

C.F.F.L.

Charter Flag

Football League

2017

RULE #1: The Game Field Players and Equipment	Page 2
RULE #2: Definitions	Page 5
RULE #3: Periods, Time Factors, Substitutes	Page 10
RULE #4: Ball in Play, Dead Ball, Out-of-Bounds	Page 15
RULE #5: Series of Downs and Zone-to-Gain	Page 16
RULE #6: The Scrimmage, Snapping, Handling, and Passing the Ball	Page 18
RULE #7: Scoring	Page 22
RULE #8: Conduct on Players and Others Subject to the Rule	Page 25
RULE #9: Enforcement of Penalties	Page 28
Penalty Enforcement Philosophy	Page 30
Playing Rulings	Page 31
The Officials, Responsibilities and Procedures	Page 33
Basic Flag Football Playing Rules	Page 34
Official's Signal	Page 36

Official National Flag Football Rules Of The US Flag Football Association

RULE #1

THE GAME FIELD PLAYERS & EQUIPMENT

Section 1. General

The Game

The game shall be played between two teams of eight players each on a rectangle field and with an official football. Players should play eight on eight.

Goal Lines

Goal lines for each team shall be established at the opposite ends of the field and each team shall be allowed an opportunity to advance the ball across their opponent's goal line by running or passing.

Winning Team

The teams shall be awarded points for scoring according to rule and unless the game is forfeited, the team having the larger score at the end of the game shall be the winning team.

Supervision

The game shall be played under the supervision of no officials, referees or field judge. Duties of officials are found in the appendix.

Team Captains

Each team shall be designated two field captain to the referee. The field captain or a designated representative will speak for the team in all dealings with the officials. A field captain's first choice of any opinion shall be irrevocable.

Persons Subject to the Rules

All players, substitutes, coaches, trainers and other persons authorized within the team area are subject to the rule and shall be governed by the decisions of the officials.

Section 2. The Field

Dimensions

The field shall be a rectangle area with lines and zones as shown in the diagram. In the case of facility limitations, the length and width of the field can be modified.

Inbounds: Out-of-Bounds

The lines bounding the sidelines and the end zones are out-of-bounds in their entirety and the inbounds area is bound by those lines. The entire width of each goal shall be a part of the end zone.

Team Area

On each side of the field a team area is designated between the 20 yards lines for the use of the teams, coaches, and authorized team attendants.

Pylons

Soft, flexible pylons shall be placed at the inside corners of the four intersections of the lines, end lines, and sidelines.

Down Marker

A down indicator, which shall be located at the sideline of the line of scrimmage opposite the press box, shall be used to indicate the numbers of the down.

Obstructions

The officials of the game should inspect the field and the surrounding area and remove, or order removed, any obstruction which might prove dangerous to players.

Section 3. The Ball

Specifications

The official ball shall be leather and shall meet the recommendations for size and shape for regulation football. NIKE ALL-FIELD football or WILSON TDS football.

Administration

The referees shall be the sole judge of any ball offered for play and may change the ball during play at their discretion.

Section 4. Players & Playing Equipment

Players

For convenience, a player is referred to as a lineman, safety, RB, WR, QB or backfield.

Contrasting Colors

Players of opposing teams must wear contrasting colors. The referee shall designate which team shall make a change, if necessary.

Equipment

All players must wear either a t-shirt, football jersey that reflects designated colors or school colors (t-shirts with numbers on the back mandated by CFFL), pants and shoes, of a material which cover the foot (canvas, leather, or synthetic) with a sole of leather, rubber, or composition with or without rubber cleats. Shoes with removable cleats permitted provided no metal is showing. Stocking caps, ski caps, watch caps (soft) are permitted.

Flags

Each player on the field will wear a belt at the waistline with three flags attached, but not tied thereto: two on the sides of the body and one on the back. Each flag should extend or hang from the waist. Flags should be 3 inches wide, and USFFA Approved (Flag-A-Tag). Wrapping, tying, or in any way securing the flags to the uniform or the belt, other than prescribed by the rule, or intentionally removing a flag during play is illegal. Penalty: 10-yards and possible disqualification. *SONIC Socket Release* flags will be used, or current style from Flag-A-Tag.

Illegal Equipment

No players wearing illegal equipment shall be permitted to play. The umpire will decide the legality of all equipment. Illegal equipment shall include:

- a. Any equipment which, in the opportunity of the Umpire, would confuse or endanger other players.
- b. Helmets, padded uniforms, sole leather or other hard or unyielding substance on the hands, wrist, forearms or elbows, no matter how covered or padded.
- c. Any projection of metal or other hard substance from a player's person or clothing.
- d. Any metal shoe cleats as distinguished from regulation football shoes.
- e. Jerseys or attachments which tend to conceal the ball by closely resembling it in color.
- f. Any slippery or sticky substance on a player's person or clothing.
- g. Electronic or other signal devices for the purpose of communicating with any outside source.
- h. Regulation shoulder pads.
- i. Baseball style caps or caps with hard visor, any head covering, except as shown.

NOTE: If illegal equipment is discovered by an official (1) it may be replaced during the interval between downs: (2) the players shall leave the game: (3) the team is charged with a time-out. An

official's time-out shall be declared to permit prompt repair of equipment which becomes illegal or defective through use. The team will be charged with a timeout.

RULE #2 DEFINITIONS

Section 1. The Ball: Live, Dead, Loose

Live and Dead Ball

A live ball is a ball in play while a down is in progress. A dead ball is that period between downs when the ball is not in play.

Loose Ball

A loose ball is a live ball not in player possession. i.e. Any pass or fumble.

When Ball is Ready-for-Play

A dead ball is ready-for-play when the referee (1) if time is in, sounds whistle and signals "ready-for-play" (2) if time is out, sounds the whistle and signals either "start the clock" or "ball ready-for-play".

In Possession

"In Possession" is an abbreviation meaning "in possession of a live ball". A player is in possession when both holding and controlling the ball. A player is in possession: when one of its players is in possession; while a forward pass thrown by one of its players is in flight, or during a fumble; backward pass or illegal forward pass.

Catch, Interception, Recovery

A catch is an act of establishing player possession of a live ball in flight. A catch of an opponent's pass or fumble before it hits the ground is an interception. If a player attempts to catch, intercept or recover while in the air the ball must be in control when the player returns to the ground inbounds.

Section 2. Blocking

Blocking is a legally obstructing an opponent by contacting the opponent with any part of the blocker's body. Blockers must be on their feet before, during, and after contact is made with an opponent. Two on one blocking shall be limited to the area on and behind the neutral zone. Under no condition shall a high-low or rolling block be permitted. Blocker is allowed to contact only the portion of the opponent's body between the waist and shoulders. Exception: A blocker who loses personal body control due to an opponent aggressiveness after contact shall not be penalized. Contact with an opponent only between the opponent's waist and neck. There shall be

no cross-body blocking, no down field blocking. Offensive players may not use an extended arm (pro block) provided palms are facing opponents and blocker is either stationary or moving backward. When using a hand or forearm block, the elbow must be outside the shoulder. The blocker's hands may not be locked. The blocker may not swing, throw, or flip the elbow or forearm. The hands may be closed or cupped but the palms may not be facing the appointment being blocked. Down field blocking is defined as a runner moving in advance of the ball carrier (screening), such play and not in a legal position to assist ball carrier by being able to receive legal handoff or backward pass- whether or not contact with an opponent of occurs.

Section 3. 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 other than the runner. No clipping is allowed under the sportsmen like conduct. First warning: one warning two team and a 15-yard penalty. Second warning: an automatic injection pending review.

Section 4. Down and Between Downs

The down is a unit of the game which starts, after the ball is ready-for-play, with a snap and ends when the ball next becomes dead. Between downs is the interval during which the ball is dead.

Section 5. Foul and Violation

A foul is a rule infraction for which a penalty is prescribed. A violation is a rule infraction for which no penalty is prescribed and which does not offset the penalty for a foul.

Section 6. Fumble-Muff-Batting-Touching Ball

Fumble

A fumble is loss of ball by a player in position during an unsuccessful attempt to hold, handoff or backward pass. A fumble becomes a dead ball and a referee will place ball at the line of scrimmage based on fumble. No diving.

Batting

Batting the ball is intentionally striking a loose with an arm or hand.

Touching Ball

Denotes any contact with it.

Section 7. Goal Lines

Need to go align is a vertical plane separating and end zone from the field of play.

Section 8. Handing the Ball

Handlebars transferring players position from one teammate to another without throwing or fumbling.

Section 9. Huddle

A huddle is two or more offensive players grouped together after the ball is ready for play before or after they have assumed a scrimmage formation prior to the snap.

Section 10. Hurdling

Hurdling is an attempt by the runner to jump with both feet foremost over any player(s) still on their feet. Hurdling will cause an automatic 5-yard penalty.

Section 11. The Neutral Zone

The neutral zone is the 2 lines of scrimmage during a scrimmage down and is established when the ball is ready for play.

Section 12. Encroachment

Encroachment denotes the position of a player, except the snapper, any part of whose person is beyond their scrimmage line or their restraining line anytime after the ready for play signal and before the ball is put in play.

Section 13. Passes

Passes

Passing the bar is throwing it. A pass continues to be a pass until caught, intercepted, or the ball becomes dead.

Forward and Backward Pass

A forward pass is a live ball thrown toward the opponent's' end line. a backward pass is a live ball thrown toward or parallel to the passer's end line. A pass continues to be a pass until it is caught or intercepted by a player or becomes dead.

Section 14. Penalty

A penalty is a loss imposed by rule upon a team which has committed a foul.

Section 15. Removing the Flag

When the flag is clearly taken from a ball carrier the down shall end and the ball is declared dead. A player who removes the flag from the ball carrier should immediately hold the flag above their head to assist the official to look in locating the spot where they capture occurred. A man attempts to remove a flag from a ball carrier, defensive players make contact the body and shoulders of an opponent with their hands, but not their head. A defensive player may not hold, push, or knock the ball carrier down in an attempt to remove the flag. The flag of

may be dropped at the spot of capture by the difference with no penalty. A defensive player may leave their feet to secure the flag.

Section 16. Scrimmage

Scrimmage

A scrimmage is the interplay of the two teams during a down in which play begins with a snap.

Scrimmage Line

The scrimmage line for each team is the yard line and its vertical plane which passes through the point of the ball nearest to its own goal line. An offensive player is on the line of scrimmage when facing the opponent's goal with the line of the shoulders approximately parallel to the scrimmage line and with the head breaking the plane of an imaginary line drawn through the waistline of the snapper and parallel to the line of scrimmage. Defensive players must remain one yard off the ball (line of scrimmage) until the ball is snapped.

Stance

All players of both the offense and the defense may take any stance. Players hands on their knees is permissible.

Backfield Line

The backfield line is a vertical plane one yard behind and parallel to the scrimmage line of the offensive team.

Section 17. Shift

A shift is a simultaneous change of a position by two or more offensive players after the ball is ready for play for the scrimmage and before the next snap. While an emotion player must come to complete stop prior to the snap, 5-yard penalty.

Section 18. Snapping the Ball

Snapping the ball (a snap) is handling or passing it from the position on the ground. In a legal snap, the movement must be a quick and continuous motion of the hand or hands during which the ball actually leave the hand or hands. The ball may not be raised to more than a 45-degree angle at this snap and the long axis of the ball must be at right angles to the scrimmage line. Must pass through snappers legs, snapper facing down the field.

Section 19. Spots

Enforcement Spot

An enforcement spot is the point from which the penalty for foul is enforced.

Previous Spot

The previous spot is the point from which the ball was last put in play.

Succeeding Spot

The succeeding spot, as related to a foul, is a point at which of the ball would have been put in if the foul had not occurred.

Dead Ball Spot

The dead ball spot is the point at which the ball last became dead.

Spot of the Foul

The start of the cell is the point at which that foul occurs. If out-of-bound between the goal lines in shall be the intersection of the near inbound line in the yard-line, extended, through the spot of the foul.

Out-of-Bound Spot

That out-of-bounds spot is the point at which the ball becomes dead because of going or being declared out-of-bounds.

Inbounds Spot

The inbound spot is the intersection of the nearer inbound line and the yard-line passing through the dead ball spot or the spot where the ball is left in a side zone by a penalty.

Section 19. Team and Player Designation

Offensive and Defensive Team

The offense is the team in possession. At such time the opponent is the defense. Team A is the team which puts the ball in play. The opponent of team A, which is team B is the team which does not put the ball to play.

Lineman and Backfieldman

A lineman is any player on their scrimmage line when the ball is snapped; a back is any player who is at least one yard behind the line when the ball is snapped.

Passer

The passer is the player who has thrown a legal forward pass. Passer remains the passer while the ball is in flight.

Player

A player is any one of the participants in the game.

Ball Carrier

The ball carrier is the player in possession of a live ball.

Snapper

The snapper is the player who snaps the ball.

Substitute

A substitute is a replacement for a player or player vacancy.

Disqualified Player

A disqualified player is one who becomes ineligible for further participation the game. See unsportsmanlike conduct.

Section 20. Tripping

Shipping is using the lower leg or foot to obstruct an opponent (including the ball carrier) below the knee. See unsportsmanlike conduct. First warning: 10-yard penalty. Second warning: ejection from the game, 1 game suspension for a repeat offender and a second offender will be gone for the season.

Section 21. Yard line

A yard line is a line in the field of a play parallel to the end line between the go lines.

Section 22. Deflagging

Deflagging is the legal removal of a flag of an opponent in possession of the ball. Pushing, striking, holding, or slapping is not permitted. A defensive player may leave feet to secure flag. Flag guarding is not permitted: 5 yard penalty. An offensive player may not protect or guard Flags- 10-yard penalty.

RULE #3

PERIODS, TIMES FACTORS, SUBSTITUTES

Section 1. The Start of Each Period

First and Third Periods

Each half shall start at opposing 20-yard line. Three minutes before the start of the game, the referee shall toss a coin in the present of the opposing field captains, after first designating which captain shall call the fall of the coin.

- a. The captain winning the table shall choose one of the following options:
 1. Defer.
 2. To receive.
 3. To designate which goal their team will defend.
- b. The loser of the toss shall make a choice of the remaining option.
- c. Before the start of the second half, the choosing of options will be reversed.

Second and Fourth Periods

Between the first and second periods and between the third and fourth periods the team's shall exchange goals and the ball shall be relocated in a spot corresponding to its location at the end of the previous period. Possession of the ball and the down and distance to be gained shall remain the same.

Section 2. Playing Time and Intermissions

Game Time

Playing time shall be 60 minutes duration with two 30 minutes halves that are no more than 70 minutes. Each with 1 minute between the first, second, third and fourth quarters and 10 minutes between the second and the third quarters. In the case of a tie, there shall be a minute intermission before the start of each overtime period.

Shortening Periods

Before the start of the game, playing time may be shortened by mutual agreement of the field captain and the referee if darkness threatens. Anytime during the game, the playing time of any remaining period or periods may be shortened by mutual agreement of the opposing captains and the referees. Late teams will lose one time out and lose their chance for a coin toss.

Extension of Periods

No period shall end until the ball is dead. If playing time for a period expires Before completion of the penalty for a foul by team B while the ball is ready-for-play, or during a down in which team B commit a foul while team A stays in possession, the period shall be extended until a down which is free from such foul has been played. If team A commits a foul, or if both teams commit fouls, the period is not extended.

Tie Game

Games tied at the end of regulation time shall be decided by permitting each team 4 attempts to score from the 20 plus PAT attempt, repeating series until the tie is broken. The 4 attempts are downs like regulations.

Game Clock

Playing time shall be kept on a stopwatch operated by an official or on a field clock operated by a designated timer.

When Clock Starts

The game clock shall start when the ball is legally touched. On a scrimmage down the game clock shall be started when the ball is snapped or on a prior signal by the referee. The clock shall not run during a try-for-point or during an extension of a period.

- a. The referee shall signal and the game clock starts when the ball is ready-for-play if it was stopped:
A running clock shall be used. The clock shall not stop except for the following:
 1. The last two minutes of each half shall be played according to the time factors listed in Rule 3, Section 3.
 2. During free timeouts.
 3. The clock shall stop after PAT attempt during the game, and shall not start until first touched or snapped, after going out of bounds.
- b. The referee does NOT signal and the game clock starts when the ball is put in play if it was stopped.
 1. By a team time-out, a touchback, an incomplete forward pass, or a live ball going out of bounds; or after a fair catch.
- c. If incidents in (a), above, occur in conjunction with free time-out or any other incidents following which the clock would not start until the ball is put in play it shall be started when the ball is put in play.

When Clock Stops

The game clock shall be stopped and time is out when each half ends and whenever “time out” is declared by the referee as in a touchdown, touchback, safety, free time out; out of bounds, or referee’s discretion.

Two Minute Warning

Approximately two minutes before each half ends the referee shall inform each field captain and coach of the playing time remaining in the half. They may order the clock stopped for the purpose if necessary. If a field clock is an official timepiece, notification is not required.

Section 3. Time-Outs

How Charged

The referee shall declare a timeout when he suspends play for any given reason. Each time-out shall be charged either to the referee or to one of the teams.

Referee’s Time-Out

The referee shall declare a time-out whenever a touchdown, field goal, touchback, or safety is made; when an excess time-out is allowed; when the game clock is stopped to complete a penalty; when a forward pass becoming incomplete; and when a live ball goes out-of-bounds (last two minutes of each half).

Discretionary Time-Out

The referee may declare an official's time-out for any contingency not elsewhere covered by the rules. If a time-out is for repair or replacement of player equipment which became illegal through play and is considered charge the team whose player is wearing illegal equipment. The referee shall charge themselves when an injured player is designated and removed for at least one down.

Free Time-Outs

Each team is entitled to three free time-outs, each for 30 seconds, during each half without penalty. Successive free time-outs may be granted each team during a dead ball period. If the ball is dead and a team has not exhausted its free timeouts the referee shall allow a free time-out and charge that team. There will be one time out per team allowed during the entire overtime period.

Official's Time-Out

After a team’s 3 timeouts have been exhausted, a subsequent request by its field captain may be allowed only for the benefit of a designated injured player who must leave the game for at least one scrimmage down. Such timeout, if allowed, is an official timeout.

Length of Time-Outs

A free time all requested by the field captain shall not exceed one minute. All their timeouts shall be no longer than the referee deems necessary to fulfill the purpose for which they are declared, but any timeout may be extended by the referee for the benefit of a seriously injured player.

Warning and Notifications

A referee shall warn both teams 30 seconds before a free timeout expires and 5 seconds later shall declare the ball ready for play. When 3 legal times out have been charged to 18 in the same half, the referee shall notify the field captain and the coach of that team.

Sideline Conference

During a timeout charge to a team, 1 player at a time may confer with the coaching staff at the sideline near the team area. offense and defense may confer by the sideline.

Section 4. Delays

Delaying the Start of a Half

Each team shall have its players on the field for the opening play at the scheduled time for the beginning of each half. All players must have their flags in legal position: 10-yard penalty.

Illegal Delay of the Game

The ball must be playing promptly and legally and any action or inaction by either team which tends to prevent this is an illegal delay of the game. This includes:

- a. Taking more than 25 seconds to put the ball in play after it is ready for play.
Enforcement.
- b. Failing to remove an injured player for whose benefit and officials timeout has been granted.
- c. purposefully at bouncing the ball after it has been declared dead. Delay of the game:
5-yard penalty.

Unfair Tactics

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:
5-yard penalty.

Section 5. Substitutions

Eligible Substitutes

No substitute shall enter during a down. Between down, any number of eligible substitutes may replace players provided the substitution is completed by having the replaced players off the field before the ball becomes alive. An incoming substitute must enter the field directly from their team area. A replaced player must leave at the sidelines nearest to their team area: 5-yard penalty.

Legal Substitutions

During the same dead ball interval, no substitution shall become a player and then withdraw and no player shall withdraw and then re-enter as a substitute. Each substitute shall be in uniform, ready for play, with flags end position as directed in Rule 1, Section 4: 5-yard penalty.

RULE #4

BALL IN PLAY, DEAD BALL, OUT-OF-BOUNDS

Section 1. Ball in Play: Dead Ball

Dead Ball Becomes Alive

A dead ball, after having been declared ready for play, becomes a live ball when it is snapped, legally or illegally.

Live Ball Becomes Dead

A live ball becomes a dead ball as provided in the rules or when an official sounds the whistle (even though inadvertently).

Ball Declared Dead

A live ball becomes dead and an official shall sound the whistle or declare it dead.

- a. When it goes out of bounds for when it touches the goal line (vertical plane) of the ball carrier's opponents. (flags must cross)
- b. When any part of the ball carrier's person other than his hand or foot touches the ground.
- c. When a touchdown, touchback, safety or successful try-for-point is made.
- d. When, during a try-for-point, Team B obtains possession of the ball or when it becomes certain a try-for-point will not score the point.
- e. When a forward pass strikes the ground or is caught simultaneously by opposing players.
- f. When a backward pass or fumble by a player touches the ground. NOTE: (Exception) a ball snapped from the scrimmage, which hits the ground after getting to or past the intended receiver, is there at the spot at which it hits the ground.

- g. When a legal forward pass is legally completed, or a lost ball is caught or recovered by a player on, above, or behind the opponent's goal.
- h. When a ball carrier has a flag remove legally by a defensive player.

Inadvertent Whistle

If there was an inadvertent whistle when:

- a. A legal pass or snap is in flight or while the ball is loose behind the line, and before hitting the ground, the down will be replayed.
- b. if the ball was loose and before hitting the ground following the backward pass fumble beyond A's line of scrimmage, or behind A's line phone a change of possession, the ball will be awarded to the team last and possession at the spot where possession was lost and down will be counted.
- c. when a player is in possession, with he may choose to accept apply at that point or choose to play the down.

Ready For Play

No player shall put the ball in play until it is declared ready for play: 5-yard penalty.

25 - Second Count

The ball shall be put in play within 25 seconds after it is declared ready-for-play, unless, during that interval, play is suspended by the referee: 5-yard penalty.

Section 2. Out-of-Bounds

Player or Held Ball Out-of-Bounds

A player is out-of-bounds when any part of that player touches anything other than another player or a game official which is on or outside a boundary line. A ball in player possession is out-of-bounds when either the ball or any part of the runner touches the ground or anything else, except a player or game official, which is on or outside a boundary line.

Ball Out-of-Bounds

A loose ball or a forward pass it out-of-bounds when it touches the ground, a player or anything else which is on or outside a boundary line.

Out-Of-Bounds at Crossing point

If a live ball crosses out a boundary line and is then declared out-of-bounds at the crossing point.

Out-Of-Bounds at Forward Point

If a live ball is declared out-of-bounds because of contact with a player or anything else, and the ball does not cross a boundary line, it is out-of-bounds at the ball's most forward point when it was declared dead.

RULE #5

SERIES OF DOWNS & ZONE-TO-GAIN

Section 1. A Series - How Started - How Broken - Renewed

A Down is a Unit

A down is a unit of the game which starts with a snap and ends when the ball next becomes dead. Between down is any period when the ball is dead.

Series of Down

A team, in possession of the ball, shall have four consecutive downs to advance to the next zone by the scrimmage. Any down may be repeated if provided for by the rules.

Zone Line To Gain

The line to gain in any series shall be the zone in advance of the ball unless distance has been lost due to penalty or failure to gain. In such case, the original zone in advance of the ball at the beginning of the series of down is the line to gain. The most forward point of the ball, when declared dead between the goal lines, shall be the determining factor.

Measurement of Distance

The most forward point of the ball when declared dead between the goal lines shall be the determining point in establishing distance gained or lost by either team in a down. If the ball is in player possession and declared dead as a result of flag pull, the ball shall be spotted where the flag was pulled and the shall be determining the point to establish distance.

Awarding A New Series

A new series of downs shall be awarded when a team moves the ball into the next zone on a play free from penalty; or a penalty against the opponent's move the ball into the next zone; or their opponents or they have obtained legal possession of a ball as a result of a penalty, touchback, pass interference or failure to gain the zone in advance of the ball.

Section 2. Down and Possession After a Penalty

Penalty Resulting in First Down

After a penalty which leaves the ball in possession of team A beyond its line-to-gain, or when a penalty stipulates a first down, the down, and distance established by the penalty shall be the first down with next zone to gain.

Foul Before Change of Team Possession

After a distance penalty between the goal lines incurred during a down and before any change of team possession during that down, the ball belongs to Team A and the down shall be repeated unless the penalty also involves loss of a down, or leaves the ball on or beyond the zone line-to-gain. If the penalty involves loss of a down, the down shall count as one of the four in that series.

Foul After Change of Team Possession

After a distance penalty for a foul committed during a down and after team possession has changed during that down, the ball belongs to the team in possession when the foul occurred and the ball belongs to the team in possession when the foul occurred and the down and distance established by that penalty shall be the first down with zone to gain.

Penalty Declined

If a penalty is declined the number of the next down shall be whatever it would have been if that foul had not occurred.

Foul Between Downs

After a distance penalty incurred between downs, the number of the next down shall be the same as that established before the foul occurred unless enforcement for a foul by team B leaves the ball on or beyond.

Foul Between Series

A scrimmage following a penalty incurred after a series end and before the next series begins shall be first down but the zone line-to-gain shall be established before the penalty is enforced.

Fouls by Both Teams

If offsetting fouls occur during a down, or while the ball is ready-for-play for such down, that down shall be repeated. If each offsetting foul occurs between successive downs, the next down shall be the same as it would have been had no fouls occurred. Exception: If there is a change of team possession during down or at the end of a down, the team last gaining possession may decline offsetting fouls and retain possession after completion of the penalty for its infraction providing that team had no fouled prior to possession. If each team fouls during a down in which there is a change of team possession, the team last gaining possession may retain the ball, provided its foul was not prior to the final change of possession and it declined the penalty for its opponent's foul.

RULE #6
THE SCRIMMAGE, SNAPPING, HANDLING, AND PASSING THE BALL

Section 1. The Scrimmage

The Start

All plays from scrimmage must be started by a legal snap from a point between the inbounds lines.

Scrimmage

Any infraction of the following is a foul:

a. Before the ball is snapped:

1. The snapper, after assuming the 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 position may be penalized whether or not the ball is snapped and the penalty for any resultant encroachment or contact shall be canceled.
2. All offense must be within fifteen yards of the ball when it is declared ready-for-play.
3. After the ball is ready-for-play and until it is snapped, no player on defense shall touch the ball, nor may any player contact opponents or in any way interfere with them. This includes standing in the zone to give defensive signals or shifting through the zone.
4. No player of the offensive team shall make a false start. A false start includes feigning a charge, or play. An infraction of this rule may be penalized whether or not the ball is snapped and the penalty for any resultant encroachment or contact foul by an opponent may be canceled.
5. In a snap preceded by a huddle or shift, all players of the offense 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 is snapped.
6. Snap must go between snappers legs and they must face down a field.

b. When the ball is snapped:

1. At least 3 players on the offensive line must be on their scrimmage line. The remaining players must be either on their scrimmage line or behind their backfield

line, except as follows: One player may be between the scrimmage line and backfield line if placed in a position to receive a hand-to-hand snap from between the snapper's legs. When in such position, that player may receive the snap themselves or it may go directly to any back.

2. All players must be inbounds and only the snapper may be encroaching on the neutral zone, but no part of their persons may be beyond the neutral zone and their feet must be stationary behind the ball.
3. One offensive player may be in motion, but not in motion toward the opponent's goal line. If such player starts from the scrimmage line player must be at least 5 yards behind that line when the ball is snapped. Other offensive players must be stationary in their positions without movement of the feet, body, head or arms.
4. No offensive players, while on the scrimmage line, may receive a snap. *Penalty: for all above- 5 yards and ball remains dead.*

Section 2. Handing the Ball

Handing Forward

No player may hand the ball forward except as follows: team A player who is behind the scrimmage line may hand the ball forward to a backfield teammate who is also behind that line; or to a teammate who was on the scrimmage line when the ball was snapped, provided that teammate who was on the scrimmage line when the ball was snapped, provided that teammate left the line position, faced his own end line and was at least 1 yard behind the scrimmage line when player received the ball. *Penalty: 5-yards from the spot of foul; also, loss of down if by team A before team possession changes during a scrimmage down.*

Handing Backward

A ball carrier may hand the ball backward at anytime.

Section 3. Backward Pass and Fumble

At Anytime

A ball carrier may pass the ball backward or lose player possession by a fumble at any time except if intentionally thrown out-of-bounds to avoid loss of yardage.

Caught or Intercepted

A backward pass or fumble may be caught in flight inbounds by any player and advanced.

Out-of-Bounding

A backward pass or a fumble which goes out-of-bounds between the goal line belongs to the team last in possession at the out-of-bounds spot behind a goal line it is a touchback safety.

Dead When Ball Hits Grounds

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 team last in possession unless lost on downs. In the event a ball is fumbled forward in advance of the line of scrimmage, it shall be ruled dead at the point it leaves the player's hand.

Section 4. Forward Pass

Legal Forward Pass

All players are eligible to receive a forward pass. During a scrimmage down and before team possession has changed, a forward pass may be thrown provided the ball, when it leaves the passer's hands, is on A's side of the defensive team's line of scrimmage team A may make as many forward passes as desired from in or behind the neutral zone.

Illegal Forward Pass

A forward pass is illegal:

- a. If the passer is beyond the neutral zone when the ball leaves the hand.
- b. If thrown after team possession has changed during the down.
- c. If intentionally thrown to the ground or out-of-bounds. 5-yard penalty, from the spot of the foul, also the loss of down if by team A before the change of team possession during a down.

Eligible Receivers

All players of both teams are eligible to touch or catch a pass.

Eligibility Lost Going Out-of-Bounds

An offensive player who voluntarily goes out-of-bounds during a passing down loses eligibility until the ball has been touched by an opponent. *Penalty: Loss of down at previous spot.*

Completed Pass

A forward pass is completed when caught by any player of passing team who is inbounds and the ball continues in play. If the pass is caught inbounds simultaneously by opponents, the ball becomes dead and belongs to the passing team at the spot of the simultaneous catch. The receiver must have both feet in bounds.

Incomplete Pass

A forward pass is incomplete when the ball touches the ground or goes out-of-bounds. It is also incomplete when a player jumps from inbounds and catches the pass but lands on or outside a boundary line. An incomplete legal forward pass belongs to the passing team at the previous spot unless lost on down. An incomplete illegal forward pass belongs to the passing team at the spot of the pass unless lost on down. Fourth down incomplete pass into the end zone, inside 20-yard line, the ball goes back to the previous spot.

Contact Interference

Contact by a player which interferes with an eligible receiver who is beyond the neutral zone during a legal forward pass is pass interference unless it occurs:

- a. When two or more players are making a simultaneous and bona fide attempt to reach, catch, or bat the pass.
- b. When, immediately following the snap, opposing players charge into the contact opponents within one yard beyond the neutral zone.
- c. When a team B player contacts an opponent before the pass is thrown.
- d. Interference beyond the line of scrimmage is prohibited by team A from the time the ball is snapped until the pass is touched by any player. Interference by team B is prohibited from the time the pass is thrown until it is touched by any player. The restriction does not apply if the pass does not cross the line of scrimmage.
- e. Face guarding by A or B shall be pass interference. A 10-yard penalty for pass interference, if by A and down counts. If by B, first down for A at the spot of the foul, if by B in end zone first down for A at one-yard line.

If a ball carrier inadequately loses a flag, play shall be stopped at the spot where the flag is dropped. If any player loses a flag, they still are eligible to catch a forward pass, but may not advance the ball, and the play is dead where the ball is caught.

RULE #7 SCORING

Section 1. Value of Scores Scoring

The following methods shall be used in scoring a game:

- a. Touchdown: 6 points
- b. Safety: 2 points
- c. Successful try for point:
 - (1) By passing: 1 point
 - (2) By running: 2 points

d. Forfeited game: 1-0

Section 2. Touchdown

When Scored

A touchdown shall be scored for the team to which the ball legally belongs, when a down is completed and any part of the ball is on, above or behind the opponent's goal line. Exception: the ball is placed where flags are pulled even through ball breaks plane. **FLAGS MUST CROSS.**

Section 3. Try For Point

Opportunity To Score 1 or 2 Points

An opportunity to score one or two points, while time is out, shall be granted a team scoring a touchdown. There shall be one scrimmage play (1 or 2 points) from any point between the inbounds line on or behind the opponent's 3-yard line unless the point is changed by penalty. The team may pass for 1 point, run for 2 points, starting from 3-yard line.

When Scored

The point shall be awarded if the try results in what would have been a touchdown, or field goal, or safety under rules governing play at other times.

Foul During Try For Point

If an offsetting foul occurs while the ball is ready-for-play, or during the down, the down shall be replayed. When a distance penalty is incurred by team B during a successful try, team A shall have the option of declining the score and repeat the try following enforcement or accepting the score with enforcement of the penalty from the spot of the 20-yard line. a replay after a penalty against team B may be from any point between the inbound lines on the yard line where the penalty leaves the ball.

Next Ball

After a try for point, the next play shall be a snap. The field captain of the team which was scored upon shall designate the receiving team.

Section 4. Touchback - Safety

When Scored

When the ball is out of bounds behind the goal line (except form an incomplete forward pass), when the ball becomes dead in the possession of a player on, above, or behind player's

own goal line, it is a touchback if the attacking team is responsible for the ball being on or behind the goal line; if the defending team is responsible, it is a safety. When an accepted penalty for foul or an illegal forward pass leave the ball on or behind the offending team's goal line is a safety.

Responsibility

The team responsible for a ball being on, above, or behind a goal line is a team whose player carries the ball to or across that goal line or impart to the ball an impetus which forces it to or across that line; or incurs a penalty which leaves the ball on or behind the line.

Initial Impetus

The impetus imparted by a player who passes, snaps or fumbles the ball shall be considered responsible for the ball's progress in any direction even though its course be deflected, or reversed, after striking the ground or after striking a player either team. However, the initial impetus is considered expended and a new impetus is provided if a loose ball is illegally contacted again after coming to rest.

Resulting From Foul

When the penalty for a foul committed when the ball is loose leave the ball behind the offender's goal line is a safety; if behind the offended team's goal line, it is a touchback.

Play After Safety

After a safety is scored, the ball shall belong to the defending team at its own 20-yard line.

Play After Touchback

After a touchback is declared, the ball shall belong to the defending team at its own 20-yard line and that team shall put the ball in play by a snap.

Section 5. Tie Game

Overtime Period

When the game ends in a tied score, after a minute intermission, the referee shall toss a coin in the presence of the opposing field captains from both teams, after first determining which Captain will call the fall of the coin.

- a. The captain winning the toss so choose one of the following:
 1. Run defensive series
 2. Defended the goal
 3. Designate which goal will be used for the duration of the overtime
- b. The loser of the toss shall make a choice of the remaining options.

The ball shall be placed on the 20-yard line nearest a designated goal, and team A will have a series of four downs to attempt a score, as a regulation play. If intercepted by team B, the series ends for A. If a touchdown is scored, the PAT will be attempted, series and after the attempt.

NOTE: 8 minutes of overtime, home team determines end zone.

After team A completes its series, the teams they will reverse positions and team B (now team A) will have a series of four downs to score. if the score remains tied, the procedure is repeated until there is a winner.

Penalties During Overtime

Penalties shall be interpreted according to the regular rules of flag football.

Running and Passing Plays

Each play shall begin by scrimmage, and include running and passing plays.

RULE #8

CONDUCT OF PLAYERS AND OTHER SUBJECTS TO THE RULE

Section 1. Deliberation Flagrant Fouls

Suspension From The Game

Whenever, in the Judgment of any game official, the following acts are deliberate or flagrant, the players involved shall be ejected from the game:

- a. Using fists, kicking, or kneeing.
- b. Using locked hands, elbows or any part of the forearm or hand, except according to rule.
- c. Tackling the ball carrier as in regulation football.
- d. Roughing; unnecessary or excessive use of force, for which a penalty may be assessed.
- e. Any other delivery or flagrant act.

Prohibited Acts

There shall be no unsportsmanlike conduct by players, substitutes, coaches or others subject to the rules.

- a. Using any active unsportsmanlike conduct included:
 1. Abusive or insulting language.

2. Any acts of unfair play.
3. Managers, coaches or others on the field of the play anytime without permission, or their interference of any nature with the progress of the game.
4. Players leaving the field of play other than during intermission of halftime.
5. A substitute or any other person interfering with a player or any play while the ball is alive.
6. Using a “hideout play” by placing a player players the other side line who were not within 15 yards of the ball at the ready for play signal.
7. Attempting to substitute a suspended player.
- 8. Pulling or removing a flag from and offensive player without the ball by a defensive player intentionally.**
9. Spiking ball, taunting opponent or other similar theatrics before or after a touchdown. *Penalty: 15 yards, and if flagrant, offenders the shall be disqualified.*

Section 2. Unfair Acts

Unfair Acts

If a team refuses to play within 2 minutes after ordered to play by the referee, or if play is interfered by an obviously unfair or unsportsmanlike not covered by the rules; or if a team repeatedly commits fouls which can be penalized only by halving the distance to its goal line, the referee may enforce any penalty they consider equitable, including the awarding of a score. For refusal to play, or for repeated fouls, the referees shall, after one warning, forfeit the game to the opponents.

Section 3. Personal Fouls

Player Restrictions

No player shall commit a personal foul during a period ordering an intermission. and the act prohibited hereunder or any other act of unnecessary roughness is a personal foul.

- a. No player shall block in a manner that would cause their feet, knees or legs to strike an opponent. All blocking shall be done with their feet in contact with the ground.
- b. There shall be no high-low blocking.
- c. There shall be no 2 on 1 blocking except as indicated by rule.
- d. There shall be no tripping.
- e. There shall be no clipping.
- f. There shall be no contact with an opponent who is on the ground.
- g. The runner shall not be thrown to the ground.
- h. There shall be no hurdling. Hurdling she'll be interpreted as an attempt by the runner to jump over a player with both feet or knees of the runner foremost.

- i. No player shall contact an opponent obviously out of play either before or after the ball is declared dead.
- j. There shall be no unnecessary roughness of any nature.
- k. The ball carrier shall not deliberately run into a defensive player. *Penalty: 10 yards - flagrant offenders may be disqualified.***
- l. Tackling.
- m. Using fists.
- n. Knocking out-of-bounds.
- o. Down-filled blocking.
- p. Dividing to gain advantage (ball carrier).
- q. Roughing the passer. *penalty: 10 yards an automatic first down, if flagrant- player ejected.*

Section 4. Use of Hands and Arms When Ball is in Possession

Helping The Runner

The ball carrier shall not grasp a teammate or be grasped, pulled or pushed by a teammate. 5-yard penalty.

Offensive Uses of Hands

The offensive team shall be prohibited from obstructing an opponent with extended hand or arm. this includes the use of “stiff arm” extended toward off an opponent attempting to the deflag, may not charge into a defensive player. Charging: 10-yard penalty.

Blocking and Interlocked Interference

Players of either team they block opponents provided it is neither forward pass interference, interference with opportunity to catch, nor a personal foul. Teammates of a ball carrier or passer may interfere by blocking, but there shall be no interlocking interference. The prohibition includes grasping or encircling one another, to any degree, with the hand or arm. 10-yard penalty.

Leaving Feet to Obtain Possession of Ball

No player may leave the ground with both feet in an attempt to gain possession of a ball which is rolling on the ground. 10-yard penalty.

Protecting Flags

Ball carriers shall not protect their Flags by blocking with arms or hands from the opportunity of an opponent to pull or remove a flag. 10-yard penalty.

Obstruction of Ball Carrier

The defensive player shall not hold, grasp or obstruct the forward progress of a ball carrier when in the act of removing a flag. 10-yard penalty.

Blocking

Players of shall be limited to the following:

1. In all instances blockers must be under their feet when blocking. Accidentally falling when attempting to a block is not illegal block.
2. When using a hand or forearm to block, the elbow must be entirely outside the shoulder.
3. The blocker's hands may not be locked.
4. The block or may not swing, throw or flip their elbow for forearm.
5. The hands may be closed or cupped but the palms may be facing the opponents being blocked.
6. There shall be no two-on-one blocking beyond the line of scrimmage.
7. Blocking below the waist is illegal.
8. Offensive player may use an extended arm (pro block) dividing Palms are facing opponent and blocker is either stationary or moving backward. 10 yard penalty for illegal block (no cross by blocking).

Use of Hands

Players may use their hands to grasp, push or pull an opponent in an attempt to get at the ball carrier and may also use their hands for protection in warding off an opponent or to get a loose ball. Defensive holding shall be a 5-yard penalty and a first down, except on the ball carrier.

Section 5. Illegal Participation

Batting and Kicking

Batting a Free Ball

No player shall participate by touching the ball or hindering an opponent after having been out of bounds. This does not include being blocked or pushed out of bounds. No, replace player or substitute shall hinder an opponent, touch the ball, or otherwise participate. No, A player shall be lying on the ground, nor shall team attendant(s), or substitute(s) or a pretended substitution be used to deceive B or immediately before the snap. While a pass is in flight, any player may bat the ball in any direction. No player shall bat any other loose ball in flight forward in the field of play, or in any direction if it is in an end zone. 10-yard penalty.

Illegal Kicking Ball

No player shall deliberately kick a loose ball, pass or ball being held by an opponent. 10-yard penalty.

RULE #9 ENFORCEMENT OF PENALTIES

Section 1. Procedure After a Foul

When a foul occurs during a live ball, the referees shall, at the end of the down, notify the offended captain in their opinion. If the penalty is declined or there is a doubled foul, there is no loss of distance. A captain's choice of options may be revoked. When a foul occurs during a dead ball between downs or prior to a snap, the ball does not become alive. The referee shall notify the offended captain in their opinion. When a live ball foul is followed by a dead ball foul by the opponent, the penalties are administered separately and in the order of occurrence.

Section 2. Double and Multiple Fouls

When both teams commit live ball fouls during the same live ball period:

- a. There is no change of team possession.

OR

- b. There was a change of team possession and the team in possession at end of the down had filed by 2 final change of possession, it is a double foul.

In (a) or (b) the penalties cancel and the down is replayed. If both teams foul during a down where there is a change of team possession, the team last gaining possession may retain the ball provided it did not foul prior to the final change of possession and it declined the penalty for its opponent's foul. When 2 or more live ball fouls are committed by the same team, only one penalty may be chosen except when they foul(s) for unsportsmanlike conduct follows a previous foul. In such case, the penalty(s) for the unsportsmanlike conduct is administered separately. The offended captain may choose which penalty will be administered or they may decline all penalties. Penalties or 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 and in addition to those of green during a down by the same team.

Section 3. Types of Play and Basic Enforcement Spots

If a foul occurs during a down, the basic enforcement spot is fixed by the type of play. There are two types of play: (a) a loose ball play, and (b) a running play.

- a. A loose ball play is action during.
 1. A legal forward pass.
 2. A backward pass or fumble by A from in or behind the neutral zone.
 3. A loose ball play also includes the run which precedes a legal pass or fumble.

NOTE: When a foul occurs during a loose ball play, the basic enforcement spot is the previous spot. However, if the foul is by the offense and occurs behind the basic enforcement spot, it is from the spot of the foul.

- b. A running play is any action not including an item (a):
 1. Behind the line, a running play includes a run which is not followed by a loose ball.
 2. Beyond the line, a running play includes any run which starts beyond the line following the run.
 3. A run ends when a runner loses possession, and that spot becomes the basic spot of enforcement.

NOTE: When a foul occurs during a running play, the basic enforcement spot is where the related run ends, which is where the ball becomes dead or where the player loses possession. However, if the foul is by the offense and occurs behind the basic enforcement spot, it is from the spot of the foul.

Section 4. Administering Penalties

The penalty for a foul between downs is enforced from the succeeding spot. The penalty for a foul which occurs simultaneously with a snap is enforced from the previous spot which is the spot of the snap.

Section 5. Special Enforcement

A measurement can not take the ball more than half the distance from enforcement spot to the offending team's goal line. If the penalty is greater than this, the ball is placed halfway from the enforcement spot to the goal line. If the offensive team throws an illegal forward pass from in end zone or commit any other foul on or behind its goal line for which the penalty is accepted, it is a safety. For a defensive team foul on or behind the offended team's goal, measurement is from the goal line. If there is a foul by the defense during a down which results in a successful field goal, touchdown or try, the succeeding pass or, if there is an overtime, from the succeeding spot. A disqualified player must always leave the game. a referee's decision to forfeit a game must be accepted by both teams.

NOTE: There are some tenets or basic rules which are established for flag football because of legal or illegal removal of lines which do not apply to regular football. These follow:

1. Deflagging (one or more flags) is only allowed under special circumstances somewhere to tackling in football. offensive players must have possession of the ball before they can legally be deflagged.
2. A flag(s) remove the inadvertently (not removed by grabbing and pulling) does not cause play to stop. It should continue as if the flag(s) had not been removed.

3. in circumstances where the flag(s) is your move inadvertently or illegally (accidentally) the play should continue with the option of the penalty or the play.
4. In all situations where play is in progress a ball carrier loses one or all flags (rare) either accidentally, inadvertently, or on purpose, play shall be stopped at the spot where the flag is dropped. If any player loses a flag, they still are eligible to catch a forward pass, but can not advance the ball, end of the play is dead where the ball is caught.

Penalty Enforcement Philosophy

Whenever the ball is alive one of two types of plays is in progress. it is either a running play or loose ball play. The type of play has no significance of the list of foul occurs. When a foul occurs, in order to determine the basic spot of enforcement, the official must know:

1. Which team committed the foul and where it occurred in relation to where the play started.
2. Whether the foul was during a running play.
3. Whether it was during a loose ball play.

If a foul occurs during a running play, the basic enforcement spot is the spot where the run ends. Example: A1 runs to B's 20 where their flag is removed. during the run, there is a foul by A. the run ends at B's 20, therefore that is the spot of enforcement. all files on this play would be penalized from B's 20 except a foul by A behind B's 20, which would be penalized from the spot of the foul. A running play which is followed by a loose ball such as backward pass, fumble, or illegal pass by A during which a foul occurs, either during the run or the loose ball, is also enforced from the spot where the run ended, unless it is by the offense behind or the run ends, in which case it would be enforced the spot of the foul. If a foul occurs during a loose ball play, the basic penalty enforcement spot is the previous spot, which is the spot of the snap. Example: K1 punts and between the time of the snap there is a foul by A or B. RULING: The foul occurred during a loose ball play, therefore the previous spot (same as a spot of the snap) is the basic enforcement spot. The only exception would be foul by the office behind the basic spot, which would be enforced from the spot of the foul. Enforcement provisions apply to all fouls, whether by players or nonplayers.

PLAYING RULINGS

A play ruling is an official decision on a given statement of fact. It illustrates the spirit and application of the rules.

RULE #3 - Periods, Time Factors, Substitutes

1. A shoelace, jersey or other equipment breaks or tears, should be repaired or replaced on the referee time.
RULING: No, unless the referee considered such equipment dangerous to other players.
2. Neither team has been charged with a timeout when a field captain requests a timeout and designates an injured player who is replaced.
RULING: Charge the referee with a timeout.
3. If after a 1 minute intermission one of the teams is not ready to play they will be penalized for offending the team from an illegal delay.
4. In an attempt to consume time near the end of a period, Team A “stalls” and exceeds the 25 second count.
RULING: The referee shall order the clock to start when the ball is put in play.

RULE #4 - Ball in Play, Dead Ball, Out-of-Bounds

5. The ball carrier inbound bump into or is touched by a player on the sideline.
RULING: Ball is not out of bounds.

RULE #5 - Series of Downs and Zone-to-Gain

6. Team B runs back team A intercepts pass. During the run a team B player holds.
RULING: Team B is penalized 10 yards from the spot of the holding foul and it is B’s ball. First and zone in advance of holding spot.
7. Team A ball carrier attempts a backward pass which is ruled forward and illegal. The pass strikes the ground.
RULING: team A is penalized 5 yards at the spot from where the pass was thrown and, unless the current series is broken, the scrimmage counts a down.

RULE #6 - The Scrimmage, Snapping, Handling, and Passing the Ball

8. A defensive player charges into the neutral zone but goes back into legal position before the snap.
RULING: Encroachment.
9. After a huddle or shift all offensive players come to a legal stop and remain stationary for a full second. Then, before the snap, two or more of them simultaneously change their positions.
RULING: A second shift. All offensive players must remain stationary for 1 full second before the snap. Otherwise it is an illegal shift.
10. Following a huddle or shift offensive players take preliminary position, then advance or drop into final positions.
RULING: Such movement constitutes a shift; players must hold their final positions for 1 second before the snap.

11. An opponent snatches (“steals”) the ball from the ball carrier.
RULING: The ball continues in play.
12. Teams A’s legal forward pass is first touched by 1 of its receivers, then caught by another.
RULING: Complete pass. On such a play passer is eligible to receive.
13. A team B player, defending against a legal forward pass, with back to ball and waving their arms in the face of an eligible receiver of team A, who, is attempting to catch the pass, bumps into the team B player.
RULING: Pass interference by team B player. A bona fide attempt to catch or bat the pass was not being made.

RULE #7 - Scoring

14. The ball carrier, after receiving the snap in the end zone, the flag is removed with the ball resting above the goal line, it's forward lines being in the field of play.
RULING: Safety. A part of the dead ball is on the runners goal line.
15. A team B player intercepts and legal forward pass in team B's end zone, attempt to run it out but has the flag remove behind their goal line.
RULING: Touchback.

RULE #8 - Conduct on Players and Others Subject to the Rule

16. An offensive player's hand or arm, which is in legal blocking position, contacts and opponent above the shoulder. The contact the current because the opponent squats, ducks or submarines.
RULING: Not an infraction.
17. After a legal forward pass has been touched a receiver who has a reasonable chance to reach the pass uses hand or arm to push an opponent out of the way.
RULING: Legal use of hand or arm.

The Officials, Responsibilities and Procedures

Prior to the beginning of the game, the referee must test and select the game ball or balls and must also inspect the entire field and report any irregularities to the field captain of each team into the fellow officials. If a referee order the ball changed between downs and assistant on each sideline may be asked to expedite the exchanges. Each time out and before play is resumed, the referee must make sure that both teams and officials are ready. Unless the most advantageous choice is obvious to the referee, they shall explain to the field captain and the option or alternatives to which players may be entitled and then proceed in accordance with the choice first expressed by the field captain. The referee must instantly signal “time out” whenever play is

suspended. For scrimmage play, the referee's normal position is behind and to the side of the team on offense.

Umpire

The umpire size primary prediction over the equipment and conduct of the players. In each scrimmage of the umpire is particularly responsible for observing the line play but must also cover open play which develops after linesmen make their initial charge. For scrimmage plays the umpire's normal position is behind the team on defense. Umpires must adjust their position to their defensive formation and avoid interfering with the vision of the movement of defensive players.

Linesmen

The linesman has a major responsibility for the neutral zone and infractions of the scrimmage formation but must also cover open play which develops to the linesman's side of the field. Linesmen assist the referee in making the progress of the ball and keep an accurate count of the downs. They must provide themselves with assistance who remain out of bounds and kind of form to the linesman's direction. For a scrimmage formation, the linesman's normal position is straddling the neutral zone but is clear of all players.

Field Judge

The field judge has primary jurisdiction over the timing of the game and must have a whistle and act where the referee on a downfield play. the field judge must start and stop the game clock as prescribed by the rules and keep the referee informed with respect to the time remaining in each period. When I found is declared well the ball is in play comma the fields judge shall stop the clock when the ball becomes dead. Exception: Running clock except for the last 2 minutes of each half. The field the judge must provide a stopwatch and be prepared two-time the game with that watch or with a scoreboard clock operated by an assistant. Whenever a scoreboard clock is used, the field judge must observe it closely and be ready to take up the timing with a stopwatch if for any reason the scoreboard clock fails to function properly. The field judge must be particularly alert to cover and rule on a downfield play and shall sound a whistle instantly whenever the ball becomes dead. For a scrimmage, the position of the field judges on the left side of the field opposite to the linesman either straddling or beyond the scrimmage line toward the defense.

Basic Flag Football Playing Rules

AT THE SNAP:

4 of 8 offensive players must be on the line. (5 yard penalty.)

BACKFIELD:

At least one (1) yard behind the line of scrimmage. (5 year penalty.)

BALL CARRIER:

Shall not deliberately drive or run into a defensive player nor straight arm, nor protect the flag. (10 yard penalty)

BLOCKING:

Blockers must be on their feet before, during, and after contact or with contact with alligator arms. (10 yard penalty).

DEAD BALL:

The ball is dead when an opponent removes the ball carrier's flag.

NOTE: In all cases where a play is in progress and a ball carrier loses a flag either accidentally, inadvertently, or on purpose, play shall be stopped at the spot where the flag is dropped. If any player loses a flag, he still is eligible to catch a legal forward pass, but cannot advance the ball, and the ball is dead where the ball is caught.

DEFENSIVE PLAYERS:

Shall not hold, grasp, or obstruct forward progress of ball carrier when in the act of removing a flag. (10 yard penalty) Exception: (5 yards and first down defensive holding)

EQUIPMENT:

Shoulder pads, helmets, and hip pads are not legal equipment.

FLAGS:

Players must wear 3 YSSFFA approved same length flags attached to a belt at the waist. (Flag-A-Tag Flags)

FORWARD PASS:

All players are eligible receivers. A team may make multiple forward passes behind the neutral zone. No pass interference rule if pass stays in or behind the neutral zone.

FUMBLE:

Loss of possession after control: Ball is dead when it strikes the ground.

GAME TIME:

A regulation game is of 60 minute duration, including two half times of 20 minutes each.

LINE TO GAIN:

The line-to-gain in any series is the zone in advance of the ball. A new series is awarded a team when they legally advance to the next zone.

MUFF:

An unsuccessful attempt to catch or recover the ball. Ball becomes dead when it touches the ground after a muff.

STANCE:

All players of *both teams*, except the snapper, may use any stance.

TEAMS:

The game is played between two teams of eight players per team.

ZONES:

A zone is 20 yards wide. Four or five zones constitute the playing area plus 10 yard end zones.

Officials' Signals



1. Encroachment or violation of free-throw rules.



2. Foul at start, illegal position or procedure, illegal forward passing.



3. Illegal Motion
Illegal Shot



4. Illegal Participation



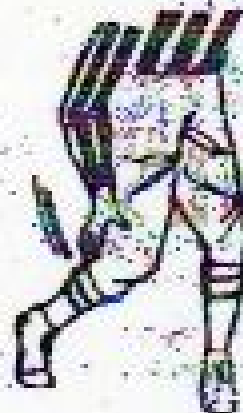
5. Start the clock.



6. Delay of game.



7. Personal Foul



8. Clipping



9. Roughing the kicker



10. Unsportsmanlike conduct, Delay start of half.



11. Illegal use of Hand or Arm



12. Intentional Grounding



13. **Illegally Passing or Handing Ball Forward**



14. **Interference with fair catch or forward pass.**



15. **Illegally Kicking or batting a loose ball.**
First touching of a kick.



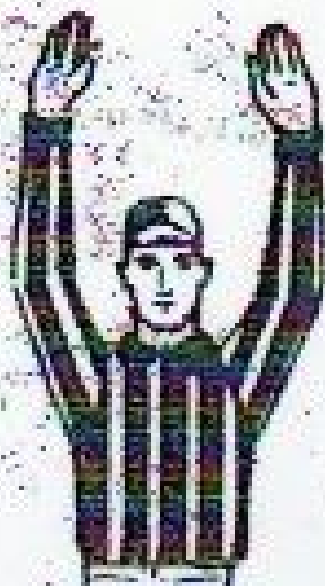
16. **Incomplete Forward Pass. Penalty Declined, No Play, or No Score.**



17. **Pushing, helping runner or Interlocked interference.**



18. **Dead-ball foul**
(Follow with foul signal).
If waved side to side;
Touch back.



19. Touchdown or Field Goal



20. Safety



21. Time-Out



22. First Down



23. Ball Ready-for-Play



24. Loss of Down



25. Illegal protecting or illegal removal of the flag



26. Invalid Fair Catch