

CHAPTER 8 - CYAA RULES

Rev2014

THE GAME, FIELD, PLAYERS AND EQUIPMENT:

General Rules

- 1 Flag Football is a minimal contact sport. Blocking is the only time when players should initiate contact with one another.
- 2 Depending on sign ups, all Divisions will play 7 vs 7. If the number of participants supports it, the Director of Flag Football may choose to play 8 vs 8 in some divisions. Each team must field a minimum of 6 players to avoid a forfeit. All efforts should be made to try to avoid a forfeit.
- 3 The game is divided into two halves. The players playing in the QB or RB positions for one half cannot be in the QB or RB positions for the other half. Any player playing in the QB position or a RB position for one play counts for that half.
(Running multiple RBs, like in an "I" formation or split-back formation, count towards this rule. Slot Backs and Wing Backs (H Backs) will not be counted as being in a RB position. If you do not know what a Slot Back or Wing Back is, look it up instead of guessing. If a player lines up close to the QB, close enough to the "pocket" to receive a handoff or pitch with reasonable effort by the QB, they shall be considered in a RB position.)
4. A goal of CYAA is to give players the opportunity to play a variety of positions, developing well-rounded skills and passion for the game. This is especially true in Divisions 2, 3 and 4. Coaches are encouraged to get as many players as many touches as possible and to teach players multiple positions.
- 5 The game shall be played under the supervision of 1 or 2 referees. Division 4 is 100% instructional and may be refereed by the coaches. A volunteer parent may be used in Division 4. Anybody who referees must read the rule book. Learning the basics and having fun is the name of the game in Division 4.
- 6 The Head Coach will make all decisions and shall be the only one who addresses the officials. A team captain may be appointed to this role by the head coach if agreeable to the referee.
- 7 In Division 1 and Division 2, the referees cannot instruct or move players around without receiving permission from the Head Coach first. In Division 3 and 4, coaches should not object to referees offering help and instruction to players, within reason, during the course of the game.

The Field

1 The field will be as follows:

Division	Ages*	Field Length	First Down	End Zone
1-2	9-14	80 yards	10 yard chain	10 yards each end
3	7-9	60 yards	10 yard chain	10 yards each end
4	4-7	50 yards	10 yard chain	10 yards each end

*Ages are general guidelines. Players may play up or down a division based on how they scored on their skills assessment.

2 All extra points will be attempted from the 5 yard line. How the team scores determines the points earned. In all divisions, a running score is worth 1 point and a passing score is worth 2 points.

Game and Player Equipment (Legal)

1 Jerseys - A team's shirts should all be of a similar color. Shirts are provided by CYAA. Players of opposing teams must wear contrasting colored shirts.

2 Pants / Shorts - Each player must wear pants or shorts without any belt(s), belt loop(s), or exposed drawstrings. The pants or shorts must be a different color than the flags.

3 Flag belt - Each player must wear a one-piece belt at the waistline with two flags attached, one flag on each side. Flags are provided by CYAA. Any excess belt length must be tucked in so an opposing player cannot accidentally pull it.

4 Gloves - Players may wear gloves which must consist of a soft, pliable and nonabrasive material.

5 Headwear - Players are not permitted to wear bandanas, knit stocking caps, or hats. Players may wear elastic headbands.

6 Shoes - Shoes with cleats are allowed but must be made of soft pliable plastic or rubber. No exposed metal cleats are permitted. Inspections will be made prior to a game.

7 Mouth Guard - Players must wear a gum shield that covers all upper teeth.

8 Padding - Players may wear soft padding on the knee, elbow, or forearm only. Athletic cups are encouraged.

Game and Player Equipment (Illegal)

1 A player wearing illegal equipment must remove it or will not be permitted to play. This applies to any equipment, which, in the opinion of the Referee or a CYAA Board Member, is dangerous or confusing. Types of equipment or substances which shall always be declared illegal include:

- A. Headgear of any kind except elastic headbands.
- B. Jewelry
- C. Pads or braces worn anywhere on the body except the knee, elbow, and forearm. All pads or braces worn must consist of a soft, pliable and nonabrasive material.
- D. Shoes with metal, ceramic, screw-in, or detachable cleats.
- E. Shirts or jerseys which do not remain tucked in. Any hood on a coat, sweatshirt, or shirt, which does not remain tucked in.
- F. Pants or shorts with any belt(s), belt loop(s), pocket(s) or exposed drawstring(s).
- G. Towels attached at the player's waist.
- H. Any hard cast or medical device.

DEFINITIONS OF PLAYING TERM

Blocking - Blocks may only be executed against an opponent between their waist and shoulders. The use of extended arms with open hands in a pushing motion is not allowed if the offensive player is moving forward. If the offensive player is moving laterally or backwards, extended arms, open hands, and a light pushing motion is allowed (example: pass blocking)

Catch - A catch is an act of establishing player possession of a live ball in flight.

Clipping - Clipping is running or diving into the back, or throwing or dropping the body across the back of the leg or legs of an opponent, or pushing an opponent in the back.

Encroachment - Encroachment is a term to indicate a defensive player is illegally in the neutral zone. An entering substitute is not considered to be a player for encroachment restrictions until they are on their team's side of the neutral zone.

Foul - A foul is a rule infraction for which a penalty is assessed.

Fumble - A fumble is a loss of player possession other than by handing off, passing or kicking the ball. Forced fumbles are fouls and are dead on the spot, the ball belonging to the offensive team. Unforced fumbles are dead when they hit the ground. Otherwise they are a live ball.

Goal Line - Each goal line is a vertical plane separating the end zone from the field of play. The plane of goal extends beyond the sideline.

Hurdling - Hurdling is an attempt by a player to jump with one or both feet or knees foremost over a player who is on their feet.

Interception - A catch of an opponent's pass or unforced fumble in flight is an interception.

Live Ball - A pass or unforced fumble which has not yet touched the ground is a live ball.

Neutral Zone - The neutral zone is the area between the offensive and defensive line of scrimmage that has been established by the placement of the ball and extends to each sideline. It is established when the ball is ready for play and measures approximately 1 yard in depth.

Pass (forward and backward) - A forward pass is a pass thrown with its initial direction toward the opponent's end line. A backward pass is a pass thrown with its initial direction parallel with or toward the passer's end line. A pass continues to be a pass until it is caught or strikes the ground. A backward pass that hits the ground is ruled the same as a fumble. It will be dead at the spot where it strikes the ground.

Pass Blocking - Blocks may only be executed against an opponent between their waist and shoulders. While blocking, hands must not extend beyond the width of the shoulders, hands cannot be used to hold the defender's shirt or body parts, or hook the defender's arm(s). If moving forward, thrusting the arms forward in a pushing motion is not allowed.

Penalty - A penalty is a loss imposed by rule upon a team that has committed a foul.

Punting - A punt is kicking the ball by a player who drops it and kicks it before it hits the ground.

QB - The Quarterback is the on-field leader and accepts the snap from the Center. He/she then initiates a running or passing play.

Screen Blocking - Screen Blocking is legally obstructing an opponent without initiating contact with them with any part of the screen blocker's body.

Snapping – To begin the play, the ball must be snapped by the Center. The snap may be between the legs or sideways. For a punt, the ball must be snapped between the legs.

Stripping - Stripping the ball is the act of a defensive player causing the ball carrier to lose control of the football by ripping it out of their hands. This is a forced fumble and should be ruled dead at the spot, with the offensive team maintaining possession. If stripping occurs on 4th down, the down will be replayed. Stripping the ball is not allowed and may result in a defensive holding penalty.

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

PERIODS, TIME FACTORS, SUBSTITUTIONS

1. Captains Choice - A coin toss determines first possession. The home team will declare "heads" or "tails" prior to the coin toss. The winner of the coin toss will have the choice to start with the ball in the first half or the second half, or direction. Whichever team chooses to start on offense or defense, the other team chooses the direction. Whichever team starts on defense in the first half shall start on offense in the second half. If a team chooses direction, the other team chooses which half to start with the ball.

2. Kickoff - Each half will begin with a kickoff from a kicking tee on the 30 yard line of the kicking team (Division 4 will be the 20 yard line). The receiving team can place up to 2 players to receive the kickoff.

Division 1 – If the kickoff is caught, the receiving team can opt to choose the location of the catch, or their 20 yard line to start their possession. If the ball is not caught, possession will begin at the point the ball touches the receiving player or the ground. If the ball does not travel at least 20 yards before touching the ground, the receiving team will begin their possession at their 30 yard line.

Division 2 and 3 – Regardless of the result of the kick, the receiving team will begin possession from their 20 yard line. Players should still be placed to receive the kicks to develop skills.

Division 4 - Regardless of the result of the kick, the receiving team will begin possession from their 10 yard line.

3. Length of game - Playing Time shall be 40 minutes, divided into two 20 minute halves. The intermission between halves shall be 5 minutes. When overtime is used, there will be a 2 minute intermission.

4. Extended Periods - A half may be extended by an untimed down when, during the last timed down, one of the following occurred:

- A. If there was a foul by either team and the penalty is accepted.
- B. If there was a double foul.
- C. If there was an inadvertent whistle and the down is to be replayed.
- D. If a touchdown was scored, 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.

5. Continuous Clock - The Clock will start when the ball is legally snapped. It will run continuously unless it is stopped for:

- A. Team time-out (clock resumes on snap of next play)
- B. Referee's time-out (clock resumes on official's ready to play whistle)
- C. Moving the line of scrimmage marker

6. 2-Minute Warning - Approximately 2 minutes before the end of each half the Referee shall stop the clock and inform both coaches of the playing time remaining in that half. One Referee will announce to the quarterback the remaining time and status of the clock after every play during the final 2 minutes.

7. Stopped Clock - During the final 1 minute of each half the clock will stop for the following and

resume on the snap of the next play unless otherwise noted:

- A. Incomplete Pass
- B. Out-of-Bounds
- C. Score (touchdown or safety)
- D. Team time-out
- E. Penalty and administration
- F. Referee's Time-out - starts at their discretion
- G. Change of Possession
- H. Team attempting to conserve time illegally

8. Tie Game - If the score is tied at the end of regulation play, an overtime period will be played. Both teams will work towards the same goal line:

- o A coin toss is held to determine first possession.
- o Each team receives one play from the 10 yard line.
- o The team gaining the most yards is awarded 1 extra point and wins the game. If both teams score a touchdown, or gain the same yardage, the procedure is repeated until one team wins.

9. Time-Outs - Each team is entitled to 2, 60-second timeouts per half. Unused timeouts cannot be carried over to the second half. The Referee can stop the clock at their discretion (for injury, to instruct a player, to clarify a rule, etc.)

10. Delays - The ball must be put in play promptly and legally within 30 seconds. Any action or inaction by either team, which tends to prevent this, is a delay of game.

This includes:

- A. Failure to snap or free kick when the ball is ready for play.
- B. Putting the ball in play before it is declared ready for play.
- C. Deliberately advancing the ball after it has been declared dead.
- D. The Referee may order the game clock started or stopped whenever, in their opinion; either team is trying to conserve or consume playing time by tactics obviously unfair.

Penalty: Delay of Game, 5 yards from previous spot.

(A play clock will be mandated at 30 seconds for all Divisions. The referee shall warn when 10 seconds remain on the play clock. Leniency may be granted for the first half of the season for Division 3. Division 4 should show greater leniency.)

11. Substitutions - No substitute shall enter during a down. All substitutions must enter the game during a dead ball.

Penalty: Illegal Substitution, 5 yards from previous spot.

SERIES OF DOWNS, NUMBER OF DOWN, & THE TEAM POSSESSION AFTER PENALTY

1. Each team receives four (4) downs to move the ball 10 yards or into the end zone.
2. Each possession begins with first down. The line to gain is marked 10 yards downfield from the start of this possession. If the offensive team moves the ball past the line to gain, they make a new first down. Each team is responsible for providing one volunteer to move the chains. The home team must also provide a volunteer to operate the down marker.
3. A new series of downs shall be awarded when a team moves the ball past the line to gain on a play free from penalty; or a penalty against the opponents moves the ball into the past the line to gain; or an accepted penalty against the opponents involves an automatic first down; or either team has obtained legal possession of a ball as a result of a penalty, protected scrimmage kick, touchback, pass interception, or turnover on downs.
4. If offsetting fouls occur during a down, that down shall be repeated.

Punting

Prior to making the ball ready for play on fourth down, the Referee must ask the offense if they want a protected kick (punt). The Referee must communicate this decision to the defensive captain and the other official.

All punts must be long-snapped. The punter must be 7 yards behind the snapper. The punter must take only the steps necessary to punt the ball (no running toward the line of scrimmage with the ball and then finally kicking it). The punter will have 4 seconds to pick up a dropped snap with no penalty and will still be able to punt the ball immediately after picking up the ball. If the ball is not picked up within 4 seconds and kicked immediately thereafter, the ball will be awarded to the receiving team at the line of scrimmage. (Division 4 punting rules should be adjusted accordingly to meet the limitations of the age group. Fun First!)

The team receiving a punt may place up to 2 players to receive the punt. If the ball is successfully caught, the receiving team will get the ball at the point of the catch, plus 10 yards.

Division 1 - If the ball is not caught, the ball will be placed at the point of contact with a receiving player or the ground.

Division 2 and 3 – If the ball is not caught, the ball will be placed at the point of contact with a receiving player or where the ball stops rolling.

Division 4 – Regardless of the result of the punt, the receiving team will be given possession of the football 10 yards from the line of scrimmage, or at the receiving team's 10 yard line, whichever is better for the receiving team.

SNAPPING, HANDLING, PASSING, RECEIVING, RUNNING THE BALL

Field Coach

1. In all divisions except Division 1, Field Coaches remain on the field of play to call plays for offense or defense. The Field Coach can be in the huddle and substitute from the field of play. The Field Coach may or may not be the Head Coach. Huddles are optional. **Both offense and defense coaches MUST be at least 10 yards behind line-of-scrimmage prior to the snap of the ball to avoid interfering with play.**

2. In Division 1, the Coach must signal or shuttle plays in from the sideline. Beginning with the 5th game, Division 2 coaches must signal or shuttle plays in from the sideline, but may do so earlier if desired.

Prior to the Snap

1. Following the ready for play and until the snap, no player on defense may encroach, touch the ball, nor may any player contact opponents or in any other way interfere with them. This includes standing in the neutral zone to give defensive signals, or shifting through the zone.

After the Center has placed their hands on the ball, it is encroachment for any player to break the scrimmage line plane, except for the Center's right to be over the ball.

Penalty: Dead Ball Foul, Encroachment, 5 yards from the previous spot.

2. The Center, after assuming position for the snap and adjusting the ball, may neither move nor change the position of the ball in a manner simulating the beginning of a play until it is snapped. An infraction of this provision may be penalized, whether or not the ball is snapped, and the penalty for any resultant encroachment or contact foul by an opponent shall be cancelled.

Penalty: Dead Ball Foul, False Start, 5 yards from the previous spot.

3. Any player may line up in any stance of their choosing.

Position and Action during the Snap

1. Playing 7 vs. 7, the offensive team must have at least 4 players on their scrimmage line at the snap. If a division plays 8 vs. 8, the offensive team must have at least 5 players on the line of scrimmage at the snap. In all Divisions, the backfield may consist of a QB and/or RB. This is determined by the position the player is in at the time of the snap (See Examples). Wide Receivers (WR), Slot Backs, Tight Ends, Wing Backs, and H Backs are not considered part of the backfield.

Example 1: A player starting in a receiver spot, going in motion, and ending up stopped behind the offensive line or quarterback (otherwise in a RB position) when the ball is snapped is considered to be a RB.

Example 2: A player starting in a RB position, going in motion and ending in a receiver spot (TE, Slot, WR) when the ball is snapped is considered a receiver.

Penalty: Illegal Procedure, 5 yards from previous spot

2. All offensive players must be within 15 yards of the ball.

Penalty: Illegal Procedure, 5 yards from previous spot

3. One offensive player may be in motion, but not in motion toward the opponent's goal line.

Penalty: Illegal Motion, 5 yards from previous spot

4. If the player who receives the snap is a male and the Center is a female, or vice versa, the player receiving the snap must be at least two yards behind the player snapping the ball (shotgun snap) or the snap must be made sideways.

Penalty: Illegal Procedure, 5 yards from previous spot

5. In a snap preceded by a huddle or shift, all offensive players must come to a complete stop and remain stationary in legal position without movement of feet, body, head, or arms for at least one full second before the snap. Exception is granted for one player "in motion" at the time of snap.

Penalty: Illegal Motion, 5 yards from previous spot

6. The Center cannot take an immediate direct handoff back from the player receiving the snap. The "Center sneak" play is illegal.

Penalty: Illegal Procedure, 5 yards from previous spot

7. There is a difference between being a "Defensive Linemen" and being a defensive player "on the line". The "Defensive Linemen" are specifically the three "rushing" linemen who are lined up opposite the Center and Tackles 1 yard off the line of scrimmage. If lined up more than 1 yard off the line, the defender is treated as a non-lineman and cannot rush the backfield until the ball leaves the QB's hands.

Penalty: Illegal Rush, 5 yards from previous spot

If 3 defensive linemen are used, they must line up directly opposite their offensive counterpart (no lining up in the gaps), 1 yard off the ball.

Penalty: Illegal Defense, 5 yards from previous spot

*** NOTE 1 *** The Defense may never have more than three rushing linemen (Illegal Defense) and those rushing linemen are the only ones allowed to rush the QB initially. The defense is free to line up with 0, 1, 2, or 3 defensive linemen, and when placing 1 or 2, may place them opposite the offensive lineman of their choosing or in the gaps.

*** NOTE 2 *** Defensive linemen do not have to rush. They may drop into coverage. Once they drop into coverage, they cannot rush until the ball leaves the Quarterback's hands.

*** NOTE 3 *** The defense may choose to have all of their players "on the line" if they choose, but they obviously are not all considered "defensive linemen". Only the three linemen lined up opposite the Center and Tackles are allowed to rush the QB initially.

*** NOTE 4 *** Defensive players are allowed to cross the line of scrimmage to cover their man (example: defending a WR screen). However, they are NOT allowed to follow their man into or through the backfield under this rule (Illegal Rush). Nobody except the defensive linemen are allowed to rush the backfield until the ball leaves the QB's hands. The defense must shift or the defender must shadow the offensive player on the defensive side of the line of scrimmage.

*** NOTE 5 *** Division 4 defenders must be 2 yards off the ball at the time of the snap. Because the offense is one dimensional at this level, with the run game being used almost exclusively, the offense will be given a little more time and space to operate.

9. The Defensive Nose Guard cannot contact the Center until the Center is looking downfield. No "canning" the Center.

Penalty: Illegal Rush, 5 yards from previous spot.

Ball Carrier Movement

1. The quarterback cannot run with the ball past the line of scrimmage unless they have tossed, pitched, or passed laterally the ball and it has been returned to them.
2. An offense may use multiple handoffs behind the line of scrimmage.
3. Once the ball carrier has crossed the line of scrimmage the ball cannot be handed off, tossed or pitched in any way.
4. Spinning is allowed. The ball carrier cannot dive forward, or jump, to avoid a defensive player or gain yardage (no diving). One foot must remain on ground at all times. (Jumping over a player to avoid injury to either player may be allowed at the referee's discretion)
5. If at any time any part of a ball carrier's body, except hands or feet, comes in contact with the ground, the play is ruled dead at that spot.
6. If at any time any part of the ball carrier's body comes in contact with the sideline or crosses the sideline, the play is ruled dead at that spot.
7. If a ball carrier receives a handoff, toss, or pitch with one or more flags missing from their, the play is ruled dead at that spot.
8. The ball carrier cannot initiate contact with a defender (no lowering the shoulder or charging the defender).
9. The "breakaway rule" will be enforced. Any ball carrier who has a clear path to the end zone will be awarded a touchdown if they are intentionally tackled, held, or pushed out of bounds between the 20 yard line and the goal.

Passing and Receiving

1. There is no diving while running with the ball. A receiver may dive to catch a ball. A defensive player may dive to try to remove a flag.
2. A backward pass or fumble which touches the ground between the goal lines is dead at the spot where it touches the ground and belongs to the last team in possession unless lost on downs.
3. A backward pass or fumble that goes out-of-bounds between the goal lines belongs to the team last in possession at the out-of-bounds spot. If an out-of-bounds is behind a goal line, it is a touchback or safety.
4. If an offensive player fumbles the ball prior to reaching the end zone and the ball lands in the end zone, the offensive team shall retain possession at the spot of the fumble, or the two yard line if it is unclear where the fumble occurred.
5. All players are eligible to catch a pass or receive a handoff, with the exception of QB/RB restrictions listed on page 1(3). Center sneak is not allowed
6. A forward pass is illegal:
 - A. If the passer's foot is beyond the line of scrimmage.
 - B. If, while in the pocket, the ball is intentionally thrown to the ground or out-of-bounds to save loss of yardage. (This is allowed if scrambling out of the pocket. This is at the interpretation of the referee.)
 - C. If there is more than one forward pass per down.
 - D. If the first player to touch a forward pass after it leaves the passer's hand is an offensive player who has stepped on or beyond the sideline.
 - E. If the first player to touch a forward pass after it leaves the passer's hand is an offensive player who does not have both flags on their belt.
7. The line of scrimmage remains throughout the play. However, a team may not advance the ball across the line of scrimmage by laterals or runs, and then lateral the ball behind the line for a forward pass attempt. The ball must not cross the line of scrimmage prior to a forward pass attempt.
8. If a player attempts a catch or interception while in the air, the player must contact the ground inbounds with the ball in their possession prior to touching out-of-bounds, unless an opponent's contact causes them to first touch out-of-bounds.
 - A. If one foot first lands in-bounds and the receiver has possession and control of the ball, it is a catch or interception although a subsequent step or fall takes the receiver out-of-bounds.
 - B. A loss of ball simultaneously with returning to the ground is not a catch or interception.
9. A player, while jumping in the air to attempt a catch, may tip the ball forward provided they have not touched the ground yet.

10. Pass Interference - Contact that interferes with a receiver who is beyond the line of scrimmage is pass interference unless it occurs when 2 or more players make a simultaneous and legitimate attempt to reach, catch, or bat a pass. It is also pass interference if a receiver is de-flagged by a defender prior to touching the ball.

- A. Offensive Pass Interference - after the ball is thrown, an offensive player cannot hinder, obstruct the sight, or physically contact a defender when the defender is attempting an interception.

Penalty: Offensive Pass Interference, 5 yards from previous spot, loss of down

- B. Defensive Pass Interference - after the ball is thrown, a defensive player cannot hinder, obstruct the sight, or physically contact a receiver when the receiver is attempting a catch.

Penalty: Defensive Pass Interference, ball placed at point of contact or 10 yards from previous spot, whichever is greater, automatic first down

11. Roughing the passer – Defensive players must make a definite effort to avoid charging directly into the passer. Obviously the defense is trying to sack the QB. Some contact is expected in trying to pull the QB's flags. This penalty will be at the referee's discretion. The guideline to follow is if the contact happens before, during, or slightly after a throw, and if the effort was to pull the flag, there shall be no penalty. If contact is made too late after a throw, or in a reckless charging motion directly into the QB, or if there is contact not consistent with going for flags (contact with the throwing arm), this would be grounds for a penalty.

Penalty: Roughing the Passer, 10 yards, automatic first down

12. In Division 1 and 2, interceptions can be returned. In Division 3 and 4, interceptions are down at the point of the interception. No run backs in Division 3 and 4. Interceptions downed in the end zone come out to the 20 yard line in Divisions 1-3 and the 10 yard line in Division 4. Also, in Division 3 and 4, interceptions inside of the defense's 10 yard line will be placed at the 10 yard line.

Running and Flag Removal

1. Flag Removal - When the flag is clearly taken from the runner in possession of the ball, the down shall end and the ball is declared dead. A player who removes the flag from the runner should immediately drop the flag and stand by it to assist the official in locating the spot where the capture occurred. This may take several seconds if the flag pull is not immediately seen. No player may pick up a flag on the ground unless instructed by an official to do so.

- A. Players must have possession of the ball before they can legally be de-flagged.
- B. When a runner loses their flag either accidentally or inadvertently (not removed by grabbing or pulling) the down shall end and the ball is declared dead.
- C. A defensive player intentionally pulling a flag from an offensive player without the ball is illegal. The official shall warn the team, any further penalty will result in an unsportsmanlike conduct.
- D. A player may leave their feet when trying to remove the flag.

2. Contact - The defense can only attempt to pull the flag of the ball carrier. Anything other than a flag-pull attempt is not allowed and will result in an Illegal Contact Penalty. A defensive player may not hold, push, or knock the runner down in an attempt to remove the flag belt. (Incidental or accidental contact may be excused at the interpretation of the referee.)

Penalty: Illegal Contact, 10 yards from spot

3. Flag Guarding - A runner shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove the flag. A player may use a spin move, however; must keep their arms away from their flag to avoid flag guarding.

Penalty: Flag guarding, 10 yards from the spot of the penalty.

4. Face Guarding – A defensive player may not use their arms and hands to intentionally obstruct the receiver's view of the ball.

Penalty: Face guarding, ball is placed at the point of the foul, or 10 yards from previous spot, whichever is greater, automatic first down.

5. Stiff Arm – A runner shall be prohibited from contacting an opponent with an extended hand or arm which includes the use of a "stiff arm" to flag guard

Penalty: Stiff Arm, 10 yards from the spot of the penalty

6. Helping the runner – A player shall not grasp, pull, push or aid any teammate runner.

Penalty: Helping the Runner, 10 yards from spot of the penalty.

BLOCKING

1. Offense Blocking – Blocks may only be executed against an opponent between their waist and shoulders. The use of extended arms with open hands in a pushing motion is not allowed if the offensive player is moving forward. If the offensive player is moving laterally or backwards, extended arms, open hands, and a light pushing motion is allowed (example: pass blocking). Two-on-one blocks may only be executed behind the line of scrimmage.

Pass blocking: Use of extended arms and open palms is acceptable as long as the blocker is stationary, moving laterally, or moving backwards. Holding is not allowed. Any use of the hands, arms, elbows, legs, or body to initiate contact during an offensive block other than in this manner is illegal. If moving forward, extending the arms in a pushing motion is not allowed.

Penalty: Personal Foul, 10 yards from the spot of the penalty

2. Interlock Blocking - Teammates of a runner or passer may interfere for them by screen or butterfly blocking, but shall not use interlocked interference by grasping or encircling one another in any manner.

Penalty: Personal Foul, 10 yards from previous spot

3. Defensive Rush and Use of Hands – Defensive players must attempt to go around the offensive blocker. Defensive players may use “swim move”, “bull rush” or a “spin move”, but cannot use their hands to grab or hold the offensive blocker. “Head slaps” are illegal. Defensive player may use hands to push an offensive player aside.

Penalty: Personal Foul, 10 yards from previous spot

SCORING PLAYS AND TOUCHBACKS

Touchdown

1. All touchdowns are 6 points
2. A touchdown shall be scored when a legal forward pass is completed, or an unforced fumble or backward pass is caught behind the opponent's goal line, or when a player is legally in possession of the ball and crosses opponent's goal line.

Extra Point Try = 1 or 2 Points

- 1 All extra points will be attempted from the 5 yard line. How the team scores determines the points earned. In all divisions, a running score is worth 1 point and a passing score is worth 2 points.
2. If a double foul occurs during the down, the down shall be replayed. When a distance penalty is incurred by the offense during a successful try, the down will be repeated, if accepted. However, if the offense penalty carries a loss of down, the try has ended and will not be repeated.

Safety = 2 points

1. It is a safety when a ball carrier runs out of bounds in their own end zone or 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.
2. A safety is also when an offensive player commits a foul for which the penalty is accepted and the measurement is from the spot of the foul that is in the end zone.
3. When a safety is scored, the ball belongs to the defending team, and they shall put the ball in play from their 20 yard line.

CONDUCT OF PLAYERS AND OTHERS

1. If the referee witnesses any acts of flagrant contact, tackling, elbowing, cheap shots, blocking, unsportsmanlike act, the game will be stopped and the player will be ejected from the game. Foul play will not be tolerated. Trash talking by players, coaching, or spectators is illegal. (Trash talk is talk that may be offensive to officials, opposing players, team or spectators and includes swearing or racist remarks.) Officials have the right to determine offensive language.

If trash talking occurs the referee will give one warning. If it continues the player or players involved will be ejected from the game.

If spectators or coaches engage in trash talking, swearing, demeaning, or racist remarks, the associated team may be penalized for unsportsmanlike conduct. Second or repeated offenses will not be tolerated and the game will be halted until the offending person leaves.

If a player is continuously playing too rough and out of control, the referee must issue a warning to the player and the coach. If there is no change in behavior, the referee may instruct the coach to remove the player from the game temporarily, or may decide to eject the player. Failure to act by the coach may result in removal of the player and the coach for the remainder of that game.

2. Using disconcerting acts or words prior to the snap in an attempt to interfere with the offense's signals or movements is prohibited.
3. Contacting an opponent who is on the ground is prohibited.
4. Throwing the runner to the ground is prohibited.
5. Hurdling any other player is prohibited unless it is to avoid injury. This is at the discretion of the referee.
6. Clipping an opponent is prohibited.
7. Tackling the runner is prohibited.
8. Communication between coach and referee must be handled respectfully. The coach is in charge of their team's strategy and conduct, and the referee is in charge of the rules and safety. Both must respect each other's authority in these areas and not look to embarrass or "show up" the other. A personal foul for Unsportsmanlike Conduct may be called on the coach for this violation. Likewise, the coach may seek the immediate attention of a board member for a referee violation. **DO NOT LET IT GET TO THIS POINT ON EITHER SIDE.** Lead by example. Be calm and respectful in your communications.

Penalty: Personal foul, 10 yards. Loss of down if on offense. First Down if on defense.

ENFORCEMENT OF PENALTIES

1. Coach's Choice - When a foul occurs during a live ball, the referee shall, at the end of the down, notify both coaches. The referee shall inform the coach of the offended team regarding the rights of penalty acceptance or declination and shall indicate to them the number of the ensuing down, distance to be gained, and status of the ball for each available choice. The distance penalty for any foul may be declined. If the penalty is declined or if there is a double foul, there is no loss of distance. A coach's choice of options may not be revoked.
2. Half the Distance - A measurement cannot take the ball more than half the distance from the enforcement spot to the offending team's goal line. If the penalty is greater than this, the ball is placed halfway between the enforcement spot and the goal line.
3. Safety / Goal Line - If the offensive team throws an illegal forward pass from its end zone or commits any other foul for which the penalty is accepted and measurement is from or behind its goal line which is now the basic spot, it is a safety. For a defensive team foul, if the enforcement spot that is now the basic spot is on or behind the offended team's goal line any measurement is from the goal line.
4. Foul on a Score - If there is a player foul by the offensive team during a down which results in a successful touchdown or try, the acceptance of the penalty nullifies the score. If there is a player foul by the defensive team during a down which results in a successful touchdown or try, the penalty is automatically declined.
5. Foul Prior to a Try - When a foul occurs after a touchdown and before the ball is ready for play for the extra point try, the enforcement is at the 5 yard line.
6. Multiple Live Ball Fouls - When 2 or more live ball fouls are committed by the same team, only one penalty may be chosen except when a foul(s) for unsportsmanlike conduct occurs. In such cases, the penalty/penalties for the unsportsmanlike conduct fouls are administered from the succeeding spot as a dead ball foul.
7. Multiple Dead Ball Fouls - Penalties for dead ball fouls are administered separately and in the order of occurrence. Dead ball fouls are not coupled with live ball fouls or other dead ball fouls to create double or multiple fouls. Penalize all unsportsmanlike fouls separately.

SUMMARY OF PENALTIES

Defensive Penalties

1. Dead Ball Foul, Encroachment, 5 yards from the previous spot
2. Dead Ball Foul, Illegal Substitution, 5 yards from the previous spot
3. Disconcerting Signals, 5 yards from the previous spot
4. Interference with opponent or ball at the snap, 5 yards from the previous spot
5. Illegal rush (more than 3 lineman rushing) 5 yards from the previous spot
6. Illegal defense, 5 yards from the previous spot.
7. Defensive Pass Interference, ball placed at point of contact, or 10 yards from previous spot, whichever is greater, automatic first down
8. Face guarding, ball placed at point of foul, or 10 yards from previous spot, whichever is greater, automatic first down
9. Roughing the Passer, 10 yards from previous spot, automatic first down
10. Personal Foul, 10 yards from previous spot, automatic first down
11. Illegal flag pull, 10 yards from previous spot, automatic first down
12. Defensive Holding, 10 yards from previous spot, automatic first down

Offensive Penalties

1. Delay of Game, 5 yards from previous spot
2. False Start, 5 yards from the previous spot
3. Illegal Procedure, 5 yards from previous spot
4. Illegal Motion, 5 yards from previous spot
5. Illegal Substitution, 5 yards from previous spot
6. Illegal snap, 5 yards from previous spot
7. Illegal shift or failure to pause for one second, 5 yards from previous spot
8. Diving, 10 yards from spot of foul
9. Offensive Pass Interference, 5 yards from previous spot, loss of down
10. Offensive holding, 10 yards from previous spot
11. Flag guarding, 10 yards from spot of foul
12. Helping the Runner, 10 yards from spot of foul
13. Clipping, 10 yards from spot of foul
14. Illegal forward pass, 10 yards from previous spot, loss of down
15. Stiff Arm, 10 yards from the spot of the foul
16. Intentional Grounding, 10 yards from spot of foul, loss of down

Personal Fouls & Unsportsmanlike Conduct

1. Offense: Loss of 10 yards from line of scrimmage and loss of down
2. Defense: Loss of 10 yards from spot of foul and automatic 1st down.