

Flag Football Rules

Revised 09/9/2024

GENERAL RULES & REGULATIONS

GENERAL INFO

1. All participants must meet the eligibility requirements listed in the Intramural Sports Participant Handbook. **Each participant must be a current UVA student or UVA Rec member, and must purchase an Intramural Sports Pass for the semester in which the activity is taking place.** All expired memberships must be updated before the individual may play in any game. Each player must present a valid UVA Student ID or current UVA Rec Membership Card before each contest in order to be eligible to participate. Any games in which an ineligible player signs in will be considered a forfeit.
2. **Teams are responsible for keeping their players and spectators under control.** Misconduct of players, coaches, managers or spectators can result in penalty, ejection or forfeiture of the game. Spectators must also remain within the areas designated by Intramural Sports staff.
3. Alcoholic beverages, tobacco, and pets are prohibited from all intramural contests.
4. IM Sports Officials/Supervisors will have absolute authority during the contest and can make decisions on any matter or question not specifically covered in the rules.
5. The **current NIRSA Flag & Touch Football Rules** will govern play, with the modifications listed in sections below.

SECTION 1: THE GAME, FIELD, PLAYERS, AND EQUIPMENT

THE GAME

1. All games shall be played on the date and hour scheduled. If, at the scheduled game time, a team does not have the minimum number of required players, the game will be declared a forfeit.
2. The game shall be played between two teams of **seven (7)** players. A team can play with a minimum of four (4) players. A team can continue with less than four (4) players if the officials determine they have a chance to win. Team rosters will be capped at twenty (20) players.
3. All players must have checked in with the Intramural Supervisor and be recorded on the game sheet before they are allowed to participate.
4. Substitutions are allowed between plays and during time-outs.

THE FIELD

1. The field shall be 80 yards long, divided into four 20 yard zones, by 40 yards wide with two 10 yard end zones. There shall be lines at each three (3) and 10 yard line to designate the line of scrimmage for PAT attempts. Both 14 yard lines shall be marked with an "X", to designate the line of scrimmage to begin the game or following a score, unless moved by penalty.

CONCUSSION

1. Any player who exhibits signs, symptoms, or behaviors consistent with a concussion shall be immediately removed from the game and shall not return to play until cleared by an appropriate healthcare professional.

BLOOD RULE

1. If an IM Sports participant is bleeding, he/she will be removed from the contest immediately. If an IM Sports participant has blood on his/her clothing, he/she will be removed from the contest upon detection. The blood may or may not be his/her own blood. Even a participant who has someone else's blood on their clothing will be removed from the contest. The participant is ineligible to re-enter the contest until the contaminated clothing has been removed. Before any participant re-enters the contest, all bleeding must be stopped and any open wound or laceration covered.

GAME EQUIPMENT

1. Teams may use a legal ball of their choice when in possession. In men's games, only the regular sized ball may be used. In women's or Co-Rec games, regular, intermediate, or youth footballs may be used. Game balls will be available for checkout from Intramural Sports in the case that teams do not have a game ball of their own.
2. Two (2) ball spotters will be used to mark the scrimmage lines. **Orange will designate the offensive scrimmage line and yellow the defensive scrimmage line.** There will always be a one (1) yard neutral zone between the spotters.

PLAYER EQUIPMENT

1. Players of the same team must wear the same or similarly colored jerseys. Jerseys must either be long enough to remain tucked in, or short enough so there is a minimum of 4" from the bottom of the jersey to the player's waistline. If teams do not have jerseys, Intramural Sports will provide pinnies.
2. Each player must wear pants or shorts.
3. Each player must wear a one piece belt, without any knots, at the waistline with three (3) flags permanently attached, one (1) flag at each side and one flag at the center of the back. Teams may use their own flag belts provided they are approved by Intramural Sports.
 - a. Exception: Player equipment section 18.
4. All players must wear close-toed sneakers or cleats. Cleats must be rubber or a rubber-type synthetic material. Rounded metal tips are allowed as long as there are no rigid edges on them. Screw-in cleats are permitted.
 - The penalty for failing to wear required equipment can be a live or a dead ball foul, with a loss of five yards.
5. Players may wear soft, pliable gloves.
6. Players may wear soft headbands, and knit or stocking caps, provided that the cap does not have a bill or a knit ball on top.
7. Players may wear soft, pliable knee pads. Players may wear leg or knee braces only if the brace is covered with at least ½" of closed cell, slow recovery rubber, or a material of similar thickness and physical properties.
8. It is strongly recommended that players wear mouth guards.
9. Players may carry a playbook inside their clothing, as long as it is not made of an unyielding material and is not visible. If a playbook is taken on the field, it must be kept by a player. Players may also wear a soft, pliable wrist/forearm band that contains plays.
10. Players may wear pliable, non-rigid sunglasses.

11. All jewelry must be removed before participating, with the exception of **Medical Alert** jewelry. Medical Alert jewelry must be secured tight to the skin.
12. Players may not wear headwear containing any hard, unyielding material, or items containing exposed knots.
13. Players may wear a face shield molded to the face with no protrusions to protect against a facial injury.
14. Players may not wear pads or braces above the waist, and may not wear casts anywhere on the body.
15. If a player has shorts or pants with pockets, belt loop(s), holes, or exposed drawstrings, they may play, however they may not wear a flag belt. Those players playing without a flag belt will be downed by one-hand touch between the knees and shoulders.
16. Players may not wear towels attached at the waist. A towel may be brought on the field, regardless of weather conditions, but it must be kept by the offensive (orange) ball spotter during play.
 - The penalty for wearing illegal equipment is Unsportsmanlike Conduct, with a loss of 10 yards.

SECTION 2: PERIODS, TIMING, SUBSTITUTIONS

COIN TOSS

1. Toss of the Coin - Before the start of the game, the referee will conduct a captain's meeting **during which Team A will call the toss of the coin**. The captain winning the toss shall have choice of:
 - Choosing offense or defense.
 - Choosing which goal to defend.
 - Choosing to defer selection to the second half.
 - The captain not having the first choice of options for a half shall exercise the remaining option(s).

Initial Possession

1. The team on offense at the beginning of each half will begin at the 14 yard line with the 20 yard line to gain, unless the ball is moved by penalty.

GAME TIME

1. Games will consist of two (2) 20-minute halves with a three (3) minute halftime.
2. The clock will run continuously during the 1st half, unless stopped by a:
 - a. Team time-out – starts on the snap
 - b. Officials time-out – starts on ready for play
3. The clock will run continuously for the first 18 minutes of the 2nd half unless stopped by a team or officials' timeout. At the first dead ball at or inside two (2) minutes before the end of the half, the Referee shall stop the clock and administer the Two Minute Warning. The clock will restart on the next snap.
4. During the last two (2) minutes of the second half the clock will stop for:
 - a. Incomplete forward pass – starts on the snap.
 - b. Out-of-bounds – starts on snap.

- c. Scoring play – starts on snap (after the PAT).
 - d. Touchback – starts on snap
 - e. Team time-out – starts on snap (except for a time-out after a Touchdown – starts on snap after the PAT).
 - f. First down – dependent upon previous play
 - g. Penalty administration – dependent on previous play (except for Delay of Game – starts on snap).
 - h. Officials' timeout – starts at Referee's discretion.
 - i. Change of possession - starts on the snap
 - j. Either team is awarded a new series following a punt – starts on the snap
 - k. Team attempting to conserve time illegally – starts on the ready for play whistle
 - l. Team attempting to consume time illegally – starts on the snap
 - m. Inadvertent whistle – starts on the ready for play whistle
5. A half must be extended by an untimed down if during the last timed down there was a foul that is accepted, other than unsportsmanlike fouls, nonplayer fouls, or fouls which specify a loss of down. A half must also be extended if during the last timed down there was a double foul, an inadvertent whistle, to attempt a PAT or for a penalty enforcement which results in a safety.

TIME OUTS

1. Each team is entitled to three (3) 60-second timeouts per half.
2. If the clock is stopped for an injured player, then that player must be replaced for one (1) down.

DELAYS

1. The ball must be put into play no more than 25 seconds after the ready for play signal has been given.
2. A team may not put the ball in play before it is declared ready for play.
 - The penalty in either case is a Dead Ball Foul, Delay of Game, with a loss of 5 yards.

SUBSTITUTIONS

1. Between downs, any number of eligible substitutes may replace players on the field, provided that all replaced players are off the field before the ball is snapped. However, during the same dead ball interval, no player may leave the game and reenter as a substitute.
 - The penalty is Illegal Substitution with a loss of 5 yards.

SECTION 3: BALL IN PLAY, DEAD BALL, OUT OF BOUNDS

DEAD BALL BECOMES LIVE

1. A dead ball becomes live when it is legally snapped.

BALL DECLARED DEAD

1. A live ball becomes dead:
 - a. When it goes out-of-bounds.
 - b. When a runner has a flag belt legally removed. A flag belt is considered to be removed when the clip is detached from the belt, if the belt is torn into more than one piece, or if a flag becomes loose on the belt or is torn off the belt.
 - c. If the runner's flag belt inadvertently falls off, or if a runner is playing without a flag belt, the runner is down when the defender legally tags the runner with one hand between the knees and shoulders.
 - d. The ball carrier touches the ground with any part of their body other than the hands or feet (ball is part of hand).
 - e. A touchdown, touchback, safety, or successful try is made.
 - f. When the ball strikes the ground following first touching by the kicking team.
 - g. When a player of the kicking team catches a punt which is beyond the neutral zone; when an untouched punt comes to rest on the ground and no player attempts to secure it.
 - h. A forward pass strikes the ground or is caught simultaneously by opposing players
 - i. When a backward pass or fumble strikes the ground or is caught simultaneously by opposing players, or when a snapped ball hits the ground.
 - j. When a muff of a punt strikes the ground.
 - k. When an official sounds his/her whistle inadvertently during a down.

OUT OF BOUNDS

1. A player, whether in possession of the ball or not, is declared out-of-bounds when any part of the person is touching anything, other than another player or game official, who is on or outside the sideline or end line.
2. A loose ball is out-of-bounds when it touches anything, including a player or game official, who is out-of-bounds.

SECTION 4: SERIES OF DOWNS, NUMBER OF DOWN, AND TEAM POSSESSION AFTER PENALTY

PUTTING THE BALL IN PLAY

1. The ball will be put in play using the following procedure:
 - a. Start of the first or second half at the 14 yard line.
 - b. After a touchdown -- 14 yard line.
 - c. After a safety or touchback -- 14 yard line.
 - d. Overtime -- 10 yard line.
 - e. After a change of possession – end of the run
 - f. After a failed 4th down attempt – previous spot

SERIES – HOW STARTED, HOW BROKEN, RENEWED

SERIES OF DOWNS

1. A team shall have four (4) consecutive downs to advance to the next zone. Any down may be repeated or lost by penalty.

ZONE LINE TO GAIN

1. The zone line to gain in any series shall be the zone in advance of the ball, unless moved by penalty. In such case, the original zone in advance of the ball at the beginning of the series

of downs is the zone line to gain. The most forward point of the ball, when declared dead, shall be the determining factor.

AWARDING A NEW SERIES

1. A new series shall be awarded when a team moves the ball into the next zone on a play free from penalty, or when an accepted penalty against the opponent results in a first down.

DOWN & POSSESSION AFTER PENALTY

PENALTY RESULTING IN FIRST DOWN

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

FOUL BEFORE CHANGE OF TEAM POSSESSION

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

FOUL AFTER CHANGE OF TEAM POSSESSION

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

PENALTY DECLINED

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

SECTION 5: KICKING THE BALL

PUNTS

1. Prior to making the ball ready for play on fourth down, the Referee must ask the offensive team if they want to punt. Once the declaration to punt is made, the Referee will announce the decision to both teams. Once the decision is made and the ball is marked ready for play, the ball must be punted, unless a penalty occurs or a time-out is called.
2. The kicking team must have one (1) player on their line of scrimmage at the time the ball is snapped and the punter must receive the snap at least two (2) yards behind the line of scrimmage. Players from either team may not cross the line of scrimmage before the ball is kicked.
 - Penalty: Illegal Procedure, 5 yards.
3. Defensive players may jump to block the kick.
4. The ball may be run back if it touches the ground before hitting a player.
5. Punts that break the plane of the receiving team's goal line are dead and the receiving team will take possession at their 14.
6. A fumbled or muffed punt is dead where it touches the ground. A fumbled or muffed punt caught in the air by the receiving team may be advanced. A fumbled or muffed punt caught in

the air by the kicking team may not be advanced, but the kicking team retains possession of the ball.

7. Quick kicks and fake punts are illegal.
 - Penalty: Unsportsmanlike conduct, 10 yards.
8. If the punt is blocked by any receiving player behind the kicking team's scrimmage line and then caught by a kicking team player behind the kicking team's scrimmage line, the kicking team may run and/or throw a pass.

KICK CATCH INTERFERENCE

1. While any punt is in flight, the kicking team may not interfere with a receiver's right to catch a punt, unless the punt has already been touched by the receiving team. The kicking team may catch or touch a punt if there is no member of the receiving team in position to catch the ball.
 - Penalty: Kick Catch Interference. 10 yards from the spot of the foul and a first down.

SIGNALS

1. There are no fair catches. All signals given by a receiver should be ignored.

SECTION 6: SNAPPING, HANDING, AND PASSING THE BALL

THE START

1. All plays must be started by a legal snap.

BALL RESPONSIBILITY

1. The offensive team is responsible for retrieving the ball after each down.

STANCES

1. Players may use a 2, 3, or 4 point stance.

ENCROACHMENT

1. After the ready-for-play whistle has been blown, no defensive player may enter into the neutral zone for any reason (e.g. signal plays, shift into defensive position, etc.), touch the ball, or contact opponents/ interfere with them in any way.
 - Penalty: Dead Ball, Encroachment, 5 yards from succeeding spot. If this occurs two (2) or more times by the defense during the interval between downs, the penalty will be 10 yards thereafter.

FALSE START

1. No offensive player shall make a false start. This includes simulating a charge or start of play. The ball does *not* have to be snapped for this to occur.
 - Penalty: Dead Ball, False Start, 5 yards from succeeding spot.

SNAP

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. The ball must be snapped in one continuous motion, not necessarily between the center's legs. The player receiving the snap must be 2 yards off the ball for a scrimmage play and for a punt. The center may not snap a ball to him/herself.
 - Penalty: Dead Ball, Illegal Snap, 5 yards from the succeeding spot.

LEGAL POSITION

1. Each offensive player must be within 15 yards of the ball at some point between the ready for play whistle and the snap.
 - Penalty: Illegal Formation, 5 yards

MOTION

1. Only one offensive player may be in motion at the time of the snap. This motion must not be toward the opponent's goal line (forward).
 - Penalty: Illegal motion, 5 yards

SHIFT

1. If two or more players go in motion before the snap, then this is considered a shift and all players must come set for one full second prior to the snap.
 - Penalty: Illegal shift, 5 yards

DIRECT SNAP

1. The player who receives the snap must be at least two yards behind the line of scrimmage. The receiver of the snap may not be directly under center.
 - Penalty: Illegal Formation, 5 yards

HANDOFFS, BACKWARD PASS, & FUMBLES

1. A runner may pass the ball backwards or lose player possession by a fumble anytime.
2. Backward passes and fumbles are dead when the ball touches the ground. The ball is put into play by the team last in possession at the point where the ball first touched the ground.
3. A backward pass or fumble may be caught or intercepted in flight by any player and advanced.
4. If a backward pass or a fumble in flight is caught simultaneously by members of opposing teams, the ball becomes dead at the spot of the catch and belongs to the offensive team.
5. A backwards pass or fumble that goes out of bounds between the goal lines belongs to the offensive team at the out of bounds spot. A backwards pass or fumble by the offense into its own end-zone will result in a safety. If the ball is fumbled into the opponent's end-zone the result is a touchback (opponent's ball on their 14 yard line).
6. Any player may hand the ball forward or backward at any time.

LEGAL OR ILLEGAL FORWARD PASS

1. All players are eligible to touch or receive a pass. A forward pass may be thrown provided the passer's feet are behind the line of scrimmage when the ball is released. Only one forward pass may be thrown per down.
2. A forward pass is illegal if:
 - a. The passer's foot is beyond the line of scrimmage when the ball is released.
 - b. Thrown after team possession has changed.
 - c. Intentionally thrown to the ground or out of bounds to save a loss of yardage.
 - d. A passer catches his/her own untouched forward pass
 - e. There is more than one forward pass per down.
 - f. When an illegal forward pass touches the ground or goes out of bounds, the ball belongs to the offensive team at the spot the ball touches the ground or goes out of bounds. If a

player catches an illegal forward pass, the ball continues to be in play until declared dead.

- Penalty: Illegal Pass, 5 yards from the spot of the pass and a loss of down.

COMPLETED OR INTERCEPTED PASSES

1. A forward pass is caught or intercepted when:
 - A. The player comes down with at least one foot in bounds while maintaining control of the ball through contact with the ground.
 - B. The player makes the catch when kneeling or prone inbounds.
2. A simultaneous catch by players on opposing teams shall result in an immediate dead ball with the offense maintaining possession at the spot of the simultaneous catch.
3. When a forward pass touches the ground or anything out of bounds, it becomes dead and is ruled an incomplete pass.

FORWARD PASS INTERFERENCE

1. During a down in which a legal forward pass crosses the line of scrimmage, whether the pass is catchable or uncatchable, contact which interferes with an eligible receiver/defender is pass interference, unless it occurs when 2 or more eligible players make a simultaneous and bona fide attempt to reach the ball. Hindering an opponent's vision without making an attempt to play the ball is pass interference, even though contact may not be made. It is also pass interference if an eligible player is deflagged/tagged prior to touching a forward pass.
2. After the ball is snapped, and until the pass has been touched by any player, there shall be no offensive pass interference.
 - Penalty: Offensive Pass Interference, 10 yards from the previous spot.
3. After the pass is thrown, and until the pass has been touched, there shall be no defensive pass interference.
 - Penalty: Defensive Pass Interference, 10 yards from the previous spot.

SCORING PLAYS AND TOUCHBACK

MERCY RULE

1. If a team is ahead by 19 or more points at or inside the 2 minute warning of the second half, the game is over.
2. Any game will end if a team is leading by **50 points** or more during the 2nd half.

TOUCHDOWN

1. It is a touchdown when a loose ball is caught by a player behind the opponent's goal line or when a runner advances so that the ball penetrates the vertical plane of the goal line. Touchdowns are worth 6 points.
2. The player scoring the touchdown must raise his/her arms to be deflagged by the official. If the player is not able to be deflagged and the official determines that the belt was illegally secured, the touchdown is disallowed, the offending team is penalized, and the player is disqualified.
 - Penalty: Personal Foul, 10 yards from the previous spot. If committed by the offense, loss of down. If committed by the defense, automatic first down.

TRY = 1, 2, OR 3 POINTS

1. Following a touchdown, the scoring team shall be given an opportunity to score one (1) point from the 3 yard line, two (2) points from the 10 yard line, or three (3) points from the 20 yard

line by running or passing. The Referee will ask the scoring captain whether the try shall be from the 3, 10, or 20. Once the declaration has been made, the Referee will announce the decision. Once the ball is marked ready for play, the offense may not change its mind unless a time-out is called. If the defense should intercept a pass, the ball will be declared dead and the extra point attempt over.

2. Fouls during a try before team B possession:

- If a double foul occurs during a down, the down shall be replayed. When a distance penalty is incurred by Team A during a successful Try, the down will be repeated, if accepted. However, if a Team A penalty carries a loss of down, the Try has ended and will not be repeated.

SAFETY = 2 POINTS

It is a safety when:

- A runner carries the ball from the field of play to or across his/her own goal line and it becomes dead there in his/her team's possession.
- The exception to this is the Momentum Rule: When a defensive player intercepts a ball or when a player receives a punt inside his/her own 5 yard line and his/her original momentum carries them into the end zone where the ball is declared dead, the ball belongs to the defensive/receiving team at the spot where possession was gained.
- An offensive player commits any foul for which the penalty is accepted and measurement is from a spot in his/her own end zone.
- A player punts, passes, fumbles, snaps, muffs, or bats a loose ball from the field of play to or across his/her goal line and the ball becomes dead there in his/her possession.

TOUCHBACK

It is a touchback when:

- K or R downs a punt that touches anything while the ball is on or behind R's goal line or no one attempts to secure the ball.
- The ball is out-of-bounds behind a goal line (except for an incomplete pass); or when the ball becomes dead after a player gains possession on, above, or behind, the player's own goal line after a change of possession.
- Punts that break the plane of the receiving team's goal line are dead and result in a touchback.

Rushing The Passer

- **All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback can defend on the line of scrimmage.**
 - **Once the ball is handed off, the seven-yard rule no longer is in effect and all defenders may go behind the line of scrimmage.**
 - **A special marker, or the referee, will designate a rush line seven yards from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play.**

A) legal rush is:

- I. Any rush from a point 7 yards from the defensive line of scrimmage.**
- II. A rush from anywhere on the field AFTER the ball has been handed off by the quarterback.**
- III. If a rusher leaves the rush line early (breaks the 7-yard area), they may return to the rush line, reset and then legally rush the quarterback.**
- IV. If a rusher leaves the rush line early, and the ball is handed off before he/she crosses the line of scrimmage, he/she may legally rush the quarterback. b.**

B) A penalty may be called if.

- I. **The rusher leaves the rush line before the snap crosses the line of scrimmage before a handoff or pass – illegal rush (5 yards from the line of scrimmage and first down).**
- II. **Any defensive player crosses the line of scrimmage before the ball is snapped – offsides (5 yards from line of scrimmage and first down).**
- III. **Any defensive player not lined up at the rush line crosses the line of scrimmage before the ball is passed or handed off – illegal rush (5 yards from the line of scrimmage and first down)**

SECTION 8: CONDUCT OF PLAYERS AND OTHERS

UNSPORTSMANLIKE CONDUCT

1. No player or nonplayer shall commit the following acts:
 - Refusing to comply or abide by the decision of an official of disrespectfully addressing an official.
 - Using words similar to offensive audibles or quarterback cadences prior to the snap
 - Intentionally kicking at the ball.
 - Spiking the ball
 - Participating while wearing illegal player equipment.
 - Using profanity, taunting, insulting, or vulgar language or gestures.
 - Leaving the team area and entering the field to participate during a fight.
 - Penalty: Unsportsmanlike Conduct, 10 yards. Any player who participates in a fight shall be disqualified.

UNFAIR ACTS

1. No player or nonplayer shall use verbiage or commit any act not in accordance with the spirit or fair play for the purpose of confusing the opponent.

UNSPORTSMANLIKE FOUL ACCUMULATION

1. Personal Unsportsmanlike Fouls:
 - If a player commits his/her 2nd unsportsmanlike foul in a game, the player shall be ejected from the game.
 - If a player commits his/her 3rd unsportsmanlike foul in a season, the player shall be disqualified from the league.
2. Team Unsportsmanlike Fouls
 - If a team commits 4 unsportsmanlike foul in a game, the team shall forfeit the game.
 - If a team commits 5 unsportsmanlike fouls in a league, the team shall be disqualified from the league.

PERSONAL FOULS

RESTRICTIONS

1. No player or nonplayer shall:
 - Punch, strike, strip, steal or attempt to steal the ball from a player in possessions.
 - Contact an opponent either before or after the ball is declared dead.
 - Make contact of any nature with an opponent which is deemed unnecessary.
 - Contact an opponent who is on the ground.
 - Throw the runner to the ground.
 - Deliberately drive or run into an opponent.
 - Tackle the runner
 - Fight an opponent
 - Penalty: 10 yards, and if flagrant, the offender will be disqualified.

ROUGHING THE PASSER

1. Defensive players must make a definite effort to avoid charging into a passer or making contact with the passer's throwing arm after it is clear that the ball has been thrown forward legally. No defensive player shall contact the passer who is standing still or fading back after releasing a legal forward pass. Roughing the passer restrictions only apply to legal forward passes.

- Penalty: Roughing the Passer, 10 yards to the end of the play, Automatic First Down.

SCREEN BLOCKING

1. Blocking, as in regulation tackle football, is prohibited. Screen blocking is permitted, provided that the blocker does not use hands, arms, elbows, legs, or body to initiate contact. A blocker may use his/her hand or arm to break a fall or retain his/her balance. A player must be on his/her feet before, during, and after screen blocking. The principle of screen blocking is the same as the block/charge principle in basketball. Screen blockers may not be interlocked with another teammate.

- Penalty - Personal foul, 10 yards.

2. Opponents must go around the offensive player's screen block. The arms and hands may not be used as a wedge to displace the opponent.

- Penalty: Personal Foul, 10 yards

FLAG BELT REMOVAL

1. When the flag belt is taken from the runner, the down shall end and the ball is declared dead. A ball carrier is considered deflagged when the clip of the flag belt becomes detached, not where the belt falls to the ground. The succeeding spot will be determined by the position of the ball at the time the player was deflagged.
2. Players must have possession of the ball before they can be legally deflagged by an opponent.
3. When a runner loses his/her flag belt either accidentally, inadvertently, or on purpose before in possession of the ball, play continues. The deflagging reverts to a one hand tag of the runner between the knees and shoulders.
4. An opponent intentionally pulling a flag belt from an offensive player without the ball is illegal. In circumstances where a flag belt is removed illegally, play should be allowed to continue with the option of the penalty or the result of the play.

- Penalty: Personal Foul, 10 yards

5. Tampering with the flag belt in any way to gain an advantage, including tying, is illegal.

- Penalty: Personal Foul, 10 yards from the previous spot and Player Disqualification. If by the offense, loss of down. If by the defense, automatic first down.

6. If a nonplayer deflags or interferes with the runner

- Penalty: Personal Foul, 10 yards. The Referee will award a touchdown and disqualify the nonplayer.

7. A player may leave his/her feet to remove a flag.

8. Runners shall not flag guard by using their hands, arms, or the ball to cause contact between the runner and an opponent that denies the opponent the opportunity to pull or remove the flag belt.

9. An offensive player may not stiff arm to ward off an opponent.

- Penalty: Personal Foul, 10 yards.
10. A runner shall not charge into an opponent. If the defensive player is in position to pull the flag, it is the runner's responsibility to avoid contact.
- Penalty: Personal foul, 10 yards.
11. An opponent shall not hold, grasp, or obstruct the forward progress of a runner when in the act of removing the flag belt or making a legal tag.
- Penalty: Personal Foul, 10 yards.

ILLEGAL PARTICIPATION

1. It is Illegal Participation:
- To have more than the maximum allowed number of players participating at the snap.
 - If an injured player, for which the officials stop the clock, is not replaced for one down, unless the halftime or overtime intermission occurs.
 - If an offensive or kicking team player goes out of bounds and returns inbounds during the down to participate, unless that player is blocked out of bounds. If a player is blocked out of bounds, he/she must return inbounds immediately.
 - Penalty: Illegal Participation, 10 yards

SECTION 9: ENFORCEMENT OF PENALTIES

PROCEDURE AFTER A FOUL

1. A foul is a rule infraction for which a penalty is prescribed. Types of fouls are:
 - a. Dead Ball – A foul which occurs in the time between downs.
 - b. Live Ball – A foul which occurs during a down.
 - c. Simultaneous with the Snap - An act which becomes a foul when the ball is snapped.
3. When a foul is committed, the offended captain shall have the choice of accepting the penalty or taking the result of the play.
4. If a live ball foul is followed by a dead ball foul, the penalties are administered separately and in the order of occurrence.
5. Establishing the Zone Line to Gain
 - a. On a live ball, mark off the penalty yardage first then establish the zone line to gain
 - b. Penalties which occur with succeeding spot enforcement which are prior to the ready for play signal shall be administered before establishing the zone line to gain.
 - c. Penalties for fouls with succeeding spot enforcement which occur after the ready for play signal shall be administered after setting the zone line to gain.

TYPES OF PLAYS AND BASIC ENFORCEMENT SPOTS

1. When the ball is live, one of two types of plays are in progress, either a loose ball or a running play. The type of play determines the basic spot of enforcement for penalties. A loose ball penalty occurs when neither team is in possession of the ball. All action preceding a loose ball is considered part of a loose ball play. A running play occurs when a team is in possession of the ball.
2. Any live ball foul is penalized according to the All-But-One Enforcement Principle. The basic spot for loose ball plays is the previous spot. The basic spot for running plays is the end of the run. The exception for this is the All-But-One Principle, which means that the basic spot of enforcement for a live ball foul by the offense is the spot at which the foul occurred.

SPECIAL ENFORCEMENTS

1. A measurement cannot take the ball more than half the distance from the enforcement spot to the offending team's goal line.
2. If the offensive team commits a penalty in its own end zone and the penalty is accepted, a safety shall be awarded.
3. If there is a foul by the offensive team on a touchdown, acceptance of the penalty nullifies the score. If there is a foul by the defensive team during a touchdown, the scoring team may keep the touchdown and choose to have the foul enforced either on the try or on the opponent's next possession.
4. If there is a foul by the offense during a try, acceptance of the penalty nullifies the score. If there is a foul by the defense on an unsuccessful try, the offense may accept the penalty and replay the try. If there is a foul by the defense on a successful try, the penalty will be enforced on the opponent's next possession.
5. If either team commits a foul after a change of possession during a try or overtime, the penalty shall be enforced at the succeeding spot.
6. It is a double foul if both teams commit fouls on the same play. The penalties offset and the down is replayed.
 - EXCEPTION: If each team commits a foul on a down where a change of possession occurs, the team last gaining possession may keep the ball, provided its foul is not prior to the final change of possession. This is referred to as the Clean-Hands Principle.
7. When two or more live ball fouls are committed during the same down by the same team, only one penalty may be accepted by the offending team, unless one or more of the fouls is Unsportsmanlike. All Unsportsmanlike fouls may be accepted.
8. Fouls by the offense which include loss of down are Illegal Backward Pass, Illegal Forward Pass, and Illegally Secured Flag Belt.
9. Fouls by the defense which give the offense an automatic first down are Roughing the Passer, and Illegally Secured Flag Belt.

SECTION 10: VARIATIONS TO NORMAL SITUATIONS

CO-REC RULE VARIATIONS

1. Each team will consist of eight (8) players. The minimum number of players necessary to start a game is five (5). No more than 4 players on the field may self-identify as the same gender (Men, Women, or Another Non-Binary). If a team is playing with less than 8 players, we will follow a +/-1 rule. A game may continue with less than five (5) players if the officials determine that the team has a chance to win.
 - Penalty: Illegal participation, 10 yards
2. A regular, intermediate or youth size ball may be used.

TIE GAME PROCEDURE

1. If the score is tied at the end of regulation during the regular season, the game will end as a tie.
2. If the score is tied at the end of regulation during the playoffs, overtime will be played.
 - The officials will conduct a coin toss. The winning captain shall have the option of offense, defense, or choosing the side of the field where the overtime will be played. The losing captain will have the remaining choice.
 - Each team will be given four (4) downs from 10 yard line to score.

- Conversion attempts will be held as in regulation play.
- If the defensive team intercepts a pass and returns it for a touchdown the game will be over.
- If the score is tied at the end of the first overtime, a second overtime will be played. The captain that did not win the coin toss will have the option. This process will be repeated until a winner is determined, with the choice of options alternating each round.
- All overtime periods will be played at the same end of the field.
- Each team is entitled to one (1) time out for the entire overtime.

SECTION 11: SUMMARY OF FOULS & PENALTIES

1. Loss of 5 Yards:

- Required equipment worn illegally.
- Delay of game.
- Illegal substitution.
- Illegal formation.
- Illegal snap.
- False start.
- Encroachment.
- Illegal procedure.
- Illegal motion.
- Illegal forward pass (5 yards from point of pass and loss of down).
- Intentional grounding (5 yards from point of pass and loss of down).
- Helping the runner.
- Illegal backward pass out of bounds to conserve time.
- Illegal Shift.

2. Loss of Ten Yards

- Illegal player equipment.
- Quick kick or illegal kick.
- Kick catch interference.
- Two or more consecutive encroachments during same interval between downs. The initial encroachment is a 5 yard penalty.
- Illegal participation.
- Offensive pass interference
- Defensive pass interference
- Illegally secured belt on touchdown. (Revoke touchdown and loss of down).
- Unsportsmanlike conduct.
- Spiking the ball
- Attempt to steal the ball from the carrier.
- Hurdling.
- Unnecessary contact of any sort.
- Roughing the passer (Automatic 1st down).
- Defensive use of hands.
- Guarding the flag belt (and stiff arming).
- Illegal batting.
- Illegal flag belt removal.
- Personal foul.
- Flagrant Unsportsmanlike conduct. (Disqualification).
- Flagrant personal fouls. (Disqualification).

- Intentionally tampering with flag belt. (Disqualification).

Automatic First Down Penalties	Loss-of- Down Penalties
1. Defensive Illegally Secured Flag Belt	1. Offensive Illegally Secured Flag Belt
2. Roughing the Passer	2. Illegal Forward or Backward Pass