 1) A player or other person is out of bounds when any part of the person is touching anything, other than another player or game official that is on or outside of the sideline or end line.
- 2) A ball in player possession is out of bounds when the runner or the ball touches anything, other than another player or game official that is on or outside a sideline or end line.
- 3) A loose ball is out of bounds when it touches anything, including a player or game official, that is out of bounds.

17. Ready-for-Play:

- 1) Ready-for-play signals that the ball may be put into play by a snap and starts the 25-second play clock.

18. Spinning:

- 1) Spinning is rotation (twisting) of the body, greater than 360*, while moving along a straight line, to avoid a flag being pulled.
- 2) Any turn or cut that includes an obvious change of direction is legal.
- 3) At the discretion of the official, this can be a live ball foul, or if the act is deemed dangerous and safety is a concern, the official will stop play with the appropriate dead ball signals.

19. Pass interference:

- 1) Pass interference restrictions only apply beyond the neutral zone and only if the legal forward pass, untouched by B in or behind the neutral zone, crosses the neutral zone. Pass interference restrictions for both A and B players are in effect until the ball is touched or the pass is incomplete.
- 2) It is forward pass interference if any player of A or B interferes with an opponent's opportunity to move toward, catch, or bat the pass.
- 3) Pass interference restrictions for A begin at the snap, and for B they begin when the forward pass is in flight.
- 4) Pass interference includes holding, grabbing, restricting, redirecting with the body, or otherwise hindering the movement of a player making a bonified attempt to secure a forward passed ball.
- 5) Neither the A or B is required to "turn to see the ball" in order to be legal. Face guarding is allowable provided none of the other rules for pass interference are broken.

20. Flag Guarding:

- 1) The runner shall not make any movement of the hand or arm, even if unintentional, that restricts access to the runner's flag.
- 2) Flag guarding can and does occur with the normal motion of a runner's arms and hands, and is a foul.
- 3) The runner shall not "stiff arm" a defender.
- 4) The runner shall not lower their shoulder to ward off a defender.

Penalty --- Flag Guarding, live ball foul, 10 yards from the spot of the foul, loss of down

21. Diving:

- 1) No player shall leave the ground with both feet and dive so that their body becomes horizontal to the ground and first contact the ground with any body part other than their feet.

Penalty—Diving, Ball is dead at the spot the player left the ground, 5 yards, Loss of down

22. Safety:

- 1) It is a safety when a runner carries the ball from the field of play to or across their own goal line, and it becomes dead there in their team's possession.
 - a. Exception: When a defensive player intercepts an opponent's forward or backward pass and their original momentum carries them across their own goal line where the ball then becomes dead. This will be a touchback and the ball will be spotted at the intercepting team's 20-yard line.

- 2) It is a safety when the team in possession fumbles the ball and it first contacts the ground in their own endzone.
- 3) It is a Safety if the offense commits a penalty in their own endzone.

23. Leaping:

- 1) The runner shall not jump and leave both feet while moving forward with the runner's waist elevating above normal waist level.

24. Tagging:

- 1) Tagging is the act of touching a player with one hand, anywhere between the shoulder and knees.
- 2) A tag will be used to down a player who has lost their flag either legally or illegally before possessing the ball.

25. Tripping:

- 1) Tripping is the use of the lower leg or foot to obstruct an opponent, including the runner, below the knee.

26. Zones and Lines to gain

- 1) The line to gain is a designated line on the field as outlined in 1.1.5
- 2) The Zone is the area between the two lines to gain or the line to gain and the goal line.
- 3) First Down will be awarded to A when they advance the ball beyond the line to gain.
Exception – 4.1.2

3) Periods, Time Factors, Substitutions

1. Starting the Game:

- 1) 5 minutes before the scheduled game starting time, the referee shall meet at midfield with no more than 4 captains representing each team for a coin toss.
 - a. There will be one designated “speaking captain” for each team.
 - b. The referee will instruct the visiting team to call “heads” or “tails” for the coin toss.
 - c. The winner of the toss shall have the first choice of options for the first half or defer and have the ball for the second half. The loser will have the choice for the half that the winner did not select.
 - d. The two options for each half are: to choose whether their team will play offense or defense or to choose the goal their team will defend.
 - e. The team not having the first choice of options for the half shall exercise the remaining option.

2. Game Length:

- 1) **Two 24-minute running halves.**
- 2) Halftime will consist of five (5) minutes.
- 3) Running clock until the last 2 minutes of each half. The game clock will start on the snap following the stoppage for notification of a 2-minute warning.
- 4) **Junior Varsity Contests will be two 20-minute halves.**

3. Timing Errors:

- 1) The referee shall have the authority to correct obvious timing errors if the discovery is prior to the second live ball following the error unless the period has officially ended.

4. Starting and stopping the game clock:

- 1) The clock will start on the snap to begin each period.
- 2) The game clock will run continuously until the final two minutes of each half.
- 3) The clock will stop at the discretion of the Referee to administer fouls, for injured players, or for other officials' conferences.
- 4) The clock will stop for charged team timeouts.
- 5) The clock will stop in the final two minutes of each half when:
 - a. The ball/runner goes out of bounds.
 - b. A new series of downs is awarded.
 - c. The ball becomes dead behind the goal line.
 - d. A legal or illegal forward pass is incomplete.
 - e. A team attempts to consume time illegally.
 - f. A penalty for delay of game foul is accepted.
 - g. The down ends following a foul.
 - h. A score occurs. (will remain stopped during the try)
 - i. Penalty and administration of the penalty
 - j. An inadvertent whistle is sounded.
- 6) The clock will start on the ready-for-play under two minutes or if stopped during running clock time
 - a. After the Referee stops the clock during the running clock period.
 - b. When at the discretion of the officials, the officials determine that the foul committed was to conserve time.
 - c. After an awarded first down.
- 7) During the final 2:00 of each half, the clock will start on the snap for all instances not outlined in 3.4.6.
 - a. Exception: The try will be an untimed down and the clock will start on the snap in the next series of downs.
- 8) The clock will stop at 2:00 remaining in each half, or immediately after the play if the ball is live at 2:00, to give a 2:00 minute warning to each team. This is not a timeout. The play clock will start immediately after the warning is given. The game clock will start on the snap.
- 9) During the final two minutes of each half, the clock will not stop for fumbles inbounds.

5. Timeouts:

- 1) Officials' timeouts occur at the discretion of the officiating crew.
- 2) Each team will have two timeouts per half.
- 3) A maximum of one unused timeout in the first half by each team will carry over to the second half, for a total of three. No timeouts are carried over into overtime.
- 4) Each team-charged timeout will last one minute. The warning will be sounded after 45 seconds, and the ready-for-play will be signaled after one minute.
- 5) A charged team timeout occurs when the ball is dead, and the timeout is granted by the officiating crew
- 6) When a team requesting a timeout has no remaining timeouts the request shall be ignored.
- 7) When a timeout is called following a score, the game clock will remain stopped for the try and will start on the first scrimmage play of the next series of downs.
- 8) Officials' timeout will be granted for an injured player.
 - a. That player must leave the playing field for at least one down.
 - b. If in the final 2:00 minutes of each half the game clock and play clock will start on the ready for play.

6. Play Clock, Ball Ready for Play, and Delay of Game:

- 1) The ball will be ready for play when an official has placed the ball for a down and the referee marks the ball ready for play (using the approved signal) with all officials in position.
- 2) The 25-second play clock will begin on the ready-for-play signal
- 3) Action or inaction which prevents the promptness in putting the ball in play is a delay of game. This includes:
 - a. Failure to snap prior to the expiration of the 25-second play clock
 - b. Unnecessarily caring the ball after it has become dead
 - c. Snapping the ball before it is marked ready for play
 - d. Failure to clear the field of play or the endzone in a timely manner after a score or change of period

PENALTY: Art. 3 - Delay of Game - 5 yards, dead ball foul

7. Extended Periods:

- 1) A half may be extended for an untimed down when, during the last timed down, one of the following occurred:
 - a. There was a foul by either team and the penalty is accepted. (exception—penalties that include a loss of down)
 - b. If there was a double foul.
 - c. If there was an inadvertent whistle the down is to be replayed. (exception—A may choose to accept the result of the play)
 - d. If a touchdown is scored and the try is attempted; unless the touchdown is scored during the last down of the second half and the point(s) would not affect the outcome of the game or playoff qualifying.

8. Substitutions:

- 1) Between downs, any number of eligible substitutes may replace players. Replaced players shall begin to leave the field within three seconds.
- 2) A play-replaced player or substitute is required to leave the field at the side on which his team box is located and go directly to their team box.
- 3) During the same dead ball interval, no substitute shall become a player and then withdraw, and no player shall withdraw and re-enter as a substitute unless a penalty is accepted, a charged time out, or the period ends.
- 4) During a down, a replaced player or substitute who is in the field of play, but does not participate, constitutes an illegal substitution.
- 5) Any player who enters the field of play during a down and participates does so illegally.

PENALTY: Arts. 1, 2, 3 - Illegal Substitution - (S22) - 5 yards, dead ball foul; Art. 4 - Illegal Substitution - (S22) - 5 yards, live ball foul. Art. 5, Illegal Participation - live ball foul, A - 10 yards, previous spot, loss of down; B - 10 yards, end of the related play, automatic 1st down

4) General Gameplay

1. Each team receives four (4) consecutive downs to reach the line to gain or endzone.
2. The line to gain in any series shall be the line marking the zone in advance of the ball unless distance has been lost due to penalty or failure to gain. In such a case, the original zone in

advance of the ball at the beginning of the series of downs is the zone line to gain. The most forward point of the ball, when declared dead between the goal lines, shall be the determining factor.

3. A new series of downs shall be awarded when:
 - 1) A team moves the ball into the next zone on a play free from penalty.
 - 2) A penalty against the opponent moves the ball into the next zone.
 - 3) An accepted penalty against the opponents involves an automatic first down.
 - 4) Either team has obtained legal possession of a ball as a result of a penalty, pass interception, or failure to gain the zone in advance of the ball.
4. If double fouls occur during a down, that down shall be repeated. Exception – 2.11.2
5. Officials will be responsible for determining the spot of the ball and the down markings. **At the request of team A, the ball may be spotted no more than 4 yards to the left or right of center along the LOS.** This includes the try. Requests to move the spot of the ball will not delay the start or stop the play clock.
6. After the ball becomes dead, the 25-second play clock begins once the ball is placed on the ground and the ready-for-play signal has been given by the referee. The referee will provide an audible countdown starting when the play clock reaches 10 seconds remaining.
7. Touchdown:
 - 1) A touchdown is the act of moving a live ball across the opponent's goal line while in player possession.
 - 2) 6 points
8. Safety:
 - 1) 2 points
9. **Flag Check:**
 - 1) After all scores, the player who scored must go to the nearest official for a flag check **if requested** by the officiating team.
 - 2) Removing a Flag:
 - a. A player removing their flag prior to a flag check will result in no score, loss of down, ball spotted at the previous spot, and a warning.
 - b. The next infraction results in an Unsportsmanlike Conduct foul. Tampering with a Flag:
Penalty—Unsportsmanlike conduct, dead ball foul, 10 yards, previous spot, loss of down
 - c. If a player is determined to have tampered with their flag it will result in a loss of down, the ball returned to the previous spot, and a warning—the second infraction results in disqualification.
10. **Try:**
 - 1) After a touchdown, the scoring team shall attempt a try during which the ball is snapped from the on either the 5- or 10-yard line of team B at the choice of team A.
 - 2) There are no kick attempts.
 - 3) A successful try from the 5-yard line results in 1 point for team A.

- 4) A successful try from the 10-yard line results in 2 points for team A.
- 5) During a try, the ball remains live after a change of possession, allowing the intercepting team to return the try for 2 points to their opponent's endzone.
- 6) Once a team declares their choice for a 1- or 2-point conversion and the ball is declared ready for play by the officials, the team may change their decision only after calling a timeout.
- 7) If any deadball penalty is to be enforced, Team A may change their choice.
- 8) The try will be an untimed down at 2:00 or less in each half. Additionally, when a touchdown is scored and the try has not been played when any half reaches 0:00, the period shall be extended for the try on the same end of the field that the touchdown was scored.
- 9) Fouls During a Try or in Overtime After a Change of Team Possession:
 - a. A score by a team committing a foul during the down is canceled, and the down is not repeated.
 - (a) Exception: Live-ball fouls are treated as dead-ball fouls.
 - b. If both teams foul during the down and the defensive team had not fouled before the change of possession, the fouls cancel, and the down is not repeated.
 - c. Penalties against either team are declined by rule.
 - (a) Exception: Penalties for flagrant personal fouls, unsportsmanlike conduct fouls, dead-ball personal fouls, and live-ball fouls treated as dead-ball fouls are enforced from the succeeding spot (20-yard line).
 - d. Fouls by B during a successful try – A may take the result of the play or repeat the try with the penalty enforced.
 - e. Fouls by A during a try in which the penalty includes a loss of down resulting in an unsuccessful try.
 - f. Live ball fouls treated as dead ball fouls may, at the option of the offended team be carried over to the next series of downs and enforced where the ball will next be put into play.

11. Overtime:

- 1) In the event the 2nd half ends in a tie, **overtime** will commence.
- 2) A coin toss shall decide which team puts first. The visiting team will call the toss.
- 3) The winner of the coin toss can choose to be on offense first, defense or choose the end of the field that overtime will be played on. The loser of the toss shall exercise the remaining option for the first extra period and shall have the first choice of options for subsequent even-numbered extra periods.
- 4) Each team will receive one (1) timeout per extra period (offensive and defensive possession). Unused extra-period timeouts may not be carried over to other extra periods. Timeouts between periods shall be charged to the succeeding period.
- 5) Each extra period shall consist of a two-possession series with each team putting the ball in play by a snap on the designated 20-yard line (unless relocated by penalty), which becomes the opponent's 20-yard line. The line to gain is always the goal line regardless of whether a penalty enforcement places the ball more than 20 yards from the goal line to start a new series of downs.
- 6) Possession series: Each team retains the ball during a possession series until it scores or fails to reach the endzone. The ball remains alive after a change of team possession until it is declared dead. However, Team A may not have a first down if it regains possession after a change of team possession.
- 7) There shall be an equal number of possession series, as described in 6) above, in each extra period, unless Team B scores.
- 8) Teams may attempt either a 1- or 2-point try after a touchdown is scored, in accordance

with regulation play procedures.

- 9) The game clock is not needed during extra periods. The 25-second play clock will remain in effect in accordance with regulation play procedures.
- 10) The ball is live after a turnover in overtime. Team B may return the ball for a touchdown.
- 11) Fouls During a Try or in Overtime After a Change of Team Possession:
 - a. A score by a team committing a foul during the down is canceled. Exception: Live-ball fouls are treated as dead-ball fouls.
 - b. If both teams foul during the down and the defensive team had not fouled before the change of possession, the fouls cancel, and the down is not repeated.
 - c. Penalties against either team are declined by rule.
 - (a) Exception: Penalties for flagrant personal fouls, unsportsmanlike conduct fouls, dead-ball personal fouls, and live-ball fouls treated as dead-ball fouls are enforced from the succeeding spot (20-yard line)

12. Mercy Rule:

- 1) If the point deficit is 21 points or more in the second half, the game clock will continue to run, and only stop for officials and team timeouts.

13. Protest:

- 1) There are no protests.
- 2) All referee decisions are final.
- 3) A winner must be determined (No ties).

5) Gameplay for the Offense

1. For all plays, the ball will be spotted in the center of the field, **unless requested by the offense to move the ball laterally along the line of scrimmage no more than 4 yards either left or right.**
2. To begin each period, and after a punt is declared, the ball will be spotted on team A's 20-yard line.
3. **Snapping:**
 - 1) The ball must be snapped from the ground but does not have to be snapped between the legs. The Snapper must be completely behind the LOS.
 - 2) The ball may be snapped to any person whose feet are at least 2 yards behind the line of scrimmage.
 - 3) The person who receives the snap is considered the quarterback (QB) for that play.
PENALTY: Arts. 1, 2 – Illegal Snap – (S19) – 5 yards, dead ball.
4. **At the Line of Scrimmage:**
 - 1) All players are eligible receivers.
 - 2) Before the snap, all players of Team A must be set, without motion in their feet, body, or head, for at least one second before the snap. (exception – 5.4.3)
PENALTY: False Start – (S19) – 5 yards, dead ball foul.
 - 3) Team A is allowed one player in motion moving parallel to or away from the LOS at the snap. The player in motion must be 2 yards off the LOS to begin their motion.
PENALTY: Illegal motion – (S20) – live ball foul, 5 yards, previous spot.
 - 4) Team A must have 4 or more players on the LOS at the time of the snap.
PENALTY: Illegal formation – (S19) – 5 yards, live ball, previous spot.
 - 5) Team A must have at least 1 player on either side of the center, anywhere along and on

the LOS.

PENALTY: Illegal formation – (S19) – 5 yards, live ball, previous spot.

5. Blocking

- 1) Offensive blocking shall take place without contact.
- 2) Blocking may only occur at or behind the line of scrimmage (LOS). Blocking beyond the LOS is illegal.
- 3) The blocker shall have their arms and hands at their side, across their chest, in front of the body, or behind their back. Any use of hands, arms, elbows, legs, or body to initiate contact during an offensive block is illegal.
- 4) An offensive player shall not use hands, arms, elbows, legs, or body to initiate contact during an offensive block.
- 5) An offensive player who is attempting to block shall not move their feet or lean into a defensive player.
- 6) To be deemed stationary, the blocker's feet must be set before contact for a distance of at least 1 yard in advance of the defender.
- 7) When beyond the LOS, offensive players who do not possess the ball shall not hinder a defender's attempt to de-flag the runner with any part of their body, with or without contact.

PENALTY: Arts. 2, 3, 4, 5, 7 - Illegal Blocking – (S43) – 10 yards, live ball, enforced from the previous spot if a foul occurs behind LOS, enforced from the spot of foul if a foul occurs beyond LOS, replay the down

6. Running with the ball:

- 1) The quarterback can run the ball beyond the LOS ONCE per SERIES OF DOWNS.
- 2) There is no limit on the number of times players other than the quarterback can run.
- 3) The PAT shall be treated as a new series (QB can run).
- 4) Should a runner (with the ball) slip, fall, or otherwise go to the ground, contacting the ground with any body part other than the feet or hands, the runner will be down at that spot and the play will be over.
- 5) Flag Guarding:
 - a. The runner shall not make any movement of the hand or arm, even if unintentional, that restricts access to the runner's flag.
 - b. Flag guarding can and does occur with the normal motion of a runner's arms and hands, and is a foul.
 - c. The runner shall not "stiff arm" a defender.
 - d. The runner shall not lower their shoulder to ward off a defender.

PENALTY: Flag Guarding – (S52) – 10 yards, live ball foul, spot of foul, loss of down.

- 6) Spinning:
 - a. Spinning is a foul defined as a 360-degree or greater turn that does not include a change of direction.
 - b. Any turn or cut that includes an obvious change of direction is legal.
 - c. At the discretion of the official this can be a live ball foul, or if the act is deemed dangerous and safety is a concern, the official will stop play with the appropriate dead ball signals.

PENALTY: Spinning – (S51) – 10 yards, live ball foul, spot of foul, loss of down.

- 7) The runner is responsible to avoid contact with the defense. Excessive contact is not allowed.

PENALTY: Illegal Contact – (S38) – 10 yards, live ball foul, spot of foul, loss of down.

- 8) The player shall not intentionally throw the ball out-of-bounds to conserve time.

PENALTY: Delay of Game – (S21) - 5 yards, previous spot, clock start on the ready

for play, or at the discretion of the official will not stop for penalty administration.

9) Leaping:

- a. A player may not leave their feet (both feet at the same time, into the air, while advancing the ball) to attempt to prevent a flag from being pulled. Athletic moves, cuts, changes of direction are not leaping. If safety of the players is a factor in the leap, then the official may blow the whistle at the time of the leap to end the play.

PENALTY: Leaping – (S51) – 10 yards, live ball foul (can cause a dead ball), 10 yards, spot of the foul, loss of down.

10) Diving:

- a. No player shall leave the ground with both feet and dive so that their body becomes horizontal to the ground and first contact the ground with any body part other than their feet. Reaching the ball forward is allowed.

PENALTY: Diving – (S51) – 10 yards, live ball foul, spot of foul, loss of down.

7. No Run Zone:

- 1) The No Run Zone is an area that starts at the goal line or line to gain and extends five yards toward the Team A endzone.
2) When the ball is snapped within the No Run Zone, it shall not be advanced beyond the LOS without first being passed forward or backward.

Penalty: Illegal Run – 5 yards, live ball foul, previous spot, Loss of down

3) **Offensive formations in the No Run Zone-**

- a. **The offense is not allowed more than 3 players within 4 yards of the ball at the time of the snap.**

PENALTY: Illegal Formation – (S19) – 5 yards, live ball foul, previous spot.

8. Passing:

- 1) The offensive team may NOT throw more than one forward pass per play.

PENALTY: Illegal Forward Pass – (S35) – 5 yards, live ball, 5 yards from end of the related run, loss of down

- 2) The offensive team may throw an unlimited number of backward passes during any play.
3) Any pass caught simultaneously by A and B will belong to A.
4) No player may throw the ball forward if the entire body of that player is beyond the line of scrimmage.

PENALTY: Illegal Forward Pass – (S35) – 5 yards, live ball, 5 yards from end of the related run, Loss of down

- 5) The quarterback may intentionally ground the ball by throwing the ball into the ground or out of bounds to avoid a sack. If the ball is thrown laterally or backward it is considered a fumble and the ball will be placed at the spot where the ball crossed the out-of-bounds demarcation or hits the ground. If the pass is thrown forward it is considered an incomplete pass and will be placed at the previous spot.

- 6) No forward passes are allowed after an interception.

PENALTY: Illegal Forward Pass – (S35) – 5 yards, live ball, 5 yards from end of the related run, loss of down

- 7) Once a receiver possesses the ball after a completed forward, backward, or lateral pass they become a runner and all rules pertaining to running with the ball apply.

8) **Passing Clock - The Quarterback has 7 seconds to release the ball. At the expiration of the passing clock, the officials will signal the play dead.**

- a. **Once any other A player possesses the ball, the Passing Clock dissolves.**

PENALTY: Passing clock expiration (S21) (Sack on the QB) -- dead ball, spot of the foul, loss of down

9. Offensive Pass Interference:

- 1) An offensive player shall not hinder a defensive player's ability to move toward, catch, or bat a pass by making physical contact with the defensive player.
PENALTY: Offensive Pass Interference – (S33) – 10 yards, live ball, previous spot.
- 2) It is not forward-pass interference if unavoidable contact occurs when two or more players are making a simultaneous, bona fide attempt to move toward, catch or bat the pass.

10. Receiving:

- 1) A reception is deemed made if:
 - a. The receiver possesses the ball before the ball contacts the ground and
 - b. The receiver has a body part down in the field of play after possessing the ball.

11. Fumble:

- 1) A fumble is any loss of player possession except handing or passing and the ball contacts the ground.
- 2) A fumble is a dead ball when the ball contacts the ground.
- 3) A loss of player possession and the ball does not contact the ground is not a fumble and the ball will remain live.
- 4) The spot of the ball will follow all rules in 2.10

12. Kickoff and Punting:

- 1) **There will be no kicking.** Teams will take possession of the football on their 20-yard line after a declared punt, a score, or at the start of a half. (5-yard line for 50-yard fields)
- 2) **Punting: There will be NO punts.**
 - a. On 4th down the offensive team must declare whether they are "punting" or going for the first down before the expiration of the play clock.
 - b. If the offensive team declares a "punt" after committing a delay of game foul, the penalty will be enforced at the subsequent dead ball spot.
 - c. If the offense declares a "punt" the defense will take possession of the football on their 20-yard line. (10-yard line for 50-yard fields)
 - d. If the offense goes for the first down and does not reach the line to gain, the defense will take possession of the football at the deadball spot and start a new series.

6) Game Play for the Defense

1. Blocking:

- 1) No Blocking or Moving Screens allowed at any time.
- 2) NO EXCESSIVE CONTACT will be allowed.
- 3) The defense is responsible for avoiding contact with a stationary blocker.
Penalty: Illegal Contact, live ball foul, 10 yards, previous spot

2. Rushing:

- 1) A team B player who crosses the LOS with any part of their body is considered a Rusher. If the LOS is not crossed, then they are not considered a rusher.
- 2) No more than two team B players shall cross the LOS during a down in which the QB is the only player to possess the ball.
PENALTY: Illegal rush – (S18) – 5 yards, live ball, previous spot.
- 3) A legal rusher must be 7 yards or more from the LOS at the time of the snap.

- PENALTY: Illegal rush – (S18) – 5 yards, live ball, previous spot.**
- 4) Prior to the snap, a legal rusher may be lined up anywhere along the rush line that is set 7 yards from the LOS.
 - 5) Rushers must attempt to avoid any stationary offensive players. NO contact is allowed with a stationary offensive player.
PENALTY: Illegal contact – (S38) – 10 yards, live ball, previous spot.
 - 6) Rushers must avoid all contact with the passer. Any contact, even incidental, will be penalized.
PENALTY: Roughing the passer – (S34) – 10 yards, live ball, dead ball spot when the dead ball spot is beyond the LOS and there has been no change of possession, otherwise previous spot, automatic 1st down
 - 7) There is NO limit on the number of rushing attempts by a team.
- 3. At the Line of Scrimmage:**
- 1) There is no requirement for or limit to the number of defensive players on the LOS.
 - 2) The defense is allowed to move freely prior to the snap.
 - 3) Any defensive player entering the Neutral Zone prior to the snap is illegal.
PENALTY: Neutral Zone Infraction, dead ball foul, 5 yards
 - 4) Any defensive player crossing the LOS prior to the snap is illegal.
Penalty – Encroachment, dead ball foul, 5 yards
- 4. Pass Defense:**
- 1) Defenders are not allowed to contact any receiver. Any use of hands, arms, elbows, legs, or body to initiate contact is illegal.
PENALTY: Illegal contact – (S38) – 10 yards, live ball, 10 yards, previous spot.
 - 2) Tripping is not allowed when defending receivers.
Penalty: Tripping – (S51) – 5 yards, live ball, end of the related play, Automatic 1st down. During a turnover – live ball foul, 5 yards, previous spot, automatic 1st down
 - 3) Defensive Pass Interference:
 - a. A defensive player shall not hinder an offensive player’s ability to move toward, catch, or bat a pass beyond the neutral zone by making physical contact with the offensive player.
PENALTY: Defensive Pass Interference – (S33) – 10 yards, live ball, previous spot.
 - b. It is not forward-pass interference if unavoidable contact occurs when two or more players are making a simultaneous, bona fide attempt to move toward, catch or bat the pass.
- 5. Interceptions:**
- 1) An interception occurs when a defender possesses a forward pass before the ball contacts the ground, and has a body part down in the field of play after possessing the ball.
 - 2) If the defense intercepts a pass, they can return the ball for a touchdown.
 - 3) If the ball becomes dead in possession of the intercepting team, they will start a new series from the dead ball spot.
- 6. De-Flagging/Tackling:**
- 1) When the runner’s flag or flags have been removed:
 - a. The ball is dead at the point when the flag is removed NOT when it falls off or is dropped.
 - b. The ball will be spotted at the location of the ball when the flag is removed, not











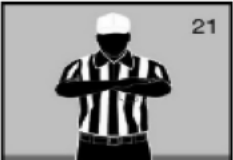
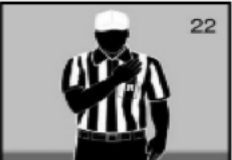


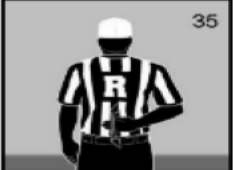

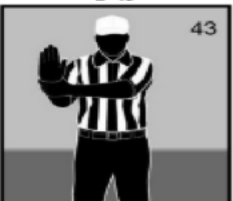

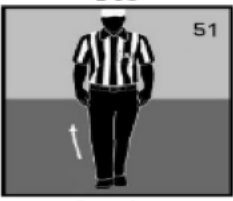
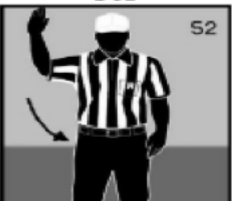
where the flag may fall.

- 2) The defender may not make excessive or unnecessary contact with the ball carrier.
PENALTY: Illegal contact – (S38) – 10 yards, live ball, end of the related run.
- 3) The defender must make a play at the flags. A player may not try to strip, grab, or knock free a ball in player possession, including a quarterback prior to passing the ball.
PENALTY: Illegal contact – (S38) – 10 yards, live ball, end of the related run.
- 4) The defender may not tackle the ball carrier.
PENALTY: Illegal contact – (S38) – 10 yards, live ball, end of the related run.
- 5) While “incidental contact” during a de-flagging may occur, this is the exception, not the rule. The defender must make a concerted effort to grab at the hips of the ball carrier and must avoid contacting any other part of the ball carrier’s body.
PENALTY: Illegal contact – (S38) – 10 yards, live ball, end of the related run.
- 6) Tripping is not allowed when de-flagging a ball carrier.
- 7) **Penalty: Tripping – (S51) – 5 yards, live ball, end of the related play, Automatic 1st down.**
- 8) Tackling is not allowed.
Penalty – Illegal contact, live ball foul, 10 yards, end of the related run; Unsporting Behavior, live ball foul, 10 yards, end of the related run (This is confusing as tackling is already addressed in 4))
- 9) Diving at a flag is dangerous and not allowed. The defense may not launch forward and leave both feet, the body becoming parallel to the ground in an attempt to de-flag.
PENALTY: Diving – (S51) – 10 yards, live ball, end of the related run.
- 10) The defense shall not de-flag a player who does not have the ball. Reasonable allowance will be given to players who have either just possessed the ball or faked possession of the ball. When a flag is pulled before the team A player possessing the ball it is a foul.
PENALTY: Illegal flag pull – (S52) – 5 yards, live ball, end of the related play, automatic first down.
- 11) When a player’s flag is missing either by foul or other reason and that player then possesses the ball, that player will be downed by a (1) hand tag between the shoulders and hips.
- 12) Contact-- in an attempt to de-flag a player, B may contact the body of the ball carrier, but never the head and neck with their hands. B may not hold, push, or knock the ball carrier in an attempt to remove a flag.
Penalty, Illegal Contact, live ball, 10 yards, end of related play

7) Coaches and Player conduct

1. Coaches and/or players who disrespectfully object to a game official’s call may be assessed an Unsportsmanlike Conduct penalty.
2. No coach, player or substitute shall act in an unsportsmanlike manner once the game officials assume authority of the contest.
3. Examples are, but not limited to:
 - 1) Using Profanity, insulting or vulgar language or gestures.
 - 2) Attempting to influence a decision by a game official.
 - 3) Disrespectfully addressing a game official.
 - 4) Failure of a head coach, following verification, to have his/her player(s) wear legal and/or required equipment.

- 5) Being on the field except as a substitute or replaced player.
 - 6) Being outside the team box, but not on the field.
4. These actions result in an unsportsmanlike conduct penalty enforcement, with a second unsportsmanlike conduct foul resulting in disqualification.
- 1) Unsportsmanlike Conduct penalty enforcement will be treated the same as a dead ball foul with the penalty being enforced from the spot of the ball at the end of the play. A second Unsportsmanlike Conduct foul will result in the coach or player being disqualified for the remainder of the game.
5. Team captains should be the players that address the officials.
6. Fighting is any attempt by a player or nonplayer to strike or engage a player or nonplayer in a combative manner unrelated to football. Such acts include, but are not limited to, attempts to strike an opponent with the arm, hand, leg, or foot, whether there is contact or not.
7. **Unfair Acts:**
- 1) The Referee has much latitude in handling obviously unfair acts during a game. This would include situations that arise when a team commits a blatant and obvious intentional foul or fouls to gain a clock advantage late in a game. We should treat these intentional fouls as Unsportsmanlike Conduct fouls. Each player committing these unsportsmanlike acts will have a counted unsportsmanlike conduct foul, with 2 unsportsmanlike conduct fouls by a single player or coach resulting in disqualification. The following is a list some other potential intentional fouls that could be committed during the game:
 - 2) A player or nonplayer or person(s) not subject to the rules shall not hinder play by an unfair act which has no specific rule coverage.
 - 3) No team shall repeatedly commit fouls which halve the distance to the goal line.
 - 4) No player shall hide the ball under the jersey.
 - 5) Neither team shall commit any act which, in the opinion of the Referee, tends to make a travesty of the game.

 <p>S 1 1 Ready for play</p>	 <p>S 3 3 Stop the clock</p>	 <p>S 5 5 Touchdown</p>	 <p>S 6 6 Safety</p>
 <p>S 8 8 First Down</p>	 <p>S 9 9 Loss of down</p>	 <p>S 10 10 Incomplete pass</p>	 <p>S 14 14 End of period</p>
 <p>S 18 18 Offside, Illegal Rush, Neutral Zone</p>	 <p>S 19 19 False Start, Illegal Formation</p>	 <p>S 21 21 Delay of game Delay of pass</p>	 <p>S 22 22 Illegal participation Illegal substitution</p>
 <p>S 27 27 Unsportsmanlike conduct</p>	 <p>S 33 33 Pass Interference</p>	 <p>S 35 35 Illegal forward pass Illegal backward pass</p>	 <p>S 38 38 Illegal contact</p>
 <p>S 43 43 Illegal block</p>	 <p>S 47 47 Disqualification</p>	 <p>S 51 51 Hurdling, Diving, Spinning, Tripping</p>	 <p>S 52 52 Flag guarding Illegal Flag pull</p>



Stripping



Roughing passer



**Illegal shift
(2 hands)
Illegal motion
(1 hand)**



**Holding/obstruction
Illegal use of
hands/arms**

Penalty chart

5 yard penalty		
Delay of Game	Replay the down	Previous spot
Diving	LOD	Spot of the Foul
Encroachment	Replay the down	Previous spot
False Start	Replay the down	Previous spot
Illegal Flag Pull	Automatic 1st	End of the Related Run
Illegal Formation	Replay the down	Previous spot
Illegal Forward Pass	LOD	End of the Related Run
Illegal Motion	Replay the down	Previous spot
Illegal run	LOD	Previous spot
Illegal Rush	Replay the down	Previous spot
Illegal Snap	Replay the down	Previous spot
Illegal Substitution	Replay the down	Previous spot
Neutral Zone Infraction	Replay the down	Previous spot
Sideline Infraction	Replay the down	A-previous spot, B-end of the down
Tripping	LOD or Automatic 1st	A-previous spot, B-end of the down
10 yard penalty		
Diving	LOD or Automatic 1st	Spot of the Foul
Flag Guarding	LOD	Spot of the Foul
Illegal Blocking	Replay the down	Previous spot or Spot of foul
Illegal Contact	LOD or Automatic 1st	Previous spot, spot of foul or end of the down
Illegal Participation	LOD or Automatic 1st	A-previous spot, B-end of the down
Improperly or Illegally Equipped (live ball)	Replay the down	A-previous spot, B-end of the down
Leaping	LOD	Spot of the Foul
Pass Interference	Replay the down	Previous spot
Roughing the Passer	Automatic 1st	Previous spot or end of the down
Sideline Interference	LOD or Automatic 1st	A-previous spot, B-end of the down
Spinning	LOD	Spot of the Foul
Unsportsmanlike	LOD or Automatic 1st	A-previous spot, B-end of the down
No yardage		
Side Line Warning		End of the Related Play
Passing Clock Expiration	LOD	Spot of the Foul

Field marking – Red = endzone pylon, Pink = Cone for lines to gain, Yellow = Cone for no run zone
Thick Line – Restricted Area

