

2022

The Canadian Amateur Rule Book

Non-Contact Football



CANADA



Provincial Associations

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www.footballalberta.ab.ca

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Fax: 306-525-4009
www.footballsaskatchewan.ca

Football Manitoba
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www.footballmanitoba.com

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Paradise, NL A1L 1G5
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www.footballnl.ca

Football New Brunswick
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Definitions

Adjusted Penalties

When the normal distance for penalties is applied resulting in a net gain for the team which incurred the less severe penalty.

Attendant

Any person whose role is to help an injured player off the field.

Bad Snap

When the snapped ball does not travel 5-yards before it hits the ground or is not touched by the quarterback.

Ball Put into Play

The instant the ball is snapped on a scrimmage play or a convert attempt or is kicked by means of a place kick on a kick off.

Blocked Punt (*Touch*)

A punted ball which, immediately after being punted, touches any player causing the ball to travel in a direction parallel to, or in the direction of, the punter's dead line.

Blocker (*Touch*)

A player who blocks a punt.

Blocking

When a player deliberately impedes an opponent's approach to the ball, ball carrier, or potential ball carrier with or without making bodily contact with the opponent.

Bobbled Ball

When a player attempting to receive a pass touches the ball, loses contact with the ball, then catches the ball without the ball touching another player.

Bodily Contact

When a player contacts an opponent in such a manner as to stop the opponent's forward motion, to push the opponent backwards, to knock the opponent down or to move the opponent off stride or away from the opponent's intended direction or position.

Boundary Lines

All the sidelines, end zone sidelines, and dead lines.

Captain

Any 2 members of a team identified to the officials before the game as a spokesperson for offensive or defensive units of a team.

Caught

See Control

Coach

A team member whose primary responsibility is team strategy.

Completed Pass

Any pass which is legally caught in bounds prior to the ball becoming dead.

Contact

When a player touches any part of an opponent's body or equipment in any manner.



Control

When a player has the ball firmly held in 1 or both hands, arms, or legs or holds the ball firmly under the body without having the ball touch the ground. The grip on the ball must be firm enough to enable the player to stop the rotation of the ball and to exhibit influence over its direction. The grip on the ball must be firm enough to enable the player to stop the rotation of the ball and to exhibit influence over its direction.

Convert

A score of 1 or 2-points for the team which, during its convert attempt, legally advances the ball into the opponent's end zone.

Convert Attempt

A scrimmage play which a team is entitled to use for the purpose of scoring bonus points immediately after having scored a touchdown.

Convert Spot (Flag)

A spot or mark placed in the center of field 12-yards from goal line for use in 2 point convert plays.

Dead Ball

When the ball is not playable by either team.

Dead Line

The line marking the end of the end zone; it is not in the end zone itself. For the purposes of certain rules, when this line is not entirely parallel to the goal line, the furthest point away from the goal line will be considered the dead line.

Defense

The team that does not have possession of the ball.

Deflected Punt

A punted ball which, immediately after being punted touches any player and continues to travel in a direction away from the punter's dead line.

Deliberate Grounding

When the passer deliberately throws the ball out of bounds or to an area where there is no receiver in an apparent attempt to avoid a loss of yards.

Direct Path

A straight line between a defensive and offensive player at any given time.

Diving

When the ball carrier deliberately lunges forward to gain extra yards or to avoid being flagged.

Double Fouls

When 1 team commits 2 or more infractions on the same play.

Down

1 of 3 consecutive attempts the offense may use to advance the ball towards the defense's goal line.

Down the Ball

When the defense catches a loose ball or knocks a loose or free ball to the ground.

Dribbled Ball

When a player deliberately or accidentally kicks the ball with his/her foot or leg below the knee, without having had control of the ball in the hand.



Dual Foul

When an infraction is committed by both teams on the same play.

End Zone

The area bounded by the goal line, end zone sidelines and dead line. The goal line is part of the end zone. Goal posts, and any attached material such as pads, are considered to be in the end zone. End zone sidelines and the dead line are not part of the end zone.

End Zone Sideline

The sideline extended from the goal line to the dead line. It is not in the end zone.

Extension

When the ball carrier extends the arm(s) in an obvious attempt to gain extra distance by moving the furthest advance of the ball forward.

Field

The area inside the boundary lines. The boundary lines themselves are out of bounds and are not considered to be in the field.

Field of Play

The area bounded by the goal lines and the sidelines. These lines are not considered to be in the field of play.

First Down

The first of 3 consecutive chances ("downs") awarded to a team to advance the ball towards the opponent's goal line.

5-plays Rule (*Touch*)

The period of playing time beginning 3 minutes before the end of each half, indicating that only 5 legal scrimmage plays are permitted before the end of the half. The clock is ignored during this period of play.

Flagging (*Flag*)

When an opponent removes a player's flag to stop a play.

Forward Pass

When the ball is deliberately thrown by any offensive player from behind the line of scrimmage toward the opponent's dead line.

Foul

A violation of the rules which allows a player to take unfair advantage of the opponent.

Free Ball

A live ball that is not in a player's control and can be legally recovered and advanced by either team. The ball is considered to be free from the time it leaves a player's body until the instant it touches the ground.

Free Punt

A punt made by a player after crossing the line of scrimmage or after receiving a kick off or intercepting a pass.

Fumble (*Touch*)

When a player having control of the ball loses control and the ball drops to and touches the ground before any player gains control.

Furthest Advance (of the Ball)

The part of the ball that was closest to the opponent's dead line at the instant the ball was considered to be dead.



Goal Line

The line marking the end of the field of play. The goal line is in the end zone.

Goal Post

Goal posts are not necessary in non-contact football.

Half

1 or 2 periods of playing time in a regular game or overtime divided by a period of rest.

Half Time

The rest period between the 2 halves of a game.

Hand-off

When the ball is handed in any direction, not thrown, from 1 player to another; both players must be touching the ball simultaneously.

Hash Mark

Line or spot 24-yards from sideline in 5 vs.5 and 24-yard lines in 7 vs.7.

Home Team

The team that has first choice to receive, kick off, or choose an end to begin the second half of a regular game or an overtime game.

Huddle

When a team assembles on the field to decide offensive or defensive strategy for the next play.

Illegal Participation

When a fan or team member enters the field after a play has begun and interferes with a player who is legally on the field.

Illegal Procedure

When a player violates a procedure rule at the beginning of a kick off, convert attempt, or scrimmage play.

Illegal Re-entry

When a player intentionally leaves the field while a play is in progress, then returns and interferes with the play.

Illegal Substitution

When a player enters the field in between the ball is snapped and ball goes dead.

Illegal Use of Hands

Any contact with the hands that is made by a player on an opposing player which clearly detains the latter from playing the position desired, or the use of the goal posts to change one's direction.

Impede

To force an opponent to change direction or to slow down with or without contact.

In Bounds

When the ball or a player has not touched the boundary lines or a person or object that is out of bounds.

In Flight

Without having touched the ground or any object since last kicked, punted, or touched.

Incidental Contact

When a player makes contact with an opponent without moving the opponent off stride or away from the opponent's intended direction or position.



Incomplete Pass

A pass which touches the ground, official, or goal post assembly or goes out of bounds prior to being caught.

Infraction

See "FOUL"

Intercepted Pass

When a player's pass is caught by an opponent.

Interference

Any obstruction, blocking, pushing off, screening, or illegal contact committed by a player of either team against an opponent.

Interference in The Remote Area (*Touch*)

Interference made by either team in an area remote from the arrival point of any pass.

Interference in The Target Area (*Touch*)

Interference made by either team in the area close to the arrival point to which the pass is thrown.

Interference with the Rusher

When the offense does not provide the rusher(s) with direct access to the quarterback or punter (7v7).

Jarred Ball

When a player accidentally knocks the ball loose from the hand(s) of the ball carrier who had gained control of the ball.

Kick Off

When a team kicks the ball to its opponents by means of a place kick to begin a game, a half, or immediately following a convert attempt or safety touch.

Kicking Tee

A small device to be placed on the ground and used to hold the ball upright for a place kick.

Lateral Pass

See "Onside Pass".

Line of Scrimmage

An imaginary line extending from sideline to sideline, parallel to the goal line, the position of which is determined by the point of the ball closest to the defense's goal line.

Live Ball

When the ball is considered to be in play. This begins when the ball is snapped or kicked off (7V7), after the referee has blown the whistle to indicate that a play may begin, and continues until the ball is considered to be dead.

Loose Ball

A live ball that is not in a player's control and can be legally recovered and advanced only by the team considered to be in possession. The ball is considered to be loose from the time it leaves the ground until it touches a player's body.

Major Foul

An act which severely threatens a player's safety or is intended to injure any participant.

Manager

A team member whose primary responsibility is administration of team logistics.



Muffed

An unsuccessful attempt to catch a lateral, kick off (7V7), punt (7V7), or snapped ball, the ball being touched in the process.

Muffed Snap

When the snap is muffed by the Quarterback.

Neutral Zone (Kick Off)

The area extending from sideline to sideline between the line of kick off and the line 20-yards in advance of the line of kick off.

Neutral Zone (Scrimmage)

The 1 yard wide area extending from sideline to sideline in front of the line of scrimmage.

No Yards

When a player of the punting team touches the punted ball first or is within the restraining zone at the time the ball is touched by an opponent.

Non-Punting Teams

The team which did not punt the ball last.

Non-regulation End Zone (*Touch*)

An end zone which is less than 20-yards deep at any point.

Non-regulation Field of Play (*Touch*)

When the length of the field of play is less than 110-yards or the width is less than 65-yards.

Objectionable Conduct

The use of intimidating, profane, obscene, insulting language or gestures to an opponent, official, or spectator by any player or occupant of a team bench. Conduct such as throwing the ball at an opponent, official or occupant of a team bench or the threatening or striking of an official, player, or occupant of a team bench. Prolonged arguments with the officials.

Obstruction

When a player impedes an opponent's approach to the ball, ball carrier or intended receiver with or without contacting the opponent.

Offense

The team that has possession of the ball.

Official

An individual on the field who is responsible for the orderly conduct of the game and the enforcement of the rules.

Offset Penalties

When the normal distance for dual penalties is not applied and both penalties are considered equal in value, resulting in no net gain by either team. This usually results in the play being wiped out and restarted at the point of last scrimmage.

Offside

When a player is in or beyond the neutral zone the instant that the ball is snapped or kicked off (7V7); or when a player is closer to the opponent's dead line the instant that a teammate touches the ball.

Offside Pass

Any pass that goes in the direction of the opponent's dead line.



Onside

When a player is not in or beyond the neutral zone at the instant that the ball is snapped or kicked off (7V7).
When a player is parallel to, or closer to their own dead line than a teammate who last touched the ball, at the instant or anytime after that particular teammate last touched the ball.

Onside Pass

When the ball is thrown, dropped, knocked, batted, or propelled in any manner (including bouncing off the body) by a player parallel to, or in the direction of that player's dead line.

Opponent

A player on the opposite team.

Option

When a non-offending team has a choice of a penalty or to let the play stand. This also may involve a choice of application of a penalty.

Out of Bounds

When a player or the ball touches the boundary lines, or the ground or any object on or beyond these lines, including an official, any player or substitute. A player with possession of the ball touches any boundary line, the ground or any object beyond these lines, except a field official or another player who is out of bounds while the ball carrier is fully in bounds.

Overtime

A playing time of 20 minutes duration, divided into 2 periods of 10 minutes each.

Pass

A ball thrown, dropped, knocked, or batted by a player in any direction or that bounces off a player to any direction.

Pass Interference

Any interference made by a player against an eligible receiver before an eligible receiver has caught the pass.

Passer

Any player who attempts to throw a pass.

Penetration (*Touch*)

An overtime game during which each team has 3 downs to gain as many yards as possible; the team gaining the most yards is declared the winner.

Period

1 of 2 portions of specified playing time in a half or overtime.

Personal Foul

An act whereby a player does not control the body motions and thereby threatens the safety of others by making aggressive bodily contact.

Place Kick

When the ball is kicked while it is resting on a kicking tee or is held on the ground by a player of the same-team during a kick off.

Plane of the Goal Line

An imaginary line perpendicular to the edge of the goal line closest to the field of play and extending from sideline to sideline.



Play

A period of action that begins when the ball is snapped or kicked off (7v7) and ends when the ball is considered to be dead.

Playing Time

The period of time as indicated by the referee during which scrimmage, kick off (7v7) and convert attempts may be attempted.

Point of Scrimmage

The spot in the field of play where the ball is placed on the scrimmage line for the next scrimmage play.

Possession

When a player has control of the ball (player possession) or when a team has the right to advance the ball, be awarded a first down or continue its downs (team possession).

Properly Dressed (*Touch*)

When a player is wearing legal shoes, equipment and clothing normally worn on a football field.

Punt

When a ball is deliberately dropped from the hand and kicked before it touches the ground. Control of the ball must be gained before the ball was dropped. When a player obviously attempts to punt after gaining control of the ball and the ball strikes any part of the punter's body, a punt is considered to have occurred.

Punt Receiver

A player of the team which did not punt the ball last and who attempts to play the ball.

Punter

A player who attempts to punt the ball.

Pushing Off

When any player pushes an opponent with sufficient force to knock that player off stride or away from that player's intended direction.

Quarter

See Period.

Quarterback

The offensive player who receives the snap of the ball from the Centre during a scrimmage play for the purpose of running, passing or punting the ball (7v7).

Recover

To gain possession.

Redirect

See Impede.

Referee

The chief official who is in charge of the game and all other officials.

Regulation Field (*Flag*)

The size of the field is 80-yards by 25-yards wide for 5v5 and 110-yards by 65-yards for 7v7.

Regulation Field (*Touch*)

Includes a field of play 110-yards long by 65-yards wide and 2 end zones, each 20-yards deep by 65-yards wide.



Regulation Time *(Flag)*

The length of the game, which is 2 x 20 minute halves on 5v5 and 4 x 15 minute quarters in 7v7.

Regulation Time *(Touch)*

Playing time of 80 minutes duration divided into 4 quarters of 20 minutes each.

Remote Area *(Touch)*

An area remote from the point to which a pass is thrown.

Restraining Zone

A protective circular area of 5-yards radius, the centre point being the ball when it is touched.

Return Punt

A punt that is made by a player after receiving a punt from an opponent.

Rouge

A score of 1-point earned by a team when it legally punts or kicks off the ball into the opponent's end zone or beyond, and the opponents are not legally able to bring the ball out of their own end zone. (7v7 only)

Rusher

The defensive player who crosses the line of scrimmage before any teammate.

Rusher's Line

An imaginary line parallel to and 7-yards from line of scrimmage 5v5. 5-yards for 7v7.

Safety Touch

A score of 2-points against the team which does not legally carry, punt (7v7), or pass the ball out of its own end zone after 1 of its players has caused the ball to enter its own end zone from the field of play.

Screening

When any player who is not playing the ball extends the arms or waves a hand in an attempt to distract a receiver, to block a receiver's vision, or to touch the ball.

Scrimmage Play

The action by the offense to score or advance the ball towards the defense's goal line by passing, running or punting (7v7). It begins by a snap of the ball by the Centre to a teammate.

Set

When the ball is resting on the ground or the scrimmage bag while in the Centre's hand(s) ready to be snapped.

Shotgun Formation *(Flag)*

Term used to describe positioning of the quarterback and Center. Space is left between the 2 players, allowing the quarterback to start further back from the line of scrimmage, further from the defense.

Sideline

The line marking the side of the field of play between the goal lines.

Simultaneous Possession

When players of opposing teams legally obtain possession of the ball at the same time.



Sleeper Play

A deliberate attempt by the offensive team to deceive the defense as to the number and position of offensive team players who will participate in the next play. It is usually executed by having an offensive player (who participated in the previous play) stand on the field in front of the team bench thereby being camouflaged. A "hurry up" offense is not considered to be a sleeper play if all offensive players are clearly visible to the defense and there is no apparent attempt to hide their positions.

Snap

The action of the Centre at the beginning of a scrimmage play in throwing the ball from its position on the ground, through the legs, to the Quarterback.

Stick'em (Touch)

An adhesive substance in a paste or spray form that is worn on the hands to increase a player's ability to hold onto the ball.

Stripping the Ball

See "Jarred Ball"

Substitute

A player replacing a teammate on the field.

Sudden Death

An overtime game during which the first team to legally score is declared the winner.

Target Area (Touch)

The area in the immediate vicinity of the arrival point of a pass.

Team Member

A player, coach, manager, doctor, trainer, assistant, or any person allowed in the team bench area by the team.

Teammate

A player on the same team.

3-minute Warning (Touch)

When the referee blows the whistle 3 times in succession indicating to both teams that the "3 minute rule" is in effect.

2 Minute Warning

When the referee blows the whistle 2 times in succession indicating to both teams that 2 minutes remains in the half or game.

Time

The playing time permitted as indicated by the referee.

Time Count

A period of 30 seconds given to the offense prior to a scrimmage play to huddle and put the ball into play.

Time In

When the referee has indicated by a whistle that playing time in the period has started, or has resumed after a time out.

Time Out

When the referee has indicated by a whistle and a criss-crossing of the arms over the head that the clock has stopped and playing time is not being consumed.



Tipped Pass

A pass that is touched by 1 player then caught by the same player, a teammate, or an opponent.

Toss (*Flag*)

“See Onside Pass”

Touch (*Touch*)

When contact is made by an opponent with any part of the hand (including the fingertips) on any part of the ball carrier or the ball in the carrier’s possession. Touches must be seen by the official to be considered a touch.

Note: The “hand” also indicates the back of the hand. All clothing and/or equipment worn or carried by the ball carrier is considered to be part of the ball carrier’s body.

Touchdown

A score of 6 points for the team which legally carries the ball into the opponent’s end zone or legally gains possession of the ball inside the opponent’s end zone.

Trainer

A team member who is qualified to administer first aid and is identified as a qualified person to the officials.

Unobstructed Path

When the opponents allow a player to continue running the intended path without causing the player to slow down or change direction to avoid contact.

Visiting Team

The team that has first choice to receive, kick off, or choose an end to begin the first half of a regular game or an overtime game.

Yard Line

An imaginary line parallel to the goal line, extending from sideline to sideline, which represents each yard between the goal lines. On a well -marked field, every yard between the goal lines is marked at the hash marks and sidelines, and every 5-yards is marked from sideline to sideline.

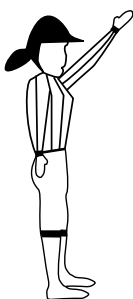


Officials' Signals



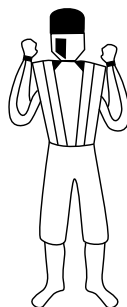
1 Team Time Out

T sign with hands



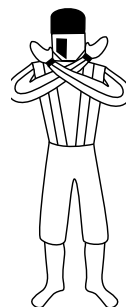
2 First Down

One arm pointing forward



3 Second Down

Hands upright at shoulder level



4 Third Down

Arms crossed at chest level



5 Touchdown or 2 Pt. Convert

Both arms extended above head



6 Safety Touch

Hands together above head



7 Single Point

One arm extended above head



8 Offside

Hands on hips



9 Clock Starts

Full arm circles to simulate clock



10 Clock Stops

Hands criss-crossed above head



11 Personal Foul

Either arm extended sideways with closed fist



12 Major Foul

Chopping left wrist





13 Objectionable Conduct

Waving hand behind back



14 Pass Interference

Pushing forward from shoulders



15 Illegal Use of Hands or Pass Interference in Remote Zone

Grasping wrist at chest level



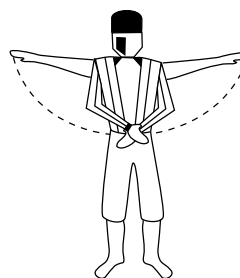
16 Obstruction

Arm extended and grasp wrist



17 Procedure

Hands rotated in forward motion



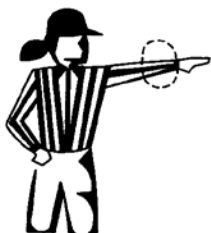
18 Incomplete Pass

Shifting arms in horizontal plane



19 Direction of Pass

Hand pointing to direction pass was thrown



20 Time Count Violation or Delay of Game

Arm in circular motion



21 Offside Pass

Horizontal arc with either hand



22 Intentional Grounding (Touch)

Passing motion and pointing at ground



23 Illegal Re-entry

Both arms extended sideways



24 Illegal Substitution

Hand patting on top head



25 Restraining Zone Infraction (Touch)

Arms loaded



26 Penalty Declined

Shifting arms at knee level



27 Official's Time Out

Both hands placed on chest



28 Request for Measure

Hands on shoulders



29 Ejection

Saluting motion



30 Dead-Ball Foul

One arm extended overhead with palm open



31 Headtouch

Hand on back of head, palm open



32 Roughing Kicker

Personal Foul Signal Either arm extended sideways with closed fist.



Leg raised about 6" of the ground. Arm pointing down towards foot.



33 Roughing the Passer

Personal Foul Signal +
Arm raised above head in a passing motion.



The Canadian Amateur Rule Book

Non-Contact Football



CANADA

Flag Football

General Rules

Equipment

The dimensions and type of football to be used among the different age groups and levels of play may vary.

Cleat specifications are liberal but sharp edges on any part of the footwear may cause removal of the footwear at the discretion of the Referee.

Safety

The Flag Rules Committee considers all players to be responsible for the safety of their opponents as well as their teammates. It is imperative that each player exercise control to avoid bodily contact or minimize inevitable contact.

Measurements

All measurements in this rule book are described in the imperial scale.

When field markings dictate the use of metric measurements, all designated distances contained herein, with the exception of those noted below, and may be converted at par from yards to meters. Thus, a 15-yard penalty will become a 15 meter penalty, and the offensive team must gain 10 meters, as compared to 10-yards, for a first down. In both imperial and metric measure, only 3 downs are allowed to gain the required distance for a first down.

Ethical Play

It is customary in flag football when a player removes an opponent's flag to end a play, the player must first hold up the flag to show the referee and hand the flag back to the respective opponent. To toss a flag aside or to the ground for the opponent to pick up is considered unsportsmanlike conduct.

The football player who intentionally violates a rule is guilty of unfair play and unsportsmanlike conduct; and whether they escape being penalized; they bring discredit to the good name of the game, which is their duty as a player to uphold.

Rules alone cannot accomplish fair play. Only the continued best efforts by coaches, players, officials and all friends of the game can preserve the high ethical standards set by the game of football.

All players are responsible for the safety of their opponents as well as their teammates; therefore, they must balance their aggressiveness with a measure of control to avoid bodily contact or at least minimize any contact that does occur. Coaches will emphasize safety and fair play at all times. Officials are to exercise no leniency in penalizing the infractions described in the rules and regulations, for to refrain from doing so would serve to condone dangerous play.

Football Canada is designated as a True Sport and with that adopt 4 core values: fairness, excellence, inclusion and fun.

**TRUE
SPORT
LIVES HERE**





Rule Changes — 2022

Rule 2 – 5 – 5.4

- 5.4 Soft headgear, including religious headdresses that are securely fastened and do not include metal or hard plastic that could be harmful to participants, is permitted.

Rule 3 – 1 – 1.1-1.6

These following rules apply to (5v5 / 7v7) disciplines.

- 1.1 Teams need a minimum of 4 / 6 players to be able to compete and a maximum of 5 / 7 players on the field at any given time. The official roster size will depend on the guidelines set forth by leagues, national, and international tournaments.
- 1.2 A team may have a maximum of 5 / 7 players on the field during a play. A team may use a minimum of 4 / 6 players during a play. A team which has more than 5 / 7 players on the field at any time, while the ball is live shall be penalized for illegal substitution.
- 1.3 A team must have a minimum of 4 / 6 players and a maximum of 5 / 7 players on the field at the scheduled time or be penalized for delaying the start of the game. The team will forfeit the game by a score of 6-0 if they do not have a minimum of 4 / 6 players and a maximum of 5 / 7 players on the field within 15 minutes of the scheduled start of the game.
- 1.4 When a team refuses to start or continue a game at the request of the officials, it will be penalized for delaying the game. On the third refusal, the team will forfeit the game by a score of 6-0; if the non-forfeiting team is in the lead at this point, the score will stand.
- 1.5 Each team is permitted a maximum of 2 / 4 team captains
- 1.6 (7v7 only) A player is eligible to play, if he/she has arrived prior to the 2nd half kick-off.

Rule 3 – 2 – 2.1

- 2.1 Substitute players may enter the field only from their bench area and only when the ball is dead. Offensive player substitutions are allowed up to the point when the Center sets up for the snap of the ball and defensive player substitutions are allowed up to the snap of the ball. The penalty for violating these rules is illegal substitution.

Rule 3 – 3 – 3.1

- 3.1 Team members identified to the official before the game as spokespersons for offensive and defensive units of a team shall be considered team captains. Each team is permitted a maximum of 2 / 4 team captains. In case of injury or ejection, an alternate captain may be identified to the officials.

Rule 4 – 2 – 2.1

- 2.1 One of the officials on the field shall be the official time keeper and shall govern the timing regulations in determining the amount of playing time that has elapsed.

Rule 4 – 5 – 5.3

- 5.3 Timeouts can be called by any game official and any player or coach on the field or in the bench area when the ball is dead.

Rule 4 – 7 – 7.1

- 7.1 Any official may call an official's time out to allow a team to attend to an injured player. If the time out is called by the officials the injured player must be removed from the field for at least 1 play, unless the injured player's team calls a time out. The officials have full authority to delay the game until the injured player is safely removed from the field.

Grey shaded type denotes a change from the last rule book based on the new rule changes or clarifications for 2022.



Rule 5 – 2 – 2.8

- 2.8 “No Run Zones” are located 5-yards in front of each end zone. When the offense starts a play within this zone, the play must result in a legal forward pass.

Rule 5 – 2 – 2.14-2.17

- 2.14 To start the second half, either the team that lost the opening coin toss or the team that deferred their choice to the second half will have the option to start with the ball or choose a side to begin play.
- 2.15 Prior to a forward pass or handoff, an offense may use multiple backwards behind the line of scrimmage
- 2.16 The game time can be altered based on the skill level of the athletes, number of participants and size of the playing surface.
- 2.17 If an offensive penalty in the “No Run Zone” occurs that takes the team outside the “No Run Zone”, then the team still cannot run.

Rule 5 – 3 – 3.2

- 3.2 The ball is considered to be in the end zone when the center of the ball carrier’s hips are on or over the ground in the end zone, or when they are across the extended plane of the goal line.

Rule 5 – 3 – 3.3

- 3.3 When the ball is in the end zone, it is considered to be still in the end zone until the center of the ball carrier’s hips are entirely out of the end zone into the field of play.

Rule 6 – 1 – 1.4

- 1.4 Substitutions may be made only when ball is dead. If a ball carrier’s flag falls off, the play will be whistled dead and the ball will be spotted where the flag fell off. Players are eligible to catch a pass or receive the ball by hand off, toss or pitch if their flag has fallen off but unable to advance. The play will be called dead where the player (with no flag) caught the ball.

Rule 6 – 1 – 1.5

- 1.5 There are no fumbles, if a ball carrier loses possession / fumbles the ball and it touches the ground or into the hands of a defender, the play is whistled dead immediately and the ball is spotted where the player lost possession. If the QB doesn’t gain possession of the ball during the snap, the ball will be placed at the line of scrimmage and result in a loss of down or turn over on downs. If an offensive player behind the line of scrimmage does not gain possession of a handoff, toss, pitch or lateral the ball will be placed at the last point of possession and result in a loss of down, turn over on downs, or safety if applicable.

Rule 6 – 1 – 1.6

- When a delay of Game, Delay of Pass, Diving, Flag Guarding / Jumping, Illegal Running, Illegal Forward Pass, or Interference penalty occurs.

Rule 8 – 1 – 1.1

- 1.1 A player is considered to have control of the ball when the player has the ball firmly held in one (1) or both hands, arms or legs or holds the ball firmly in 1 or both hands, arms or legs or holds the ball firmly under the body without having the ball touch the ground. The grip on the ball must be firm enough to enable the player to stop the rotation of the ball and to exhibit influence over its direction.

Rule 8 – 1 – 1.2

- 1.2 A player who leaves the ground to make a catch or interception must have control of the ball when first returning to the ground with any part of the body touching the ground in bounds.



Rule 8 – 2 – 2.1

- 2.1 A team must have possession of the ball to score a touchdown or to earn a first down. When a team obtains possession from the opponents, they will be awarded a first down where the ball becomes dead. After being awarded a first down, a team keeps possession for 3 downs, unless the opponents gain control of the ball, or either is awarded first down by penalty. During the 3 downs, the team in possession must gain the required distance for first down or score a touchdown, otherwise, they will give up possession.

Rule 8 – 2 – 2.4

- 2.4 Both offensive and defensive players are not allowed to slap or strip the ball from a ball carrier while it is in their hands or make contact with a receiver's hands while catching the ball.

Rule 9 – 1 – 1.1

- 1.1 The team on offense has 20 seconds to put the ball in play and teams will be notified verbally when there are 10 seconds left. The officials will give a reasonable period of time for both teams to regroup and will then whistle the 20 seconds period to start. If the ball is not put in play before the end of the 20 seconds, the offense will receive a penalty for a delay of game violation.

Rule 10 – 1 – 1.1

- 1.1 The center is the player who gives the ball to the quarterback via a snap. The center cannot take a direct hand off back from the quarterback (no center sneak play). Any violation of this play is illegal forward handoff.

Rule 10 – 1 – 1.7

- 1.7 The defensive unit on the field cannot shout terms that would confuse the offense and draw them offside (objectionable conduct).

Rule 11 – 1 – 1.3

- 1.3 Any number of players can be in motion when the ball is snapped; only the center must be at the line of scrimmage. Players in motion towards the line of scrimmage will not be considered offside unless they have entered the 1 yard scrimmage neutral zone by placing one or more of their feet on the ground at the snap of the ball. If they return back behind their side of the zone before the ball is snapped, they will not be penalized.

Rule 12 – 1 – 1.1

- 1.1 All players who rush the passer must be 7-yards for 5v5 and 5-yards for 7v7 from the line of scrimmage at any point after the ball has been snapped. Both the line of scrimmage and the rusher line will be marked with a bean bag. Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage. The rusher must rush continuously, in a direct path towards the quarterback if they are in the pocket or are rolling out. Once the ball is handed off, tossed, pitched or lateraled or a fake handoff, toss, pitch or lateral occurs, the 7- or 5-yard rule no longer is in effect and all defenders may go across the line of scrimmage from anywhere on the field.

Rule 12 – 1 – 1.4, 1-5

- 1.4 Any type of accidental or deliberate contact with the quarterback's upper body or their arm including the ball in their hand by the rusher while they are attempting to throw the ball will result in an illegal contact penalty. This also includes any other offensive player who is attempting to throw the ball.
- 1.5 If the offensive player's arm is in motion forward while attempting a pass when their flag is pulled by a rusher the play will be allowed to continue.

Rule 13 – 1 – 1.3

- 1.3 The officials will whistle the play dead when they see that a defensive player has removed (flagged) one of the flags of the ball carrier. If a ball carrier does not have all his or her flags, the player is eligible to receive the ball, however, they cannot advance it. If a ball carrier's flag is moved out of position by a defender in an attempt to flag them the play will be allowed to continue. Players wearing belted flags must ensure that they are not too loose and cannot move around easily.



Rule 15 – 1 – 1.1

- 1.1 The quarterback has 7 seconds to throw the ball after the ball has been snapped. If a pass is not thrown within the 7 seconds, a delay of pass penalty shall be called.

Rule 15 – 1 – 1.2

- 1.2 The offensive official will verbalize the 7-second count at 5 seconds for the quarterback so that they can hear / know that time is running out to pass the ball. If the quarterback's arm is in forward motion when the 7-seconds expires, then the play will be allowed to continue.

Rule 15 – 1 – 1.5

- 1.5 Shovel passes are allowed. In U18 and below, they must originate from behind the line of scrimmage and be completed over the line of scrimmage.

Rule 15 – 1 – 1.6

- 1.6 Once a player catches a legal forward pass, they are no longer allowed to lateral the ball.

Rule 16 – 1 – 1.2

- 1.2 When an opponent causes the receiver to land out of bounds and, in the judgment of the officials, the receiver would have touched the ground in bounds without the opponent's action, the receiver will be considered to have landed in bounds. This also applies to first downs and touchdowns within the field of play.

Rule 16 – 3 – 3.2

- 3.2 When a player catches a pass that is tipped by a teammate, play continues and they are allowed to advance the ball.

Rule 16 – 7 – 7.1

- 7.1 A forward pass that is blocked by a rusher is considered to be an incomplete forward pass when it hits the ground. A deflected pass is ruled a regular forward pass playable by both teams. The offense cannot throw a second forward pass; this will be ruled an Illegal Forward Pass.

Rule 16 – 8 – 8.2

- 8.2 (5v5 only) There is no intentional grounding, however, if in the judgment of the officials, if there is an attempt by the passer to delay the game by their actions, then it will be penalized.

Rule 17 – 1 – 5.1

- 5.1 Any player who has maintained a stationary position since the ball was snapped shall not be penalized if run into by an opponent.

Rule 17 – 6 – 6.1

- 6.1 A player must be facing the ball as it arrives to be considered to be playing the ball. When the ball strikes a player who is not playing the ball and who is impeding an opponent's approach to the ball, this is pass interference; for the purposes of this regulation, the opponent must be moving towards the ball to be considered impeded.

Rule 19 – 1 – 1.1

- 1.1 Players cannot use their arms or hands to impede or redirect an opponent. Violation of this rule is Interference.

Rule 19 – 2 – 2.3

- 2.3 When the ball carrier uses stationary teammates as a means of blocking the opponent from getting to the ball carrier, such stationary teammates are not to be penalized for obstruction unless they move from their spot. This includes any interaction between the center and the rusher.

Rule 19 – 2 – 2.4, 2.5

- 2.4 All players have a Right of Way that allows them to move freely on the field and opponents cannot interfere with them.
- 2.5 Players also have a Right of Place which supersedes all other rights on the field when they are stationary and not moving their feet or body to affect the play.

Rule 21 – 1 – 1.2

- 1.2 All penalties may be declined except dead ball fouls and penalties that stop the current play (Flag guarding, delay of pass, etc.)

Rule 21 – 1 – 1.4

- 1.4 Game officials determine incidental contact that may result from normal run of play.

Rule 21 – 1 – 1.5

- 1.5 Games cannot end at half time or the end of the game on an accepted penalty.

Rule 21 – 3 – 3.6

- 3.6 Rusher Interference - impeding a rusher's direct path to the Quarterback.

Rule 21 – 3 – 3.11, 3.12

- 3.11 Illegal Running Play – a quarterback running with the ball across the Line of Scrimmage without any transfer of the ball. A forward handoff is an Illegal Run Play in U18 and below only. Play whistled dead.
- 3.12 Illegal Forward Pass – when a second forward pass occurs, or when a forward pass occurs after the ball has crossed the Line of Scrimmage. Also, in U18 and below, when a forward pass is caught before the receiver crosses the LOS. Play whistled dead.

5v5 Rule 2 – Scoring**1 Obtaining Points**

- 1.1 Touchdown: 6 points
- 1.2 Extra point: 1-point (Played from midpoint of 5-yard line only)
- 1.3 Extra point: 2-points (Played from midpoint of 12-yard line only)
- 1.4 Safety: 2-points
- 1.5 Interception return on Extra Point Convert to the opponent's end zone: 2-points + Ball Possession

2 Convert

- 2.1 A convert is scored when a player has legal possession of the ball in the opponent's end zone during a convert attempt.
- 2.2 When a penalty affects the normal point of scrimmage of a convert attempt, the awarding of 1 or 2-points will be based on where the original convert attempt was scrimmaged prior to any penalty application or repeated convert attempt.
- 2.3 If the team chooses the extra point convert from 5-yards, this is within the "No Run Zone".
- 2.4 After the interception, if there is a penalty against the original offense, the yardage will be applied to the intercepting teams next possession.
- 2.5 On a convert, if the defense commits a Pass Interference or Illegal Contact penalty on 2 consecutive plays, the offense will be awarded the points for the convert.

3 Safety Touch

- 3.1 A team scoring a safety touch is awarded 2-points.
- 3.2 A team will score a safety when their opponent is flagged, loses possession of the ball, or goes out of bounds while they are in the end zone.
- 3.3 A safety is not awarded when a player's momentum, while intercepting a pass in the field of play, in the judgment of the officials causes the ball to be brought into the end zone, where it is eventually is ruled dead and the intercepting team shall be awarded a first down at the point of the interception.



5v5 Rule 3 – Timing / Over Time

1 Overtime

- 1.1 There will be a 2 minute break before overtime starts. A coin toss will determine first possession and there are no team timeouts.
- 1.2 Each team will get 1 play to score 1 Extra Point from the 5-yard “No Run Zone” line at 1 end zone that is chosen by the officials. If the game is still tied after each team has completed their play then the situation will continue until a winner is declared when 1 team scores and the other does not.
- 1.3 A turnover by the offensive team cannot be returned to an opponent’s end zone for points during overtime play and will be whistled dead by the officials.

2 2 Minute Warning

- 2.1 The game clock will be stopped and teams notified when there are 2 minutes left before the end of each half in the game. If a play is about to start or is in progress when the 2 minutes should be called, the play will be allowed to continue and teams will be notified of the time left as soon as the play is completed.

5v5 Rule 4 – Officials

- 1.1 Officials for 5v5 flag are identified as Offensive or Defensive officials with additional Head Official, Score Keeper & Time Keeper responsibilities.
- 1.2 Games are typically played with a minimum of 1 Offensive Official and 1 Defensive Official on the field, however there can be an additional 1 or 2 defensive officials assigned to a game for a maximum of 4. Games can also be played with only 1 official if necessary.
- 1.3 The Head Official can be any official on the field and they have overall responsibility for managing and decisions in the game.
- 1.4 The Score Keeper and Time Keeper responsibilities can be assigned to any of the officials on the field.

Grey shaded type denotes a change from the last rule book based on the new rule changes or clarifications for 2022.



The Canadian Rule Book — Flag Football

Rule 1 – General

- 1 The game of flag football shall be governed by the playing rules, regulations and definitions as written in this book, as well as the rulings in the official Case Book.
- 2 Whenever changes in the playing rules are permitted by league or tournament organizers, these options should be provided in writing to each participating team and official prior to the season or tournament.
- 3 The Referee is responsible for the adherence to the rules and regulations by both teams and all officials. The Referee will make the final decision on any on-field situation not covered by the rules and regulations. All officials should strive to maintain a safe environment for the players.
- 4 At any time during the game, if a referee feels that continuing to play the game at hand may jeopardize a player's safety, the official may remove that player from the game immediately. An explanation should be included on the game sheet as to the reason why the player was removed. A referee's decision in this matter is final and cannot be challenged by the player affected or his/her teammates. Teams/players wishing to protest an official's decision must do so in writing to the League Executive within 48 hours of the conclusion of the game.
- 5 A participant (player or official), suffering from a wound or laceration, where oozing or bleeding occurs, must leave the playing field until appropriate medical treatment is administered. The participant may return to the playing field only after the bleeding has stopped and the affected area or the open wound has been completely and securely covered. The referee must approve the participant's return to the playing field.
- 6 If a player or official has any part of his/her uniform or equipment saturated with blood, the uniform must be cleansed or changed immediately. "Saturated" being defined as the amount of blood being sufficient to soak through the garment and onto the skin or such that the blood would easily be transferred to another participant.



Rule 2 – Field and Equipment

1. The Field

The 5v5 Field of Play for U8 + U10 + U12 + U14 + U16 is 60 x 25 including end zones and for U18 + U20 + Senior 70 x 25 including end zones.

In 7v7 the field is 110 by 65-yards. The size of field may be altered for specific events and to suit the needs or resources of independent leagues.

Field specifications and markings are diagramed and detailed on page 19, 20, 23 & 24.

- 1.1 Goal posts are not required for the game of flag football. If they exist on the field, they must be padded to prevent injury and must be in the end zone if present.
- 1.2 League/Tournament organizers should decide the ground rules regarding obstructions and inform the teams and officials of these decisions in writing prior to the season/tournament. When obstructions are not covered by the ground rules, the Referee will consult the teams to arrive at ground rules that are satisfactory to both teams.
- 1.3 The team bench areas should be on the same side of the field unless circumstances dictate otherwise. The team bench area is to be marked. All team accessories, such as buckets, bags and equipment, should be placed at least 5-yards from the sidelines.
- 1.4 Team members must stay in the team bench area or be penalized for objectionable conduct unless they are given permission by an official to leave the area or are entering the field during the legal substitution as a player. Only team members are allowed to stay in the team bench area; anyone else in the area must leave immediately or the team will be penalized for objectionable conduct.
- 1.5 Any spectator that interferes with the normal course of the game will be ejected from the field area. It is the local organization's responsibility to ensure that the ejected spectator complies with the decision, to ensure the safety of all players, staff members and officials.
- 1.6 If a spectator interferes during the play, the official will evaluate the impact of the interference and act accordingly. For example, if it is obvious that a touchdown would have been scored without the spectator's interference, the official will allow the touchdown. If the impact is not clear, the down will be replayed at the initial line of scrimmage or distance gained at point of interference at officials discretion.

2. The Ball

- 2.1 Teams may use their own ball or mutually agree to use 1 game ball.
- 2.2 For youth leagues / recreational play it is recommended that appropriately sized footballs are used for both male and female players to accommodate the players abilities (see examples below).
Nike JR Pewee – U8 + U10
Nike Vapor One Junior Size + Nike JR Pewee – U12
Nike Vapor One Youth Size + Nike Vapor One Junior Size – U14 + U16
Nike Vapor One Official Size + Nike Vapor One Youth Size – U18
For senior men's and women's leagues / recreational play they will typically use whatever ball they are comfortable with unless otherwise specified by the league.
For regional, national & international tournaments or championships the ball(s) to be used will be specified in the Technical Package for that event.
- 2.3 No team or player is permitted to make alterations to the natural surface of the ball being used. Teams doing so will be penalized for objectionable conduct. The Referee must remove any ball that has been altered.
- 2.4 Players are not permitted to use adhesive material, paint, grease or any other slippery substance applied to equipment or on a player's person, clothing or attachments that affects the ball or an opponent.



3. The Kicking Tee (7v7 only)

- 3.1 The kicking tee must not raise the lowest part of the ball more than 2 inches off the ground or it will be deemed 'illegal procedure.' The kicking team is responsible for removing the kicking tee from the field after the play is dead. Failure to do so will result in objectionable conduct penalty against the team.

4. Uniforms

- 4.1 Official tournament jerseys must be worn during play and properly tucked into shorts. If 2 teams are using similar jerseys, the winner of the coin toss has the option to change sweaters unless 1 team agrees to change its colors voluntarily.
- 4.2 If numbered jerseys are worn then all players must wear different numbers and ensure they are visible. Changing jersey numbers during a game is deceitful to the opponents and prohibited. Uniforms cannot contain any equipment that would cause injury to any player, such as flexible padding.
- 4.3 Players must not wear shorts or pants that have pockets, belt, press studs or clips of any kind. Shorts or pants must be of a color different from the flags, to avoid camouflage of flags. Players cannot tape or secure their shorts or pants to meet this regulation. Short pockets may be sewn shut so that an opponent's finger does not get caught and passes inspection of the game official.

5. Player Equipment

- 5.1 All players must wear a protective mouthpiece; there are no exceptions.
- 5.2 A player is permitted to wear athletic support/protector, completely covered by clothing. Tape or bandages are permitted if they are non-abrasive or are of a non-hardening material in a wet or dry state.
- 5.3 Jewelry must be removed prior to the start of the game. If it is not possible to remove the jewelry it must be covered up completely, padded and secured. Medical bracelets may be worn but they must be fastened securely so as not to cause injury.
- 5.4 Soft headgear, including religious headdresses that are securely fastened and do not include metal or hard plastic that could be harmful to participants, is permitted.
- 5.5 Sunglasses are permitted.
- 5.6 Knee and elbow guards must be flexible and contain no hard material.
- 5.7 Arm casts may be worn only to protect an injury and must be flexible and contain no materials in a wet or dry state. Knee braces may be worn but must be completely covered by pants or by adhesive or tensor bandages such that no part of the brace is exposed, so a finger cannot be placed between any edge of the brace and the leg. Finger splints may be worn to protect an injury, but the finger splint must be appropriately padded. The officials will have the final decision on the acceptability of this type of equipment.
- 5.8 If a player or official has any part of their uniform or equipment saturated with blood, the uniform must be cleansed or changed immediately. "Saturated" being defined as the amount of blood being sufficient to soak through the garment and into the skin or such that blood would easily be transferred to another participant.
- 5.9 Players may wear cleats but must be rubber cleats. There is no minimum or maximum number of cleats to be worn, but cleats must be a part of the natural design of the shoes and in good condition. Spikes or similar sharp pointed type shoes such as track spikes, metal baseball cleats, or golf shoes are not permitted.
- 5.10 Play Cards, Play Books, and play sheets may be used if safely secured during play.



6. Team Equipment

Different types of flags are available, including:

- 6.1 Looped belts, in which the belt is tightened around the waist and does not come off. Flags are typically 2 inches x 17 ¼ inches and are attached with either Velcro or suction sockets and all players should be wearing the same size flags.
- 6.2 Clipped belts, in which the belt is fastened around the waist with a quick release clip are available in different sizes. Flags are typically 2 ¼ inches x 14 ½ inches and are attached with either Velcro or suction cups and all players should be wearing the same size flags.
- 6.3 Cloth flags, in which 2 separate flags are tucked into a player's shorts or pants. The white section of the flag (8 inches x 2 inches) must be worn inside the pants with a minimum of 2 inches showing and the colored section of the flag (14 x 2 inches) must be worn on the outside of the pants. The officials must always be able to see a part of the white section of the ball carrier's flag otherwise a penalty for flag guarding will be called.
- 6.4 If a player is wearing unacceptable attire, equipment or shoes, the player must leave the game for at least 1 play and remove the equipment before returning. If the player returns to the game with the unacceptable equipment, the team will be penalized for objectionable conduct and the player will be ejected.

Note: Inspections of players' attire and equipment will be inspected by the official at the beginning of each game. The referee has the final decision and will decide on any on-field ruling which is not covered by this rule book.



Rule 3 – Team Members

These following rules apply to (5v5 / 7v7) disciplines.

1 Players

- 1.1 Teams need a minimum of 4 / 6 players to be able to compete and a maximum of 5 / 7 players on the field at any given time. The official roster size will depend on the guidelines set forth by leagues, national, and international tournaments.
- 1.2 A team may have a maximum of 5 / 7 players on the field during a play. A team may use a minimum of 4 / 6 players during a play. A team which has more than 5 / 7 players on the field at any time, while the ball is live shall be penalized for illegal substitution.
- 1.3 A team must have a minimum of 4 / 6 players and a maximum of 5 / 7 players on the field at the scheduled time or be penalized for delaying the start of the game. The team will forfeit the game by a score of 6-0 if they do not have a minimum of 4 / 6 players and a maximum of 5 / 7 players on the field within 15 minutes of the scheduled start of the game.
- 1.4 When a team refuses to start or continue a game at the request of the officials, it will be penalized for delaying the game. On the third refusal, the team will forfeit the game by a score of 6-0; if the non-forfeiting team is in the lead at this point, the score will stand.
- 1.5 Each team is permitted a maximum of 2 / 4 team captains.
- 1.6 (7v7 only) A player is eligible to play, if he/she has arrived prior to the 2nd half kick-off.

2 Substitutions

- 2.1 Substitute players may enter the field only from their bench area and only when the ball is dead. Offensive player substitutions are allowed up to the point when the Center sets up for the snap of the ball and defensive player substitutions are allowed up to the snap of the ball. The penalty for violating these rules is illegal substitution.
- 2.2 A player leaving the field for a substitution must go directly to the team bench area. Leaving or deviating from this route will be a penalty for illegal substitution.

3 Captains

- 3.1 Team members identified to the official before the game as spokespersons for offensive and defensive units of a team shall be considered team captains. Each team is permitted a maximum of (2 / 4 team captains. In case of injury or ejection, an alternate captain may be identified to the officials.
- 3.2 Only a team captain is entitled to an explanation of the rules, including choices for penalty options. Only a team captain or head coach is entitled to request an equipment check.

4 Coaches and Managers

- 4.1 A coach or manager that is a player gets no special treatment while on the field, unless identified as a team captain. While off the field, a coach or manager must stay in the bench area or be penalized for Leaving Team Area

5 Injured Player

- 5.1 A doctor, trainer or assistant may not enter the field to look after an injured player without the official's permission. A coach, manager, doctor, trainer or assistant may not coach the players while on the field during an injury situation. A team violating these rules will be penalized for objectionable conduct.



Rule 4 – Timing / Overtime / Time Outs

1 Length of Game

- 1.1 The official game is 40 minutes (2x20 minute halves) in 5v5. The official game in 7v7 is approximately 1 hour and is detailed on page 50.

2 Game Time Responsibility

- 2.1 One of the officials on the field shall be the official time keeper and shall govern the timing regulations in determining the amount of playing time that has elapsed.
- 2.2 Only the officials on the field can stop and start the clock. Whenever the officials stop the clock, the clock must be stopped first, then the appropriate signals given.

3 The Play Clock

- 3.1 The clock runs continually and is only stopped for time outs and injuries.
- 3.2 When the clock has been stopped, it starts again at the snap.

4 Overtime

- 4.1 In the event of a tied game unless otherwise noted on league or tournament regulations, overtime will be played. The period between the end of the game and the start of the overtime halves will be 2 minutes. A coin toss determines first possession of overtime. There will be no time outs granted during the overtime period.
- 4.2 Refer to 5v5 and 7v7 rules for the variations in overtime procedures (refer to page 22 for 5v5 and page 26 for 7v7)

5 Time Outs

- 5.1 Each team has 2 60-second time outs per half. These cannot be carried over to the second half or overtime.
- 5.2 Each team captain will be told when 10 seconds remains in the time out. Teams may shorten the 60 second time period if they both agree.
- 5.3 Timeouts can be called by any game official and any player or coach on the field or in the bench area when the ball is dead.
- 5.4 Clock will stop for the length of the time out until the ball is snapped.

6 Team Time Outs

- 6.1 Stopped time / interrupted play used for an equipment check are not to be charged as a team time out; abuse of this privilege will be penalized for objectionable conduct against the team captain who requested the time out.

7 Injury Time Outs

- 7.1 Any official may call an official's time out to allow a team to attend to an injured player. If the time out is called by the officials the injured player must be removed from the field for at least 1 play, unless the injured player's team calls a time out. The officials have full authority to delay the game until the injured player is safely removed from the field.
- 7.2 Unnecessary delay in removing the player shall be penalized for delay of game.



Rule 5 – Game Procedures

1 Pre-game Conference

- 1.1 The Head Official is responsible for the adherence to the rules and regulations by both teams and all officials. The Head Official will make the final decision on any on-field situation not covered by the rules and regulations in this book.
- 1.2 Approximately 3 minutes prior to the scheduled start time of the game, and immediately following the rest period, at least 1 captain from each team will meet with the Head Official at center field to review the field conditions and field markings and conduct the coin toss.
- 1.3 The winner of the coin toss shall choose if they would like to start with the ball, choose a side, or defer their choice to the beginning of the 2nd half.

2 General Play

- 2.1 The offensive team takes possession of the ball at its 5-yard line and has 3 plays to cross midfield. When a team crosses midfield, it has 3 plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.
- 2.2 To begin a play, the ball must be snapped by the offensive Center, from the point of scrimmage to the quarterback, which is the first person on the offense to obtain possession of the ball behind the line of scrimmage. There is no minimal distance required by the quarterback who can be either up close to the center or in shot-gun formation.
- 2.3 There is a 1-yard neutral zone extending 1 yard forward from the Line of Scrimmage that the defensive players cannot line up in or enter before the snap of the ball.
- 2.4 An automatic first down by penalty will overrule the other requirements regarding 3 plays to make either a first down or score.
- 2.5 If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
- 2.6 All possession changes, except interceptions, start on the offensive 5-yard line.
- 2.7 If an offensive penalty past midfield occurs, which takes the next down behind midfield marker, the offensive team must still make a touchdown in 3 plays.
- 2.8 “No Run Zones” are located 5-yards in front of each end zone. When the offense starts a play within this zone, the play must result in a legal forward pass.
- 2.9 The quarterback, defined as the player that gains possession of the ball from the Center, cannot run with the ball past the line of scrimmage, unless the ball has been handed off, tossed, pitched or lateraled to another player and then returned.
- 2.10 Once the ball carrier has crossed the line of scrimmage the ball cannot be handed off, tossed, pitched or passed forward in any way.
- 2.11 In youth play (U18 and below) forward passes/pitches/handoffs are not allowed behind the line of scrimmage. U20 and over forward passes/pitches/handoffs are allowed however, once received the offense can no longer make another pass/pitch/handoff to another offensive player.
- 2.12 Legal Forward Pass – In U18 and below the ball must be thrown at or behind the line of scrimmage by an offensive player and received across the line of scrimmage.
- 2.13 Kickoffs are do not occur in 5v5. Rules that outline kicking are found in the 7v7 section.
- 2.14 To start the second half, either the team that lost the opening coin toss or the team that deferred their choice to the second half will have the option to start with the ball or choose a side to begin play.
- 2.15 Prior to a forward pass or handoff, an offense may use multiple backwards behind the line of scrimmage
- 2.16 The game time can be altered based on the skill level of the athletes, number of participants and size of the playing surface.
- 2.17 If an offensive penalty in the “No Run Zone” occurs that takes the team outside the “No Run Zone”, then the team still cannot run.



3 Touch Downs

- 3.1 A touchdown is scored when a player has legal possession of the ball in the opponent's end zone.
- 3.2 The ball is considered to be in the end zone when the center of the ball carrier's hips are on or over the ground in the end zone, or when they are across the extended plane of the goal line.
- 3.3 When the ball is in the end zone, it is considered to be still in the end zone until the center of the ball carrier's hips are entirely out of the end zone into the field of play.
- 3.4 The team scoring the most points during regulation time is declared the winner. If the teams are tied after regulation time and a winner must be declared, the team scoring the most points during overtime is declared the winner.



Rule 6 – Live Ball / Dead Ball

1 Live Ball / Dead Ball

1.1 Live Ball

The ball is live after the officials have signaled play to begin and the ball has been snapped by the team in possession. The ball will remain live until the ball is ruled dead according to the dead-ball rules. A team cannot advance the ball or score unless the ball is live.

1.2 Free Ball

A free ball is a live ball, such as a tipped ball, that is not in a player's possession and can be legally recovered by either team. The ball can be caught and advanced by the same offensive player who initially lost possession or by a defensive player. Any player may recover the ball. The ball is considered to be free from the time it leaves a player's body until the instant it touches the ground.

1.3 Dead Ball

The ball is dead when any of the dead-ball conditions are met. A live ball becomes dead when an official's whistle is blown. The team in possession can advance no further when the ball is dead.

- 1.4 Substitutions may be made only when ball is dead. If a ball carrier's flag falls off, the play will be whistled dead and the ball will be spotted where the flag fell off. Players are eligible to catch a pass or receive the ball by hand off, toss or pitch if their flag has fallen off but unable to advance. The play will be called dead where the player (with no flag) caught the ball.

- 1.5 There are no fumbles, if a ball carrier loses possession / fumbles the ball and it touches the ground or into the hands of a defender, the play is whistled dead immediately and the ball is spotted where the player lost possession. If the QB doesn't gain possession of the ball during the snap, the ball will be placed at the line of scrimmage and result in a loss of down or turn over on downs. If an offensive player behind the line of scrimmage does not gain possession of a handoff, toss, pitch or lateral the ball will be placed at the last point of possession and result in a loss of down, turn over on downs, or safety if applicable.

- 1.6 A play is ruled "dead" when:

- An official blows their whistle.
- Ball carrier's flag is pulled or ball carrier otherwise becomes illegal.
- Ball carrier steps out of bounds
- Ball carrier flag guards dives or jumps
- Points are scored.
- When any part of the ball carrier's body, other than his hand or foot touches the ground.
- When the ball touches the goal post assembly
- When the ball touches an official (it shall be considered as having touched the ground).
- When the flag of the player with possession of the ball falls off.
- When a delay of Game, Delay of Pass, Diving, Flag Guarding / Jumping, Illegal Running, Illegal Forward Pass, or Interference penalty occurs.

- 1.7 When the whistle is blown inadvertently by an official, the play shall stand unless the Head Official decides that the whistle affected the result of the play. They will decide which team is adversely affected by the whistle; that team may choose to let the play stand when the whistle blew or repeat the last play.

- 1.8 If the Head Official cannot decide which team is adversely affected, the play shall be repeated.

- 1.9 Any fouls which occur during the play and are allowed to stand will be administered as they would be in a regular play situation. Dead-ball fouls will be administered in all cases.



Rule 7 – In and Out of Bounds

1 In Bounds

- 1.1 The ball carrier is considered in bounds until they either touch or go out of the boundary lines.
- 1.2 Any player who has not touched the boundary lines and has not touched the ground, a person or an object that is on or beyond the boundary lines, is considered to be still in bounds.

2 Out of Bounds

- 2.1 The ball is out of bounds when it touches the boundary lines or the ground beyond the boundary lines. The ball is out of bounds when it touches an object or a person that is out of bounds.
- 2.2 Any player or object that is touching the boundary lines or the ground beyond the boundary lines is out of bounds. An airborne object or object suspended over the playing field is considered out of bounds.

Rule 8 – Control and Possession of the Ball

1 Control of the Ball

- 1.1 A player is considered to have control of the ball when the player has the ball firmly held in 1 or both hands, arms or legs or holds the ball firmly in 1 or both hands, arms or legs or holds the ball firmly under the body without having the ball touch the ground. The grip on the ball must be firm enough to enable the player to stop the rotation of the ball and to exhibit influence over its direction.
- 1.2 A player who leaves the ground to make a catch or interception must have control of the ball when first returning to the ground with any part of the body touching the ground in bounds.

2 Possession of the Ball

- 2.1 A team must have possession of the ball to score a touchdown or to earn a first down. When a team obtains possession from the opponents, they will be awarded a first down where the ball becomes dead. After being awarded a first down, a team keeps possession for 3 downs, unless the opponents gain control of the ball, or either is awarded first down by penalty. During the 3 downs, the team in possession must gain the required distance for first down or score a touchdown, otherwise, they will give up possession.
- 2.2 A player is considered to have possession of the ball if that player has control of the ball. If control of the ball is lost, the player no longer is considered to have possession of the ball.
- 2.3 A team is considered to have possession of the ball when 1 of its players has possession of the ball or awarded possession by the rules. A team loses possession of when the opponents intercepts a pass or gain control of a free ball.
- 2.4 Both offensive and defensive players are not allowed to slap or strip the ball from a ball carrier while it is in their hands or make contact with a receiver's hands while catching the ball.

Rule 9 – The Huddle

1 Huddle

- 1.1 The team on offense has 20 seconds to put the ball in play and teams will be notified verbally when there are 10 seconds left. The officials will give a reasonable period of time for both teams to regroup and will then whistle the 20 seconds period to start. If the ball is not put in play before the end of the 20 seconds, the offense will receive a penalty for a delay of game violation.



Rule 10 – The Running Game

1 Running

- 1.1 The center is the player who gives the ball to the quarterback via a snap. The center cannot take a direct hand off back from the quarterback (no center sneak play). Any violation of this play is illegal forward handoff.
- 1.2 The center must take a position facing the defense with the feet straddling either side of the bean bag marking the Line of Scrimmage. The ball must be snapped off the ground and between the legs in 1 motion in the direction from toe to heel. Any player who snaps the ball shall be considered as the center.
- 1.3 The line of scrimmage and point of scrimmage shall be determined by the officials according to the dead-ball rules and scrimmage regulations.
- 1.4 The quarterback is the first player who obtains possession of the ball directly from the Center.
- 1.5 A run play occurs when a player crosses the line of scrimmage with the ball without a forward pass being thrown.
- 1.6 The player who takes the handoff, toss, pitch or lateral can throw the ball from behind the line of scrimmage.
- 1.7 The defensive unit on the field cannot shout terms that would confuse the offense and draw them offside (objectionable conduct).
- 1.8 All defensive players are eligible to rush from anywhere on the field once the ball has been handed off, tossed, pitched or lateraled or there is a play action fake handoff, toss, pitch or lateral.
- 1.9 Spinning is allowed, but the ball carrier cannot dive forward or jump to avoid a defensive player or gain yardage (no diving). 1 foot, at least, must remain in contact with the ground.
- 1.10 It is up to the ball carrier to avoid contact with the defender.
- 1.11 The ball is spotted where the ball carrier's hips are when the flag is pulled not where the ball is. The ball shall be placed so the long axis is parallel to the sidelines.

Rule 11 – Receiving

1 Receiving

- 1.1 All players are eligible to receive passes (including the quarterback if the ball has been handed off, tossed, pitched or lateraled behind the line of scrimmage).
- 1.2 All players must be behind their side of the Line of Scrimmage neutral zone at the snap of the ball. Violation of this occurs if they have stepped into the neutral zone placing 1 or more of their feet on the ground prior to the snap and is an offside penalty.
- 1.3 Any number of players can be in motion when the ball is snapped; only the center must be at the line of scrimmage. Players in motion towards the line of scrimmage will not be considered offside unless they have entered the 1 yard scrimmage neutral zone by placing 1 or more of their feet on the ground at the snap of the ball. If they return back behind their side of the zone before the ball is snapped, they will not be penalized.
- 1.4 Player out of bounds – if a player goes out of bounds, without interference, the player may not return to the field or touch/catch the ball.



Rule 12 – Rushing the Quarterback

1 Rushing

- 1.1 All players who rush the passer must be 7-yards for 5v5 and 5-yards for 7v7 from the line of scrimmage at any point after the ball has been snapped. Both the line of scrimmage and the rusher line will be marked with a bean bag. Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage. The rusher must rush continuously, in a direct path towards the quarterback if they are in the pocket or are rolling out. Once the ball is handed off, tossed, pitched or lateraled or a fake handoff, toss, pitch or lateral occurs, the 7- or 5-yard rule no longer is in effect and all defenders may go across the line of scrimmage from anywhere on the field.
- 1.2 A rusher lined-up within 2-yards (side to side) of the 7 yard marker (5v5) or 5-yards (7v7) is entitled to a free direct path to the quarterback – the rusher may not be interfered with by any offensive player. If the rusher is lined up outside the 2-yards (side to side) of the 7 yard marker, or they switch the side that they are on once the center is ready to snap the ball, they are not entitled to a free path to the quarterback.
- 1.3 A rusher lined-up within the 2-yards of the rush line marker cannot line up directly over it, they must choose / position themselves on 1 side or the other and be a minimum of 12 inches away from it clearly indicating which side they are rushing from. The rusher will lose their free direct path to the quarterback if they switch the side they are rushing from after the center positions the ball for a snap. Rushers must also ensure that their entire body is behind the rush line marker, even if they are leaning forward.
- 1.4 Any type of accidental or deliberate contact with the quarterback's upper body or their arm including the ball in their hand by the rusher while they are attempting to throw the ball will result in an illegal contact penalty. This also includes any other offensive player who is attempting to throw the ball.
- 1.5 If the offensive player's arm is in motion forward while attempting a pass when their flag is pulled by a rusher the play will be allowed to continue.

Rule 13 – Flagging

1 Flagging

- 1.1 To prevent the ball carrier from advancing, an opponent must pull off 1 or 2 flags without preventing the ball carrier to move forward. The ball is declared dead at this point. Once the defender has removed a flag, they are to remain in place hold the flag up for the officials to confirm the play has stopped and return the flag to the ball carrier. If a defensive player does not immediately return the flag back to the ball carrier, the official will issue a warning to the captain of the team at fault. If the situation repeats itself, no matter which player is involved, the official will issue an objectionable conduct penalty.
- 1.2 Defensive players are not allowed to pull an opponent's flag unless they are the ball carrier. A flag cannot be pulled until the ball carrier has the ball in their hands. This is known as an Illegal Flag Pull. The penalty, regardless if the pass is complete or incomplete results in an automatic first down 5-yards from where the ball is caught.
- 1.3 The officials will whistle the play dead when they see that a defensive player has removed (flagged) 1 of the flags of the ball carrier. If a ball carrier does not have all his or her flags, the player is eligible to receive the ball, however, they cannot advance it. If a ball carrier's flag is moved out of position by a defender in an attempt to flag them the play will be allowed to continue. Players wearing belted flags must ensure that they are not too loose and cannot move around easily.
- 1.4 An eligible pass receiver who loses a flag at anytime can still receive a forward pass, but the ball will be declared dead at the point of reception. Players winding flags on belts will be warned the first time, next time removed from the game.



Rule 14 – Passing

1 Pass

- 1.1 A pass is a ball thrown in any manner by an offensive player to another offensive player down the field which can be caught, dropped, or unintentionally knocked, tipped, batted or bounced off a player in any direction.

Rule 15 – The Passing Game

1 Passing

- 1.1 The quarterback has 7 seconds to throw the ball after the ball has been snapped. If a pass is not thrown within the 7 seconds, a delay of pass penalty shall be called.
- 1.2 The offensive official will verbalize the 7-second count at 5 seconds for the quarterback so that they can hear / know that time is running out to pass the ball. If the quarterback's arm is in forward motion when the 7-seconds expires, then the play will be allowed to continue.
- 1.3 Once the ball is handed off, tossed, pitched or lateraled or a fake handoff, toss, pitch or lateral occurs the 7 second rule is no longer in effect.
- 1.4 Only 1 forward pass thrown is allowed in a down.
- 1.5 Interceptions change the possession of the ball.
- 1.6 Shovel passes are allowed. In U18 and below, they must originate from behind the line of scrimmage and be completed over the line of scrimmage.
- 1.6 Once a player catches a legal forward pass, they are no longer allowed to lateral the ball.
- 1.7 Interceptions can be returned by the defense.
- 1.8 On interceptions that occur and remain in the end zone, the ball becomes dead and turned over to the intercepting team at its 5-yard line. (7v7 goes to 10 yd. line)
- 1.9 If a ball is intercepted and the ball carrier runs into their own endzone where they are flagged, except in the case of an inadvertent whistle, the result would be a safety for the other team.



Rule 16 – Complete / Incomplete Passes

1 Complete Pass

- 1.1 A pass is completed when a receiver is in possession of the ball.
- 1.2 When an opponent causes the receiver to land out of bounds and, in the judgment of the officials, the receiver would have touched the ground in bounds without the opponent's action, the receiver will be considered to have landed in bounds. This also applies to first downs and touchdowns within the field of play.
- 1.3 When a receiver has control of the ball even for an instant, then loses control because of bodily contact caused by an opponent or the ground, the receiver will be awarded a complete pass.

2 Simultaneous Possession

- 2.1 A complete pass caught simultaneously by teammates shall be awarded to the teammate who first touched the pass. A completed pass caught simultaneously by players on opposite teams shall be awarded to the player whose team had possession before the pass was caught simultaneously.

3 Tipped Pass

- 3.1 Tipped passes are legal. If the pass is legal, the ball can be advanced when caught.
- 3.2 When a player catches a pass that is tipped by a teammate, play continues and they are allowed to advance the ball.

4 Bobbled Pass

- 4.1 If a receiver tips the ball and gets flagged before getting full possession, the ball is considered dead where the player was flagged.
- 4.2 When the ball carrier accidentally loses control of the ball, then catches it without the ball being touched by another player, the play continues. If the ball carrier was flagged by an opponent after losing control of the ball, the play is considered dead where the ball carrier was flagged.
- 4.3 When the ball carrier deliberately throws the ball into the air, then catches it to avoid being flagged, the ball is dead immediately.

5 Intercepted Pass

- 5.1 Any pass that is incomplete by the team in possession but caught by the opponents is an intercepted pass.

6 Incomplete Pass

- 6.1 Any thrown pass is incomplete and the ball is immediately dead when it touches the ground, the goal post or an official, or goes out of bounds before being caught.

7 Blocked or Deflected Forward Pass

- 7.1 A forward pass that is blocked by a rusher is considered to be an incomplete forward pass when it hits the ground. A deflected pass is ruled a regular forward pass playable by both teams. The offense cannot throw a second forward pass; this will be ruled an Illegal Forward Pass.
- 7.2 On a forward pass thrown by an offensive player that is tipped / blocked by a defensive player and is caught by the same offensive player behind the Line of Scrimmage they can no longer attempt another forward pass and must run with the ball across the Line of Scrimmage.

8 Deliberate Grounding Pass

- 8.1 When the passer deliberately throws the ball out of bounds, or to an area where there is no receiver, in an obvious attempt to avoid a loss of ground, the passer will be penalized for grounding. (7v7 only)
- 8.2 (5v5 only) There is no intentional grounding, however, if in the judgment of the officials, if there is an attempt by the passer to delay the game by their actions, then it will be penalized.



9 Forward Pass vs. Dropped Ball

- 9.1 When the passer attempts a forward pass and loses control of the ball after starting the passing arm in a forward motion and following through with the intended pass motion, the ball is dead when it hits the ground and the play is considered to be an incomplete forward pass.
If the forward motion of the throwing arm had not started when control of the ball was lost, the play is dead at that spot.



Rule 17 – Pass Interference

1 Pass Interference

- 1.1 Pass interference occurs when a player takes away an opponent's positional advantage
- 1.2 Pass interference can apply when the pass is in the air and the player who had positional advantage had a reasonable chance of getting to the arrival point for the ball.
- 1.3 Pass interference by the offense or the defense is illegal. The team that violates the pass interference regulations will be penalized as determined by the official.

2 Contact

- 2.1 A player has committed bodily contact when that player makes contact with an opponent and moves the opponent off stride or away from the opponent's intended direction or position. Contact between opponents is legal provided that the contact results from a simultaneous and legitimate attempt to play the ball and occurs at the arrival point of the pass; this contact is legal only when each player is intent on playing the ball and each player is in an equally favorable position to play the ball.
- 2.2 When contact occurs without moving the opponent off stride or away from the opponent's intended direction or position, pass interference has not occurred; this is incidental contact.

3 Path to the Ball

- 3.1 All players have an equal right to a direct path to the arrival point of the ball. However, a player in an unfavorable position cannot commit bodily contact with an opponent to reach the ball, even if the ball was eventually touched by that player.
- 3.2 A player who is in an equal or advantageous position to play the ball, compared to an opponent, is considered to have the right to the path of the ball. When that right is taken away by an opponent using bodily contact, pass interference has occurred.
- 3.3 A player, who is taking a path or a position on the field in order to catch a pass, or defend against a pass, has a right to that path or position unless an opponent has already taken it. A player who takes an opponent's established path or position using bodily contact is guilty of pass interference.
- 3.4 When 2 opponents cross paths and make contact, the player who had clearly declared the intended path first has the right to that path; the opponent is guilty of pass interference unless the contact was incidental. If the officials cannot determine who declared their path first, pass interference has not occurred.
- 3.5 When opponents get their feet tangled up while running their respective paths causing 1 player to lose balance, a pass interference penalty is not automatic. The relevant positions and intended paths of the players must be taken into account.
- 3.6 In all the above cases, the player who is in the advantageous position to play the ball must continue to display intent to reach the arrival point of the ball. Otherwise, any contact by the opponent in a sincere effort to reach the arrival point of the ball will not be considered pass interference. A deliberate attempt to block the opponent from reaching the arrival point of the ball is pass interference.

4 Pick Play

- 4.1 An offensive player cannot prevent a defensive player from pursuing another offensive player by impeding that defensive player's direct path to the teammate. The defensive player must be moving towards the second offensive player to be considered pursuing that player.
- 4.2 If the first offensive player is playing the ball, that player cannot be considered as impeding the defensive player from pursuing the second offensive player.
- 4.3 Violation of these regulations is pass interference.

5 Stationary Position

- 5.1 Any player who has maintained a stationary position since the ball was snapped shall not be penalized if run into by an opponent.



6 Playing The Ball

- 6.1 A player must be facing the ball as it arrives to be considered to be playing the ball. When the ball strikes a player who is not playing the ball and who is impeding an opponent's approach to the ball, this is pass interference; for the purposes of this regulation, the opponent must be moving towards the ball to be considered impeded.

7 Screening

- 7.1 As the ball arrives in the immediate vicinity of a receiver, a player who is not playing the ball cannot extend the arms or wave a hand in an attempt to distract a receiver, to block a receiver's vision or to touch the ball. Violation of this rule is pass interference; if the ball is touched or the receiver's direct line of vision to the ball is blocked; this is pass interference.

8 Non-catchable Pass

- 8.1 When an official considers a pass cannot be caught even with extraordinary effort, no pass interference penalty shall be assessed even when pass interference occurs by either team. Therefore no penalty call either way.

Rule 18 – Sportsmanship / Roughing

1 Sportsmanship

- 1.1 Trash talking / taunting is illegal. (Trash talk is talk that may be offensive to officials, opposing players, teams or spectators.) If trash talking / taunting occurs, the referee will give a 15 yd unsportsmanlike penalty, loss of down or automatic 1st down.
- 1.2 Players cannot cross the line of scrimmage to listen to the opponents' huddle. Players cannot voice signals or make sounds that are intended to confuse the opponents' signals.
- 1.3 After the center sets the ball for the snap, a defender cannot move directly in front of the center and prevent the center from moving forward after the snap. Any defensive player must be at least 3-yards from the center directly in front of them or 1 yard on either side at the time of the snap if intending to assume a stationary position.

2 Roughing

- 2.1 If the referee witnesses any acts of flagrant contact, tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game.
- 2.2 A player is not allowed to trip an opponent using the arm, lower leg or foot.
- 2.3 After the whistle is blown to indicate the ball is dead, a player is not allowed to run into, throw the body against or deliberately fall upon an opponent.
- 2.4 The ball carrier is not allowed to elbow, shoulder, or throw the body into an opponent or attempt to jump through defenders blocking the path.
- 2.5 A player is not allowed to contact the passer's arm in the throwing motion using bodily contact.
- 2.6 A player is not allowed to use bodily contact on a pass receiver before or after the ball is touched. If the bodily contact was caused by a legitimate attempt to catch or down the ball while both players had equally favorable positions to the ball, no foul has occurred.
- 2.7 A player is not guilty of contacting the receiver if the bodily contact was caused by a sudden stop or change in direction by the opponent and the player made every attempt to diminish the contact.



Rule 19 – Illegal Acts

1 Use of Hands

- 1.1 Players cannot use their arms or hands to impede or redirect an opponent. Violation of this rule is Interference.
- 1.2 Players may touch an opponent to feel their relative positioning as long as the opponent is not impeded or redirected. Players may touch the goal posts with their hands if such touching does not help them change their direction.

2 Interference

- 2.1 Interference is when a player impedes an opponent's direct path to the ball, the ball carrier or the intended receiver, with or without contacting the opponent.
- 2.2 A player may assume a stationary position if the intent is obviously to avoid interfering with an opponent. A player may cut across the path of an opponent if the opponent's progress is not impeded or redirected. Violation of these rules is an interference or illegal contact penalty.
- 2.3 When the ball carrier uses stationary teammates as a means of blocking the opponent from getting to the ball carrier, such stationary teammates are not to be penalized for obstruction unless they move from their spot. This includes any interaction between the center and the rusher.
- 2.4 All players have a Right of Way that allows them to move freely on the field and opponents cannot interfere with them.
- 2.5 Players also have a Right of Place which supersedes all other rights on the field when they are stationary and not moving their feet or body to affect the play.

3 Illegal Re-entry

- 3.1 A player who steps out of bounds during the play cannot re-enter the field to play the ball, pursue a ball carrier or pursue an intended receiver. A player who is pushed out of bounds by an opponent or goes out of bounds as a result of a slippery field is not considered to have gone out of bounds unless that player makes not immediate effort to get back in bounds. Violation of these rules is an Out of Bounds penalty.

4 Illegal Participation

- 4.1 Once the ball is snapped a player cannot leave the bench area to enter the field and play the ball, pursue a ball carrier, pursue an intended receiver or obstruct a player; this rule also applies to fans and team members in or out of the team bench area. Violation of this rule is a game interference penalty.



Rule 20 – Player Conduct

1 Rough Play

- 1.1 The following acts are defined and classified as Rough Play, and are illegal:
The deliberate charging into an opposing player in such a way as to cause calculated injury. The striking of an opponent with the fist, heel of the hand, knee or elbow, or kicking an opponent. Any other act of roughness or unfair play considered by the officials to warrant disqualification may be penalized under this section.
- 1.2 Penalty for Rough Play is disqualification (ejection) of the offending player, and L15 from the appropriate point. Loss of down if penalty is on an offense player. Automatic 1D to Team A for Team B Rough Play.

2 Unnecessary Roughness

- 2.1 Any act of roughness or unfair play that is committed by a player, not considered serious enough to disqualify, shall be penalized under this section.
- 2.2 Penalty for Unnecessary Roughness is L15 from the appropriate point. Loss of down if penalty is on an offense player. Automatic 1D to Team A for Team B Unnecessary Roughness.

3 Objectionable Conduct

- 3.1 The following acts are defined and classified as Objectionable Conduct, and are illegal:
- (a) The use of profane, obscene, insulting language or gestures to an opponent, official, spectator, or occupant of the team bench.
 - (b) Throwing the ball at an opponent, an official, or occupant of the team bench.
 - (c) Tactics by players, which delay or hinder the smooth operation of the game, shall be penalized under this section. These tactics include spiking the ball, and/or deliberately throwing or kicking the ball away after it has been declared dead on a play.
 - (d) Faking an injury or loss of balance in an attempt to delay the game or cause a Unnecessary Roughness penalty to be assessed against an opponent.
 - (e) Failure to wear mandatory equipment.
- Penalty: L5 from point where the ball would have been put into play if no other foul occurred. If the foul is of a serious nature, the player or occupant of the bench may be disqualified with no distance penalty.

4 Disqualification (Ejection)

- 4.1 A player or team member shall be disqualified from further participation in the game, with substitution permitted, if:
- (a) The player or team member has been called for Rough Play.
 - (b) The player or team member has been disqualified for Objectionable Conduct
- The disqualification penalty cannot be declined by the non-offending team.
At the discretion of the officials, a disqualified player or team member may be allowed to remain on the bench.
If the officials do not permit the disqualified player or team member to remain on the bench, they must leave the park.
- 4.2 If the disqualified player or team member does not leave the park within 3 minutes or leaves and returns during the game, the officials may award the game to the opponents of the offending team.
- 4.3 The officials will take an official's time out while carrying out these procedures.



Rule 21 – Penalties

1 Penalties

- 1.1 All penalties are 5-yards, the down will be repeated, and will be assessed from the line of scrimmage unless otherwise noted.
- 1.2 All penalties may be declined except dead ball fouls and penalties that stop the current play (Flag guarding, delay of pass, etc.)
- 1.3 Penalties will not exceed half the distance to the opposing team's goal line from the line of scrimmage unless it is a spot foul. The ball can never be placed closer than the 1-yard line.
- 1.4 Game officials determine incidental contact that may result from normal run of play.
- 1.5 Games cannot end at half time or the end of the game on an accepted penalty.
- 1.6 Penalties after an interception shall be assessed after the return is over and/or the play is blown dead.

2 Defensive Penalties

- 2.1 Offside – player(s) lined up across or crossing the Line of Scrimmage at the snap of the ball.
- 2.2 Disconcerting Signals – signals to distract or simulate offensive signals prior to snap.
- 2.3 Illegal Rushing – player(s) not lined up at least 12 inches on 1 side from rusher bean bag or rushing & crossing the Line of Scrimmage from inside the 7-yard rusher bean bag.
- 2.4 Pass Interference – both contact & non-contact that interferes with an offensive player catching a ball while it is in air, also includes screening & pushing off at Spot of Foul (Automatic First Down).
- 2.5 Illegal Contact – physical contact such as impeding, redirecting, obstruction, blocking, holding, & tackling as well as any upper body contact with an offensive player throwing the ball including the ball in their hand at Spot of Foul (Automatic First Down).
- 2.6 Illegal Flag Pull – pulling a flag of a player before they have the ball at Spot of Foul (Automatic First Down).

3 Offensive Penalties

- 3.1 Delay of Game – ball is not snapped within 20 seconds, play whistled dead.
- 3.2 Delay of Pass – ball is not passed by Quarterback in 7 seconds, play whistled dead.
- 3.3 Offside – player(s) lined up across or crossing the LOS at the snap of the ball.
- 3.4 Illegal Snap – Center lifting or moving ball to simulate a snap.
- 3.5 Flag Guarding, Jumping or Diving – ball carrier uses any part of their body or ball to prevent flags from being pulled or advancing the ball, play is whistled dead at Spot of Foul.
- 3.6 Rusher Interference – impeding a rusher's direct path to Quarterback.
- 3.7 Player Out of Bounds – player goes out of bounds by themselves, returns inbounds & then touches the ball inbounds.
- 3.8 Interference – impeding, redirecting, obstruction, blocking with no contact, play whistled dead at Spot of Foul.
- 3.9 Illegal Contact – physical contact such as impeding, redirecting, obstruction, blocking, holding & tackling (Loss of Down).
- 3.10 Pass Interference – both contact & non-contact that interferes with a defensive player's catching a ball while it is in air, also includes screening, pushing off & pick plays (Loss of Down).
- 3.11 Illegal Running Play – a quarterback running with the ball across the Line of Scrimmage without any transfer of the ball. A forward handoff is an Illegal Run Play in U18 and below only. Play whistled dead.
- 3.12 Illegal Forward Pass – when a second forward pass occurs, or when a forward pass occurs after the ball has crossed the Line of Scrimmage. Also, in U18 and below, when a forward pass is caught before the receiver crosses the LOS. Play whistled dead.



4. General / Major Penalties

- 4.1 Illegal Substitution - Any offensive player substitution after the center is prepared to snap the ball and any defensive player substitution during the play.
- 4.2 Game Interference – any substitute players, coaches or spectators interfering with ball, player or official while ball is in play.
- 4.3 Leaving Team Area – players or coaches leaving their designated team sideline area or crossing the middle of the field into the opponent's team area.
- 4.4 Objectionable Conduct – players, coaches, teams or spectators using profane language or gestures, threats, demeaning or intimidating remarks & actions, persistent arguments, fake injuries, delay of game or targeting players to initiate contact will result in a 5-yard penalty. Any player, coach, team or spectator receiving a second Objectionable Conduct penalty during a game will be ejected from that game.
- 4.5 Personal Foul – any act of roughness or unfair play by players, coaches, teams or spectators that is not considered by the officials to be a major foul is a personal foul and will result in a 15-yard penalty being assessed against their team as well as LOD or AFD.
- 4.6 Major Foul / Unsportsmanlike Conduct – players, coaches, teams or spectators striking an opponent or an official with the deliberate intent to cause bodily harm as well as any acts of roughness or unfair play considered by officials to threaten the safety of participants will result in ejection from the game, a 15-yard penalty being assessed against their team & LOD or AFD.

Rule 22 – Tournament Tie Breaker System

1 Tie Breaker System

- 1.1 In any contest, the final score may result in a tie. If a winning team is deemed necessary, then overtime shall be played. Procedures for 5v5, see page 22 and for 7v7, see page 26)
In a round robin tournament, the winner is that with the best record in the end.
If teams are tied with the same record, then the teams may play a head to head contest to determine the tournament winner.
Alternatively, the winning team may also be judged by the total point accumulation of a team in the entire season if applicable (for league tournaments).

Rule 23 – No Run Zone

1 No Run Zone

- 1.1 If a run happens in the No Run Zone, the play will be whistled dead and the penalty is a loss of down.
- 1.2 Once in the No Run Zone you cannot run until you get a first down outside the No Run Zone or score a touchdown.

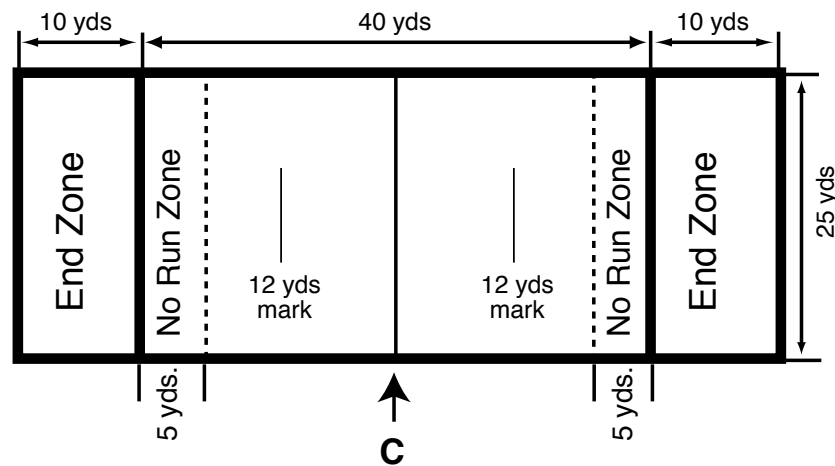


The Canadian Rule Book for 5vs5 Flag Football

5v5 Rule 1 – Field

1 Field

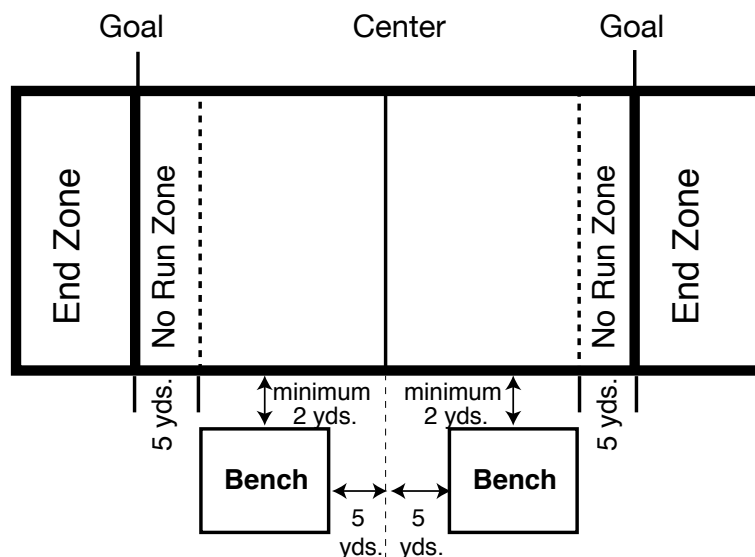
- 1.1 Field Diagram – recommended field markings
- 1.2 Field Dimensions:
 - Length: 40-yards - U16 and younger (50-yards – U18 and older) (Goal line to goal line)
 - Width: 25-yards
 - End Zones: Maximum 10-yards deep
 - No Run Zones: within 5-yards of each goal line.



1st Down

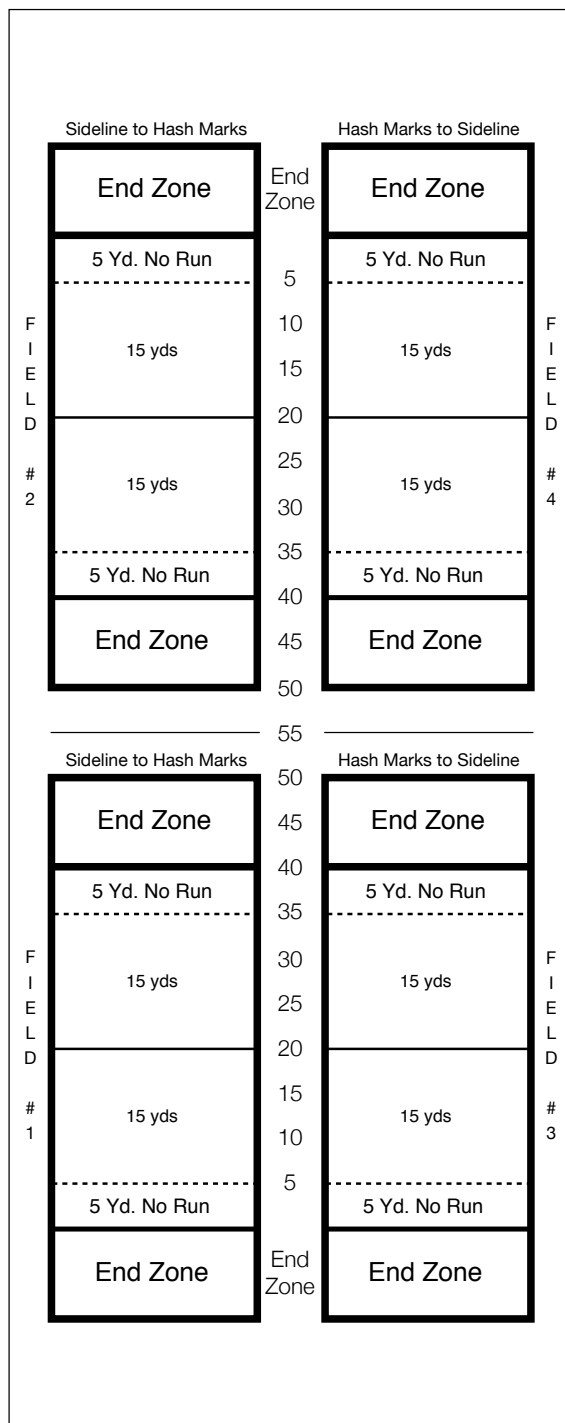
2 Bench Area

Bench Areas are to be located on the same side of the field and shall extend from 5-yards short of the end zone to 5-yards short of the center line. They shall be a minimum of 2-yards from the edge of the field and shall be a maximum of 10-yards in depth.

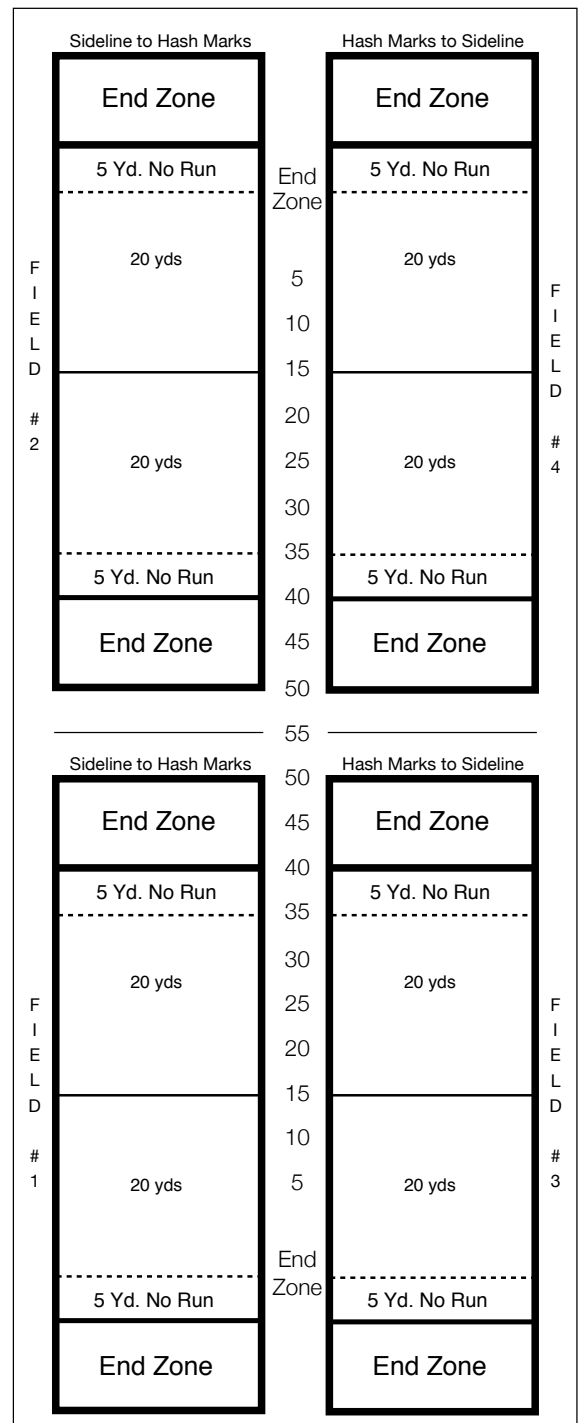


3 Suggested field configuration for tournament play

4 Fields — 40 x 25 Layout (U16 & Younger)



4 Fields — 50 x 25 Layout (U18 & Older)



5v5 Rule 2 – Scoring

1 Obtaining Points

- 1.1 Touchdown: 6 points
- 1.2 Extra point: 1-point (Played from midpoint of 5-yard line only)
- 1.3 Extra point: 2-points (Played from midpoint of 12-yard line only)
- 1.4 Safety: 2-points
- 1.5 Interception return on Extra Point Convert to the opponent's end zone: 2-points + Ball Possession

2 Convert

- 2.1 A convert is scored when a player has legal possession of the ball in the opponent's end zone during a convert attempt.
- 2.2 When a penalty affects the normal point of scrimmage of a convert attempt, the awarding of 1 or 2-points will be based on where the original convert attempt was scrimmaged prior to any penalty application or repeated convert attempt.
- 2.3 If the team chooses the extra point convert from 5-yards, this is within the "No Run Zone".
- 2.4 After the interception, if there is a penalty against the original offense, the yardage will be applied to the intercepting teams next possession.
- 2.5 On a convert, if the defense commits a Pass Interference or Illegal Contact penalty on 2 consecutive plays, the offense will be awarded the points for the convert.

3 Safety Touch

- 3.1 A team scoring a safety touch is awarded 2-points.
- 3.2 A team will score a safety when their opponent is flagged, loses possession of the ball, or goes out of bounds while they are in the end zone.
- 3.3 A safety is not awarded when a player's momentum, while intercepting a pass in the field of play, in the judgment of the officials causes the ball to be brought into the end zone, where it is eventually is ruled dead and the intercepting team shall be awarded a first down at the point of the interception.

5v5 Rule 3 – Timing / Over Time

1 Overtime

- 1.1 There will be a 2 minute break before overtime starts. A coin toss will determine first possession and there are no team timeouts.
- 1.2 Each team will get 1 play to score 1 Extra Point from the 5-yard "No Run Zone" line at 1 end zone that is chosen by the officials. If the game is still tied after each team has completed their play then the situation will continue until a winner is declared when 1 team scores and the other does not.
- 1.3 A turnover by the offensive team cannot be returned to an opponent's end zone for points during overtime play and will be whistled dead by the officials.

2 2 Minute Warning

- 2.1 The game clock will be stopped and teams notified when there are 2 minutes left before the end of each half in the game. If a play is about to start or is in progress when the 2 minutes should be called, the play will be allowed to continue and teams will be notified of the time left as soon as the play is completed.



5v5 Rule 4 – Officials

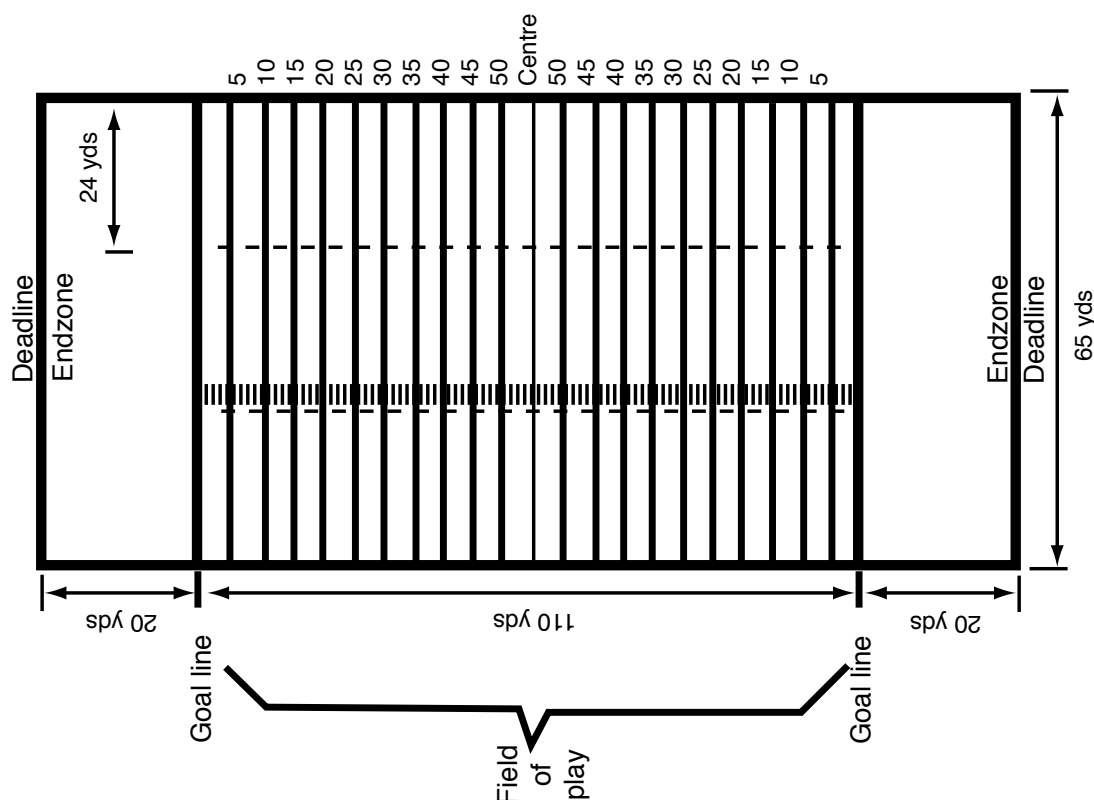
- 1.1 Officials for 5v5 flag are identified as Offensive or Defensive officials with additional Head Official, Score Keeper & Time Keeper responsibilities.
- 1.2 Games are typically played with a minimum of 1 Offensive Official and 1 Defensive Official on the field, however there can be an additional 1 or 2 defensive officials assigned to a game for a maximum of 4. Games can also be played with only 1 official if necessary.
- 1.3 The Head Official can be any official on the field and they have overall responsibility for managing and decisions in the game.
- 1.4 The Score Keeper and Time Keeper responsibilities can be assigned to any of the officials on the field.

The Canadian Rule Book for 7v7 Flag Football

7v7 Rule 1 – Field

1 Field Definition and Markings

- 1.1 The field of play shall be 110-yards long by 65-yards wide. In addition there shall be an end zone 20-yards long at each end. These areas shall be marked as shown in the field diagram.



- 1.2 Sidelines – lines marking the sides of the field.
- 1.3 Hash marks – 2 series of hash marks, parallel to the sidelines and running the length of the field from 1 goal line to the other. Each hash mark is 24-yards from the nearest sideline. The ball must always be snapped between these 2 lines.
- 1.4 Goal Lines – the lines marking the end of the field.
- 1.5 End Zone – the area bounded by the goal line, end zone sidelines and dead line. The goal line is part of the end zone.
- 1.6 Field of Play – the area bounded by the goal lines and the sidelines.
- 1.7 The following lines are parallel to the goal lines, running from 1 sideline to the other, on either side of the midfield line:
- Midfield Line at 55-yards – runs parallel to the goal lines and divides the field of play in 2 identical sections.
 - Dead Line – the line 20-yards behind each goal line and parallel to it.
 - Kick-off line at 45-yards to start at half and after a touchdown. Kick-off line is used after a safety and single point.
 - Starting line at 10-yards of scrimmage after an interception inside the end zone.
 - Convert Line for 2-points at 10-yards.
 - Convert Line for 1-point at 5-yards.



2 Field Dimension & Measurements

- 2.1 All measurements are in yards and taken from the inside of the lines.

| | Ideal Field | Other Options |
|--|--------------|----------------------------------|
| Field Width | 65 | Minimum 50 |
| Length of Playing Field | 110 | Minimum 90 |
| Length of End Zone | 20 | Minimum 10 |
| Hash Marks (from sidelines) | 24-yard line | 20-yard line |
| Midfield line | 55-yard line | Midfield |
| Kick-off line to start a half and after a touchdown | 45-yard line | 10-yards away from midfield line |
| Kick-off line used after a safety or a single point | 35-yard line | 20-yards away from midfield line |
| Starting line of scrimmage after an interception inside the end zone | 10-yard line | 10-yard line |
| Convert line for 2 pts | 10-yard line | 10-yard line |
| Convert for 1 pt | 5-yard line | 5-yard line |

7v7 Rule 2 – Team Members

1 Players

- 1.1 Teams need a minimum of six (6) players to be able to compete and a maximum of seven (7) players on the field at any given time. The official roster size will depend on the guidelines set forth by leagues, national and international tournaments.
- 1.2 Each team may have a maximum of seven (7) players on the field during a play. A team may use a minimum of six (6) players during a play. A team which has more than seven (7) players on the field at any time, while the ball is live shall be penalized for illegal substitution.
- 1.3 A team must have a minimum of six (6) players and a maximum of seven (7) players on the field at the scheduled time or be penalized for delaying the start of the game. The team will forfeit the game by a score of 1-0 if they do not have a minimum of six (6) players and a maximum of seven (7) players on the field within fifteen (15) minutes of the scheduled start of the game.
- 1.4 When a team refuses to start or continue a game at the request of the Referee, it will be penalized for delaying the game. On the 3rd refusal, the team will forfeit the game by a score of 1-0; if the non-forfeiting team is leading at this time the score will stand.
- 1.5 A player is eligible to play, if he/she has arrived prior to the 2nd half kick-off.

2 Captains

- 2.1 Each team is permitted a maximum of 4 team captains



7v7 Rule 3 – Game Procedure

1 General Rules

- 1.1 The game starts with a kick-off (1 team kicks the ball to the opposing team). The receiving team becomes the offensive team and the kicking team becomes the defensive team.
- 1.2 To begin a play, the ball must be snapped by the offensive center, from the point of scrimmage to the quarterback. The quarterback must be at least 5-yards from the line of scrimmage when they first touch the ball.
- 1.3 The offensive team tries to bring the ball to the opponent's end zone by passing or running it (touchdown or kick). The offensive team has 3 tries or downs to gain 10-yards and complete 1 pass. If they succeed, the offensive team has earned a 1st down and gets another set of 3 downs to move the ball downfield. If they do not score or get a 1st down, the offensive team loses possession of the ball and becomes the defensive team.
- 1.4 If the offensive team thinks that they will not get a 1st down, they can decide to give the ball back to the opponent by kicking the ball to them, as far away as possible from their own end zone.
- 1.5 The defensive team on the field tries to prevent the offense from scoring or getting a first down. To do so, they have to stop the ball carrier by flagging him or her or by knocking down a pass before it is completed.
- 1.6 When the defensive team succeeds in preventing the offense from getting a first down or by intercepting a pass, the teams exchange roles on the field. Offense becomes defense and vice versa.
- 1.7 A defensive team can also score points. If the offensive team is stopped in its own end zone, the defense scores a safety. If the defensive team intercepts a pass and runs the ball back to the opponent's end zone, they score a touchdown.
- 1.8 The team that scores a touchdown gets an extra down to try to score a convert: they can choose to try and score either 1 or 2-points on a convert.
- 1.9 After the convert, play resumes with a kick-off by the scoring team (now the defensive team) who will try to prevent the opponent from scoring or getting a 1st down during their ball possession.
- 1.10 The quarterback can run with the ball past the line of scrimmage.
- 1.11 Once the ball carrier has crossed the line of scrimmage the ball can be handed off or lateraled.
- 1.12 An offense may use multiple handoffs behind the line of scrimmage. Only backward & lateral handoffs are allowed during the down.
- 1.13 Forward pass – Ball must be thrown from behind the line of scrimmage to be legal.

2 Choice of Kick-Off

- 2.1 For the first half, the captain of the visiting team shall choose to kick off, receive the kick or defend an end of the field. The captain of the home team shall then choose 1 of the 2 remaining choices.
- 2.2 For the 2nd half, the captain of the home team shall choose to kick off, receive the kick off or defend an end of the field. The captain of the visiting team shall then choose 1 of the 2 remaining choices.
- 2.3 After the captain's choice has been given by the Referee to the opposing captain, the choice cannot be changed.

3 Down

- 3.1 After the ball becomes dead on a kick off, the team in possession shall be awarded a first down and will have 3 attempts or downs to gain 10-yards. The ball shall be advanced by carrying it or throwing it using legal scrimmage play. If the offense gains the required distance in the series of 3 downs, a first down is awarded again.
- 3.2 If the required distance for a first down is not gained in the 3 attempts, the ball is awarded to the defense at the point where the ball becomes dead after the third attempt.
- 3.3 The Referee is the sole judge as to whether or not a first down has been gained by the offense. The captain of either team may ask for a measurement, but the Referee has the authority to ignore the request if the Referee is convinced that a correct decision can be made without the aid of measurement.



4 Equipment

- 4.1 The kicking tee must not raise the lowest part of the ball more than 2 inches off the ground. The penalty is illegal procedure. The kicking team is responsible for removing the kicking tee from the field after the play is dead. Failure to do so will result in an objectionable conduct penalty against the team.

5 Bean Bags

- 5.1 3 bean bags are needed. One to indicate the line of scrimmage and another to indicate the 5 yard rusher's line. A third bean bag of a different color is needed to mark the first down.

7v7 Rule 4 – Timing / Overtime

1 Timing

- 1.1 The game is divided into 4 periods called quarters.
- 1.2 Not counting time outs, the 1st and 3rd quarters consist of 15 minutes.
- 1.3 After 10 minutes of play in the 2nd and 4th quarters (not counting time outs), the referee informs both teams that 2 minutes remain before the last 5 plays of the quarter. Following the 3 minute warning signal (not counting time outs), the referee informs both teams that only 5 plays remain before the end of the half. These 5 plays do not include converts, kick-offs or downs replayed because of a penalty.
- 1.4 The time clock starts on the referee's whistle at the beginning of play in each quarter. The time clock runs continuously except during time outs and the last 5 plays of a half. Otherwise, the time clock can only be stopped and restarted on the head referee's signal.
- 1.5 During the last 5 plays of the 4th quarter, the head referee can stop the game if he or she feels that the security of the players is compromised.
- 1.6 Each half will begin with a kick off from the kicking team's 45-yard line.
The 1st and 3rd quarters will end when no time remains in the period when the ball becomes dead at the end of a legal play.
- 1.7 At the start of the 2nd and 4th quarters, the teams will change ends. The ball will be put into play by the team entitled to do so, at the appropriate point determined by the end of the last play of the previous quarter.
- 1.8 A half shall end when no time remains in the period when the ball becomes dead at the end of a legal play.
- 1.9 The clock must be stopped if the ball falls off the kicking tee.
- 1.10 When a touch down is scored on the final play of a period, the convert attempt must be completed before that period is considered completed.

2 Overtime

- 2.1 When the score is tied at the end of the game, overtime procedures are as follows:
- A 3-minute rest period is allowed at the end of the 4th quarter;
 - Team captains will assemble for a coin toss (like pre-game); the winner of the coin toss chooses to start on offense or on defense.
 - Each team has 3 attempts to score a 1 or 2 point convert, at their convenience.
- 2.2 If the score is still tied after the 3 convert attempts have been played on each side, there will be a 1-minute rest period. Each team will then have 1 chance at another convert attempt (in the same order) until 1 team outscores the other.

3 Changing Sides

- 3.1 At the end of the 1st and 3rd quarter, the 2 teams change sides on the field.
- 3.2 The team in possession of the ball will then restart the next play at a point corresponding exactly to the point where the ball became dead at the opposite end of the field, and in exactly the same manner as if play had not been interrupted by the end of the previous period.

4 Half Time

- 4.1 At the end of the 2nd quarter, a 5 minute rest period is allowed. With the approval of the captains on both teams and the head referee, the length of the half time period can be modified.



7v7 Rule 5 – Scoring

1 Obtaining Points

1.1 Touchdown – 6 points; Safety – 2-points

1.2 Single:

A team scores a single (1-point) when 1 of the players kicks the ball:

- Inside the opponent's end zone and the play is whistled dead or the ball goes through the end zone or crosses the back line.

or

- Inside the opponent's end zone and the ball leaves the end zone by crossing the sideline.
Exception: on a kick-off, the ball must first touch the ground inside the playing field before a single can be awarded.

1.3 A team that has conceded a single will take possession of the ball on their own side of the field, 20-yards from midfield, between the 2 hash marks.

7v7 Rule 6 – Kicking Game (U-17 + up)

1 Kicking

1.1 A kicked ball is 1 struck by a player's foot or leg below the knee to intentionally give possession of the ball to the opposing team.

1.2 3 types of kicks exist in 7v7 flag football for divisions U-17 and higher. They are: kick-off, punt and free-kick.

1.3 When the ball contacts a foot or part of a leg of a player while a team is trying to gain possession and is not intentionally kicking the ball, it is considered not to be a kick and the ball is treated as a lateral pass with applicable rules.

2 Restraining Zone

2.1 The first player to touch the ball kicked by the opponent (returner) has a 5 yard restraining zone: no player on the kicking team (including the kicker) can be inside the 5 yard area when the returner touches the football for the first time. Infractions result in a penalty for not respecting restraining zone (penalty with options; see different types of kicks). If a player from the kicking team touches the ball first, the ball is whistled dead and the restraining zone rule is in effect, even if no player from the receiving team is closer than the 5 yard area.

3 Kick Off

3.1 The kick-off is executed as the 1st play to start a half or after a touchdown. It can also be executed after a safety.

3.2 On kick-offs that occur after a touchdown to start a half; the football is placed between the hash marks on the side of the field of the kicking team, 10-yards away from midfield. For kick-offs after a safety, the ball is placed 20-yards away from midfield, between the hash marks and on the side of the field of the kicking team. The application of penalties can modify the placement of the football.

3.3 During a kick-off, the ball may be placed on the ground, held by another player, or it can be placed on a kicking tee. If placed on the tee, the football must not be more than 2 inches off the ground. A procedure penalty may be called for infractions. The team executing the kick-off is responsible for removing the kicking tee from the field once the ball is whistled dead. The team receiving the kick provides the football.

3.4 A huddle is not mandatory for a kick-off. The kicking team has 20 seconds after the official's whistle to kick the ball. Once the time has expired, the official will stop the play and give a penalty for delay of game. If there is a second penalty for delay of game, the opposing team will take possession where the ball was spotted. After the penalty for delay of game, the official must inform both teams of the implications of a second penalty for delay of game.



-
- 3.5 Once the official has whistled the start of the 20 seconds, no player, either on offense or defense, may enter the field (penalty for illegal substitution). The official will make sure there are 7 players on the field for each team. A team that takes too much time to line up 7 players on the field for kick-off will receive a penalty for delay of game.

4 Offside on a Kick Off

- 4.1 Neutral zone: the neutral zone is the area between the kick-off line, the line 20-yards in front of the kick-off line and the 2 sidelines.
- 4.2 At the exact moment when the ball is kicked, all players on the kicking team (except for the holder) have to be behind the ball (if not, penalty for offside: 5-yard penalty and re-kick, or the receiving team may decline the penalty and take the ball at the point where the play stopped).
- 4.3 Until the ball is kicked, players on the receiving teams must remain on their side of the neutral zone (if not, penalty for offside: 5-yard penalty and re-kick or kicking team may decline the penalty and the receiving team takes possession of the ball at the point where the play stopped).

5 Kick Off Out of Bounds

- 5.1 A kick-off is out of bounds when:
- The ball goes out of bounds without touching the playing surface or end zone, any player or goal post;
 - The ball goes out of bounds by crossing the sidelines of the field of play after touching the playing field, but without touching a player or the goal post;
 - An out of bounds kick-off brings a penalty (with options).
- 5.2 Unless it is touched by a player on the receiving team, the ball must travel at least 20-yards (with or without any bounce) towards the opponent's end zone (if not, penalty for illegal procedure – 5-yards with options).

6 Kick Off Penalties

- 6.1 Delay of game on a kick-off: no options
- Kicking line moved back 10-yards and re-kick by the team at fault
 - 2nd consecutive infraction by the kicking team: lost of possession at the kicking line.
- 6.2 Offside on kick-off: options for team not at fault
- Kicking line is moved 5-yards back towards the team at fault and re-kick;
 - Penalty is declined and the possession of the ball is taken at the spot where the ball whistled dead.
- 6.3 Kick-off out of bounds: options for the receiving team
- Kicking line is moved 5-yards back towards the team at fault and re-kick;
 - Receiving team take possession of the ball 25-yards from the kicking line;
 - Receiving team take possession at the point where the ball went out of bounds.
- 6.4 No yard rule on a kick-off: options for team not at fault
- Kicking line is moved 5-yards back towards the team at fault and re-kick;
 - 10-yard penalty starting at the point of infraction and ball possession for the receiving team.
 - Penalty is declined and the possession of the ball is taken at the spot where the ball was whistled dead.
- 6.5 Illegal substitution on a kick-off: options for team not at fault
- Kicking line is moved 10-yards back towards the team at fault and re-kick;
 - Penalty is declined and the possession of the ball is taken at the spot where the ball was whistled dead.

7 Punting

- 7.1 A punt is executed to give possession of the ball to the opponents by pushing them as far back as possible into their zone. A punt can be executed at any time, on any down and without being announced.
- 7.2 A punt must be executed behind the line of scrimmage.



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- 7.3 A punt is executed by a player who receives the ball by the center, then releases the ball with the hands to kick it before it touches the ground. After the snap from the center, the punter is the only player allowed to touch the ball before the kick (if not, penalty for illegal procedure).
 - 7.4 During a punt, the procedures of punting the ball in play are the same as for a normal offensive play. Also, a minimum of 5 players must be on the LOS and no player of the kicking team is allowed to cross the LOS before the ball is kicked (if not, penalty for illegal procedure).
 - 7.5 If the kicked ball is falling in an area where there are many players, the official can whistle the play dead while the ball is coming down. The ball becomes officially dead at the spot where the ball made contact with the ground or a player. The “no yard” rule doesn’t apply.
 - 7.6 If a punt goes off the field by crossing a sideline inside the playing surface, the ball will be spotted at the exact yard line where it went out. If it goes off the field inside the end zone, then the rules of a single will apply.
 - 7.7 During a punt, the receiving team cannot execute a forward pass.

8 Roughing The Kicker

- 8.1 A judgment has to be made by the official when contact is made with the kicker. Voluntary and deliberately violent contact made with the kicker results in a roughing the kicker penalty. Accidentally contact or 1 that is made with the attempt to avoid contact by the defender will result in a penalty for contacting the kicker.

9 Punt that does not Cross Line of Scrimmage/ Goal Line

- 9.1 The ball is dead when it touches the ground, a player or if it goes out of bounds. The “no yard” rule does not apply.
- 9.2 Punt that does not cross the goal line: when a punt is executed from the team’s own end zone and it does not cross the goal line, a safety will be awarded to the receiving team.

10 Tipped Punt

- 10.1 A tipped punt is a kicked ball touched by a player (offense or defense) immediately after being kicked, before it crosses the line of scrimmage and still continues its path towards the opponent’s end zone. A tipped punt is considered an untouched ball.
- 10.2 If the ball crosses the LOS, all the rules of punting apply. If it doesn’t cross the LOS, the ball will be dead the moment it touches the ground, a player, or goes out of bounds. The receiving team will then take over possession of the ball at the point where the ball was whistled dead. The “no yard” rule does not apply.

11 Blocked Punt

- 11.1 A blocked punt is kicked ball touched by a player (offense or defense) immediately after being kicked, before it crosses the line of scrimmage and does not continue its path towards the opponent’s end zone. The “no yard” rule does not apply.
- 11.2 If the ball touches the ground or goes out of bounds, the play is dead. The receiving team gets possession of the ball at the point where it was blocked.

12 Blocked Punt Recovered

- 12.1 When a blocked punt is recovered by the kicking or receiving team, the ball remains in play. When the kicking team recovers the blocked punt, continuation of the play is considered normal – the team may kick, pass or run the ball.
- 12.2 If a punt is blocked or tipped by the receiving team inside the end zone of the kicking team, and the ball does not cross the goal line or goes out of bounds inside the end zone, the receiving team scored a touchdown.

13 Punt Penalties

- 13.1 No yard rule: options for the team not at fault
 - 15-yard penalty from the point of infraction and 1st down is awarded;
 - Penalty is declined and ball is spotted at the point where the play was stopped.



-
- 13.2 Illegal procedure on a punt: options for the team not at fault
 - Loss of 5-yards for kicking team and re-kick.
 - Penalty is declined and ball is spotted at the point where the play was stopped.
 - 13.3 Contact with the kicker
 - 10-yard penalty from the LOS and replay down for the kicking team; if the yards gained by the penalty are sufficient, a 1st down is awarded to the kicking team.
 - Penalty is declined and ball is spotted at the point where the play was stopped.
 - 13.4 Roughing the kicker
 - 15-yard penalty and automatic 1st down for the kicking team.

14 Free Kick

A kick executed by a player after the ball has crossed the LOS.

- 14.1 The free kick is executed and is governed by the same rules as a punt.

Exceptions:

- All players can kick the ball;
- The rule of not crossing the LOS before the ball is kicked does not apply; the players of the kicking team are free to move, but the no yard rule for the returner is in effect.
- A free kick can be executed from behind the LOS only if the ball had previously crossed the LOS and came back behind it afterwards; otherwise the kick becomes a punt and punting rules apply.
- If a blocked free kick is recovered by the kicking team, forward passes are not allowed.
- A tipped free kick is a free kick touched by an opponent immediately after being kicked and still continues its path towards the opponent's end zone. The player who tipped the ball had to be within 5-yards of the kicker when he tipped the ball. A tipped free kick is considered an untouched free kick.

15 Punt/ Place Kick

- 15.1 The ball is dead after a punt when it touches the ground behind the line of scrimmage or snapped, and there is no play on the ball by either team.
- 15.2 The ball is dead after a punt when it touches the ground after being muffed in an offside direction by any player of the receiving team at any time. The ball is dead after a punt when it is downed by a player of the punting team. In all these cases, a ball touching any person or object out of bounds shall be considered to have touched the ground.
- 15.3 The ball is dead immediately after a punt or place kick on a convert attempt.

16 Kick Off

- 16.1 The ball is dead after a kick off when it is downed by the kicking team.

17 Penalties

1 Penalties

- 1.1 All penalties are 5-yards, the down will be repeated, and will be assessed from the line of scrimmage unless otherwise noted.
- 1.2 All penalties may be declined except dead ball fouls and penalties that stop the current play (Flag guarding, false start, etc.)
- 1.3 Penalties will not exceed half the distance to the opposing team's goal line from the line of scrimmage unless it is a spot foul. The ball can never be placed closer than the 1-yard line.
- 1.4 Game officials determine incidental contact that may result from normal run of play. Except as noted most penalties will be applied from line of Scrimmage.
- 1.5 Games cannot end at half time or the end of the game on a defensive penalty unless the offense declines it.
- 1.6 Penalties after an interception shall be assessed after the return is over and/or the play is blown dead.



2 Defensive Penalties

- 2.1 Offside – player(s) lined up across or crossing the Line of Scrimmage at the snap of the ball.
- 2.2 Disconcerting Signals – signals to distract or simulate offensive signals prior to snap.
- 2.3 Illegal Rushing – player(s) not lined up at least 12 inches on 1 side from rusher bean bag or rushing & crossing the Line of Scrimmage from inside the 7-yard rusher bean bag.
- 2.4 Pass Interference – both contact & non-contact that interferes with an offensive player catching a ball while it is in air, also includes screening & pushing off at Spot of Foul (Automatic First Down).
- 2.5 Illegal Contact – physical contact such as impeding, redirecting, obstruction, blocking, holding, & tackling as well as any upper body contact with an offensive player throwing the ball including the ball in their hand at Spot of Foul (Automatic First Down).
- 2.6 Illegal Flag Pull – pulling a flag of a player before they have the ball at Spot of Foul (Automatic First Down).

3 Offensive Penalties

- 3.1 Delay of Game – ball is not snapped within 30 seconds, play whistled dead.
- 3.2 Delay of Pass – ball is not passed by Quarterback in 7 seconds, play whistled dead.
- 3.3 Offside – player(s) lined up across or crossing the LOS at the snap of the ball.
- 3.4 Illegal Snap – Center lifting or moving ball to simulate a snap.
- 3.5 Flag Guarding, Jumping or Diving – ball carrier uses any part of their body or ball to prevent flags from being pulled or advancing the ball, play is whistled dead at Spot of Foul.
- 3.6 Rusher Interference – impeding a rusher's direct path to Quarterback (Loss of Down).
- 3.7 Player Out of Bounds – player goes out of bounds by themselves, returns inbounds & then touches the ball inbounds.
- 3.8 Interference – impeding, redirecting, obstruction, blocking with no contact, play whistled dead at Spot of Foul.
- 3.9 Illegal Contact – physical contact such as impeding, redirecting, obstruction, blocking, holding & tackling (Loss of Down).
- 3.10 Pass Interference – both contact & non-contact that interferes with a defensive player's catching a ball while it is in air, also includes screening, pushing off & pick plays (Loss of Down).
- 3.11 Illegal Running Play – a quarterback running with the ball across the Line of Scrimmage without any transfer of the ball. A forward handoff is an Illegal Run Play in U18 and below only.
- 3.12 Illegal Forward Pass – when a second forward pass occurs, or when a forward pass occurs after the ball has crossed the Line of Scrimmage. Also, in U18 and below, when a forward pass is caught before the receiver crosses the LOS (Loss of Down + 5-yard penalty).

4 General / Major Penalties

- 4.1 Illegal Substitution – any player substitutions by either team after the Center has touched ball in preparation for the snap to start play.
- 4.2 Game Interference – any substitute players, coaches or spectators interfering with ball, player or official while ball is in play.
- 4.3 Leaving Team Area – players or coaches leaving their designated team sideline area or crossing the middle of the field into the opponent's team area.
- 4.4 Objectionable Conduct – players, coaches, teams or spectators using profane language or gestures, threats, demeaning or intimidating remarks & actions, persistent arguments, fake injuries, delay of game or targeting players to initiate contact will result in a 5-yard penalty. Any player, coach, team or spectator receiving a second Objectionable Conduct penalty during a game will be ejected from that game.
- 4.5 Personal Foul – any act of roughness or unfair play by players, coaches, teams or spectators that is not considered by the officials to be a major foul is a personal foul and will result in a 15-yard penalty being assessed against their team as well as LOD or AFD.
- 4.6 Major Foul / Unsportsmanlike Conduct – players, coaches, teams or spectators striking an opponent or an official with the deliberate intent to cause bodily harm as well as any acts of roughness or unfair play considered by officials to threaten the safety of participants will result in ejection from the game, a 15-yard penalty being assessed against their team & LOD or AFD.



Adapted Rules

Flag football can be adapted for teams of individuals with disabilities. The game is played as outlined in the 5v5 rules and adaptive methods of play are as follows:

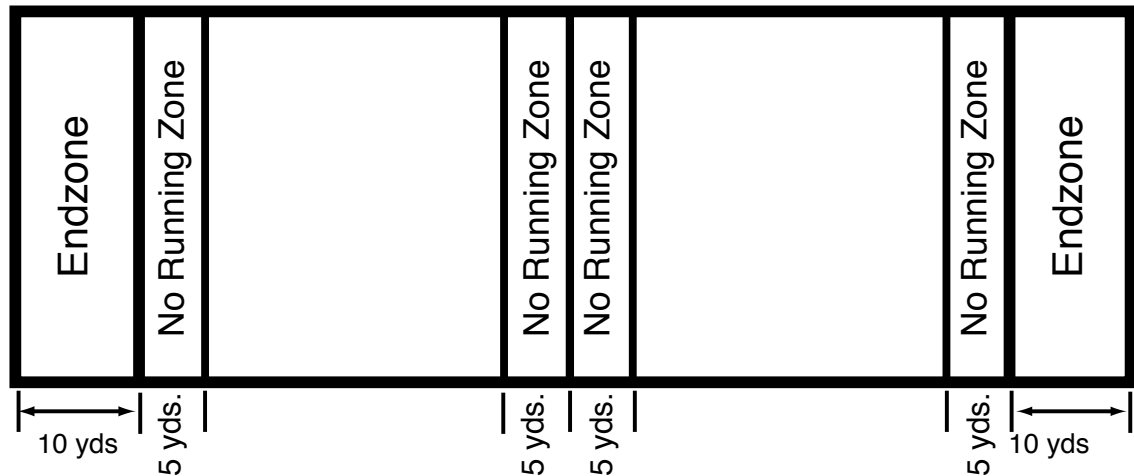
1 Field

Standard outdoor field

Standard length: 60 or 80-yards

Standard width: 30 or 20-yards

No Running Zone: Within 5-yards of end zone



1st Down

Adapted

No Running Zones: 5-yards from each goal line and 5-yards before the mid-field line. Any ball snapped from these zones must be passed.

*Purpose of the "No Running Zones" is to avoid short yardage power runs that can get out of control.

Flag football can be played by athletes using wheelchairs or other mobility assistive devices inside or outside on a flat surface such as parking lot or basketball court.

2.1 When using a gymnasium, the boundaries for basketball work well.

Each team begins at the foul line and has 3 plays to cross the center line to make a first down.

Field size should correspond on the skill level of the athletes and number of participants. It is necessary to routinely evaluate play and make adjustments as necessary.

2 Players

Standard:

Minimum Players: 4

Players per Roster: 6

Players on field: 5

Adapted (recreation):

Adapted teams likely will increase team roster to 10 to 15 players and play with 5 to 10 on the field.

The organizers can set the number of players on the field to reflect level of participants. For league or routine games, organizers may choose to trade players in order to balance teams.



Competitive Adaptation for Unified Sports Teams

- 2.1 The roster size is to be determined by the individual organizer (i.e. Special Olympics)
- 2.2 The roster may include able-bodied “partners” who play alongside an athlete with a physical or intellectual disability.
- 2.3 Athletes and partners must be similar in age and skill.
- 2.4 In the Unified Sports guidelines, when a partner is passing the football, another partner is ineligible to receive the pass.

3 Game Procedures

Standard Snap

To begin a play, the ball must be snapped through the legs of the offensive center, from the point of scrimmage to the quarterback. There is no minimal distance required by the quarterback who can be either up close to the center or in shot-gun formation.

Adapted

The Center can toss the ball back to the Quarterback without snapping the ball between his/her legs. The Quarterback can start the play with ball in possession.

Standard Downs

In Canadian Flag Rules there are 3 plays to cross mid-field or score a touchdown, while in IFAF Flag 5v5 Rules used in international competition, there are 4 plays to cross mid-field or score a touchdown.

The number of downs can be altered based on the skill level of the athletes, number of participants and size of the playing surface.

Standard Quarterback Run

All possession changes, except interceptions, start on the offensive 5-yard line.

Adapted

Possession changes start on 10-yard line.

Standard Time

The quarterback cannot run with the ball past the line of scrimmage, unless the ball has handed, tossed or pitched to another player and it has been returned.

Adapted

The quarterback may never run the ball.

Standard

Teams change end zones at half time (after 20 minutes has been played).

Adapted

Consider the age and skill level of participants, number of participants and the size and quality of playing surface to set the time of game

4 Player Equipment

Standard Flag Placement

A flag is placed on each hip

Adapted

A flag is placed on the back of wheelchair with Velcro



Standard Ball per age group:

| | |
|------|-----------|
| U-11 | Wilson K2 |
| U-13 | TDJ |
| 13+ | TDY |

Adapted Ball

Gripper ball for any players with limited dexterity

One ball size smaller than standard for age group otherwise

5 Earning Points**Standard Points**

Touchdown: 6 points

1-point conversion (Played from midpoint of 5-yard line only)

2-point- conversion (Played from midpoint of 10-yard line only)

2-points awarded for a safety

Adapted

Limit option to 1-point conversion only with or without the no running zone.

For wheelchair ball, 2 wheels must be in the end zone while the player has possession of the ball to score any points.

A safety touch is not awarded when a player's momentum, while intercepting a pass in the field of play, causes the ball to be brought into the end zone, where it is eventually ruled dead; the intercepting team shall be awarded a first down at the point of interception.

6 Timing**Standard Tim**

Game length is 40 minutes. (2 x 20 minute halves)

Time allowed for half-time break is 2 minutes.

Adapted

5 or 10 minute half time

7 Wheelchair Safety

The need for contact in flag football is eliminated with the use of flags. Incidental contact between wheelchairs will occur and is part of the game, but flagrant attempts to hurt an opponent using a wheelchair will not be tolerated.

- 7.1 Dangerous contact such as hitting another player from behind is not permitted. This is referred to as spinning where an athlete strikes an opponent's wheelchair behind the main axis causing it to spin.
- 7.2 Direct physical contact between athletes is not permitted and is referred to as illegal use of hands or reaching in.
- 7.3 Holding, where an athlete uses their hands, arms or falling into an opponent is not permitted.
- 7.4 It is recommended that all wheelchairs be equipped with spoke protectors and anti-tip device at the back.
- 7.5 All wheelchairs must be equipped with adequate strapping to hold the athletes securely in place during the activity and to maintain good seating position.



The Canadian Amateur Rule Book

Non-Contact Football



CANADA

Touch Football

General Rules

Equipment

The dimensions and type of football to be used among the different age groups and levels of play may vary (Rule 2.2).

Cleat specifications are liberal but sharp edges on any part of the footwear will cause ejection of the footwear at the discretion of the Referee (Rule 2.3.4 and 2.3.5).

Safety

The Touch Football Rules' Committee considers all players to be responsible for the safety of their opponents as well as their teammates; therefore, they must balance their aggressiveness with a measure of control to avoid bodily contact or at least minimize any contact that does occur. The rules and regulations for player conduct spell out the major areas of concern. Coaches should emphasize these concerns to all players. Officials are to exercise no leniency in penalizing the infractions described in the rules and regulations, for to refrain from doing so would serve to condone dangerous play.

Measurements

All measurements in this rule book are described in the imperial scale.

When field markings dictate the use of metric measurements, all designated distances contained herein, with the exception of those noted below, and may be converted at par from yards to meters. Thus, a 15-yard penalty will become a 15 meter penalty, and the offensive team must gain 10 meters, as compared to 10-yards, for a first down. In both imperial and metric measure, only 3 downs are allowed to gain the required distance for a first down.

Exceptions to the conversion rule stated above are as follows:

At the beginning of each half, the kick off line will be at the 45-yard line or the 40 meter line.

After a rouge is scored, the non-scoring team must scrimmage on their 35-yard line or 30 meter line.

After a safety touch, the non-scoring team may kick off from their 35-yard line or 30 meter line, or the scoring team may take possession at their own 35-yard line or 30 meter line.

After a convert, the non-scoring team may choose to kick off from their own 45-yard line or 40 meter line or have the scoring team kick off from the scoring team's 45-yard line or 40 meter line.

For a comparison of the imperial and metric field dimensions and markings, please refer to Regulation 2.1.1.



The Canadian Rule Book — Touch Football

Rule 1 – General

- 1 The game of touch football shall be governed by the playing rules, regulations and definitions as written in this book, as well as the rulings in the official Case Book. If any conflict occurs between the rules, the regulations, the definitions and the Case Book, the rules and definitions shall take precedence over the regulations, and all 3 shall take precedence over the Case Book.
- 2 Whenever changes in the playing rules are permitted by league or tournament organizers, these options should be provided in writing to each participating team and official prior to the season or tournament.
- 3 The Referee is responsible for the adherence to the rules and regulations by both teams and all officials. The Referee will make the final decision on any on-field situation not covered by the rules and regulations. All officials should strive to maintain a safe environment for the players.
- 4 At any time during the game, if a referee feels that continuing to play the game at hand may jeopardize a player's own safety, the official may remove that player from the game immediately. An explanation should be included on the game sheet as to the reason why the player was removed. A referee's decision in this matter is final and cannot be challenged by the player affected or his/her teammates. Teams/players wishing to protest an official's decision must do so in writing to the League Executive within 48 hours of the conclusion of the game.
- 5 A participant (player or official), suffering from a wound or laceration, where oozing or bleeding occurs, must leave the playing field until appropriate medical treatment is administered. The participant may return to the playing field only after the bleeding has stopped and the affected area or the open wound has been completely and securely covered. The referee must approve the participant's return to the playing field.
- 6 If a player or official has any part of his/her uniform or equipment saturated with blood, the uniform must be cleansed or changed immediately. "Saturated" being defined as the amount of blood being sufficient to soak through the garment and onto the skin or such that the blood would easily be transferred to another participant.



Rule 2 – Equipment

1 The Field

- 1.1 The dimensions and markings of the playing field are described in Regulation 2.

2 The Ball

- 2.1 Teams may use their own ball or mutually agree to use one game ball.
- 2.2 The dimensions and type of football to be used will vary among the different age groups and levels of play. It is suggested that each league or organization set its own specifications regarding the dimensions and type of football to be used, based on its own needs and desires.
- 2.3 No alterations can be made to the natural surface of the ball. The Referee shall replace an altered ball and penalize the offending team for objectionable conduct.

3 The Kicking Tee

- 3.1 The kicking tee must not raise the lowest part of the ball more than 2 inches off the ground. The penalty is illegal procedure. The kicking team is responsible for removing the kicking tee from the field after the play is dead. Failure to do so will result in objectionable conduct penalty against the team.

4 Uniforms

- 4.1 Team sweaters are recommended. The home team must change sweaters when the team colours are similar, unless one team agrees to change its colours voluntarily. Uniforms cannot contain equipment that would cause injury to other players; this includes inflexible padding. The player must leave the field for at least one play and cannot return until the equipment is removed. The team will be penalized for objectionable conduct.

5 Player Equipment

- 5.1 Players can wear spray stick-em; they cannot wear paste stick-em. A player who wears paste stick-em will be penalized for objectionable conduct and must be removed from the game for at least one play. The player cannot continue playing the game using paste stick-em; the penalty for this violation is objectionable conduct and ejection from the game.
- 5.2 When only one ball is used by both teams, spray stick-em cannot be applied to the ball. The penalty for deliberately violating this rule is objectionable conduct and ejection from the game.
- 5.3 The Referee must remove any player who is wearing equipment or jewelry which could injure other players; the Referee must base this decision on the equipment regulations. The player must leave the field for at least one play and cannot return until the equipment is removed. A player will be penalized for objectionable conduct for continuing to play with the equipment and will be ejected from the game.
- 5.4 A player wearing shoes which do not meet the footwear specifications must be removed from the game for at least one play. If the shoes are illegal, the player must be ejected from the game and the team assessed a penalty for objectionable conduct. If the shoes are legal but the Referee considers the shoes to be unsafe, the player must leave the game until the unsafe condition is corrected. If the player continues to play with unsafe shoes, the player will be ejected from the game and the team penalized for objectionable conduct.

6 Bean Bags and Yardsticks

- 6.1 Bean bags or yardsticks may be used at the option of the league or tournament organizers. Their specifications are described in Regulation 2.4.

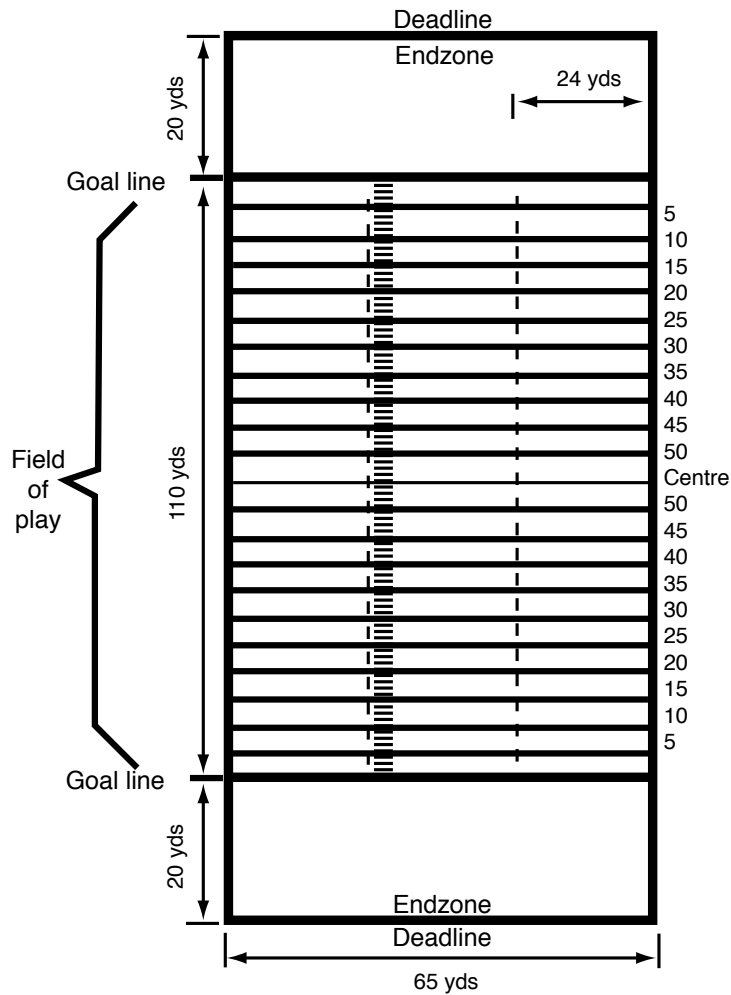


Regulation 2 – Field and Equipment

1 The Field

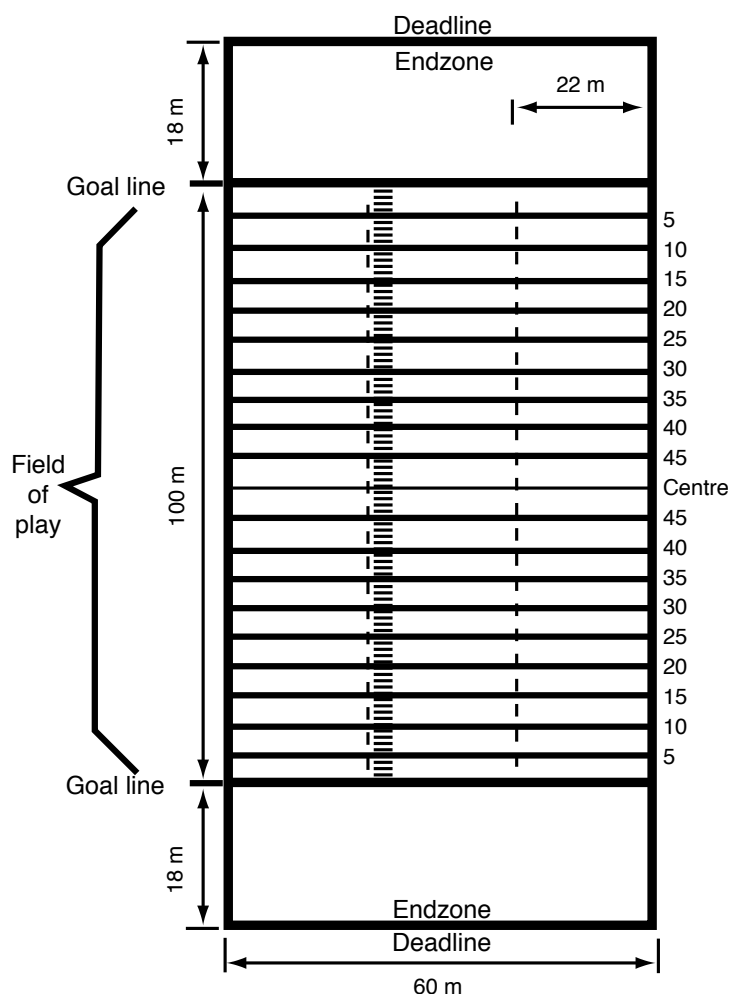
1.1 The regulation field shall be marked as shown in the diagram below, with the dimensions as indicated.

Imperial Field Dimensions and Markings



Where metric dimensions are used, the field shall be marked as shown in the diagram below.

Metric Field Dimensions and Markings



Note: All measurements must be taken from the inside edge of any boundary line. The centre of the 55-yard line (50 meter line) is centre field. The edge of the goal line closest to the centre field must be 55-yards (50 meters) away from centre field. Measurements from the goal line shall be taken from the edge of each yard line closest to the goal line. Boundary lines must be at least 1 (34 cm) foot inside obstructions or tracks.

- 1.2 The 4 intersections at the goal lines and sidelines and the 4 intersections at the dead lines and the end zone sidelines must be marked by flexible markers, pylons or flags which must be placed so that they are out of bounds. If flags are used, the shafts must be of a flexible type, not rigid shafts, in order to prevent injury. All markers should be orange or red in colour.

1.3 Goal Posts

Goal posts are not required for the game of touch football. If they exist on the field, they must be padded to prevent injury. The goal posts must be in the end zone.

1.4 Non-Regulation Field

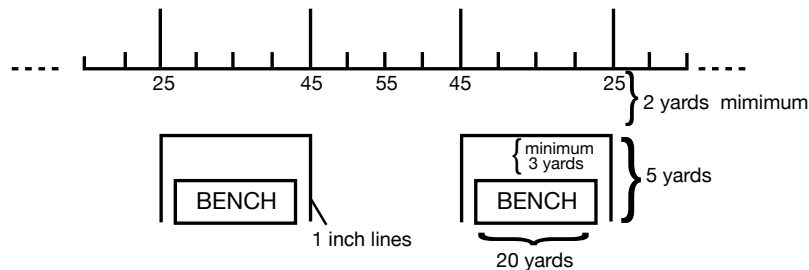
Whenever the field dimensions are not as specified above, the following specifications must be met: the distance between centre field and each goal line must be equal; the depth and overall size of each end zone must be equal; the minimum depth of the end zone should be 10-yards.

1.5 Obstructions

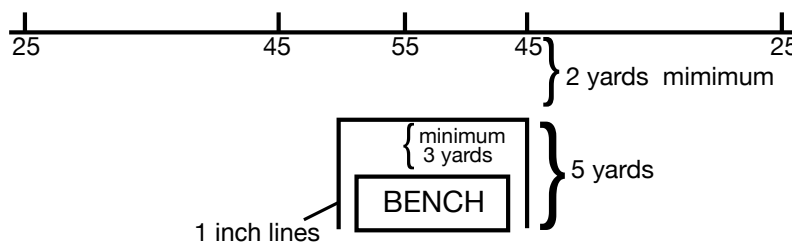
League/tournament organizers should decide the ground rules regarding obstructions and inform the teams and officials of these decisions in writing prior to the season/ tournament. When obstructions are not covered by the ground rules, the Referee will consult the teams to arrive at ground rules that are satisfactory to both teams.

1.6 Team Bench Area

The team benches should be on the same side of the field unless circumstances dictate otherwise. The team bench areas should be marked as shown in the diagrams below, with the dimensions as indicated. If the bench areas are on the same side of the field they will be marked as follows:



If the bench areas are on the opposite side of the field, they will be marked as follows:



All team accessories, such as buckets, bags and equipment, should be placed at least 5-yards from the sidelines.

2 The Ball

- 2.1 The ball used for national championship play must be 4 panels of pebbled grain leather or other composite/synthetic leather material, enclosing a rubber bladder in the shape of an oblate spheroid. The dimensions of the ball are as follows:

Imperial Measure

| | Men | *Women |
|--------------------------------------|---------------|---------------|
| Pressure (lbs) | 12.5 - 13.5 | 12.5 - 13.5 |
| Circumference of long axis (inches) | 27.5 - 28.5 | 25.75 - 26 |
| Circumference of short axis (inches) | 20.75 - 21.4 | 18.4 - 18.7 |
| Length of long axis (inches) | 10.75 - 11.25 | 10.25 - 10.7 |
| Weight (ounces) | 13.75 - 15 | 11.25 - 12.25 |

**Women may also use the same size ball as the men.*



Metric Measure

| | Men | *Women |
|----------------------------------|-----------|-----------|
| Pressure (kilopascals) | 85 - 95 | 85 - 95 |
| Circumference of long axis (mm) | 698 - 725 | 655 - 660 |
| Circumference of short axis (mm) | 525 - 543 | 467 - 473 |
| Length of long axis (mm) | 273 - 286 | 260 - 270 |
| Weight (gms) | 390 - 425 | 320 - 348 |

- 2.2 The ball may be of any colour; a 1 inch (2.54 cm) wide white stripe encircling each end is permitted. The colour of the ball should not allow it to be confused or camouflaged by a team's uniform/sweater.

3 Player Equipment

- 3.1 A player is permitted to wear an athletic support/protector, completely covered by clothing. Tape or bandages are permitted if they are non-abrasive or are of a non-hardening material in a wet or dry state. Only Quarterbacks are allowed to wear flak jackets.
- 3.2 No protective headgear of any kind is permitted. Baseball style caps are permitted, provided that any exposed metal components are covered with tape. Knee and elbow guards must be flexible and contain no hard materials. Arm casts can be worn only to protect an injury and must be flexible and contain no hard materials in a wet or dry state. Knee braces may be worn but must be completely covered by pants or by adhesive or tensor bandages such that no part of the brace is exposed, so a finger cannot be placed between any edge of the brace and the leg. Finger splints may be worn to protect an injury, but the finger splint must be appropriately padded.
- 3.3 Jewelry such as rings, bracelets, necklaces, anklets and earrings, and accessories must be removed: if they cannot be removed, they must be well padded and completely covered. A medical bracelet may be worn but it must be taped to the wrist in such a way that the medical alert symbol only is fully exposed.
- 3.4 It is not mandatory for a player to wear cleated shoes. Flat sole shoes similar to basketball, tennis or jogging shoes are permitted. Dress shoes with a raised heel are not permitted. Spikes or similar sharp-pointed type shoes, such as track spikes, golf spikes, and traditional baseball spikes are not permitted.
- 3.5 If a cleated shoe is worn, there is no minimum or maximum number of cleats to be worn, but the cleats on the shoe must be part of the natural design of the shoe. No part of the cleat or sole may have an edge which could puncture a player's skin.

4 Bean Bags and Yardsticks

- 4.1 Each bag should be at least 4 inches (10 cm) square. 2 bags should be coloured red; one placed at the line of scrimmage; the other placed at the rusher's line. The 3rd bag should be coloured yellow and is placed at the 1st down (distance to gain) line.
- 4.2 The yardsticks should be at least 6 feet high, with a distinctive marking device coloured in red/orange at the top. They can be wood or aluminum rods, connected near the lower end with a chain, such that the distance between the rods must be exactly 10-yards. The downsbox should be a wooden or aluminum post with plates or a box numbered 1 to 3, with numbers at least 10 inches high.



Rule 3 – Team Members

1 Players

- 1.1 Each team may have a maximum of 7 players on the field during a play. A team may use fewer than 7 players during a play. A team which has more than 7 on the field at any time, while the ball is live shall be penalized for illegal substitution.

2 Substitutes

- 2.1 Substitute players may enter the field only from their bench area and only when the ball is dead. They may not enter the field after the kicker begins the approach to kick the ball on the kick off or after the offensive team breaks its huddle. A player who enters the field to communicate a play to a teammate must remain on the field for the next play. If there is no huddle, substitutions should be made immediately after the end of the last play and before the official signals 'no substitutions'. The penalty for violating these rules is illegal substitution.
- 2.2 A player leaving the field for a substitute or because of an injury must go directly to the team bench area, unless the Referee permits otherwise. Any delay or deviation from this route will be a penalty for illegal substitution.

3 Captains

- 3.1 Team members identified to the officials before the game as spokespersons for offensive or defensive units of a team shall be considered team captains. All team captains must be identified to the Referee prior to the start of the game. Each team is permitted a maximum of 4 captains. In case of injury or ejection, an alternate captain may be identified to the officials.
- 3.2 Only a team captain is entitled to an explanation of the rules, including choices for penalty options, kick offs and convert attempts. Only a team captain is entitled to request a measurement or an equipment safety check.
- 3.3 If a team captain is not on the field to give the team's choice on an option, an official's time out will be taken by the Referee, a team captain must substitute for one of the players on the field for one play and the team is penalized for delay of the game.

4 Coaches and Managers

- 4.1 A coach or manager who is a player has no special rights while on the field unless designated as a team captain. While off the field, a coach or manager must stay in the bench area or be penalized for objectionable conduct.

5 Attending to Injured Players

- 5.1 A doctor, trainer or assistant may not enter the field to look after an injured player without an official's permission. A coach, manager, doctor, trainer or assistant may not coach the players while on the field during an injury situation. A team violating these rules will be penalized for objectionable conduct.

6 Team Bench Area

- 6.1 Team members must stay in the team bench area or be penalized for objectionable conduct unless they are given permission by an official to leave the area or are entering the field during a legal substitution of a player. Only team members are allowed to stay in the team bench area; anyone else in the area must leave immediately or the team will be penalized for objectionable conduct.



Rule 4 – Timing of Game

1 Length of Game

- 1.1 The official regular game is 80 minutes of playing time divided into 2 halves. Each half is divided into 2 periods (quarters) of 20 minutes each. A 10 minute rest period will be taken between the halves.

2 Playing Time

- 2.1 The 20 minutes of playing time in each quarter will run continuously unless stopped by a team's time out or an official's time out.

3 Last 3 Minutes of a Half

- 3.1 During the last 3 minutes of a half, the procedures outlined in Regulation 4.4 shall apply.

4 Terminating a Half

- 4.1 A half may be terminated at any time when both teams agree.

5 Notifying Captains

- 5.1 The Referee should notify each team's captain when 1 minute remains in the 1st and 3rd quarters and when 3 minutes remain in the 2nd and 4th quarters. The Referee must tell a captain the amount of time remaining in a period when a captain requests the time.

6 Timing

- 6.1 The Referee shall be the official time keeper and shall be governed by the timing regulations in determining the amount of playing time that has elapsed. Game timing issues are corrected only at the discretion of the referee.

7 Play Clock

- 7.1 After a play has been whistled dead, the bean bags set as appropriate and the down announced, the referee will blow the whistle to signify the start of the 20-second play clock. If this count reaches 20 seconds without the offense legally putting the ball in play, the time count violation penalty should be assessed to the offense.

8 Timing between Completion of the Convert and Kick Off

- 8.1 The length of time for officials to assume their designated positions by walking briskly should be adequate for teams to change personnel for the kick off play. Once officials are in position, the referee should not hesitate to blow the whistle and start the 20-second play clock for the kick off.



Regulation 4 – Timing of the Game

1 Starting and Stopping the Clock

- 1.1 Only the Referee may start or stop the clock.
- 1.2 Whenever the Referee starts the clock, the signals for starting the clock must be given first, and then the clock is to be started.

2 1st Quarter

- 2.1 At the beginning of the 1st quarter the clock will start when the Referee blows the whistle to signal the kicker to start the kick off. The clock will continue to run until 20 complete minutes have elapsed. If any time (even 1 second) remains on the clock after play is whistled dead in the first period, another play will be allowed.
- 2.2 After the ball is declared dead at the end of a play, if 60 seconds or less remain on the clock before the Referee whistles in the next play, the Referee will inform each team's captain that there is less than a minute of playing time left in the period.

3 2nd Quarter

- 3.1 At the beginning of the 2nd quarter, the clock will start when the Referee blows the whistle to signal the offense to begin their 20 second huddle time count. The clock will continue to run until 17 minutes have elapsed. Administration of the 3 Minute Rule is governed by Regulations 4.4 and 4.5

4 Last 3 Minutes of the Half

- 4.1 Officials shall stop the clock and advise teams of the 3-minute rule after about 17 minutes have elapsed or after about 7 minutes have elapsed in overtime half (see Regulation 4.5)
- 4.2 Penalty application - clock starts when Referee blows the whistle to signal the offense to begin their 20-second huddle time count.
- 4.3 Team time out - clock will start on the snap of the ball on the subsequent play.
- 4.4 After a touchdown is scored - clock will start when any on-field player touches the ball after kick off and will stop when the ball is declared dead. The clock will remain stopped while the bags are placed and for any substitution. The time will start when the Referee blows the whistle to indicate that the ball is ready for play. If the ball goes out of bounds on the kick off without being touched, the clock will start on the snap of the ball on the subsequent play or, if it is re-kicked, when any on-field player touches the ball after kick off. If the ball hits the goal post without being touched by a player, the clock will start on the snap of the ball on the subsequent play.
- 4.5 After a safety touch is scored - if the subsequent play is a kick off, the above rules for kick offs apply. if the subsequent play is a scrimmage play, the clock will start on the snap of the ball.
- 4.6 After a rouge is scored - clock will start on the snap of the ball on the subsequent play.
- 4.7 Time-count violation - clock will start on the snap of the ball on the subsequent play.
- 4.8 Injury - the non-injured team will have the option to start the clock on the snap of the ball on the subsequent play or run 10 seconds off the clock, then start the clock on the snap of the ball. If there are less than 10 seconds to play, at least one play will remain.
- 4.9 Change of possession - if no score occurred, the clock will start when the Referee blows the whistle to indicate that the ball is ready for play. This will occur after the bags have been placed and any player substitutions have been made. If 2 or more possessions occur during a play, so that Team A is in possession at the conclusion of the play, the Referee shall ignore the changes of possession for the purposes of applying the "3-minute rule". Penalties and other factors which affect the timing shall be taken into account, as per the Rules and Regulations.

5 3-Minute Rule Mechanics

- 5.1 Officials must be thoroughly familiar with Regulations 4.3 and 4.4.
- 5.2 The intent of the 3-minute rule is that this rule would take effect at an APPROPRIATE dead ball situation after about 17 minutes have been played in the 2nd and 4th quarters (and after about 7 minutes of each half in overtime). In most cases, this should occur between about 16:50 and 17:20 of the quarter, or 6:50 and 7:20 in overtime, depending on the flow of the game and the nature of the previous play.



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- 5.3 The Referee should not deliberately stall during a dead ball situation so that the clock will run down to exactly the 17:00 minute mark. Also, the Referee does NOT restore any time off the "3-minute rule" is invoked after 17 minutes have been played.
- 5.4 When the Referee decides that the "3-minute rule" should come into effect ...
1. The Referee stops the clock after the ball is dead and uses the "Stop Clock" (Signal #10) to inform players and benches that the clock is stopped.
 2. With the clock stopped, the Referee attends to any duties required from the previous play (ie., penalty assessment, injury, measurement etc..)
 3. When these duties are completed, the Referee then informs the captains that "The 3-minute rule is now in effect" and informs the captains exactly how much time remains.
 4. If possible, the Headlinesman should ensure that both benches are aware that the 3-minute rule is about to take place.
 5. When the ball is ready for play, the Referee stands near the ball, faces the benches, blows the whistle 3 times and announces loudly, "3 Minutes". The Referee also signals and announces the down.
 6. After ensuring that both teams are ready, the Referee blows the whistle to indicate the start of the 20-second count. Starting of the clock is governed by the applicable rules.

Notes:

When the 3-minute rule is in effect and the clock has to stop after the play, the official who blows the whistle to end the play should quickly give the 'Stop Clock Signal (#10) so that the Referee will stop the clock as soon as possible. The Referee will stop the clock and give the "Stop Clock" Signal (#10) to inform the players and benches. It is NOT necessary for other officials to echo this signal.

If requested by either team, the Referee must announce the time remaining prior to each play. In a close game, the Referee may wish to do so even without a request, especially during the final minute. In a lopsided game, the teams may not be concerned with knowing the exact time.

If the previous play is a touchdown, the clock is stopped when the score is made and the Referee give the "Stop Clock" Signal (#10). The Referee then consults the captains regarding the choice for the convert. Prior to the convert, the Referee gives the 3-minute rule information to the captains and the benches. Assistance from the Headlinesman would be especially appropriate, as the Referee is a significant distance from the team benches.

- 5.5 When the teams and officials are ready for the convert, the Referee blows the whistle to start the 20-second count AND DOES NOT START THE CLOCK.
- 5.6 When the 3-Minute Rule is in effect, once the clock is started, it continues to run unless a situation occurs which calls for time to stop. These situations are outlined in Regulation 4.4, and the following mechanics apply:

Penalty Application (Reg. 4.4.1)

After the penalty application procedures are completed, the Referee reminds the captains that the clock will start on the whistle. The Referee then signals and announces the down, blows the whistle to start the 20-second count when the ball is ready for play, and then STARTS THE CLOCK IMMEDIATELY.

Team Time Out (Reg. 4.4.2)

When the time out has expired, the Referee signals and announces the down (and time remaining, if this has not been communicated to the teams during the time out), reminds the captains that the clock will start on the snap, blows the whistle to start the 20-second count when the ball is ready for play, and starts the clock ON THE SNAP.

After a Touchdown (Reg. 4.4.3)

The clock does NOT RUN during the convert or repeated convert.

5.7 Procedure for a Kick Off

1. When the teams and officials are ready for the kick off, the Referee blows the whistle to start the 20-second count. If the ball is touched by an on field player, the officials should immediately use the "Start Clock" Signal (#9) and the Referee STARTS THE CLOCK. The Referee stops the clock when the ball is whistled dead.
2. The same procedure applies if there is a repeat kick off.
3. If the ball is declared dead without being touched, the field officials should use STOP CLOCK' Signal (#10) to alert the Referee NOT to start the clock.
4. If the clock starts on a kick off, it is stopped when the ball becomes dead. The Referee stops the clock on the whistle and should give 'STOP CLOCK' Signal (#10). If another field official blew the ball dead, this official should use "STOP CLOCK" Signal (MO) to alert the Referee to stop the clock.
5. Once the ball and bean bags are in place and the teams are ready, the Referee signals and announces "First Down," informs the captains of the time remaining and when the clock will start (the whistle or the snap), and blows the whistle to start the 20-second count. Depending on the circumstances, the Referee starts the clock IMMEDIATELY AFTER THE WHISTLE or ON THE SNAP.
6. After a kick off, on the ensuing play from scrimmage, the clock normally will start ON THE REFEREE'S WHISTLE to indicate that the ball is ready for play.

Exceptions:

- the ball went out of bounds without being touched by an on-field player, or
- the ball hit the goal post assembly without being touched, or
- a team time out was called, or
- a rouge or safety touch was scored, or
- a time count violation occurs prior to the next play.
- in each of these instances, the clock will start ON THE SNAP.

5.8 Safety Touch

1. After a Safety touch (Reg 4.4.5) – When the safety touch is scored, STOP THE CLOCK, blow the whistle, give the "Stop Clock" Signal (#10) and then give the "Safety Touch" Signal (#6). Then consult with the captains of the scoring team as to their choices. If necessary, give the captains a brief "Officials Timeout" to consult with their coach.
2. If the ensuing play is a kick off, Regulation 4.4.3 applies.
3. If the ensuing play is a scrimmage play, the Referee informs the captains as to the time remaining and that the clock starts on the snap, signals and announces "First Down," blows the whistle to start the 20-second count when the ball is ready for play, and starts the clock ON THE SNAP.

5.9 Rouge

After a Rouge (Reg 4.4.6)—The Referee informs the captains as to the time remaining and that the clock starts on the snap, signals and announces "First Down", blows the whistle to start the 20-second count when the ball is ready for play, and starts the clock ON THE SNAP.

5.10 Time Count Violation

After a Time Count Violation (Reg 4.4.7) – After the penalty is assessed, the Referee informs the captains as to the time remaining and that the clock starts on the snap, signals and announces the down, blows the whistle to start the 20-second count when the ball is ready for play, and starts the clock ON THE SNAP.

5.10 Injury

After an injury (Reg 4.4.8) – During the injury time out, the Referee consults the captain of the non-injured team as to which option will be selected; the captain is entitled to know the time remaining, down, and yardage prior to making the choice. The Referee runs 10 seconds off the clock- if this option is chosen - and then advises both teams of the time remaining to play. Once the injured player(s) is/are removed from the field, and the teams are ready for play, the Referee signals and announces the down, blows the whistle to start the 20-second count, and starts the clock ON THE SNAP.

Note: if fewer than 10 seconds remain, there must be at least one more play in the half.



5.11 Change of Possession

Change of Possession (Reg 4.4.9) – If only one change of possession occurred during the play, the clock is stopped when the ball is declared dead. The Referee and other field officials, as appropriate, should use “Stop Clock” Signal #10. If no score occurred and no time out or other situation takes place to affect the timing rule, the Referee informs the captains of the time remaining and advises that the clock starts on the whistle, signals and announces “first Down; blows the whistle to start the 20-second count and STARTS THE CLOCK IMMEDIATELY.

Note: If 2 or more possessions occur during a play, so that Team A is in possession at the conclusion of the play, the Referee ignores ALL the changes of possession for the purpose of applying the 3-Minute Rule. Of course, penalties and any other factors which affect the timing are taken into account. If the clock does not stop, the Referee must ensure that both captains are aware of this fact.

6 5 Plays Rule

- 6.1 To end each half, in lieu of the “3-minute mechanics” Leagues may adopt the use of “5 Plays”. After 17 minutes of time in the 2nd and 4th quarters elapse, the Referee will blow their whistle 3 times and announce to the teams that there are “5 plays remaining in the half.”
- 6.2 A live ball foul that occurs in “5 Plays” timing, if accepted will result in the down being replayed. The same number of plays will remain as prior to the play where the penalty occurred.
- 6.3 A dead ball foul that occurs in “5 Plays” timing, if accepted will not allow the preservation of the numerical play. There will be one less play remaining for the next play from scrimmage. As stated in Rule 24.7.3, if the dead ball foul occurs on the final play of the half, the penalty will be applied on the first play of the next period.

7 3rd and 4th Quarters

- 7.1 Procedures identical to the 1st and 2nd quarters are to be used in the 3rd and 4th quarters respectively.

8 Rest Periods

- 8.1 The timing of rest periods must be started by the Referee only after the final legal play of a half is completed and the Referee has completed the necessary administration of penalties and points. The full rest period must be given before the team captains are called to discuss the kick off choices, unless both teams agree to shorten the rest period. The team captains must be told when there is 1 minute left in the rest period.



Rule 5 – Overtime

- 1 If a game is tied after 80 minutes of playing time and a winner must be declared, overtime shall be played. Overtime shall be a new game of 20 minutes, divided into 2 halves of 10 minutes each, with no rest between the halves. There shall be a 10 minute rest period before the overtime begins.
- 2 The final 3 minutes of each half have special provisions for timing as outlined in Regulations 4.4 & 4.5.
- 3 After 20 minutes of overtime, if no winner has been declared, the teams will continue to play 20-minute overtime games until a winner is declared. There will be a 10 minute rest period before each overtime game.
- 4 Unless stated otherwise by the overtime regulations, all rules and regulations that apply to a regular game will apply. Alternative overtime procedures described in the regulations are provided for consideration by league and tournament organizers.

Regulation 5 – Overtime

1 Overtime Half

- 1.1 At the beginning of the overtime half, the clock will start when the Referee blows the whistle to signal the kicker to start the kick off. The clock will continue to run until about 7 minutes have elapsed. Administration of the 3 Minute Rule is governed by Regulations 4.4 and 4.5.

2 Sudden Death

- 2.1 In a sudden death overtime game, all the rules and regulations applicable to a normal overtime game will apply, except the first team to score a point legally will be declared the winner and the game will cease.

3 Convert Attempts

In the event of a tied game in which a winner must be declared, a series of convert attempts may be used to determine the winner.

3.1 Declaring a Winner

Each team will attempt 3 converts, alternating on offense and defense. Teams may attempt a 1-point convert from the 5-yard line or a 2-point convert from the 10-yard line. The team with the most points after 3 attempts by each team will be declared the winner.

If the teams are still tied after 3 attempts by each team, they will continue to run alternate converts until one team has more points.

3.2 Coin Toss

Team captains will meet at centre field to conduct a coin toss. The captain of the home team during the regular game will call the toss. The winner of the toss shall choose to be the offense or the defense for the first convert attempt.

3.3 Rest Period

There shall be a 2 minute rest period before the convert attempts begin. No rest period will be allowed during the convert attempts.

3.4 Time Outs

There shall be no team time out for strategy.

Each team will have only one time out during the convert attempts to check a rule application.

3.5 Penalties

Penalties will be applied as per the rules for regular convert attempts.



Rule 6 – Game Procedures

1 Pre-Game Conference

- 1.1 Approximately 3 minutes prior to the scheduled start time of the game, and immediately following the rest period, at least one captain from each team will meet with the Referee at centre field to review field conditions and field markings, conduct any coin toss required to determine home team, decide the kick off options, and confirm the score.

2 Home Team

- 2.1 If the schedule does not identify the home team, a coin toss will be held. The captain of the team winning the coin toss shall choose to be the home or visiting team.

3 Choice of Kick Off

- 3.1 For the 1st half, the captain of the visiting team shall choose to kick off, receive the kick off or defend an end of the field. The captain of the home team shall then choose 1 of the 2 remaining choices.
- 3.2 For the 2nd half, the captain of the home team shall choose to kick off, receive the kick off or defend an end of the field. The captain of the visiting team shall then choose 1 of the 2 remaining choices.
- 3.3 After a captain's choice has been given by the Referee to the opposing captain, the choice cannot be changed.

4 Choice of Kick Off For Overtime

- 4.1 For overtime games, a coin toss must be held. The captain of the team winning the coin toss shall choose to be the home or visiting team. Once home team is chosen, the choice of kick off will be the same as the regular game rules.

5 Start and End of Periods

- 5.1 Each half will begin by a kick off from the kicking team's 45-yard line.
The 1st and 3rd quarters will end if no time remains in the period when the ball becomes dead at the end of a legal play.
- 5.2 At the start of the 2nd and 4th quarters, the teams will change ends. The ball will be put into play by the team entitled to do so, at the appropriate point determined by the end of the last play of the previous quarter.
- 5.3 A half shall end when no time remains in the period when the ball becomes dead at the end of a legal play.
- 5.4 When a touchdown is scored on the final play of a period and the offense chooses to make a convert attempt, it must be completed before that period is considered completed.

6 Obtaining First Down

- 6.1 After the ball becomes dead on a kick off, the team in possession shall be awarded a 1st down and will have 3 attempts (downs) to gain 10-yards. The ball may be advanced by carrying it or throwing it using a legal scrimmage play. If the offense gains the required distance in the series of 3 downs, 1st down is awarded again.
- 6.2 If the required distance for a 1st down is not gained in the 3 attempts, the ball is awarded to the defense at the point where the ball becomes dead after the 3rd attempt.

7 Measuring For First Down

- 7.1 The Referee is the sole judge as to whether or not a 1st down has been gained by the offense. The captain of either team may ask for a measurement, but the Referee has the authority to ignore the request if the Referee is convinced that a correct decision can be made without the aid of a measurement. When measuring for 1st down, the Referee will make the decision using the procedures described in Regulations 6.2 & 6.3.



8 Choices Following a Score

- 8.1 After a rouge is scored, the non-scoring team must scrimmage on their 35-yard line. After a safety touch, the scoring team has the option to scrimmage the ball on their 35-yard line, kick off from their own 35-yard line or have the non-scoring team kick off from the non-scoring team's 35-yard line. After a touchdown, the scoring team may try a convert attempt. After a convert, the non-scoring team may choose to kick off from their 45-yard line or have the scoring team kick off from their 45-yard line.

9 Delay of Game

- 9.1 The game shall start promptly at the scheduled time. A team must have 7 players on the field at the scheduled time or be penalized for delaying the start of the game. A team will forfeit the game by a score of 1-0 if they do not have 7 players on the field within 15 minutes of the scheduled start of the game.
- 9.2 When a team refuses to start or continue a game at the request of the Referee, it will be penalized for delaying the game. On the 3rd refusal, the team will forfeit the game by a score of 1-0; if the non-forfeiting team is leading at the time of the forfeit, the score will stand.

Regulation 6 – Game Procedures

1 Placement of the Ball

- 1.1 The ball shall be placed on the ground where it became dead. It shall be rotated so that its long axis is parallel to the sidelines and the forward point of the ball is at the exact spot where the furthest advance of the ball was reached when the ball became dead.
- 1.2 When the offense has failed to gain the required distance for a first down and the ball is awarded to the opponents, the Referee shall reverse the ball so the forward point is facing the opposite direction.

2 Using Yardsticks for a Measurement

- 2.1 Before the yardsticks are moved from the sidelines, the chain will be marked at the spot where the edge of the yard-line furthest from the ball meets the sideline. When the chain is brought out to the field, the chain will be placed parallel to the sideline and the spot previously marked will be placed on the same edge of the same yard-line. The leading yardstick shall be placed on the ground as close to the ball as possible without disturbing the position of the ball. If the ball has reached any part of the leading yardstick, a 1st down shall be awarded.

3 Using Bean Bags for a Measurement

- 3.1 The 1st down bag is not to be moved regardless of its position. Using the nearest reliable yard-line as a guide, the Referee will use one of the following methods of measuring the distance of the ball and the bag from that yard-line; the methods are listed in order of reliability: tape measure; heel-to-toe footsteps; pacing off.
- 3.2 When the yard-line is between the 1st down bag and the defense's goal line, the measurements will begin from the edge of the yard-line furthest from the ball. First the distance to the ball will be measured using the forward point of the ball. Then the distance to the bag will be measured using the edge of the bag furthest from the yard-line. Both measurements will be made parallel to the sidelines. A 1st down shall be awarded if the distance to the ball is less than the distance to the furthest edge of the bag.
- 3.3 When the yard-line is between the 1st down bag and the offense's goal line, the measurements will begin from the edge of the yard-line furthest from the ball. First the distance to the ball will be measured using the forward point of the ball. Then the distance to the bag will be measured using the edge of the bag closest to the yard-line. Both measurements will be made parallel to the sidelines. A 1st down shall be awarded if the distance to the bag is less than the distance to the forward point of the ball.



Rule 7 – In Bounds/Out of Bounds

1 In Bounds

- 1.1 The ball is in bounds when it is within the boundary lines. The ball is considered to be still in bounds while it is over or outside the boundary lines until it touches the boundary lines or any person or object that is out of bounds.
- 1.2 Any person who has not touched the boundary lines and has not touched the ground, a person or an object that is on or beyond the boundary lines, is considered to be still in bounds.

2 Out of Bounds

- 2.1 The ball is out of bounds when it touches the boundary lines or the ground beyond the boundary lines. The ball is out of bounds when it touches an object or a person that is out of bounds.
- 2.2 An airborne object or object suspended over the playing field is considered out of bounds.
- 2.3 Any person or object that is touching the boundary lines or the ground beyond the boundary lines is out of bounds.

Rule 8 – Control and Possession of the Ball

1 Control of the Ball

- 1.1 A player is considered to have control of the ball when the player has the ball firmly held in one or both hands, arms or legs or holds the ball firmly in one or both hands, arms or legs or holds the ball firmly under the body without having the ball touch the ground. The grip on the ball must be firm enough to enable the player to stop the rotation of the ball and to exhibit influence over its direction.

2 Possession of the Ball

- 2.1 A team must have possession of the ball to score a touchdown, to punt or to earn a 1st down. When a team obtains possession from the opponents, they will be awarded a 1st down where the ball becomes dead. After being awarded a 1st down, a team keeps possession for 3 downs, unless the opponents gain control of the ball, or either team is awarded a 1st down by penalty. During the 3 downs, the team in possession must gain the required distance for 1st down or score a touchdown, otherwise it will give up possession.

3 Player Possession

- 3.1 A player is considered to have possession of the ball if that player has control of the ball. If control of the ball is lost, the player no longer is considered to have possession of the ball.
- 3.2 A player must be awarded possession of the ball when the player had control of the ball but lost it due to contact by another player or impact with the ground or goal posts.

4 Team Possession

- 4.1 A team is considered to have possession of the ball when one of its players has possession of the ball or the team is awarded possession by the rules.
- 4.2 On the opening kick off of each half, the kicking team is considered to be in possession of the ball. Once the ball is kicked off, the receiving team has possession.
- 4.3 During the 3 downs, if the team in possession punts the ball, it automatically gives up possession unless the defense is guilty of contacting the punter, the ball is considered to have never left the end zone, or the offense catches their own punt after it is blocked by the opponents; in the latter case, the punting team must still earn the 1st down before its 3 downs are completed or lose possession. When a team considered to be in possession carries or throws the ball out of bounds, it shall retain possession, except after its 3rd down is completed and 1st down has not been gained.
- 4.4 A team loses possession when the opponents intercept a pass or gain control of a free ball.



Rule 9 – The Touch

1 Ball Carrier

- 1.1 To prevent the ball carrier from advancing, an opponent must deliberately touch any part of the ball carrier's body or any part of the player's equipment with the hand. A one-handed touch or a 2-handed touch is legal. If the ball is touched while in the ball carrier's hands, the ball carrier will be considered touched. Touching the player with any other part of the defender's body, such as the head, arm, shoulder, chest, leg or foot, is not considered a touch; the ball carrier can still advance.
- 1.2 A touch in the neck, head, or face area of the ball carrier shall be interpreted as a personal foul, unless the ball carrier had bent over, crouched, or fallen down while the attempt to touch was being made by the opponent (see Regulation 22.1.).

2 Ball Carrier on the Ground

- 2.1 When a defender makes an obvious attempt to avoid a collision with the ball carrier, that defender will be considered to have touched the ball carrier.
- 2.2 When a ball carrier deliberately kneels to concede a touch or makes no effort to get up after falling, a touch will be awarded to the nearest defender.

3 Quarterback/Passer

- 3.1 When the ball carrier is the Quarterback or another player who is attempting to pass the ball, the ball is considered to be in the passer's hand until it has entirely left the passer's hand.

4 Punter

- 4.1 When the ball carrier is the punter or another player who is attempting to punt the ball, the ball is considered to be still in the punter's hand until it has left the punter's foot, leg or thigh.

5 Ball Tipped or Muffed

- 5.1 When a receiver catches a ball after tipping the ball, without another player touching the ball in the interval, the receiver is considered touched if deliberately touched by an opponent while the ball was not in the receiver's control after the ball was tipped. This applies on snaps, muffed kick offs, muffed punts and any pass.



Rule 10 – Live Ball/Dead Ball

1 Live Ball

- 1.1 The ball is live after the Referee has signaled play to begin and the ball has been kicked off or snapped by the team in possession. The ball will remain live until the ball is ruled dead according to the dead-ball rules. A team cannot advance the ball or score unless the ball is live.

2 Free Ball

- 2.1 A free ball is a live ball that is not in a player's control and can be legally recovered and advanced by either team. The ball is considered to be free from the time it leaves a player's body until the instant it touches the ground; a kick off or punt is not considered to be a free ball when kicked. A dribbled ball is free until it strikes the ground.

3 Loose Ball

- 3.1 A loose ball is a live ball that is not in a player's control and can be legally recovered and advanced only by the team considered to be in possession; a dribbled ball is not a loose ball.

4 Downed Ball

- 4.1 A downed ball is a loose ball that is controlled by a player of the team not considered to be in possession. A downed ball is also a loose ball that touches the ground after being touched by a player of the team not considered to be in possession, regardless of who touched the ball during the interval.

5 Dead Ball

- 5.1 The ball is dead when any of the dead-ball conditions are met. The ball is also dead when an official blows a whistle while the ball is live. The team in possession can advance no further when the ball is dead. The next point of scrimmage will be determined according to Regulation 10.

6 Dead-Ball Conditions

6.1 Out of Bounds

1. The ball is dead when it goes out of bounds.

6.2 Touch

1. The ball is dead when the ball carrier is touched or is considered to be touched.

6.3 Score

1. The ball is dead as soon as a score is made.

6.4 Goal Post Assembly

1. The ball is dead when it touches the goal post assembly.

6.5 Pass

1. The ball is dead when any thrown pass touches the ground or goes out of bounds, except on a muffed onside pass from the Quarterback.

6.6 Motionless Ball

1. The ball is dead when it lies motionless for 3 seconds after being kicked off, punted or snapped, and there is no play on the ball by either team.

6.7 Punt/Place Kick

1. The ball is dead after a punt when it touches the ground behind the line of scrimmage or in the punter's end zone.

The ball is dead after a punt when it touches the ground after being muffed in an offside direction by any player of the receiving team at any time. The ball is dead after a punt when it is downed by a player of the punting team. In all these cases, a ball touching any person or object out of bounds shall be considered to have touched the ground.

After a muffed punt, when the player of the receiving team who last touched the ball is deliberately touched by an opponent, the ball is immediately dead if the ball is considered to be loose; if the ball is considered to be a free ball when the touch occurs, the ball becomes dead as soon as it touches the ground.



6.8 Kick Off

1. The ball is dead after a kick off when it is downed by the kicking team.
2. After a muffed kick off, when the player of the receiving team who last touched the ball is deliberately touched by an opponent, the ball is immediately dead if the ball is considered to be a loose ball; if the ball is considered to be a free ball when the touch occurs, the ball becomes dead as soon as it touches the ground.

6.9 Dribbled Ball

The ball is dead when a dribbled ball touches the ground or is caught by the dribbling team.

6.10 Muffed Snap

1. After a muffed snap, when the player of the offensive team who last touched the ball is deliberately touched by an opponent, the ball is immediately dead if the ball is considered to be a loose ball; if the ball is considered to be a free ball when the touch occurs, the ball becomes dead as soon as it touches the ground.

The ball is dead after a bad snap or a muffed snap when the defense downs a loose ball or bats a free ball to the ground.

The ball is dead immediately when the offense snaps the ball before the Referee has whistled the play in.

6.11 Inadvertent Whistle

1. When the whistle is blown inadvertently by an official, the play shall stand unless the Referee decides that the whistle affected the result of the play. The Referee will decide which team is adversely affected by the whistle; that team may choose to let the play stand when the whistle blew, or repeat the last play.
2. If the Referee cannot decide which team is adversely affected, the play shall be repeated.
3. Any fouls which occur during the play and are allowed to stand will be administered as they would be in a regular play situation. Dead-ball fouls will be administered in all cases.

6.12 Diving

The ball is dead immediately when the ball carrier violates the diving regulations.

6.13 Offside Pass

The ball is dead immediately when an offside pass is caught by the team that caused the offside pass.

7 Ball Touches Official

- 7.1 When the ball touches an official it shall be considered as having touched the ground. The appropriate live-ball/dead-ball rules shall apply.



Regulation 10 – Placement of a Dead Ball

The placement of the ball after it is dead shall be governed by the following regulations.

1 Out of Bounds

- 1.1 After going out of bounds in the field of play, the ball will be placed at the furthest point of advance of the ball when it broke the plane of the boundary line. When the ball carrier goes out of bounds, the ball will be placed at its furthest point of advance when the ball carrier went out of bounds.
- 1.2 After going out of bounds in the end zone, the ball will be placed at the centre of the yard line dictated by the applicable scoring rule.

2 Touch

- 2.1 After a touch, the ball will be placed at the furthest point of advance of the ball when the ball carrier was considered to be touched.
- 2.2 On a bobbled ball touch or a tipped pass touch, the furthest advance of the ball is considered to be where the ball was caught, or where the receiver was touched, whichever is closest to the receiver's dead line.
- 2.3 If any of the above spots are in the end zone, the applicable scoring rule placement will apply.

3 Score

- 3.1 After a score, the ball will be placed according to the appropriate scoring rule.

4 Goal Post Assembly

- 4.1 After hitting the goal post assembly in flight on a kick off, the ball is placed on the receiving team's 25-yard line. If the ball hits the goal post assembly on a kick off after touching the ground or a member of the receiving team, the ball is placed on the receiving team's 10-yard line. If the ball hits the goal post assembly on a kick off after being touched by the kicking team, the ball is considered as being downed.
- 4.2 After hitting the goal post assembly during a punt from the field of play, the ball is placed on the receiving team's 10-yard line unless it was downed. If a punt from the end zone hits the goal post assembly, a safety touch is awarded to the non-punting team.
- 4.3 When the ball hits the goal post assembly on any other play not described above, the ball is considered to have hit the ground in the end zone. Thus the appropriate ruling and placement will apply.

5 Pass

- 5.1 After an incomplete pass during a legal forward pass, the ball will be placed at the last point of scrimmage. Any other incomplete pass shall be ruled dead at one of the following spots, whichever is the closest spot to the passing team's dead line:
 - where any offside pass originated
 - where the non-passing team first touched the ball
 - where the ball touched the ground, if it was not touched by the non-passing team
 - where the passing team touched the ball last
 - where the ball went out of bounds

6 Motionless Ball

- 6.1 After a motionless ball is ruled dead, it will be placed at the spot it rested.

7 Downed Ball

- 7.1 After a loose ball is downed, it will be placed at the spot where the defense first touched the ball or where the offense touched the ball last, whichever is the closest spot to the offensive team's dead line.
- 7.2 After a free ball is downed, the ball will be placed according to the dead-ball regulations for an incomplete pass with the offense being considered the passing team.

8 Muffed Ball/Last Receiver Touched

- 8.1 After a muffed ball is ruled dead because the last offensive player to touch the ball was touched, the ball will be placed where the defense deliberately touched that player.

9 Dribbled Ball

- 9.1 After a dribbled ball is ruled dead, the ball will be placed at 1 of the 3 following spots, whichever spot is closest to the dead line of the dribbling team:
- where the ball was first kicked
 - where the ball touched the ground
 - where the dribbling team touched the ball last
- 9.2 If the non-dribbling team touched the dribbled ball before it was dead, the ball will be placed at 1 of the following spots, whichever is closer to the dead line of the dribbling team:
- where the ball was first kicked
 - where the non-dribbling team first touched the ball

10 Diving

- 10.1 After the ball carrier violates the diving regulations, the ball will be placed at its furthest point of advance at the instant the dive began.

11 Punt/Place Kick

- 11.1 After a punt or a place kick on a convert attempt, the ball will be placed at the appropriate kick off line.
- 11.2 After an untouched punt becomes dead behind the punter's line of scrimmage or in the punters end zone, the ball will be placed at the spot where it touched the ground in bounds or broke the plane of the boundary line.

12 Extended Ball

- 12.1 When the ball carrier is penalized for deliberately extending the ball, the furthest point of advance of the ball will be considered to be the most forward point of the ball carriers torso at the instant the touch is made.

13 Ball Extension – Mechanics

- 13.1 Ball extension is a FLAG PLAY and the penalty is applied from where the ball becomes dead, even if a change of possession occurs subsequent to the foul.
- 13.2 The official should throw or drop the flag to indicate the point of the ball-carrier's torso at the time the foul occurred and then follow the play to its conclusion.
- 13.3 When the ball is declared dead, if the offending team is in possession, the 5-yard penalty is applied from either the point of foul or point ball dead, at option of the non-offending team. The point of foul is the ball-carrier's torso, not the point to which the ball was extended.
- 13.4 If the non-offending team obtained possession, they will certainly accept the penalty from the point where the ball was eventually declared dead.
- 13.5 The Referee uses Signals #30 (Dead Ball Foul) and #13 (Objectionable Conduct), and announces "Minor Objectionable Conduct-Ball Extension". NOTE: This penalty is NOT recorded on the score card. NOTE: This penalty is NOT recorded on the score card.



Rule 11 – Time Outs

1 Legal Time Out

- 1.1 Time outs can only be called by the Referee and any on-field player, through the Referee, and only when the ball is dead.

2 Team Time Out

- 2.1 Each team is allowed one 60-second time out per half, including any overtime half, and one 60-second time out which can be used at any time during the game, including any overtime game. Any on-field player may request a team time out. Violation of these rules shall be penalized for delay of game. Procedures for administering a time out are outlined in Regulations 11.1 and 11.2.
- 2.2 Each team's captain will be told when 15 seconds remain in the time out. Teams may shorten the 1 minute time period if they both agree.
- 2.3 After the team time out, all offensive players must return to the huddle. Violation of this rule shall be penalized as illegal procedure.

3 Use of Team Time Outs

- 3.1 Teams may use a team time out to discuss strategy, request a check of an opponent's equipment, or check the proper application of a rule.
- 3.2 Time outs used to discuss strategy must be charged as a team time out.
- 3.3 Time outs used for an equipment safety check are not to be charged as a team time out; abuse of this privilege will be penalized for objectionable conduct against the team captain who requested the time out.
- 3.4 Time outs used to check the proper application of a rule will be charged as a team time out if the rule was properly applied, and the team will receive a 10-yard delay-of-game penalty. If the rule was not properly applied, the Referee will correct the application, and the time out will be charged as an official's time out.
- 3.5 Teams cannot use a time out to question an official's judgement call. Violation of this rule will be penalized by charging the team with a team time out plus applying a 10-yard delay-of-game penalty.
- 3.6 When a team is charged with an illegal team time out in a game, they will be penalized for delay of game.

4 Injury Time Out

- 4.1 Only a Referee may call an official's time out to allow a team to attend to an injured player. If the time out is called by the Referee, the injured player must be removed from the field for at least one play, unless the injured player's team calls a team time out. The Referee has full authority to delay the game until the injured player is safely removed from the field.
- 4.2 Unnecessary delay in removing the player shall be penalized for delay of game.
- 4.3 The Referee may call a "bleeding time out" in instances where a player is injured in such a manner their blood is able to be transferred to another participant. In this case, the bleeding player will be removed from the field and given up to 2 minutes to obtain medical treatment such that the bleeding has stopped or the affected area is completely and securely covered. This time out may also be used to allow a player or official who has had their uniform saturated with blood an opportunity to change or cleanse the uniform. The referee must approve the participant's return to the playing field. Play should resume after the 2 minutes have elapsed regardless of the status of the player. Play may resume before this if the bleeding participant is treated adequately or if the uniform has been cleansed before 2 minutes have elapsed.

5 Official's Time Out

- 5.1 Only the Referee is authorized to declare an official's time out. The Referee must call an official's time out during an injury or a measurement, when a captain requests an equipment safety check, when a team is penalized for delay of game, and when a legal safety touch is awarded.
- 5.2 At all other dead ball times, the Referee has the authority to call an official's time out.



6 Timing Procedures

- 6.1 The timing procedures for time outs are as described in Regulation 11.

Regulation 11 – Time Outs

1 Team Time Outs

- 1.1 The Referee must stop the clock immediately when a team is granted a time out.
- 1.2 If the time out is one of the team's 3 legal time outs, the clock will not start until the snap of the ball on the subsequent play.
If the subsequent play is a kick off, then the clock will start when any on-field player touches the ball after the kick off.
If the ball goes out of bounds on the kick off without being touched, the clock will start on the snap of the ball on the subsequent play or, if it is re-kicked, when any on-field player touches the ball after the kick off.
- 1.3 If the ball hits the goal post without being touched by a player, the clock will start on the snap of the ball on the subsequent play.
- 1.4 No team is permitted to call 2 consecutive time outs without a play occurring between the time outs.
- 1.5 If the time out is for an equipment safety check, a check on a rule application, or an illegal team time out, the Referee will administer the appropriate ruling and/or penalty then start the clock after the next play is whistled in.

2 Team Time out Procedures

- 2.1 When a time out request is for team strategy, the team time out rules and regulations will be applied. If the Referee is aware that the team has already used its allotted time out for team strategy, the Referee must inform the captain of the situation but must not stop the clock while doing so.
If a team has requested and inadvertently been granted an illegal time out for team strategy, the Referee must inform the team captain immediately, apply a delay-of-game penalty, whistle the next play in, and then start the clock.
When asked by a team captain, the Referee must inform the captain if the team has already used its time outs for team strategy.
For an equipment check, the Referee will check the equipment, apply the appropriate ruling, whistle the next play in, and then start the clock.
- 2.2 For a check on a ruling, the time out must be requested before the ball is snapped or kicked off for the next play, or, if the ruling was made on the last play of a half, before 1 minute has elapsed after the end of the half; otherwise the rule application cannot be questioned.
- 2.3 The Referee will explain the ruling to the captain. If the captain agrees with the Referee, the team will be charged with a team time out and a delay-of-game penalty will be applied. If the captain disagrees with the Referee, the Referee must consult the rule book. After the correct ruling is determined, the Referee will correct the application if it was wrong and the team will not be charged with a team time out. If the ruling was correct, the team will be charged with a team time out and a delay-of-game penalty will be applied. When the correct rule or penalty is applied, the Referee will whistle time in, then start the clock.

3 Measurements

- 3.1 The Referee must stop the clock as soon as the Referee decides to take a measurement for first down.

4 Delay of Game

- 4.1 The clock must be stopped immediately when the Referee decides to apply a delay of game penalty.

5 Injury

- 5.1 The clock must be stopped during dead-ball time immediately when the Referee determines that a player is injured.



6 Kick Off

- 6.1 The clock must be stopped if the ball falls off the kicking tee.

7 Safety Touch

- 7.1 The clock must be stopped immediately when the Referee awards a safety touch.

8 Official's Time Out

- 8.1 The clock must be stopped whenever the Referee takes an official's time out. This should be done for cleaning or changing the ball, explaining a ruling, consulting with another official, making equipment repairs, or because of a playing hazard, whenever the time consumed in doing so will delay the offense from proceeding to put the ball in play at their usual pace.

9 Clock Starts

- 9.1 After an official's time out, the clock will start after the Referee whistles the next play to begin except in the case of a delay-of-game penalty or when the ball falls off the kicking tee; in the latter 2 cases, the clock will be started when the ball is snapped or kicked off. If the delay-of-game penalty is assessed for an illegal time out, the clock will be started when the play is whistled in.

10 Clock Not Stopped

- 10.1 The clock must not be stopped: (a) when the offense snaps the ball before the Referee has whistled in the play, (b) while the Referee administers the penalty for a time count violation, except when the "3-Minute Rule" is in effect.



Rule 12 - Scoring

1 Declaring a Winner

- 1.1 The team scoring the most points during regulation time is declared the winner. If the teams are tied after regulation time and a winner must be declared, the team scoring the most points during the overtime game is declared the winner.

2 Ball in the End Zone

- 2.1 The ball is considered to be in the end zone when any part of the ball is on or over the ground in the end zone, or when it crosses the extended plane of the goal line. Once the ball is in the end zone, it is considered to be still in the end zone until it is brought entirely out of the end zone into the field of play.

3 Touchdown

- 3.1 A team scoring a touchdown is awarded 6 points and a convert attempt.
- 3.2 A touchdown is scored when the ball is in the opponents' end zone in possession of a player, or when the ball in the possession of a player crosses or touches the goal line, or the plane of the goal line, even in the air. Should the ball subsequently be fumbled, or the player in possession forced back into the field of play, the touchdown shall score. A touchdown is scored when a forward pass is legally completed in the opponents' end zone.

4 Convert

- 4.1 A team scoring a convert from the 5-yard line is awarded 1-point. A team scoring a convert from the 10-yard line is awarded 2-points. When a penalty affects the normal point of scrimmage of a convert attempt, the awarding of 1 or 2-points will be based on where the original convert attempt was scrimmaged prior to any penalty application or repeated convert attempt.
- 4.2 A convert is scored when a player has legal possession of the ball in the opponent's end zone during a convert attempt.

5 Safety Touch

- 5.1 A team scoring a safety touch is awarded 2-points.
- 5.2 A team scores a safety touch when their opponents cause the ball to be brought into their own end zone and the ball is ruled dead in the end zone before they can bring it out legally, or the ball is considered to have not left the end zone.
- 5.3 A safety touch is not awarded when a player's momentum, while intercepting a pass in the field of play, causes the ball to be brought into the end zone, where it is eventually ruled dead; the intercepting team shall be awarded a first down at the point of interception.

6 Rouge

- 6.1 A team scoring a rouge is awarded 1-point.
- 6.2 A team scores a rouge when it causes the ball to enter the opponents end zone and the ball is ruled dead in the end zone or goes out of bounds in the end zone before the opponents can bring it out legally; this rule applies even when non regulation end zones exist. If the above conditions are met during a legal kick off, a rouge is awarded, except as noted in "Rouge Not Awarded"

7 Rouge Not Awarded

- 7.1 A rouge is not awarded when a kick off or a punt from the field of play touches the goal post assembly before touching a player.
- 7.2 A rouge is not awarded when a pass is intercepted in the end zone; the intercepting team will be awarded a first down on their 10-yard line if they do not get the ball out of the end zone legally.
- 7.3 A rouge is not awarded when a kick off is ruled out of bounds in the end zone in flight.



Rule 13 – Convert Attempt

1 Choice

- 1.1 After scoring a touchdown, the scoring team may attempt a convert. The captain of the offense may choose to attempt a 1-point convert or a 2-point convert. Once the choice is given to the captain of the defense, the offense cannot change its choice, even if the convert attempt is repeated.

2. Point of Scrimmage

- 2.1 A 1-point convert attempt shall be scrimmaged from the 5-yard line. A 2-point convert attempt shall be scrimmaged from the 10-yard line.
- 2.2 When a penalty is applied on a convert attempt, the attempt can be scrimmaged inside the 5-yard line.
- 2.3 The point of scrimmage shall be the centre of the yard line chosen. If goal posts exist, the captain of the offense must choose to have the point of scrimmage moved to one of the hash marks.

3 Convert Attempt Play

- 3.1 All rules for a scrimmage or pass apply to a convert attempt.
- 3.2 A punt or place kick is illegal and shall be ruled dead immediately; a repeated convert shall not be allowed.

Rule 14 – Kick Off

1 Kick Off Procedure

- 1.1 At the start of each half, or as stated in the scoring rules, one team must kick off to the opponents from its own kick off line. Following a touchdown, or at the beginning of each half, the kick off line will be 10-yards back of the centre-field line. Following a safety touch, the kick off line will be 20-yards back of the centre-field line.
- 1.2 During all kick offs, the ball must be placed on the ground or on a kicking tee anywhere along the kick off line between the hash marks, provided that the lowest point of the ball is not more than 2 inches above the ground. Use of any other method used will be penalized as Illegal procedure.
- 1.3 The Referee will blow the whistle as soon as all officials are ready for the kick off. The kicking team will then have 20 seconds to kick off or be penalized for delaying the game.
- 1.4 At the instant the ball is kicked, all players of the receiving team must be at least 20-yards from the kick off line, and all players of the kicking team must be behind the kick off line, except the kicker and any teammate pinning the ball to the ground. A team violating this rule will be penalized for illegal procedure.
- 1.5 An illegal procedure penalty by the offense or an offensive penalty may be applied as either a 5 yard live ball foul or a 5 yard dead ball foul at the option of the non-offending team, but not on the convert attempt if a touchdown is scored.

2 Legal Kick Off

- 2.1 The kick off is legal when: the ball stays inside the boundary lines, the ball touches a player who is in bounds, the ball goes out of bounds in the end zone after touching the ground in bounds, or after touching a player who is in bounds.
- 2.2 When the ball goes out of bounds without meeting one of the above conditions, the receiving team has the following options: penalize the kicking team for illegal procedure, be awarded first down at their own 10-yard line, or, if the ball went out of bounds at the sidelines, be awarded a 1st down at this spot.
- 2.3 When the ball hits the goal post assembly in flight without being touched by any player, the receiving team will be awarded a 1st down on their own 25-yard line. When the ball hits the goal post assembly after touching the ground or any player of the receiving team, the receiving team will be awarded a 1st down on their own 10-yard line. When the ball hits the goal posts after being touched by the kicking team, the ball is considered downed.

3 Downing the Kick Off

- 3.1 When the kicking team touches the ball first before it travels 20-yards, they can “down” the ball, but will be penalized for illegal procedure. When the kicking team touches the ball first after it travels 20-yards, they can proceed to “down” the ball without penalty. When the receiving team touches the ball first, the kicking team will not be penalized for downing the ball.

4 Recovery by the Receiving Team

- 4.1 When the kicking team touches the ball first, the receiving team can recover the ball before the ball is downed and advance it.
- 4.2 When a player of the receiving team muffs the kick off in any direction, that player can recover the ball and advance it. Any onside teammate can recover a loose ball and advance it without penalty; recovery of a free ball by a teammate in an offside direction will be ruled as an offensive pass; recovery of a free ball by a teammate in an onside direction can be advanced.
- 4.3 A kick off is considered to be a loose ball until it is touched by the receiving team.

5 Recovery by the Kicking Team

- 5.1 The kicking team will be awarded possession of the ball if they intercept a pass by the receiving team or control a free ball; the ball can be advanced without penalty, unless they commit an offside pass.



Rule 15 – Scrimmage

1 Scrimmage Procedures

- 1.1 To begin a play other than a kick off, the ball must be snapped by the offensive Centre, from the point of scrimmage, to the Quarterback. The Quarterback must be at least 5-yards behind the line of scrimmage when the Quarterback first touches the ball. If the original snap does not travel 5-yards, the Centre cannot pass or bat the ball back the remaining distance. A sleeper play is illegal. Any violation of these rules is illegal procedure.
- 1.2 The line of scrimmage and the point of scrimmage shall be determined by the officials according to the dead-ball rules and the scrimmage regulations.

2 The Ball

- 2.1 At the discretion of the Referee, the offensive team may take the ball into the huddle to clean it or keep it dry.

3 The Huddle

- 3.1 The offensive team must huddle after any time out, change of ends or change of possession, except on a kick off; otherwise a huddle is not necessary. Violation of this rule is illegal procedure.
- 3.2 The Referee will allow the teams reasonable time to line up after each play then blow the whistle to begin the 20 second time count. The offensive team has 20 seconds to snap the ball. If the ball is not snapped within 20 seconds, the offensive team will be penalized for a time count violation.
- 3.3 Deliberate delay of the game by the offense will be penalized by a delay-of-game penalty; after 2 consecutive delay-of-game penalties, the Referee will award first down to the defense at the last point of scrimmage. The Referee must inform the offense whenever they are being charged with a deliberate delay-of-game penalty.

4 The Snap

- 4.1 The offensive Centre must take a position facing the defense with the feet straddling the point of scrimmage. The ball must be snapped off the ground and between the legs in one motion in the direction from toe to heel. Any player who snaps the ball shall be considered as the Centre.
- 4.2 Before the ball can be snapped, it must be set on the ground or the scrimmage bag. The ball must be set within 6 inches of the point of scrimmage or the scrimmage bag but never ahead of it. When the ball has been placed on the ground by the officials, the Centre can pick the ball up once, adjust it as necessary, then set it. When the offense takes the ball into the huddle, after the Centre touches the ball to the ground the ball is considered live as soon as it is lifted off the ground. After the ball is set on the ground, the Centre cannot move the ball or the body in such a manner that will draw the defense offside.
- 4.3 Violation of any of the snap rules will be penalized as illegal procedure.
- 4.4 If the ball is snapped before the Referee has whistled the play in, the ball is still considered to be dead. The Referee will stop any further play by a whistle then restart the snap without allowing a huddle. The clock will continue to run, even during the final 3 minutes of a half, unless the Referee decides to impose a delay of game penalty or calls a brief "Officials time out".

5 Onside/Offside

- 5.1 All players must be completely behind their side of the scrimmage neutral zone at the Instant the ball is snapped, except the Centre. Violation of this procedure is an offside penalty.
- 5.2 All players can be in motion when the ball is snapped; only the Centre must be at the line of scrimmage.
- 5.3 When an offside player touches an opponent before the snap, the ball must be whistled dead and an Illegal Procedure penalty assessed against the offending team. The offense may snap the ball after the Referee has started the huddle time count without waiting for the opponents to get onside; the defense will be assessed an offside penalty if they do not get to their side of the neutral zone before the ball is snapped. When both teams are offside when the ball is snapped, the ball must be whistled dead immediately; the down will be replayed without penalty.



6 Receiving the Snap

- 6.1 The first teammate of the Centre to touch the snapped ball is the Quarterback. The Quarterback's entire body must be at least 5-yards from the line of scrimmage when the ball is first touched. Violation of this rule is illegal procedure.
- 6.2 When the Quarterback muffs the snap, the Quarterback may recover the ball without penalty. Any onside teammate can recover a loose ball and advance it without penalty; recovery of a free ball by a teammate in an offside direction will be penalized as an offside pass; of a free ball recovered by a teammate in an onside direction can be advanced.
- 6.3 When the intended Quarterback does not touch the ball, any offensive player can recover the ball; this player is now considered to be the Quarterback.

7 The Rush

- 7.1 The first defensive player to cross the line of scrimmage is considered as the Rusher. The Rusher's entire body must be at least 5-yards from the line of scrimmage at the instant the ball is snapped or anytime after the snap. Violation of this rule is an offside penalty.
- 7.2 The Rusher has the right to an unobstructed direct path to the Quarterback. A Rusher loses this right if any part of the Rusher's body is within 1 yard of the Rushers Bag or greater than 5-yards away from it when the ball is snapped. After the Centre sets the ball for the snap, if the Rusher moves from one side of the Centre to the other, and the Centre is unaware of it, the Rusher loses the right to an unobstructed path to the Quarterback. These rights will be reinstated after the Rusher crosses the line of scrimmage. These rules will also apply when other defensive players are used to rush the Quarterback during the same play.
- 7.3 Violation of the Rusher's rights to a direct path to the Quarterback is an obstruction penalty against the offense.

8 Unfair Tactics

- 8.1 Players cannot cross the line of scrimmage to listen to the opponents' huddle. Players cannot voice signals or make sounds that are intended to confuse the opponents' signals,
- 8.2 After the Centre sets the ball for the snap, a defender cannot move directly in front of the Centre and prevent the Centre from moving forward after the snap. The defender must be at least 3-yards from the Centre at the time of the snap, if the defender intends to assume a stationary position.
- 8.3 Violation of these rules is an illegal procedure penalty.



Regulation 15 – Scrimmage

1 Point of Scrimmage

- 1.1 The point of scrimmage must be on or between the hash marks along the line of scrimmage.

2 Goal Line

- 2.1 The line of scrimmage cannot be closer to the goal line than the 1-yard line.

3 Convert Attempt

- 3.1 The point of scrimmage on a convert attempt will be according to the convert attempt rules.
- 3.2 The ball can be scrimmaged inside the 5 yard line when a penalty is applied on a convert attempt.

4 Goal Posts

- 4.1 When the line of scrimmage is inside the offensive team's 20-yard line and goal posts are on the field, the next point of scrimmage must be on the hash mark closest to the point where the ball became dead on the previous play.
- 4.2 When the line of scrimmage is inside the defensive team's 5-yard line and goal posts are on the field, the next point of scrimmage must be on the hash mark closest to the point where the ball became dead on the previous play. This rule does not apply on a convert attempt.

5 Adverse Field Conditions

- 5.1 When field conditions are poor due to inclement weather or other reasons, the Referee shall change the normal point of scrimmage to a spot where better field conditions exist. The new point of scrimmage must not be outside the hash marks and must not put either team in a more disadvantaged position than the situation that existed before the original point of scrimmage had been moved.



Rule 16 – Passes

1 Pass

- 1.1 A pass is a ball that is thrown, handed, dropped, knocked, or batted by a player in any direction; a ball that bounces off a player in any direction is also considered to be a pass.

2 Onside Pass

- 2.1 An onside pass is a ball that is propelled from a player's body towards that player's dead line or parallel to that player's dead line, regardless of how it was propelled. The straight line between the 2-points where the ball left the player's body and where the ball first touched another person, the ground or an object will be used by the officials to determine if the pass was parallel to or towards the player's own dead line.
- 2.2 An onside pass is legal at any time following a kick off or a snap.

3 Offside Pass

- 3.1 An offside pass is a ball that is propelled from a player's body towards the opponent's dead line regardless of how it was propelled, except by a kick off or a punt. The straight line between the 2-points where the ball left the player's body and where the ball first touched another person, the ground or an object will be used by the officials to determine if the pass was towards the opponent's dead line. The officials should indicate by the appropriate hand signal if a pass is offside.
- 3.2 A hand-off pass in a forward direction is considered an offside pass. If it is the first offside pass behind the line of scrimmage, it is legal and considered to be a forward pass.
- 3.3 An offside pass is legal when it is considered to be a legal forward pass. An offside pass is legal when it is caught by the player who caused the offside pass, but such a pass is subject to the bobbled ball rules.
- 3.4 An offside pass can be caught and advanced by a teammate when the ball is considered loose and that teammate is considered onside.
- 3.5 Violation of these rules is an offside pass penalty against the team that committed the offside pass.
- 3.6 A kick off or punt is not subject to the offside pass rule until the ball is touched by any player.
- 3.7 An offside pass is not legal even when it is touched first by an opponent.

4 Forward Pass

- 4.1 A forward pass is a ball deliberately thrown by an offensive player towards the opponent's goal line. The first offside pass thrown by the offense during a play will be considered a forward pass.
- 4.2 A forward pass is legal when it is thrown from behind the line of scrimmage. It must be the first forward pass thrown by the offense during each play and must be thrown before the ball is carried over the line of scrimmage. A forward pass cannot be thrown during a kick off. Any forward pass that violates these rules will be treated as an offside pass.
- 4.3 For the purposes of determining a legal forward pass, when even 1 foot of the ball carrier or passer is over the line of scrimmage, the ball is considered to be over the line of scrimmage. When the passer throws a forward pass after crossing the line of scrimmage, the offside pass rules will apply; the passer will be given any legal gain made beyond the line of scrimmage.

5 Muffed Onside Pass

- 5.1 When an offensive player muffs an onside pass while behind the line of scrimmage and before a forward pass has been thrown, the ball is free to both teams until it touches the ground. When it touches the ground, the ball is dead.

6 Passer

- 6.1 Any player on the offense or defense can throw a pass.



Rule 17 – Complete/Incomplete Passes

1 Receivers

- 1.1 All players on the offense and defense are receivers.

2 Completed Pass

- 2.1 A pass is completed when a receiver is in possession of the ball before the ball is dead; the receiver must also touch the ground or an opponent in bounds with any part of the body after gaining possession of the ball.
- 2.2 When an opponent causes the receiver to land out of bounds and, in the judgement of the officials, the receiver would have touched the ground in bounds without the opponent's action, the receiver will be considered to have landed in bounds.

3 Completed Pass Awarded

- 3.1 When a receiver gets control of the ball even for an instant, then loses control because of bodily contact caused by an opponent, the receiver will be awarded a completed pass, and the opponent will be awarded a touch at the point of contact.
- 3.2 A pass is ruled as completed to a receiver when an opponent is penalized for pass interference against that receiver in the target area.
- 3.3 When a player catches a pass tipped by a teammate, the pass completion is awarded to the player who caught the pass.

4 Simultaneous Possession

- 4.1 A completed pass caught simultaneously by teammates shall be awarded to the teammate who first touched the pass. A completed pass caught simultaneously by players on opposite teams shall be awarded to the player whose team had possession before the pass was caught simultaneously.

5 Tipped Pass

- 5.1 Tipped passes are legal. If the pass is an onside pass, the ball can be advanced when caught. If the tipped pass is an offside pass, the offside rule applies.

6 Bobbled Pass

- 6.1 If the player who caught the ball was the last player to tip the ball and had been deliberately touched by an opponent after tipping the ball, the pass is considered completed and the ball is considered dead when the receiver was touched.
- 6.2 When a ball carrier accidentally loses control of the ball, then catches it without the ball being touched by another player, if the ball carrier was deliberately touched by an opponent after first losing control of the ball, the play is considered dead when the ball carrier was touched.
- 6.3 When a ball carrier deliberately throws the ball into the air, then catches it to avoid being touched with the ball, the ball is dead immediately, and the opponents will be awarded a touch where the ball carrier first released the ball.

7 Intercepted Pass

- 7.1 Any pass originally caused by the team in possession but caught by the opponents is an intercepted pass.

8 Incomplete Pass

- 8.1 A thrown pass is incomplete and the ball is immediately dead when it touches the ground, the goal post or an official, or goes out of bounds before being caught.

9 Blocked or Deflected Forward Pass

- 9.1 A forward pass that is blocked by a Rusher is considered to be an incomplete forward pass when it hits the ground. If the ball is caught, the appropriate offside/onside pass rules apply. The offense cannot throw a second forward pass; this will be ruled an offside pass. A deflected forward pass is ruled a regular forward pass playable by both teams.



10 Deliberate Grounding of A Pass

- 10.1 When the passer deliberately throws the ball out of bounds, or to an area where there is no receiver, in an obvious attempt to avoid a loss of ground, the passer will be penalized for deliberately grounding the ball.

11 Forward Pass vs. Dropped Ball

- 11.1 When the passer attempts a forward pass and loses control of the ball after starting the passing arm in a forward motion and following through with the intended pass motion, the ball is dead when it hits the ground and the play is considered to be an incomplete forward pass. If the forward motion of the throwing arm had not started when control of the ball was lost, the play is considered an onside or offside pass, as appropriate.

Rule 18 – Pass Interference

1 Pass Interference

- 1.1 Pass interference occurs when a player takes away an opponents positional advantage.

2 Pass Interference Criteria

- 2.1 In deciding whether or not pass interference has occurred, the officials will consider all the criteria described in the Regulations, 18.1 to 18.8.

3 Target Area/Remote Area

- 3.1 Pass interference in the target area can apply only when the pass is in the air and the player who had positional advantage had a reasonable chance of getting to the arrival point of the ball. When these 2 conditions do not apply, any pass interference that occurs will be considered to have occurred in the remote areas.

4 Violations

- 4.1 Pass interference by the offense or the defense is illegal. The team that violates the pass interference regulations will be penalized for pass Interference in the target area or remote area, as judged by the officials.



Regulation 18 – Pass Interference

1 Contact

- 1.1 A player has committed bodily contact when that player makes contact with an opponent and moves the opponent off stride or away from the opponent's intended direction or position. Contact between opponents is legal provided that the contact results from a simultaneous and legitimate attempt to play the ball and occurs at the arrival point of the pass; this contact is legal only when each player is intent on playing the ball and each player is in an equally favourable position to play the ball.
- 1.2 When contact occurs without moving the opponent off stride or away from the opponent's intended direction or position, pass interference has not occurred; this is incidental contact.

2 Path to the Ball

- 2.1 All players have an equal right to a direct path to the arrival point of the ball. However, a player in an unfavourable position cannot commit bodily contact with an opponent to reach the ball, even if the ball was eventually touched by that player.
- 2.2 A player who is in an equal or an advantageous position to play the ball, compared to an opponent, is considered to have the right to the path to the ball. When that right is taken away by an opponent using bodily contact, pass interference has occurred.
- 2.3 A player who takes a path or a position on the field in order to catch a pass or defend against a pass, has a right to that path or position unless an opponent has already taken it. A player who takes an opponent's established path or position using bodily contact is guilty of pass interference.
- 2.4 When 2 opponents cross paths and make contact, the player who had clearly declared the intended path first has the right to that path; the opponent is guilty of pass interference unless the contact was incidental. If the officials cannot determine who declared their path first, pass interference has not occurred.
- 2.5 When opponents get their feet tangled up while running their respective paths causing one player to lose balance, a pass interference penalty is not automatic. The relevant positions and intended paths of the players must be taken into account.
- 2.6 In all the above cases, the player who is in the advantageous position to play the ball must continue to display intent to reach the arrival point of the ball. Otherwise, any contact by the opponent in a sincere effort to reach the arrival point of the ball will not be considered pass interference. A deliberate attempt to block the opponent from reaching the arrival point of the ball is pass interference.

3 Pick Play

- 3.1 An offensive player cannot prevent a defensive player from pursuing another offensive player by impeding that defensive player's direct path to the teammate. The defensive player must be moving towards the second offensive player to be considered as pursuing that player.
- 3.2 If the first offensive player is playing the ball, that player cannot be considered as impeding the defensive player from pursuing the second offensive player.
- 3.3 Violation of these regulations is pass interference in the remote area.

4 Stationary Position

- 4.1 A defensive player who has maintained a stationary position since the ball was snapped shall not be penalized for pass interference if run into by an opponent, except as stated in Rule 15.8. If the defensive player takes a stationary position after the ball is snapped, this position cannot be in a path already taken by an opponent.

5 Playing the Ball

- 5.1 A player must be facing the ball as it arrives in the target area to be considered to be playing the ball. When the ball strikes a player who is not playing the ball and who is impeding an opponent's approach to the ball, this is pass interference in the target area; for the purposes of this regulation, the opponent must be moving towards the ball to be considered impeded.

6 Screening

- 6.1 As the ball arrives in the immediate vicinity of a receiver, a player who is not playing the ball cannot extend the arms or wave a hand in an attempt to distract a receiver, to block a receiver's vision, or to touch the ball. Violation of this rule is pass interference in the remote area; if the ball is touched or the receiver's direct line of vision to the ball is blocked, this is pass interference in the target area.

7 Non-Catchable Pass

- 7.1 When an official considers a pass cannot be caught even with extraordinary effort, no target area pass interference penalty shall be assessed even when target area pass interference occurs by either team. The pass interference infraction must be assessed as a remote area pass interference penalty.

8 Center/Rusher Interference

- 8.1 When bodily contact occurs between the Centre and the Rusher, if the Rusher had lost rights to a direct path to the Quarterback, the Rusher will be penalized for pass interference in the remote area; if the Rusher had not lost rights to a direct path to the Quarterback, the Centre will be penalized for obstruction.



Rule 19 – Punts

1 Punts

- 1.1 A punt is a ball deliberately dropped from the hand and kicked with the foot, thigh or leg at or below the hip, before the ball touches the ground.
- 1.2 Any player may punt the ball. After a kick off or a snap, the ball can be punted at any time during a live ball, except during a convert attempt. A punt cannot be used to replace a kick off or a snap; this is an Illegal Procedure. A punt during a convert attempt will be ruled dead, immediately as the ball is punted, and considered as an incomplete pass.
- 1.3 When a player attempts to punt and the ball strikes any part of the punter's body, this shall be considered a punt and all the rules of a punt shall apply. If the punter misses the ball entirely, this is considered to be an offside pass.

2 Dribbled Ball

- 2.1 A player who does not have possession of the ball cannot legally punt the ball. When a player accidentally or deliberately kicks the ball with the foot or leg below the knee, without having had control of the ball in the hand, this is a dribbled ball.
- 2.2 The ball becomes an onside or offside pass depending on its direction and will remain live until it hits the ground; the dead-ball rules for a dribbled ball will apply. A dribbled ball can be advanced only if it is caught by the non-dribbling team.

3 Possession After A Punt

- 3.1 Immediately as the ball is punted, the punting team automatically loses possession to the opponents, unless the punt is blocked or is considered to have never left the end zone.
- 3.2 A regular punt, and a punt that is considered to have never left the end zone, is a loose ball only to the receiving team until touched by them.

4 Punt Reception

- 4.1 Any player of the punt-receiving team can catch a punt and advance, if that player stayed in bounds during the entire play. Violation of this rule is an illegal re-entry penalty.

5 Restraining Zone

- 5.1 After a punt, players of the punting team cannot touch the ball or cannot be touched by the ball before the opponents touch the ball. After a punt, all players of the punting team must be at least 5-yards away from the ball when an opponent first touches the ball. Violation of these rules is a "no yards" penalty assessed against the punting team from the point where the ball was first touched. If the offending player(s) did not affect the play in any way, the "no yards" penalty will be applied as a 5-yard penalty.

6 Recovery of a Muffed Punt Reception

- 6.1 When a punt receiver muffs the ball, the ball is free to both teams until it touches the ground; if the punting team had violated the no yards rule, they cannot be awarded the ball.
- 6.2 When the punt receiver muffs the ball in an offside direction, the ball is dead when it touches the ground. Recovery of a free ball by a teammate in an offside direction will be penalized as an offside pass.
- 6.3 When the punt receiver muffs the ball in an onside direction, the ball is still live after it touches the ground. The punting team can down the ball when it is loose; they can catch and advance the ball when it is a free ball. The receiving team can catch and advance a loose ball or a free ball if they have not violated the offside pass rules.

Rule 20 – Deflected and Blocked Punts

1 Deflected Punt

- 1.1 A deflected punt is a punt that touches any player immediately after being punted but continues to travel in a direction away from the punter's dead line.
- 1.2 A punt deflected by any player will be considered as not having been touched at all.
- 1.3 A deflected punt is dead when it touches the ground behind the line of scrimmage or in the punter's end zone.

2 Blocked Punt

- 2.1 A blocked punt is a punt that touches any player immediately after being punted, causing the ball to travel in a direction that is parallel to or towards the punter's dead line.
- 2.2 A punt blocked by the punter's teammate will be considered as not having been touched at all; if a player of the punting team subsequently touches the blocked punt, the punting team will be penalized for "no yards", but they can down the ball.
- 2.3 A punt blocked by the punter's opponents will be ruled an onside pass by the blocker if the ball travels parallel to the punter's dead line; if the ball travels toward the punter's dead line it will be ruled as an offside pass by the blocker. Both teams may catch the ball; they do not have to stay out of the restraining zone; they may advance the ball if they have not violated the onside/offside pass rules.
- 2.4 A blocked punt is dead when it touches the ground.

3 Possession after a Blocked Punt

- 3.1 A blocked punt is a free ball until it touches the ground. After a punt is blocked in the field of play, the ball remains in the possession of the non-punting team until they lose possession. After a punt is blocked in the end zone, the ball is considered to be still in the possession of the punting team until they lose possession.
- 3.2 If a team has earned a first down when their punt is blocked by the opponents, they will be awarded a first down if they legally regain possession of the ball.
- 3.3 If a first down has not been earned by the punting team when their punt was blocked by the opponents, and the punting team catches the blocked punt before the opponents, the play and the down will continue as if no blocked punt occurred. The punting team can throw a legal forward pass if none had been thrown prior to the punt, and the ball had not previously crossed the line of scrimmage; the punting team can punt the ball again. The punting team must earn a 1st down within the 3 consecutive downs provided or lose possession.



Rule 21 – Illegal Acts

1 Use of Hands

- 1.1 Players cannot use their arms or hands to impede or redirect an opponent, except when that opponent obstructs their direct path to the ball carrier. Players cannot use the goal posts with their hands or arms to push off or to change their direction. Violation of these rules is illegal use of hands.
- 1.2 When a player is not playing the ball, an opponent can redirect that player with the hands in an effort to continue pursuing a direct path to the arrival point of the ball or the intended receiver.
- 1.3 Players may touch an opponent to feel their relative position as long as the opponent is not impeded or redirected. Players may touch the goal posts with their hands if such touching does not help them change their direction.

2 Obstruction

- 2.1 Obstruction is when a player impedes an opponent's direct path to the ball, the ball carrier or the intended receiver, with or without contacting the opponent.
- 2.2 A player may assume a stationary position if the intent is obviously to avoid obstructing an opponent. A player may cut across the path of an opponent if the opponent's progress is not impeded or redirected. Violation of these rules is an obstruction penalty.
- 2.3 During a kick off or punt, players of the receiving team may take a stationary position, if the obvious intent is not to obstruct the opponent's path to the ball carrier.
- 2.4 When the ball carrier uses stationary teammates as a means of blocking the opponent from getting to the ball carrier, such stationary teammates are not to be penalized for obstruction unless they move from their spot.

Note: This rule does not apply to centre/rusher interference. Consult Rule 15.7 and Regulation 18.8 for specific rules governing the Centre and the Rusher.

3 Illegal Re-Entry

- 3.1 A player who steps out of bounds during a live ball cannot re-enter the field to play the ball, pursue a ball carrier or pursue an intended receiver. A player who is pushed out of bounds by an opponent or goes out of bounds as a result of a slippery field is not considered to have gone out of bounds unless that player makes no immediate effort to get back in bounds. Violation of these rules is an illegal re-entry penalty.

4 Illegal Participation

- 4.1 A player cannot leave the bench area to enter the field and play the ball, pursue a ball carrier, pursue an intended receiver, or obstruct a player; this rule applies also to fans and team members in or out of the team bench area. Violation of this rule is an Illegal Participation penalty.

5 Extension

- 5.1 The ball carrier is not allowed to place the ball forward by deliberately extending the arm(s) in an obvious effort to gain extra distance. When the ball carrier violates this rule, the ball will be placed according to the regulation for an extended ball and an additional minor objectionable conduct penalty will be assessed as a dead-ball foul. The non-offending team may decline the penalty if it sees an advantage in doing so.
- 5.2 A touchdown or convert cannot be scored by extension. A safety touch or rouge cannot be prevented by extension.



Rule 22 – Player Conduct

1 Major Foul

- 1.1 A player or team member is not allowed to strike or trip an opponent or an official with the deliberate intent to cause bodily harm. Any other act of roughness or unfair play considered by the Referee to threaten the safety of any participant is not allowed.
- 1.2 Violation of these rules is a major foul and the player or team member must be ejected from the game.
- 1.3 An automatic first down is awarded to the non-offending team if they have possession of the ball.

2 Personal Foul

- 2.1 Any act of roughness or unfair play that is committed by a player or team member, but is not considered by the Referee to be a major foul, is a personal foul. All players must attempt to control their momentum when approaching an opponent.
- 2.2 Violation of these rules is a personal-foul penalty.
Note: The specific acts described in Regulation 22 are to be included in the interpretation of this rule by the officials.

3 Objectionable Conduct

- 3.1 A player or team member is not allowed to use profane language, make verbal threats, or utter demeaning or intimidating remarks or actions to another player, team member, fan or official. Persistent arguments from any player or team member are not allowed. A player is not allowed to deliberately delay the smooth operation of the game. A player is not allowed to fake an injury or loss of balance in an obvious attempt to delay the game or cause a personal foul to be assessed against an opponent.
- 3.2 Violation of these rules is an objectionable conduct penalty. If the violation is considered by the Referee to be of a serious nature, the player or team member must be ejected from the game.

4 Player Ejection/Game Forfeit

- 4.1 An ejected player or team member must stay in the bench area and refrain from berating players, officials and fans. When an ejected player or team member violates these rules, that person must leave the park.
- 4.2 If the ejected individual does not leave the park within 3 minutes, or returns to the park during the game, the Referee must award the game to the opponents.
- 4.3 The Referee must take an official's time out while carrying out these procedures.



Regulation 22 – Player Conduct

1 Rough Touch

- 1.1 A one-handed touch or a 2-handed touch shall be considered a personal foul if the ball carrier is shoved off balance as a sole result of the impact. It is not a personal foul if the contact was caused by a sudden stop or change in direction by the ball carrier, and the opponent attempted to diminish the contact. A touch in the neck, head and face areas shall be interpreted as a personal foul unless the ball carrier had bent over, crouched or fallen down while the attempt to touch was being made by the opponent. If the action is considered to be incidental, the official shall apply the penalty as a minor personal foul.
- 1.2 A heavy-handed slap or a swinging arm slap while touching the ball carrier shall be considered a personal foul.
- 1.3 The above fouls shall be considered to have occurred after the ball was dead.

2 Contacting the Passer

- 2.1 A player is not allowed to contact the passer using bodily contact. If the bodily contact was caused by the passer's sudden stop or change of direction, and the player attempted to diminish the contact, no foul has occurred. If the player made an extraordinary attempt to diminish the contact or to prevent the passer from injury, the official shall use discretion as to whether or not a personal foul should be called.
- 2.2 The above fouls shall be considered to have occurred while the ball was live unless the ball was considered to be dead prior to the contact.
- 2.3 The defender/ rusher will be called for a personal foul if they make ANY contact with the quarterback's throwing arm or hand at or above the Quarterback's shoulder while attempting to make a pass. This includes the Quarterback's natural follow-through motion.

3 Contacting the Punter

- 3.1 A player is not allowed to contact the punter using bodily contact even when the ball is blocked or deflected. No foul has occurred if the bodily contact was caused by the punter's sudden stop or change in direction or if the player attempted to diminish the contact.
- 3.2 The above conditions apply on all attempts to punt the ball.
- 3.3 The above fouls shall be considered to have occurred before the ball was punted.

4 Contacting the Receiver

- 4.1 A player is not allowed to use bodily contact on a pass receiver or punt receiver before or after the ball is touched, even if the ball is muffed. If the bodily contact was caused by a legitimate attempt to catch or down the ball while both players had equally favourable positions to the ball, no foul has occurred.
- 4.2 A player is not guilty of contacting the receiver if the bodily contact was caused by a sudden stop or change in direction by the opponent and the player made every attempt to diminish the contact. The above conditions apply to both teams after a ball is muffed or tipped.

5 Tripping

- 5.1 A player is not allowed to trip an opponent using the arm, the lower leg, or foot. These fouls will be considered to have occurred before the ball is dead.

6 Piling On

- 6.1 After the whistle is blown to indicate that the ball is dead, a player is not allowed to run into, throw the body against, or deliberately fall upon an opponent.
- 6.2 The above fouls will be considered to have occurred after the ball is dead.

7 Charging

- 7.1 The ball carrier is not allowed to elbow, shoulder, or throw the body into an opponent or attempt to jump through defenders blocking the path.
- 7.2 The above fouls will be considered to have occurred after the ball is dead.



8 Diving

- 8.1 A defender is allowed to dive towards the ball carrier if the intent is to touch the player. If the contact with the ball carrier causes the ball carrier to fall, this will be considered a personal foul if unnecessary force was used.
- 8.2 The ball carrier is not allowed to dive forward in any obvious effort to gain extra distance.
- 8.3 The above fouls are considered to have occurred after the ball was dead.

9 Attempts to Strike a Player

- 9.1 Any attempt to strike or trip a player in any manner which fails is a major foul and will be considered as having occurred after the ball is dead.



Rule 23 – Distance Penalties

1 Fixed-Distance Penalties

- 1.1 In addition to any other penalties described in the rules, the following penalties of a fixed distance shall be applied from the appropriate spot.

| Distance | Foul |
|-----------------|--|
| 5-yards | Time Count Violation Illegal Procedure Offside Minor Objectionable Conduct (Extension) Minor Personal Foul (incidental head touch) Minor No Yards |
| 10-yards | Delay of Game Illegal Re-entry Illegal Substitution Illegal Use of Hands No Yards/Restraining Zone Objectionable Conduct Obstruction Pass Interference in the Remote Zone |
| 15-yards | Personal Foul |
| 25-yards | Major Foul |

2 Variable-Distance Penalties

- 2.1 In addition to any other penalties described in the rules, the following penalties of variable distances shall be applied.

| Foul | Penalty |
|--------------------------------------|---|
| Illegal Participation | A touchdown is awarded if a team player is involved; a replay is awarded if a fan is involved. |
| Offside Pass | The ball is brought back to the spot where the offside pass began. |
| Pass Interference in the Target Zone | The ball and a first down can be awarded to the non penalized team at the spot where the foul occurred. The defense can also elect to have the pass be considered as an incomplete pass. If this occurs on a first or second down play, this will simply be a loss of down. If this happens on a third down play, the defending team electing to declare the pass incomplete may take over at the previous line of scrimmage. |



Rule 24 – Application of Penalties

1 Penalty Options

- 1.1 A penalty can be refused by the team that was not penalized with the following exceptions:
 - For major fouls, personal fouls and objectionable conduct penalties, the player's name must be recorded on the scorecard as having committed that foul.
 - A player must be ejected from the game if the rules make it mandatory.
 - Any distance penalty associated with an ejection or personal conduct fouls can be refused.
- 1.2 The team not penalized has 2 options. If they refuse the penalty, the play must be considered legal and any gain, loss or score will be counted. If they accept the penalty, the penalty will be applied by the Referee. If the penalty involves choices, the non-offending team may choose the one they consider to be most advantageous to them.
- 1.3 Once a team has told their choice to the Referee, they cannot change their choice. If they have been given the wrong choice, the team must request the correct choices before the ball is snapped or kicked off for the next play or lose their right to request the correct choices.

2 Application of Fixed Distance Penalties

Unless expressed elsewhere in the rules and regulations, fixed distance penalties shall be applied as described below.

2.1 Foul Before the Ball Is Put Into Play

When a team commits a foul before the ball is put into play, they shall repeat the down, convert attempt, or kick off. The distance penalty will be applied from the point where the ball was to be put into play before the foul occurred.

2.2 Foul As the Ball is put Into Play

When a team commits a foul as the ball is put into play, any distance penalty will be applied from the spot where the ball was last put into play and the down, convert attempt, or kick off will be repeated.

2.3 Foul before the Offense Gains First Down

When a team commits a foul before the offense gains first down, any distance penalty will be applied from the spot where the ball was last put into play and the down will be repeated.

2.4 Foul after the Offense Gains First Down

When a team commits a foul after the offense gains first down, any distance penalty will be applied from the spot where the ball was when the penalty occurred. The offense will be awarded first down at the spot where the ball is placed after the distance penalty is applied.

2.5 Foul Before the Offense Loses Possession

When a team commits a foul before the offense is considered to have lost possession of the ball, any distance penalty will be applied from the spot where the ball was last put into play and the down will be repeated.

2.6 Fouls After the Offense Loses Possession

1. When a team commits a foul after the offense has lost possession, any distance penalty will be applied from the spot where the ball was when the penalty occurred, and the team awarded the ball will be awarded a first down where the ball is placed after the distance penalty is applied.
2. If the offense lost possession by a kick off or a punt and the penalty occurred before the ball was touched, the distance penalty will be applied from the spot where the ball was first touched and first down will be awarded after the distance penalty is applied.

2.7 Fouls After the Ball is Dead (Dead-Ball Fouls)

1. When a team commits a foul which is considered to have occurred after the ball is dead, any gain, loss, or score during the previous play will be counted and any distance penalty will be applied from the spot where the ball would have been put into play if no dead-ball penalty had occurred. If the next play is a convert attempt, the distance penalty can be applied on the convert attempt or on the kick off.



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2. When a dead-ball foul occurs, the distance of the penalty will be added to or subtracted from the remaining yards required to reach the first down spot or the goal line. When the offense has been awarded a new 1st first down, only the field position will be affected if the foul occurred before the new 1st down was whistled in.

3 Variable-Distance Penalties

Variable-distance penalties shall be applied as described below. When a variable distance penalty is applied, the penalized team will not repeat the down.

3.1 Offside Pass

1. When a team commits an offside pass, the ball will be placed at the spot where the ball was when it was released by the passer, where the ball was caught, or where the ball is ruled dead, at the option of the non-offending team. The down, convert attempt, or kick off will not be repeated.

3.2 Pass Interference in the Target Zone

1. When pass interference occurs in the target zone, the penalty will be applied as a live-ball foul.
2. When the defense commits pass interference in the target zone, the offensive player who was interfered with will be awarded a completed pass at the spot of interference or 10-yards in advance of the line of scrimmage; an automatic 1st down will be awarded also.
3. When the offense commits pass interference in the target zone, the defense can choose to declare the play an incomplete pass or take possession at the spot of interference. If this occurs on a third down play, the defending team electing to declare the pass incomplete may take over at the previous line of scrimmage.

3.3 Deliberately Grounding the Ball

1. When a team deliberately grounds the ball, the ball will be placed at the spot where the ball was when it was released by the passer, or the defense may choose to rule the play as an incomplete pass. The down or convert attempt will not be repeated.

4 Penalties Near The Goal Line

- 4.1 The application of a penalty will never spot the ball inside the 1-yard line.
- 4.2 When a fixed distance penalty is applied from a spot inside a team's 30-yard line, the distance applied shall not be more than half the distance to the goal line. A fixed penalty applied from outside a team's 30-yard line shall not be taken closer than that team's 15-yard line (unless multiple fouls are involved). In all the above cases, if the normal distance would have placed the ball in the defense's end zone or past the 1st down spot, the offense will be awarded a 1st down.
- 4.3 Variable distance penalties are not subject to the half-distance rules.

5 First Down Awarded By Penalty

- 5.1 A team can be awarded a 1st down from a penalty. A team will be awarded a 1st down when: the opponents are guilty of pass interference in the target zone; the offense reaches the opponents' goal line when a distance penalty is applied; the offense reaches the 1st down spot during the application of any penalty before a 3rd down begins; the offense reaches the 1st down spot during the application of a live-ball penalty on a 3rd down.
- 5.2 The offense cannot be awarded a 1st down by a dead-ball penalty that is applied after the 3rd down play.
- 5.3 When a team is awarded a 1st down by a legal gain or penalty, the 1st down cannot be withdrawn because of a subsequent penalty applied on that play, including penalties for dead-ball fouls.

6 Penalties On A Convert Attempt

- 6.1 Live- and dead-ball penalties, by either team will, be applied as they are on a regular scrimmage play, except as noted below.
- 6.2 Following a penalty application, the ball can be scrimmaged inside the 5-yard line.
The offense will be awarded a repeated attempt except when: the offense commits pass interference in the target zone; the offense commits illegal re-entry; the offense commits an offside pass outside the end zone; a foul by either team occurs after the ball is considered dead.



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- 6.3 When the defense commits pass interference in the target area in the end zone, the convert will be awarded.
 - 6.4 Dead-ball penalties must be applied on the subsequent kick off unless the convert attempt is repeated; in these cases, the non-penalized team can choose to apply the penalty on the convert or the kick off.

7 Fouls During the Last Play in A Period

- 7.1 When a team commits a live-ball foul during the last play in a period, the opponents have 2 choices: they can refuse the penalty, thereby making the play legal and ending the period; or they can accept the penalty and the team entitled to possession after the penalty is applied will be permitted one more play in that period.
- 7.2 When the offense commits an offside pass or commits obstruction after gaining a first down on the last play of a period, if the defense applies the penalty, the period will be considered completed.
- 7.3 Dead-ball fouls committed after the ball is put into play will be applied on the first play of the next period.

8 Illegal Re-entry Fouls

- 8.1 When an offensive player commits an Illegal Re-entry foul, the penalty will be applied as follows:
 - On a kick off, apply the penalty from the spot where the ball was when the foul occurred.
 - On a scrimmage play, if the foul occurred before the team who put the ball into play lost possession, apply the penalty from the spot where the ball was put into play and repeat the down if the first down had not been made at the time of the foul; at the point of foul with the down not repeated if the first down had been made at the time of the foul.
 - On a scrimmage play, if a catch is made by the offending player, then the defense has the option of declaring the pass incomplete
 - On a convert attempt, a score will not be awarded and a repeated convert attempt will not be allowed.
 - On a scrimmage play after a change in possession, apply the penalty from the spot where the ball was when the foul occurred.
- 8.2 When a defensive player commits an Illegal Re-entry foul, the penalty will be applied as follows:
 - On a kick off, apply the penalty from the spot where the ball was when the foul occurred.
 - On a scrimmage play, apply the penalty from one of the following 2 spots at the option of the offense: the spot where the ball was put into play and repeat the down; the spot where the ball was when the foul occurred.
 - On a convert attempt, if the foul occurred in the end zone, the offense will be awarded the points. If the foul occurred in the field of play, apply the penalty from the point where the ball was put into play.
 - On any play, if a score definitely would have been made without the illegal entry, award the score.

9 Illegal-Participation Fouls

- 9.1 When a team member commits an illegal-participation foul, the opponents will be awarded a touchdown, and the team member must be ejected from the game.
- 9.2 When a fan commits illegal participation, the play will stand if the fan's participation did not affect the result of the play. If a score would have definitely been completed without the fan's participation, the score must be awarded. In all other cases, repeat the play.

10 End-Zone Fouls

Note: None of the following rules applies on a convert attempt.

- 10.1 When a foul occurs in or out of the end zone, and the point of application of the penalty is not in the end zone, the regular penalty rules apply.



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- 10.2 When a foul occurs and the point of application of the penalty is in the end zone, the following rules apply:
- If the offense committed the foul, the defense will be awarded a rouge or a safety touch as defined by the scoring rules.
 - If the foul committed by the offense is “no yards,” the defense has the option of taking the ball on the opponents’ 10-yard line or at the previous line of scrimmage rather than be awarded the points.
 - If the defense committed the foul, no points will be awarded to the defense and the offense will be awarded a 1st down at their 10-yard line.
- 10.3 If the punting team commits obstruction in their end zone by preventing an opposing player from attempting to catch a punted ball that has not left the end zone, the non-offending team has the option of taking the ball on the offending team’s 1-yard line.
- 10.4 When a team intercepts a pass in the end zone, then commits a foul before the ball is brought out of the end zone, and the point of application of the penalty is in the end zone, no score will be awarded to the opponents. The intercepting team will be awarded a first down at their 10-yard line.
- 10.5 When a team commits pass interference in the target zone while in their own end zone, the opponents will be awarded a first down on the offending team’s 1-yard line. When a team commits pass interference in the target zone in the opponent’s end zone, no score will be awarded; the non-offending team will be awarded a first down at their 10-yard line or 10-yards in advance of the previous line of scrimmage.
- 10.6 When any of the above fouls involve player conduct, the distance for the player conduct penalty will be applied from the spot where the ball would be next put into play.

11 Player Conduct Fouls

- 11.1 Objectionable Conduct Fouls shall be applied as dead-ball foul.
- 11.2 Major Fouls and Personal Fouls shall be applied as dead-ball fouls, except when an opponent commits a major or personal foul on a player who:
- A. i) is attempting to pass the ball
 - ii) is attempting to punt the ball
 - iii) is attempting to retrieve a muffed onside pass, a muffed snap or a muffed kick-off or punt.
 - iv) is attempting to catch the ball in the target area.
 - B. i) is tripped without a touch being awarded
 - C. i) is a ball carrier or a receiver in the target area during the last play of a half
- A personal foul or major foul in any of these situations can be applied as a live-ball foul or dead-ball foul at the option of the non-offending team.
- 11.3 The distance penalty for a major foul or personal foul that is to be treated as a live ball foul shall be applied at one of the following spots, at the option of the non-offending team: from the point of last scrimmage when the team that put the ball into play is considered to have not lost possession; from the point of foul, with possession retained by the passing team; where the ball is considered to be dead.
- 11.4 The distance penalty for a foul on a punter shall be applied at one of the following spots, at the option of the non-offending team: at the point of last scrimmage when the team that put the ball into play is considered to have not lost possession; at the point of foul; where the receiving team first touched the ball; where the ball is considered to be dead.
- 11.5 The distance penalty for a foul on a player attempting to retrieve a muffed onside pass, or a muffed snap or a muffed kick off or punt shall be applied at one of the following spots, at the option of the non-offending team: from the point of last scrimmage, when the team that put the ball into play is considered to have not lost possession; from the point of foul, with possession retained by the offensive team; where the ball is considered to be dead.
- 11.6 The distance penalty for a foul on a player attempting to catch the ball in the target area shall be applied at one of the following spots, at the option of the non-offending team: from the point of last scrimmage when the team that put the ball into play is considered to have not lost possession; from the point of foul; where the ball is considered to be dead.
- 11.7 The distance penalty for a tripping foul on an opposing ball carrier that is not considered a touch shall be applied at one of the following spots at the option of the non-offending team: at the point of foul; from the point of last scrimmage; where the ball is considered to be dead.



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- 11.8 The distance penalty for a major or personal foul, during the last play of the half, on a ball carrier or a receiver in the target area, shall be applied as follows: If the foul is by the defense on the ball carrier, apply the penalty as a live-ball foul at the spot where the foul occurred and allow one more play by the team that has possession when the foul occurred; if the foul is on a receiver in the target area, apply the penalty as a live-ball foul from the previous line of scrimmage or the origin of the last pass at the option of the non-offending team.

The non-offending team may decline the additional play and elect to have the penalty yardage applied on the first play of the next half (i.e., the kick off).

- 11.9 An automatic first down shall not be awarded in the above circumstances.

12 Multiple Fouls

12.1 Live-ball Fouls

1. When one team commits 2 or more live-ball fouls, this is a double foul. The non-offending team can choose to apply only one of the penalties. If one of the penalties is a live-ball personal foul or a major foul, the non-offending team has the option of declaring this penalty as a dead-ball foul.
2. When each team commits a live-ball foul on the same play, this is a dual foul. When any of the accepted fouls occur before a change of possession, with the ball in flight, or on a play where possession does not change, the play will be repeated from the spot where the ball was first put into play and no distance penalties will be applied.
3. When all the accepted fouls occur after the ball is in a player's possession on a change of team possession, the ball shall be placed at the point ball held when the first foul occurred and no distance penalties will be applied.
4. If one of the penalties is a live-ball personal or major foul, the non-offending personal or major foul team has the option of declaring this penalty to be a dead-ball foul.

12.2 Dead-Ball Fouls

1. All dead-ball fouls can be applied against the offending team. When both teams commit dead-ball fouls, only the difference of the length of the distance penalties will be applied.

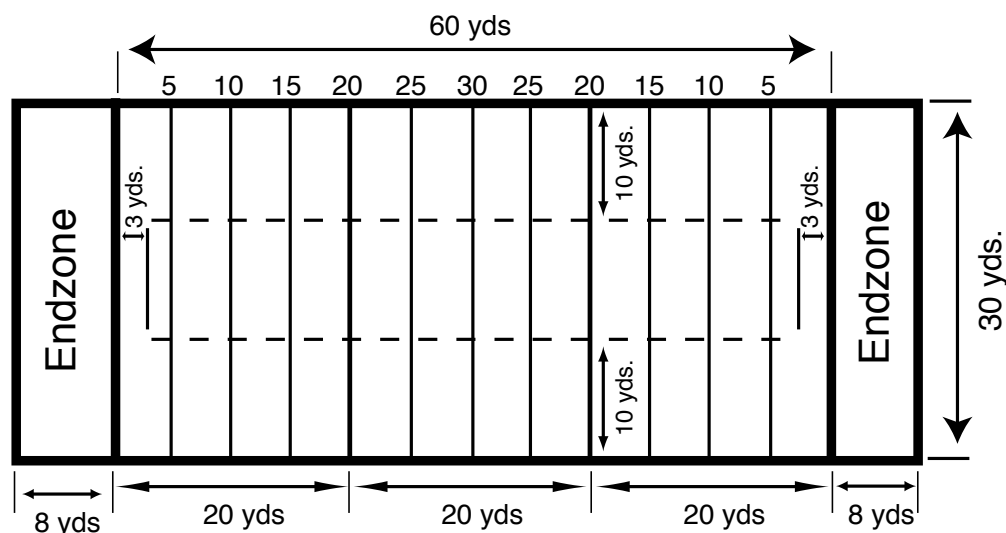


All rules as written in the preceding FC Touch Football rules apply to 6 man wheelchair football except the following modifications.

- 1 The game of wheelchair football shall be governed by the playing rules, regulations and definitions, as written in this book.
- 2 Whenever changes in the playing rules are permitted by league or tournament organizers, these options should be provided in writing to each participating team and official prior to the season or tournament.
- 3 The Referee is responsible for adherence to the rules and regulations by both teams and all officials. The Referee will make the final decision on any situation not covered by the rules and regulations.

1 The Field

- 1.1 A hard, flat surface of either packed dirt, asphalt or of a synthetic rubberized material such as Tartan is preferred.
- 1.2 The dimensions of the field shall be 60-yards by 30-yards, plus 8-yard end zones.
- 1.3 The ball shall always be put into play at least 10-yards from the sideline.
- 1.4 "First Down" marker lines will be drawn 20-yards from each end zone.
- 1.5 The extra point will be attempted from the 3-yard line.
- 1.6 The kick off is made from the 20-yard line; the receiving team must have at least 2 players between its 25 and 30-yard lines. There is a 10 yard neutral zone.



- 1.7 Coaches must stay between the 10 and 30-yard lines if both teams are on the same side of the field, and between the 20-yard lines if they are on opposite sides of the field.
- The players' bench will be within the coaches' zones and a minimum of 5-yards from the sideline.



2 The Ball

- 2.1 Teams may use their own ball or mutually agree to use 1 game ball.
- 2.2 It is suggested that each league set its own specifications regarding the dimensions and type of football to be used.
However, it is to be made clear that for inter-league or tournament play the league or tournament organizers will determine the dimensions and type of football to be used and will notify the participants of this prior to the season or tournament. Any football meeting the specifications outlined in Regulation 2 would be acceptable.
- 2.3 No alterations can be made to the natural surface of the ball. The Referee shall replace an altered ball and penalize the offending team for objectionable conduct.

3 Uniforms

The home team must change sweaters when the team colours are similar, unless 1 team agrees to change its colours voluntarily.

4 Equipment

- 4.1 All wheelchairs must be manually operated.
- 4.2 The height of the seat rail at the front (without the person in the chair) will not exceed 21 inches from the ground.
- 4.3 The footplates must not exceed 5 inches from the ground to their highest point. Footplateforms may be used in place of footplates.
- 4.4 There must be a heel strap fixed firmly to the footplate bars.
- 4.5 Players may wear "spray stick-em" but "paste stick-em" is not allowed. A player who wears "paste stick-em" will be penalized for objectionable conduct and must be removed from the game for at least 1 play. The player cannot continue playing the game using "paste stick-em"; the penalty for this violation is objectionable conduct and ejection from the game.
- 4.6 The use of gloves is permissible.

Rule 27 – Team Members

- 1 There are 6 players per team.
- 2 Players must have a permanent disability of the lower extremity(ies) that prevents them from competing in able-bodied football.

Rule 28 – Timing of Game

As outlined in Rule 4.

Rule 29 – Overtime

As outlined in Rule 5.

Rule 30 – Game Procedures

1 Start and End of Periods

Each half will begin by a kick-off (simulated by a forward pass) from the kicking team's 20-yard line.

2 Obtaining First Down

2.1 First downs are awarded for advancing the ball beyond each of the 2 "First Down" lines.

2.2 Teams have 5 downs to cross the "First Down" line regardless of initial field position.

3 Choices Following a Score

3.1 There shall not be a rouge in wheelchair football.

3.2 After a safety touch, the non-scoring team must kick off from their 20-yard line.

3.3 After scoring a touchdown, the scoring team must attempt a convert.

3.4 After a convert, the non-scoring team may choose to kick off from their 20-yard line or have the scoring team kick off from their 20-yard line.

Rule 31 – In Bounds/Out of Bounds

1 All 4 wheels must be inbounds for the player to be inbounds.

2 Only 1 of the 4 wheels has to be out of bounds for the player to be out of bounds.

Rule 32 – Control and Possession of the Ball

1 A player is considered to have control of the ball when the player has the ball firmly held in 1 or both hands, arms, or legs or on his/her lap without having the ball touch the ground. The grip on the ball must be firm enough to enable the player to stop the rotation of the ball.

Rule 33 – The Touch

1 A player is touched when 1 or both hands of a defensive player is/are on him or her (above the knees), chair excluded.

2 The defender must be seated in his/her chair during the touch, and cannot grab the opponent or the chair prior to the touch.

Note:

Grabbing an opponent or chair after the touch to prevent spilling of either person is legal and encouraged.

3 The ball carrier may shift position in the chair to avoid the defensive player's touch, but cannot use the hands or arms to avoid being touched.

4 Forceable extension of the arms upon touching (shoving) is considered unnecessary roughness.

Rule 34 – Live Ball/Dead Ball

1 All fumbles are dead at the spot where the ball hits the ground.

2 A ball that touches the ground on the center-quarterback exchange is dead.

3 Dropped laterals are dead.

4 Dropped backwards passes are dead.

5 Muffed balls on kick offs and punt returns are live.

Rule 35 – Time Outs

As outlined in Rule 11.



Rule 36 – Scoring

- 1 Touchdowns constitute 6 points.
- 2 Converts will be scrimmaged from the 3-yard line.
- 3 Converts scored by running will be awarded 2-points.
- 4 Converts scored by passing will be awarded 1-point.
- 5 Safety Touch is scored as per Rule 12.5.
- 6 There is NO rouge in wheelchair football.

Rule 37 – Convert Attempt

- 1 All rules for a scrimmage or pass apply to a convert attempt.

Rule 38 – Kick Off

- 1 All kick-offs will be from the 20-yard line.
- 2 Kick-offs are simulated by 8 forward pass.

Rule 39 – Scrimmage

1 Scrimmage Procedures

- 1.1 Any formation may be employed as long as there is a 3-man backfield. The backfield players must be 1 wheelchair depth from the line of scrimmage.
- 1.2 The center may be faced forward or in a direct reverse position; i.e., facing the backfield.
- 1.3 The center in a forward position will take his/her position abreast of the ball with the casters not beyond the furthest point of the ball.
- 1.4 The axle of the large wheel shall not be beyond the furthest point of the ball in the reverse position.

2 The Ball

- 2.1 The ball must be placed at the point of scrimmage by the officials.

3 The Huddle

Same as the FC Touch Football Rules with the exception that the ball must be snapped by the offensive team within 25 seconds.

4 The Snap

- 4.1 The center may pick up the ball.
- 4.2 The center must make 1 deliberate pass or hand off. Any faking by hands of the center, with or without the ball, constitutes putting the ball into play as a centered ball.

5 Onside/Offside

- 5.1 The offensive lineman must be abreast of the center's wheelchair but not beyond the front caster wheels in the case of the forward center or the large wheel axle in the case of the reversed center.

6 Defensive Alignment

- 6.1 The defensive line must be 1 yard distance from the forward point of the ball.
- 6.2 Any form of defensive formation may be used as long as there is a minimum of 2 players on the defensive line.



7 Blocking

- 7.1 Ramming or colliding chairs for blocking from a front angle is legal.
- 7.2 Ramming from the rear or into the large wheels constitutes "clipping". Interpretation: "Into the large wheels" means that contact with the opponent's chair is made to the rear of the foremost part of the hand rim.
- 7.3 It is considered holding to maintain foot platforms in spokes or otherwise "lock" a chair if such should occur inadvertently.
- 7.4 There is no "neutral zone" where clipping is overlooked.
- 7.5 All 4 wheels must be on the ground when within a 3-wheelchair distance of an opponent. Violations are considered unsportsmanlike conduct.
- 7.6 When 2 chairs are locked dead - no motion - the 2 parties must mutually break and begin play again. This is the only time a player may lay a hand on another's chair.

Rule 40 – Passes

- 1 All 6 players on the offensive team are eligible receivers.
 - 2 There is no limit to the number of forward passes that can be thrown behind the line of scrimmage.
 - 3 Only 1 forward pass can be thrown over the line of scrimmage.
 - 4 A pass may be touched by 2 or more offensive players and still be ruled a completed pass.
 - 5 All 4 wheels must be Inbounds to be an eligible receiver.
 - 6 Rule 16 regarding offensive and defensive pass interference apply.
 - 7 Hand-Off Pass - as per Rule 16.
 - 8 Onside Pass - as per Rule 16.
 - 9 Offside passes caused by a tipped ball are legal.
- Offside passes caused by a thrown ball are as per Rule 16.

Rule 41 – Complete/Incomplete Passes

As outlined in Rule 17 except where noted herein.

Rule 42 – Pass Interference

See Rule 18.

Rule 43 – Punts

- 1 Punts are simulated by a forward pass upon declaration to the opponents through the Referee.
- 2 The offensive team must inform the Referee if they choose to punt in sufficient time to snap the ball before the 25 second count would be completed.
- 3 The Referee will interrupt the 25 second count and notify the defense by a kicking signal that the play will be a punting play. The center snap will not be permitted until the defense has had time to adjust.
Note:
Under game conditions, a team announcing the punt prior to breaking the huddle fulfills the spirit of the above rules.
- 4 If the punt is declared too late for proper notification, it will be considered "illegal procedure".
- 5 If the punt is not declared properly at all, the play is treated as a forward pass.
- 6 A ball may be punted on any down at any position on the field.
- 7 A punted ball may be returned by the receiving team, if caught on a bounce, on-the-fly or picked off the ground.
- 8 A punt may be blocked by the opposing team.
- 9 Restraining Zone rules as per Rule 19.



Rule 44 – Deflected and Blocked Punts

As outlined in Rule 20 with the exception of First Down distance.

Rule 45 – Illegal Acts

1 Use of Hands

See Rule 21.

2 Illegal Re-Entry

As outlined in Rule 21.

3 Illegal Participation

As outlined in Rule 21.

Rule 46 – Player Conduct

As outlined in Rule 22.

Rule 47 – Penalties

- 1 For 5 and 10 yard penalties, no penalty distance shall exceed half the distance to the goal line.
- 2 For 15 yard penalties within the 20-yard line and approaching the goal line, the ball will be placed on the 5-yard line or half the distance to the goal line, whichever is further from the goal line.

3 Offside - 5-yards

The Headlinesman should notify players (if feasible) if they are taking improper positions before the ball is snapped without calling time out, delaying the game or declaring the penalty.

4 Holding

- 4.1 Defensive - 10-yards from point of infraction.
- 4.2 Offensive - 10-yards from line of scrimmage, or from point of infraction if behind the line of scrimmage.

5 Clipping

15-yards from point of infraction.

6 Illegal Use of Hands

- 6.1 Defensive - 10-yards from point of infraction or line of scrimmage when it is nearer the offensive team's goal.
- 6.2 Offensive - 10-yards from the line of scrimmage.

* There is NO legal use of hands in wheelchair football except in touching the ball carrier.

7 Unsportsmanlike Conduct

- 7.1 Defense - 15-yards from point of violation.
- 7.2 Offense - 15-yards from the line of scrimmage.
Note:
A recurrence of the same act or misdemeanor will justify the player's expulsion from the game.
- 7.3 Flagrant misconduct warrants no warning.
- 7.4 Any deliberate attempt at bodily harm to a player or official will warrant immediate dismissal from the game.
- 7.5 Vulgarity will not be tolerated.
- 7.6 It is illegal to intentionally fall out of the chair or to be dragged out where such is avoidable.
- 7.7 It is illegal to raise 1 or both hips off the seat of the chair to gain an advantage.



Rule 48 – Application of Penalties

As outlined in Rule 24.

Rule 49 - Players Out of Chairs

- 1** When a player has fallen out of his/her chair, it will be up to the official's discretion whether or not the fallen player is in any danger (in front of the play). If any official determines that there is a danger to the fallen player or any other players by the continuation of play, the official will blow the whistle twice and all play will immediately stop. It is the duty of all players to prevent and/or avoid fallen players.
- 2** If an official stops play because of a fallen player on the defensive team when the offense appeared to be in play for a gain, the ball will be placed at the furthest point advanced before the whistle and an additional down granted. Abuse of this rule may permit the referee to grant an automatic touchdown and/or expulsion of the guilty player from the game.
- 3** If an offensive player falls and the official deems it necessary to blow the whistle, no down is granted.

Note:

Those cases not clearly defined in the FC Canadian Rule Book for Touch Football and Wheelchair Touch Football as pertains to wheelchair football, and not included herein will be left to the judgment of the game officials.



Scrimmage Duties of Officials (3 Man Crew)

Back Umpire (BU) (positioned in the defensive backfield—towards the opposite side of the field to the Head Linesman)

- Set bean bags as appropriate
- Count defensive players
- Look for remote zone interference / rough play
- Look for pass interference
- Watch for tags and rough tags
- Spot the advance of the ball and hold until HL has spot.
- After whistle: Reset bags if appropriate
- On punts—take a position beside the punt returner. Be ready to rule on Restraining Zone Infractions. Rule on the direction of passes (onside or offside).
- On kick offs—begin just behind the deepest player on the receiving team. Watch for tags and be prepared to rule on the direction of passes.

Head Linesman (HL) (positioned on the LOS)

- Gates up when huddle breaks until center sets the ball. On kick offs, gates go up when the kicker approaches the ball
- Watch for offside players
- Warn players who line up offside
- Watch Rusher for lining up offside
- Move at least as far as 1st down bag or... move downfield with play, watching for infractions and spot of ball.
- On Goal-line plays—move only as far as on goal line and be ready to judge if the ball breaks the plane of the end zone.
- On punts—hold on the LOS until the ball has crossed in flight
- On Kick-offs—begin 20-yards from kick off line

Referee (R) (positioned beside the QB)

- Announce the down and start 20 second play clock
- Count offensive players
- Note side Rusher is on
- Look for Rusher going offside (throwing flag if the Rusher crosses the LOS without first resetting completely behind the rusher's bag).
- Watch for double rush
- Watch for interference on rush or remote zone interference on Center
- Watch for QB tags and rough tags
- Signal direction of pass (on-side or offside)
- If QB scrambles and throws note point of release (were they over the LOS?)
- After whistle: Give bags to BU if appropriate.
- On kick offs start on the kick off line. Blow whistle to signal ready for play. Watch for offside on the kicking team.



Cases for Rule 1 – General

- 1 **Play:** A player scores a touchdown but was not listed on the scorecard.
Ruling: There is no rule in the book covering this situation. This is purely a league administrative matter. Simply add the name on the scorecard toward the points. If the opponents object, make note of it on the scorecard but still award the touchdown. The Referee has no right to eject a player unless the league or tournament organizers instruct the Referee to do so in writing. (Rule 1.2)
- 2 **Play:** During a night game played on a lighted field, light suddenly go out during a play. The offense claims a touchdown would clearly have been scored, but the defense disagrees.
Ruling: As this situation is not covered in the rules, the Referee must invoke Rule 1.3 and make what is, in the official's judgment, a fair ruling to cover the situation. (Rule 1.3)

Bleeding

1. During a game, the Referee shall require any participant (player or official) who is bleeding or has an open wound to leave the playing field as soon as possible. Appropriate medical treatment shall be provided. The participant may return to the field only after the bleeding has stopped and the affected area or the open wound has been completely and securely covered.
All officials must be fully aware of the wording and intent of this rule, in order to protect the safety of all participants.
2. If the participant is a player(s), the Referee should offer the team(s) affected the following options:
 - a) a brief officials timeout to permit immediate substitution(s).
 - b) An "Officials Time Out" not to exceed 2 minutes to permit the injured player to receive appropriate medical treatment. If the treatment is not completed after the 2 minutes of expired, the team(s) must provide a substitute player without further delay or utilize the team timeout (if applicable) in order to obtain additional time for medical treatment.
- 3 If the participant is an official, the Referee or crew chief, in consultation with the teams' captains, shall decide whether to suspend play while medical treatment is provided or to continue the game with remaining officials.
- 4 If the ball is live when the injury occurs, the Officials shall not blow the whistles until play has been completed and the ball has become dead.
- 5 A player or official who has any part of his/her uniform or equipment saturated with blood must have it changed or cleansed immediately. "Saturated" is defined in rule 1.5 as "the amount of blood being sufficient to soak through the garment and onto the skin, or in such that the blood would be easily transferred to another participant". Timeout procedures as outlined in clauses 2 and 3 (above) shall apply.
- 6 **Play:** A1 leaves the field, bleeding profusely. Team A requests and is granted the 2 minute timeout for medical attention. A1 returns after 90 seconds and a Team B captain requests that the full 2 minutes must be taken.
Ruling: Play shall resume at any time during the 2 minute period when the injured player returns or the player's team indicates that it is ready to resume play. It is not mandatory to take the full 2 minute timeout. (Rule 11.4.3)
- 7 **Play:** A2 suffers a knee injury and Team A1 captain requests an injury timeout.
Ruling: Team A may call a regular 1-minute team timeout, if they have 1 available and have their player attended to. The player may return to the field if able when the time out is over. If the Referee grants an injury time-out to remove and substitute the player, the player must remain on the sideline for at least 1 play before returning. A special "bleeding" timeout may not be utilized in this situation. A "bleeding time out" may only be called for situations involving bleeding participants and/or saturated equipment. (Rule 11.4.3)



Cases for Rule 2 – Equipment

- 1** **Play:** Prior to start of the game, the Referee inspects the field and notices that a non-Regulation end zone exists because of a running track around the field.

Ruling: The dead line and the end zone sideline should be clearly marked at least 1 foot inside the track, coinciding with the curb of the track. (Regulation 2.1.1)
- 2** **Play:** Team A punts and the ball lands on the Team B 3-yard line, rolls towards the goal line, hits the flag or pylon at the intersection of the goal line and the sidelines, rolls into the end zone and then rolls out of bounds.

Ruling: The flag/pylon are deemed to be out of bounds. Thus, the ball is ruled dead before touching the goal line, and no point is scored. (Regulation 2.1.2)
- 3** **Play:** During the pre-game field inspections, the officials note that the corner flags are attached to wooden shafts.

Ruling: This is illegal and unsafe to all participants. The Referee shall order removal such flag shafts and the game shall not commence until this has occurred. (Regulation 2.1.3)
- 4** **Play:** Officials arrive at the game site and discover that there are no pads for goal posts.

Ruling: The officials must not work the game. In the event of a player injury, the officials may be held liable for allowing the game to proceed in direct contravention of a rule designed for safety. All Provincial Associations and Officials' Associations should notify their leagues and tournament organizers of the mandatory requirement, and that game officials have been instructed that they are not work games unless safety rules are enforced.
- 5** **Play:** During the game, the Team B captain complains of Team A is using a ball that is underinflated and thus too soft.

Ruling: The specifications regarding the balls are now left to the discretion of the league and tournament directors. If the officials are not given directives regarding what the specifications are for an individual league, then they cannot rule that a certain ball is invalid. The specifications listed in the rule book under Regulation 2.2 refer to the national championship only. (Rule 2.2 and Regulation 2.2)
- 6** **Comment:** If the league decides to abide by the ball specifications as outlined in the rule book for the regular season, then the Referee, if asked, must rule on the legality of the ball. This may involve stopping the time during the game to measure the ball. If the ball is declared illegal by the Referee, the must be replaced by legal ball before the next play begins. There is no penalty assessed.
- 7** **Play:** Prior to start of the game, a team captain objects to 1 of the opposing players wearing a shoe with screw in metal cleats.

Ruling: This type of cleat is permitted as long as the cleats are a natural part of the design of the shoe. However, no baseball, track, golf or similar sharp pleated shoes are permitted. (Regulation 2.3.5)
- 8** **Play:** During the game, the Referee notices a player has 1 of the screw-in cleats missing from a shoe exposing the metal rod.

Ruling: The player must leave the game for at least 1 play and repair or replaced the shoe. No penalty should be assessed. (Rule 2.3.5)
- 9** **Play:** During the pre-game conference with the officials, 1 of the captains request that a check be made of the shoes of the opposing team. This is done and it is discovered that 3 players are wearing illegal shoes.

Ruling: There is no ejection at this point. The offending players must replace the illegal shoes. (Rule 2.5.4)
- 10** **Play:** During the game, B3 is found to be wearing a pair of baseball cleats with metal spikes.

Ruling: Since the shoes are illegal, B3 shall be ejected from the game and the team is assessed the penalty for objectionable conduct. It is the responsibility of the teams to know the rules regarding footwear as outlined in the rule book. (Rule 2.5.4 and Regulation 2.3.5)
- 11** **Play:** Players wish to wear sunglasses, headbands and/or baseball caps.

Ruling: Unless the design of such items makes them inherently unsafe, they are legal. Leagues and/or tournament organizers may provide different Regulations, they must supply printed copies of any such Regulations to the teams and officials.



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- 12** **Play:** Players wish to wear rings or barrettes covered with tape.
Ruling: Such action is legal, if the Referee is convinced that the other participants are being adequately protected from injury. Otherwise the items must be removed, even if taped. Again, league or tournament ornament organizers may adopt different Regulations, provided participants safety is enhanced and any such Regulations are supplied, in writing, to teams and officials.
- 13** **Play:** Kicker A1 wishes to wear 1 shoe and kick bare-footed or only with a sock on the kicking foot.
Ruling: All players, including kickers, must wear legal footwear on both feet while on the field, the players may wear different types of legal footwear on each foot, for example, in order to gain a supposed advantage in kicking. Offending players should be removed from the game but may return when wearing legal footwear. (Rule 2.5.4 and Regulation 2.3.5)

Cases for Rule 3 – Team Members

- 1** **Play:** During a kickoff return, A9 runs on the field to pick up the kicking tee.
Ruling: A9 is guilty of illegal substitution. Team B has the option to decline the penalty and scrimmage at the point the ball became dead or have Team A re-kick with a 10-yard penalty. (Rule 3.1 and Rules' Committee 1990)
- 2** **Play:** Team A is lined up for the kickoff with only 6 players on the field. A7 runs from the bench and enters the field after the kicker, A1 has begun the approach to the ball. Team B fields the ball on B 25-yard line and advances it to the B 40-yard line.
Ruling: Team A should be called for illegal substitution. Team B has the option to scrimmage at the B 40-yard line or have Team A repeat the kickoff with a 10-yard penalty. (Rule 3.2.1)
- 3** **Play:** Team A breaks the huddle and the Head Linesman puts up the gates. Substitute A4 has just entered the field, runs 3-yards past the Head Linesman and, seeing the team coming over the ball, and turns to run off the field again.
Ruling: No penalty, providing A4 was not in the position to pass a message, and was off, or almost off the field when the ball is snapped, thus not distracting Team B, or gaining an advantage. (Rule 3.2.1)
- 4** **Play:** The officials miscount a team's complement on a kickoff and the Referee whistles the play in, but 1 team has 8 players. An official notices the error (a) before the ball is kicked, or (b) during or after the play. What is the correct procedure, and penalty?
Ruling: Teams are responsible for counting their players on the field. The non offending team has the option allows the play to stand or having a repeat kickoff with a 10-yard penalty. (Rule 3.1 and 23.1)
- 5** **Play:** Team A has 7 players on the field, but A3 thinks there are 8 and runs off on the sideline opposite the team bench just before the snap. Team A runs the play with only 6 players. Is a penalty called?
Ruling: Yes. This is illegal substitution. Team B may allow the play to stand or Team A will repeat down with a 10-yard penalty. (Rule 3.2 and 23.1)



Cases for Rule 4 – Timing of Game

- 1** **Play:** During the last 2 minutes of the half, Team A takes possession of the ball on its own 8-yard line. The Team A captain informs Referee that they do not wish to run the remaining time in the half.

Ruling: Both teams must agree to terminate half before the scheduled end. It cannot be a unilateral decision by 1 team. (Rule 4.4.1)
- 2** **Play:** Both teams request that “5-plays timing” be used despite the fact that the league/tournament organizer has specified that the running clock option be used.

Ruling: Officials MUST abide by league/tournament policy. (Rules’ Committee 1992)
- 3** **Approved Ruling:** If a change of possession occurs on the play immediately preceding the 3-minute warning, the clock shall start when the Referee declares a ball ready for play.

Rationale: The rule is intended to ensure that the teams are not deprived of playing time due to the need for significant substitutions after kickoff or change of possession. If Team A regains possession of the ball during the play, there likely will be no major substitutions; hence, there is no need to stop the clock, unless a penalty or injury has occurred, a score is made, or a team requests a time out.
- 4** **Inadvertent whistle (Rule 10.6.11)** - The clock should be stopped after the whistle is blown and the Referee utilizes signal #10 (“Clock Stops”) . When the affected team has selected its option and the ball is ready for play, the Referee should blow the whistle and the clock shall start in the same way as if the whistle had been correct. The appropriate procedure will be followed.

Comment: The “3-Minute Rule” creates a heightened awareness of the need for clear signaling by game officials in all situations when the clock is stopped and started. Although this will be most appropriate during the “3-Minute Rule” periods in each half, it also applies to all situations in the clock is stopped for whatever reason.

All officials, especially the Referee should utilizes the following mechanics in timing situations:

When the clock is stopped for timeout (team, injury, or officials):

The Referee shall clearly use Signal #9 (“Clock Starts”) followed by either Signal # 1 (“Team Time Out”) or Signal #27 (Officials Time Out). The Referee shall inform the teams’ captains on the field of the nature in length of the time and which team has requested it, and the Head Linesman and/or other appropriate official shall inform the teams’ benches.

When the clock is stopped prior to kickoff and will start during the play:

 - a) When the kickoff is the first play in a period, time starts on the Referee’s whistle. The Referee blows the whistle, starts the clock, and gives Signal # 9 (“Clock Starts”) as the kicker approaches the ball.
 - b) If the ball falls off the tee, the Referee blows the whistle, stops the clock and utilizes Signal #10. Other officials may also utilize Signal #10 when the ball is reset and kicked, the Referee shall start the clock when the ball is kicked and utilize Signal #9 while the ball is in the air. Other officials may utilize Signal #9 briefly while the ball is in the air.
 - c) When the clock will start during the play – after the kick off, when the ball is touched in bounds by an on-field player, the officials should utilizes Signal #9. The Referee should concentrate on starting the clock and utilize Signal #9, if possible, depending on the circumstances.
 - d) If the ball strikes the goalpost assembly or goes out of bounds without being touched and the clock was stopped prior to the kickoff-although the clock never started during the play, all officials should utilizes Signal #10 to remind the teams that the clock is stopped. This will also serve as a reminder to the Referee, in the case the clock is started inadvertently.
- 5** **Play:** After the 3-minute warning signal, (a) Team A loses possession of the ball or (b) Team A scores a rouge.

Rulings: Team B will scrimmage at the appropriate point. In both (a) and (b), the clock will start of the snap. (Regulation 4.4.8 and 4.4.5)
- 6** **Play:** After the 3-minute warning has a given in a period, an inadvertent whistle is blown. When should the clock start on the next play?

Ruling: The clock will start in the same way as if the whistle had been correct. The Referee should explain this procedure clearly both captains. (Rule 10.6.11).



Cases for Rule 6 – Game Procedures

- 1** **Play:** At the start of the second half, the home team chooses to receive. The Referee informs visiting team. The visiting team decides to go against the wind. The home team captain then asked to be allowed to kickoff.

Ruling: Once the decision is given by the Referee to the opponents, it cannot be changed. The home team must receive. (Rule 6.3.3)
- 2** **Play:** Team A's captain requests a measurement. The Referee believes, beyond all reasonable doubt, the first down has not been made.

Ruling: The Referee has the right to refuse to request for measurement if the Referee is satisfied beyond all reasonable doubt the first down has or has not been made, or if field conditions or equipment would not permit accurate measurement. (Rule 6.7.1)
- 3** **Play:** Team A gets a touchdown and ties the score with the convert. There is a strong wind in favor of Team B. The Team B captain decides to kickoff rather than receive.

Ruling: This is permitted. Following a touchdown by Team A, Team B have the option to receive or to kickoff. (Rule 6.8.1)

Cases for Rule 7 – In Bounds/Out of Bounds

- 1** **Play:** A3 attempts to catch a forward pass near the sideline next to the Team A bench. The ball is juggled and A3 stumbles. A teammate from the bench grabs A3 to prevent the fall and A3 manages to gain control ball prior to going out of bounds.

Ruling: A3 was touched by a player out of bounds and is therefore considered out of bounds. The pass is declared incomplete. (Rule 7.1.2)
- 2** **Play:** Quarterback A1 throws a forward pass into the B end zone. The ball strikes a branch of a tree which overhangs the B end zone. A2 manages to catch the ball, in the end zone, before it hits the ground.

Ruling: The ball is out of bounds when it struck the tree. There is no touchdown, and Team A loses the down. (Rule 7.2.2)
- 3** **Play:** A forward pass is thrown high, towards the sideline. The ball crosses the boundary line in the air just as A3 jumps high over the sideline and bats the ball out of the air, back to A2 was standing in bounds.

Ruling: Even though A3 contacted the ball while it was past the sideline, the play is valid because A3 had not touched the ground out of bounds. A2 can advance the ball, subject to the rules governing offside passes. (Rule 7.2.1)
- 4** **Play:** Receiver A2 steps on the sideline while leaping for pass, and while in the air deflects the ball (a) to A3 (b) to B1.

Ruling: In both cases, the play is dead when A2 touches it, as A2 is out of bounds. (Rule 7.2.3)
- 5** **Play:** A kicked or thrown ball strikes a bird in-flight over the field.

Ruling: Repeat the play for the point of last scrimmage or apply Rule 1.3 and make whatever ruling seems to be the fairest in the specific situation.



Cases for Rule 8 – Control and Possession of the Ball

- 1 **Play:** The quarterback, A1, runs out of pocket then stumbles. A1 touches the ground with the ball, which is firmly held in A1's hand.
Ruling: The play still alive. (Rules 8.1.1, 8.3.2 and Rules Committee '86)
- 2 **Play:** A2 dives to catch forward pass. The catch is made and control is established while A2 is in the air. When A2 contacts aground, ball comes loose.
Ruling: A2 is awarded possession of the ball and the pass is declared completed at the point A2 contacted the ground. (Rule 8.3.2)
- 3 **Play:** A1 attempts a third down scrimmage punt but the ball is blocked by B1. A1 manages to catch the ball before it hits the ground and runs for a gain of 5-yards. First down yardage was not obtained.
Ruling: TTeam A gives up possession of the ball since first down was not gained. The blocked punt does not affect the continuity of downs. (Rule 8.4.3)

Cases for Rule 9 – The Touch

- 1 **Play:** B1 dives to knock down a forward pass intended for A1, but is unsuccessful, and A1 catches the ball. However, in the attempts to knock the ball down, B1 brushes against A1.
Ruling: No whistle. The touch must be made, deliberately, with the hand, not by contacting receiver with the body. (Rule 9.1.1)
- 2 **Comment:** When a defender is playing the ball and inadvertently touches the receiver, this is not considered a touch. However, officials must be careful to watch for the trailing hand, which may players use to ensure that if they miss the ball they will still get the touch.
- 3 **Play:** A1 dives for and catches a forward pass. B1, who is covering A1, jumps over A1 to avoid contact. A1 gets up and runs.
Ruling: The play was dead when B1 jumped over A1 to avoid contact. B1 is considered to have touched A1 in this situation. (Rule 9.2)
- 4 **Play:** The quarterback receives the snap and kneels to conceded the touch.
Ruling: The Referee should blow play dead at this point, and a touch will be awarded to the closest defender. The quarterback cannot deceive the defense by kneeling to concede the touch and then attempting to play. However, if the quarterback's knee does not touch the ground, the ball is not whistled dead. The defense is expected to remain alert for fakes. (Rule 9.2.2)
- 5 **Play:** On the kickoff, the ball carrier, A3 is touched but the official do not see it. A3 stopped running, because the touch was felt, and walks up to 1 of the members of the kicking team and hands over the ball.
Ruling: Whistle play dead and award the ball to receiving team. There are many times when an official does not actually see the touch itself but use other signs to make the correct call. This is 1 of them. Awarding possession to receiving team, in this case, is the fair call. The ball carrier had, by the actions displayed, conceded the touch as they do when they deliberately kneel down. (Rule 9.2.2)
- 6 **Play:** The rusher is closing in on quarterback, A1. A1 deliberately ducks down while the rusher's arm swoops over A1 without the touch being made.
Ruling: Do not blow the whistle. This is deliberate and fair means of avoiding a tag. It is different than a defender jumping over fallen ball carrier. (Rules Committee 1986)
- 7 **Play:** A4 bends to catch a low pass. Just after he gains possession, B3 comes in for the touch, swipes a hand over the top of A4 but does not touch A4.
Ruling: Allow the play to continue as no touch occurred or is awarded in this case. (Rule 9.2.1)
- 8 **Play:** A4 dives and catches the ball. While crawling upfield in an effort to gain yards, B3 swipes a hand over the body of A4.
Ruling: Allow the play to continue as B3 has not jumped over or touched A4 and is therefore not awarded touch. (Rule 9.2.1)
- 9 **Comment:** The key factor in awarding a touch, when 1 has not occurred, is that the defender jumped over or, in some other manner, avoids a collision with, the ball carrier, and in doing so, gives up the opportunity to make a touch. (Rule 9.2.1 and Rules' Committee 1992)



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- 10** **Comment:** Sideline officials should exercise more caution when calling attempted touches which occur when the ball carrier tries to avoid tags coming from defenders who are running across the field. Too often the sideline officials will call a touch when the defender reaches out but the Back Umpire and Referee clearly see 1 foot daylight between the defender's hand and the ballcarrier. Similarly, all officials should exercise better judgment when determining if the lateral has left the passer's hand before the touch occurred. Too many officials are "trigger happy" under such circumstances. Make sure the ball is still in the hand when the touch occurs before you blow the play dead.

Cases for Rule 10 – Live Ball / Dead Ball

Ball Hits Goalposts

- 1** **Play:** Team A scrimmages the ball, second and 10, from the A 12-yard line. On the snap, the ball hits the goalposts assembly, in-flight.

Ruling: Play is dead as soon as the ball hits the goalposts assembly. The ball is considered to have hit the ground in the Team A end zone, and Team B is awarded a safety touch. This rule would apply even if the quarterback previously touched the ball. This case shows why Team A should scrimmage from the hash mark when inside its own 20-yard line. (Regulation 10.4.3)
- 2** **Play:** Team A throws a forward pass from the B 20-yard line. The ball strikes the goalpost assembly in-flight.

Ruling: The ball is dead as soon as it touches the goalpost assembly and the pass is considered incomplete. Team A loses the down. (Regulation 10.4.3)
- 3** **Play:** A1 punts from the B 30-yard line. The ball strikes Team B is a goal post assembly, in-flight.

Ruling: The ball is dead when it hits the goalpost assembly. Team B will scrimmage the ball, first down at the B 10-yard line. There is no point awarded. (Regulation 10.4.2)
- 4** **Play:** Team A punts into the Team B end zone. The ball bounces off B1, in the end zone, and hits the goalpost assembly in-flight.

Ruling: One point is awarded to Team A. The ball is dead if it strikes the goalpost assembly. Team B will scrimmage on the B 35-yard line. (Regulation 10.4.2)
- 5** **Play:** A1 attempts a scrimmage punt from the Team A end zone. The ball strikes the Team A goalpost assembly, in-flight.

Ruling: The ball is dead when it strikes the goalpost assembly, and a safety touch is awarded to Team B. (Rule 10.6.4 and Regulation 10.4.2)
- 6** **Play:** Team Team A punts from the B 30-yard line. The ball lands 5-yards deep in the Team B end zone, bounces backwards, and strikes the goalpost assembly.

Ruling: The play is whistled dead when the ball hits the goalpost assembly. No point is awarded to Team A. And Team B will scrimmage, first and 10, on the Team B 10-yard line. (Regulation 10.4.1 and Rule 12.7.1)
- 7** **Play:** On a kickoff, the ball bounces on the receiving teams 10-yard line. It is then batted by kicking team at the 7-yard line into the goalpost.

Ruling: The ball is considered as down when hits the goalpost assembly and receiving team will scrimmage, first and 10 at the spot where the kicking team first touched the ball, i.e., the receiving team's 7-yard line. (Regulation 10.4.1 and 10.7.1). The receiving team may elect to ignore the offside pass by the kicking team and accept the ball as being downed in the end zone by virtue of having struck the goalpost assembly. In this case, the kicking team scores 1-point and receiving team will scrimmage, first and 10, at the 35-yard line. (Rule 12.6.1)



Ball Hits Official

- 8** **Play:** Quarterback, A1, attempts the lateral pass to the halfback, but ball strikes the Referee.
Ruling: The play is dead as soon as the ball hits the Referee. The ball is considered as having hit the ground; thus, Team A loses the down will scrimmage at the point the ball hit the Referee. (Rule's 10.5.1 and 10.7.1)
- 9** **Comment:** A ball striking an official is considered to have struck the ground and the appropriate live ball/dead ball ruling will apply. (Rule 10.7.1) If the ball strikes an official who is straddling a sideline or dead ball line (i.e. 1 foot is in bounds and 1 foot is out of bounds), the ball will be considered to be out of bounds.
- 10** **Play:** A1 throws a forward pass. The ball is tipped by A2, hits an official, and is caught by A3.
Ruling: This is an incomplete pass. The ball is dead when it hits the official even if previously touched by a player. (Rule's 10.7.1 and 17.8.1)

Inadvertent Whistles

- 11** **Play:** A1 throws a forward pass downfield in the direction of A3. However, the ball is thrown too high and goes over A3's head. The official blows the whistle inadvertently while the ball is in the air, anticipating an incomplete pass; but B3 is able to dive and intercept the ball.
Ruling: The play will stand and the interception is good, provided the Referee is certain, beyond doubt, that the whistle did not affect the play. In this case, the Referee determined that the interception would have been made whether there was a whistle or not. The play is dead when B3 intercepts the ball and the ball cannot be advanced. (Rule 10.6.11.1)
- 12** **Comment:** An inadvertent whistle requires careful consideration as to whether a play is affected or not. A punt through the end zone, in-flight, should still earn point. A punt that hits the goalpost assembly in-flight is not affected by the whistle, unless the whistle occurred before the punt itself occurred. Most other plays are affected. Used your judgment, but don't hesitate to award a score if the score would have occurred despite the whistle. If you have any doubt at all, do not award the score.
- 13** **Play:** Quarterback, A1, takes the snap and runs for 12-yards and first down. The official inadvertently blows the whistle.
Ruling: The inadvertent whistle did affect the play. Team A has been adversely affected; therefore, it has the option to let the play stand and take the 12 yard gain, or repeated down from the point last scrimmage. (Rule 10.6.11.1)
- 14** **Play:** On last play the game, Team A punts the ball into the Team B end zone. B2 picks up the ball and punts it to the B 15-yard line. A3 catches the return punt, and B4 is caught within the 5-yards straining zone. The official inadvertently blows the whistle at this point.
Ruling: Team A has been adversely affected by the inadvertent whistle. It has the choice to repeat the down from the point last scrimmage or let the play stand. If it lets the play stand, the penalty for no yards must be applied for the point where the ball was when the infraction occurred, the B 15-yard line, and Team A will have 1 more play from the Team B 7.5-yard line. (Rule 10.6.11.1 and 24.7.1)
- 15** **Play:** A4 is crossing the opponents' 5-yard line when an inadvertent whistle blows. A4 continues into the end zone. No 1 is near enough to A4 to prevent the touchdown.
Ruling: Since the whistle did not affect the results of play, the touchdown will count. (Rule 10.6.11.1)
- 16** **Play:** Quarterback, A1, throws a long pass to A4. While ball is in the air, an official inadvertently blows the whistle. Both A4 and the defender, B3 hesitate when whistle sounds. The pass goes incomplete.
Ruling: It is difficult to determine which team has been adversely affected by the whistle. Team A might have completed the pass, while Team B might have intercepted. In this situation, repeat the down from the point of last scrimmage. (Rule 10.6.11.2)



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- 17** **Comment:** Situations involving an inadvertent whistle are often very controversial. Officials must maintain their composure and work together as a team to make the appropriate ruling and then communicate it to the captains.

Officials must apply the rule as it is written, after making the appropriate judgment decisions. The key decision is: did the whistle effect of play, i.e., did 1 or more players in the area of the play or likely to come into the area of play react to the whistle, usually by stopping, slowing down or not making a catch or touch which they likely could have otherwise made?

The key sections of the rule are as follows:

- "... The play shall stand unless the Referee decides that the whistle did effect the play"
- "The Referee will decide which team is adversely affected by the whistle; that team may choose to let the play stand when whistle blew OR repeat the last play" [which means the entire play]
- "If the Referee cannot decide which team is adversely affected, the play will be repeated."

If there is any doubt, the Referee must rule that the whistle did affect the play. Obviously, the entire officiating crew should be involved in this process.

If the play is a quarterback "being touched" after throwing a clearly uncatchable pass, the play is ruled as incomplete pass. If the pass was to a totally wide open teammate who makes a catch, the officials must be totally certain that no defender was affected by the whistle. Normally, the ball would be ruled dead at the spot the catch, but this ruling could change, depending on circumstances.

Miscellaneous

- 18** **Comment:** Placement of the ball, following a touch, is at the point the ball was held in the ball carrier was touched. It is not where the feet are or where the knee touched the ground. It is where the ball was located at the time of the touch. If the ball carrier extends the hand with the ball in it, illegal ball extension must be called EVEN IF this action puts it into the end zone before the ballcarrier is legally touched. A touchdown CANNOT be scored by means of illegal ball extension. See cases 21.9 and 21.10.
- 19** **Play:** On a kickoff, the ball lands on the receiving team's 30-yard line and takes a high bounce. A member of the kicking team bats the ball while it is in the air. Before the ball hits the ground, a member of the receiving team manages to catch it and advances it.
Ruling: The ball is considered a loose ball while in the air. However, the ball is not considered downed until the ball hits the ground after being touched by a member of the kicking team. In this case, ball was caught before it hit the ground; therefore, it can be legally advanced by members of the receiving team. (Rule 10.4.1 and 10.6.8.2)
- 20** **Play:** Team A scrimmages the ball on the A 30-yard line, first down and 10. A1 receives the snap and attempts an on-side pass to A2. However, B1 dives and knocks down the pass on the A 20-yard line. The ball lands on the A 15-yard line.
Ruling: The ball is dead when it hits the ground. Team A will scrimmage the ball, second down on the A 20-yard line. Due to the offside pass, the ball is dead where the Team B player touches it, not where ball hits the ground. (Regulation 10.5.1)
- 21** **Play:** Punt receiver, B3, attempts to catch a punt on the B 20-yard line, but the ball hits B3's leg and goes forward in the air. A member of the kicking team touches the ball on the B 30-yard line before it hits the ground but cannot catch it. The ball then hits the ground on the B 28-yard line.
Ruling: This is an offside pass, and therefore the receiving team will take possession, first and 10 at the spot where the offside pass originated, the B 20-yard line. (Regulation 10.5.1)
- 22** **Play:** The ball is lying motionless on the ground following a punt by Team A. B1 is standing over the ball waiting for the Team B players to position themselves for lateral.
Ruling: The ball is dead when it becomes motionless and no attempt is made play the ball after 3 full seconds. (Rule 10.6.6.1)



- 23** **Play:** Team A manages a long punt on third down. The ball travels far over the punt receiver's head and comes to stop on the Team B 10-yard line. The ball lies there, motionless, while the punt receiver races back to pick it up.
Ruling: The 3 second count for a motionless ball only applies when neither team is making an attempt to play the ball, not whether the ball stops moving. In this case, the play must be allowed to continue. (Rule 10.6.6.1)
- 24** **Play:** B2 muffs a punt on the B 3-yard line and the ball rolls into the end zone, where it is muffed a second time, and the ball bounces forward to the B 1-yard line.
Ruling: The ball is live after the first muffs but dead after the second muff because the ball went in an offside direction. Team A's options are: Declare the ball dead with the offside pass originated, in the end zone and take a single point and allow Team B to scrimmage, first and 10 at the B 35-yard line; or, allow Team B to scrimmage, first and 10 at the point the offside muff hit the ground, B 1-yard line, with no point scored (Rule 10.6.7.2 and 24.3.1.1)
- 25** **Play:** B3 attempts to catch a third down scrimmage punt but muffs it and, and the ball goes off B3's hands and into the air towards the end zone. While the ball is in the air, A4 touches B3. The ball is finally caught, before it hits the ground, by A5.
Ruling: The interception by A5 is good. There is no whistle when A4 touches B3 because the ball has not hit the ground and is, therefore, still live. (Rule 10.6.7.3)
- 26** **Play:** The same play as in 10.25, but while the ball is in the air, A4 touches B3 on the B 5-yard line and the ball strikes the ground (a) on the B 10; (b) in the B end zone.
Ruling: In both cases, the ball is dead when it strikes the ground. In (a) Team A may require Team B to scrimmage from the B 5 or the B 10. In (b), Team A chooses between the B 5 (no point scored) or score 1-point and Team B shall scrimmage on their 35-yard line. (Rule 10.6.7.3)
- 27** **Play:** The Team A center snaps the ball prior to the play being whistled in by the Referee. The play is immediately blown dead and Team A now wants to huddle.
Ruling: Team A must restart to play without the benefit of a huddle. The clock is not stopped in this situation. (Rules 10.6.10.3, 15.4.4 and Regulation 11.10.1)
- 28** **Play:** The ball is snapped into the Team A end zone, and while the ball is in the end zone, an official blows an inadvertent whistle.
Ruling: Team A may choose to accept the safety touch, or more likely, may choose to repeat the last play of scrimmage. (Rule 10.6.11)
- 29** **Play:** The Team B receives the punt in its end zone and while the ball is still in the end zone, an inadvertent whistle is blown.
Ruling: The Team B may accept the rouge and scrimmage on their own 35, or allow Team A to repeat the play from the point of the last scrimmage, with no score awarded. (Rule 10.6.11)
- 30** **Play:** On a scrimmage play, the quarterback attempts a lateral to the halfback but it is ruled a forward pass. The halfback then throws a forward pass downfield to A6 at the A 46-yard line.
Ruling: The pass by the halfback is considered to be an illegal offside pass. In this case, the official should wait to see the outcome of the pass before blowing the play dead. If A6 obtains possession then the play must be whistled dead immediately and Team A will scrimmage at the point from which the halfback threw the ball. (Rule 10.6.13, 8.4.3 and Regulation 10.5.1)
- 31** **Play:** Second and 10 from the A 32-yard line. Quarterback, A1, runs across the line of scrimmage to the A 35-yard line, then throws a forward pass downfield to A6 at the A 46-yard line.
Ruling: As soon as A6 catches the pass, the official must blow play dead because of the illegal offside pass. The quarterback is given the yardage gained in running over the line of scrimmage, and therefore Team A will now scrimmage, third and 7, from the A 35-yard line. (Rules 10.6.13 and 16.5.2)
- 32** **Play:** B1 tries to field a punt in the Team B end zone but dribbles the ball from the end zone directly out of bounds at the B 4-yard line.
Ruling: Options Team A: Score a rouge and Team B will scrimmage at its 35, or decline the offside pass and the rouge, and Team B will scrimmage at the B 4-yard line. (Rules 10.6.9 and 19.2)



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- 33** **Play:** Options Team A: Score a rouge and Team B will scrimmage at its 35, or decline the offside pass and the rouge, and Team B will scrimmage at the B 4-yard line. (Rules 10.6.9 and 19.2)
Ruling: The ball is dead when it touches aground in the end zone. Due to the offside pass by A5, the Team B options are: The scrimmage, first 10 at the B 2-yard line, no point; OR , give up the single point in scrimmage, first and 10, at the B 35-yard line. (Regulation 10.7.1 and rule 24.3.1.1)
- 34** **Play:** On third down, A1 punts the ball. B2 muffs the ball and goes off the hands and rolls towards the Team B end zone. A2 touches B2 before the ball is retrieved.
Ruling: The play is dead when A2 touches B2. (Rule 10.6.7.3). Team B will scrimmage, first and 10, at the point the touch was made. (Regulation 10.8.1) If A2 did not touch B2, but instead downs the ball, Team B will scrimmage at the point the ball was touched. (Regulation 10.7.1)
- 35** **Play:** On third and 10, the Team A punter mishandles the snap on the A 2-yard line, and the ball rolls off the punter's hands and into the end zone. The rusher manages to touch the punter in the end zone before the ball is picked up.
Ruling: The Team B will be awarded a safety touch. (Regulation 10.8.1)
- 36** **Play:** The Referee announces third down, and 8-yards to go. The offense completes a pass for a 10 yard gain. The Referee then explains it was really third down and 12 to go.
Ruling: The play stands. Team B gets the ball. (Rules' Committee 1987)
Comment: This play illustrates why officials (and especially the Referee) should refrain from announcing the exact yardage figures. Rather, suggest that the teams "check the bean bags" or give an approximate figure with a clear advisory that this is an approximation. The Referee is responsible for accuracy as to the downs; the teams are ultimately responsible for checking the exact yardage required for first down.
- 37** **Play:** The Referee announces second down and 10. The offense completes a 5 yard pass. The Referee then explains it was really third down.
Ruling: Replay the down. (Rules' Committee 1987)
- 38** **Play:** The Referee announces third down and 10. Offense completes an 8 yard pass only because it knows it's really second down-they have not heard the Referee. The defense lets the offense completes a pass because they have heard the Referee and think it's third down.
Ruling: Replay the down. (Rules' Committee 1987)
- 39.** **Play:** A2, the center lifts the set ball off the ground in a movement to snap the ball, but does not. B2 the rusher seeing the ball elevated moves forward and due to a long count is able to cross the LOS. He stops and takes a position between A2 and A1, the QB. The center, snaps the ball and it is caught by B2.
Ruling: The ball is dead when 'downed' by B2. The snap is considered loose and Team B cannot recover the snap in flight. (Rule 10.3.1 and definition of Loose Ball)



Cases for Rule 11 – Time Outs

- 1** **Play:** Team A has broken the huddle, the center is over the ball, and the quarterback begins to call the signals. Team B now calls for timeout.
Ruling: This is legal. A timeout may be called as long as the ball has not been snapped. (Rule 11.1.1)
- 2** **Play:** A3, the center, has the ball in the huddle. When the huddle is broken, the ball is set on the ground, ready for the snap. A3 lifts the ball off the ground, then a teammate calls a timeout.
Ruling: The ball is live once it is listed off the ground by A3 and no timeout can be administered. If A3 is touched, it is a loss of down at that point. (Rules 11.1.1 and 10.1.1)
- 3** **Play:** One of the Team A captains asked the Referee if Team A has used its timeouts in this half.
Ruling: The Referee is obliged to inform the captains if timeouts have already been taken. This can be done without stopping the clock. (Regulation 11.2.1)
- 4** **Comment:** A team captain may use a timeout to question a rule that is applied on the last play the game, if it is done within 1 minute of the game's conclusion; otherwise don't allow the opportunity. (Regulation 11.2.1)
- 5** **Play:** The Team A captains request a second timeout in the same half in order to check the equipment opposing player.
Ruling: The Referee should stop the clock in conduct the equipment checked. Team A is permitted more than 1 timeout for equipment checks. However, if this privilege is abuse, the Referee must penalized the captain for objectionable conduct. (Rule 11.3.3)
- 6** **Comment:** When the team is assessed a delay of game penalty (10-yards) on a scrimmage play, the Referee will stop the clock as soon as it is declared to apply the penalty, and the clock will not be started until the ball is snapped on the next scrimmage play. (Rule 11.3, Regulation 11.4.1 and 11.9.1)
- 7** **Play:** Team B calls a team timeout to check a rule application. The official, it is found, was correct.
Ruling: Team B is assessed a delay of game penalty and lose the timeout they used for the rule check. (Rule 11.3.4)
- 8** **Play:** On the last play of the first quarter, B6 is injured. The trainer comes on the field to attend B6. As the second quarter starts, B6 lines up to play.
Ruling: B6 must still leave for a play. The break in quarters does not change this. Refusal to leave can be penalized by delay of game. (Rule 11.4.1)
- 9** **Play:** Captain A1 is given the options on penalty application and wishes to confer with a coach before deciding.
Ruling: Team A may use a team time out (if available) for this purpose. (Rule 11.3)
- 10** **Play:** A4 is injured and the Referee has stopped time for injury timeout. Captain A2 now request a team timeout so that A4 can stay in the game and will not have to go off for a play.
Ruling: This is permissible provided that Team A has not used all of its team timeouts in a half. (Rule 11.4.1)
Comment: A player injured on the last play a half may play on the first play of the next half or of overtime.
- 11.** **Play:** Same as in above, except that when it becomes apparent that injured A4 will not be able to continue to play, Captain A2 requests that his team timeout be reinstated.
Ruling: Once Team A has called its team timeout, Team A must take it. The time out cannot be reinstated. (Rules' Committee 1990) (Rules' Committee 1990)



Cases for Rule 12 – Scoring

- 1** **Play:** A1 dives and catches a pass on the Team B's goal line. A1 is lying on the ground with the legs and feet over the goal line, but the rest of the body and ball on the 1-yard line. A1 is then touched.
Ruling: No touchdown. The ball, not the player, must cross or touch the plane of the goal area for touchdown to be scored. (Rule 12.2.1)
- 2** **Play:** A1 is running with the ball towards the Team B end zone and is being chased by B1. B1 dives and touches A1 on the foot just before the goal line. When B1 touched A1 the forward point of the ball had already touched the plane of the goal line.
Ruling: Touchdown is awarded to Team A, as the ball had broken the plane of the goal prior to the touch. (Rule 12.2.1)
- 3** **Play:** B3 receives a punt in the Team B end zone. Just as B3 is crossing the goal line, A3 applies the touch. Only the front part of the ball was outside the goal line when A3 touched B3.
Ruling: 1-point is awarded to Team A. The ball must be entirely at the end zone in order for Team B not to give up a point. (Rule 12.2.1)
- 4** **Play:** Ballcarrier A1 is near the Team B goal line and the sideline, with 1 or 2 feet in the end zone but the ball is extended well over the sideline as it crosses what would be the plane of the goal line (extended). Is this a touchdown?
Ruling: Yes. (Rule 12.2.1 and 12.3.2)
- 5** **Play:** B1 intercepts a forward pass on the B 2-yard line. However, B1's momentum results in the ball being carried into the end zone where the ball becomes dead.
Ruling: The Team B is awarded the ball on the B 2-yard line. There is no safety touch. (Rule 12.5.3)
- 6** **Play:** On the last play of a half, Team A concedes a safety touch or has a safety touch scored on them. Must there be 1 additional play?
Ruling: If time expired prior to the score occurring, the half has ended. A safety touch, even if conceded by Team A, is not a foul. (Rule 12.5)
- 7** **Play:** B1 intercepts a Team A pass in the Team B end zone and when touched, the ball is resting on the goal line with its forward point clearly in the field of play.
Ruling: The ball is still in the end zone. No points are scored and Team B will scrimmage, first down and 10 on the B 10. (Rule 12.2, 12.5 and 12.7)
- 8** **Play:** Ballcarrier A1, in his own end zone, fumbles the ball and it goes directly out of bounds at the A 4-yard line. The play occurs on (a) first or second down, (b) third down.
Ruling: In (a), Team B may accept the safety touch or allow Team A to scrimmage at the A 4-yard line, downs continue. In (b) Team B must accept the safety touch or take possession of the ball at the A 4-yard line, first down and goal. (Rules 12.5, 16.3, and 24.10)
- 9** **Play:** The Team A punts on the third down from the Team B 15-yard line. The ball goes over the dead ball line, in-flight, without being touched by any player. Team B's end zone is only 15 yard deep.
Ruling: All end zones are considered to be regulation size. Therefore 1-point is awarded to Team A, and Team B will scrimmage the ball on its own 35-yard line. (Rule 12.6.1)
- 10** **Play:** On a kickoff, the ball goes over the receiving team's dead ball line, (a) in the air, (b) on the bounce, without being touched by any player.
Ruling: In (a), no point is scored. Team B scrimmages first and 10 from the B 10-yard line. In (b), Team A scores a single point. Team B scrimmages first and 10 from the B 35-yard line. (Rules 12.7.3, 12.6.2, 14.2.1)
- 11** **Play:** Team A scrimmages the ball, second and 10, on the A 10-yard line. Quarterback, A1, attempts a lateral pass back to the halfback in the end zone. B2 manages to deflect the ball on the 1-yard line into the Team A end zone where A1 catches it before hits the ground. A1 is then touched in the end zone.
Ruling: Even though the quarterback's pass was headed towards the end zone, the defender caused the ball to go into the end zone. Thus only 1-point is awarded to the defense, and the offense will have first down on their own 35-yard line. If the defender had batted the ball when the ball was already in the end zone, a safety touch would have been awarded. (Rule 12.6.2).



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- 12** **Play:** B1 attempts to catch a kickoff on the B 5-yard line, but, instead deflects the ball, and it rolls into the Team B end zone, where it goes dead in Team B's possession.
Ruling: Only 1-point is awarded to Team A. The ball is considered to have been propelled into Team B's end zone by the kickoff itself and not by the deflection by B1. (Rules 12.6.1 and 12.6.2)
- 13** **Play:** A1 punts and the ball hits on the Team B 6-yard line, bounces high into the air and comes straight down to B1, who is now standing on the 6-yard line. However, B1 muffs the ball, and it rolls into the end zone where becomes dead.
Ruling: Despite the muff by B1, the impetus is ruled to have been provided by the force of the punt from A1, unless B1 clearly directed the ball into the end zone. Thus a rouge is scored. (Rule 12.6.1)

Cases for Rule 13 – Convert Attempts

- 1** **Play:** The Team A captain decides to go for a 1-point convert attempt and tells the Referee. But as soon as the Referee is informed of that decision, the Team A captain decides to change strategies and attempt a 2 point convert.
Ruling: As long as the Referee has not informed defensive captain of the decision, Team A may change its choice. (Rule 13.1.1)
- 2** **Play:** Team A is losing by 11-point late in the game. It scores a touchdown; however it does not want to attempt the convert because it would take too long.
Ruling: This is permissible as it is Team A's decision to decline in attempt to score. (Rule 13.1.1)
- 3** **Play:** Team A scores a touchdown late in the game to take the lead. During the convert attempt, the quarterback begins to run around the offensive backfield in obvious attempt to consume playing time.
Ruling: Rule 13.1 states "the scoring team may attempt a convert." the above situation is not a bona fide attempt, but is deliberately designed to consume valuable playing time. The Referee has the right to whistle play dead, then assess a delay of game penalty against the offense. The offense would then kickoff from their 35-yard line (a 10-yard penalty) and time would not begin until the ball is kicked off. The convert attempt would not be replayed. (Regulation 11.8.1)
- 4** **Play:** Team A attempts a 1-point convert from the 5-yard line. It is unsuccessful, but B1 is called for offside of the play. The Team A captain request the penalty be applied from the 10-yard line, because Team A wants to attempt a 2-point convert.
Ruling: Once the original convert attempt has been made, Team A cannot change its decision even if given a second opportunity because of penalty. (Rule 13.1.1)
- 5** **Play:** On a 2 point convert attempt, A3 is interfered with in the target area at the Team B 2-yard line.
Ruling: The penalty would be applied at the point of the foul, and Team A would have another attempt from the 2-yard line. (Rule 13.2.2)
- 6** **Play:** The Team A Captain requests that the ball be placed on the left hash mark for a convert attempt.
Ruling: The Team A captain does have a choice as to the placement of the ball on a convert attempt only if goalposts exist. The ball may be scrimmaged at the hash mark or at the center of the goalposts. (Rule 13.2.3)



Cases for Rule 14 – Kick Off

- 1** **Play:** The kicking team lines up for a kickoff, and the Referee blows the play in. Because of delaying tactics, the kicking team does not kickoff within 20 seconds.

Ruling: The Referee will stop time, assess a 10-yard penalty against the kicking team for delay of game, and time will not begin again until ball is touched after the kickoff. (Rule 14.1.3 and Regulation 11.9.1)
- 2** **Play:** On a kickoff, the ball lands on the receiving team's 5-yard line and rolls out of bounds on the B 1-yard line, without being touched by any player.

Ruling: Team B has 3 choices: 1) have the kicking team repeat the kickoff with a 5-yard penalty, 2) scrimmage, first and 10, on the B 10-yard line, or 3) scrimmage, first and 10, on the B 1-yard line. (Rule 14.2)
- 3** **Play:** Team A kicks off. The ball travels only 16-yards and hits B1 in-flight. A3 recovers the ball before hits the ground.

Ruling: Team A is awarded the ball. There is no penalty for the short kick because the ball was first touched by a Team B player. (Rules 14.2, 14.3, and 14.3.1)
- 4** **Play:** The Team A kicks off out of bounds, along the sidelines, 3 times in succession and each time Team B accepts the penalty.

Ruling: Team A will kickoff each time the penalty is excepted by a Team B. There is no limit to the number of kickoffs as long as the penalty is accepted. (Rule 14.2.2)
- 5** **Play:** B3 attempts to field a kick-off close to the sideline, on the B 35-yard line. Before the ball is caught, B3's foot is on the sideline, and remains on the sideline as the ball is caught.

Ruling: Illegal procedure on the kicking team. The ball, when caught is considered to be out of bounds as the player is out of bounds. The options for Team B are: to have Team A re-kick with a 5-yard penalty, to take the ball and scrimmage from the point the ball went out of bounds, the B 35-yard line, to take the ball at the B 10-yard line. (Rule 14.2.2 and Rule 7.2.1)
- 6** **Play:** Team A kicks off. The ball lands on the B 8-yard line, rolls the along the ground, then hits the goalposts assembly.

Ruling: The ball is dead when hits the goalposts assembly. Team B will scrimmage, first and 10 on the B 10-yard line. There is no score awarded on this play. (Rule 14.2.3)
- 7** **Play:** B3 attempts to catch the kickoff on the B 8-yard line, but the ball goes off B3's hands, rolls along the ground and hits the goalposts assembly.

Ruling: The ball is dead when hits the goalposts assembly. No points are awarded. Team B will scrimmage, first and 10 on the B 10-yard line. (Rule 14.2.3)
- 8.** **Play:** Team A kicks off, and the ball hits the goalposts assembly, in-flight, without being touched by anyone.

Ruling: The play should be whistled dead when hits the goal post assembly. Team B will scrimmage, first and 10, from the B 25-yard line. (Rule 14.2.3)
- 9.** **Play:** A1 kicks off, and the ball travels only 15-yards where it is downed by A2.

Ruling: The ball is dead when downed by A2. Team B's option to scrimmage the ball, first down, at the point the ball was downed by A2 or to have Team A repeat the kickoff with a 5-yard penalty. (Rule 14.3.1)
- 10** **Play:** A1 kicks off and the ball travels 30-yards downfield. A2 touches the ball before any Team B player touches it.

Ruling: This is legal. When A2 touches the ball, the ball is still live until it hits the ground. Team A players do not have to give yards on the kickoff. If the ball hits the ground after being touched by A2, Team B will take possession, first down, at the point the ball is downed. (Rule 14.3.1)
- 11** **Play:** On a kickoff, B1 attempts to catch the ball on the B 10-yard line, but it hits B1 in the chest and rolls forward to the B 20-yard line. A1 picks up the ball on the B 20-yard line.

Ruling: The Team B will scrimmage, first and 10, on the 10-yard line. (Rule 14.4.2 and Regulation 10.7)
- 12** **Play:** B1 touches but does not catch the kickoff on the B 35-yard line. The ball contains downfield where it is picked up by B2 on the B 20-yard line.

Ruling: No penalty; the ball is live and can be fielded by any on-side Team B player. (Rule 14.4.2).



- 13** **Play:** A3 kicks off, and the ball hits B4 on the B 36-yard line, then goes forward, in the air, to the B 40-yard line. A5 touches the ball here, but it is then deflected to B2, who catches it at the B 38-yard line.
Ruling: This is considered an offside pass from B4 to B2, and the play what must be whistled dead as soon as B2 has possession. The fact that A5 of touched the ball in the interval does not affect the offside pass situation. Therefore, Team B will scrimmage, first and hand, from the B 36-yard line. (Rule 14.4.2 and 10.6.13)
- 14** **Play:** B4 is attempting to catch a kickoff. The ball strikes his foot and rolls forward on the ground.
Ruling: This is a live, loose ball. B4, or any on-side teammate can recover an advance the ball. Team A can down the ball by touching it to the ground, touching it or by touching B4 when the ball is loose. If Team A downs the ball, Team B will scrimmage, first and 10, at the spot where the ball originally struck B4. (Rules 14.4.2, 10.4, 19.2 and 24.3.1)
- 15** **Play:** A1 kicks off, and the ball hits B2 on the 20-yard line and goes into the air and is caught by A2 and before it hits the ground.
Ruling: This is a legal recovery by Team A and A2 can advance the ball. (Rule 14.5.1)
- 16** **Play:** At the kickoff, B7 lines up front of the Team B bench, just inside the field of play. During the return, B2 suddenly stops and throws a lateral across the field to B7 who has not moved since the kick.
Ruling: The actions of B7 are illegal, as this is an obvious attempt to deceive Team A ("sleeper" style play). Team B should be penalized for illegal procedure; thus, Team A will have the option to re-kick 5-yards in advance of the previous kickoff point or let the play stand. (Rule 15.1.1)
- 17** **Comment:** In the above case, an official must determine that it was a "deliberate attempt to deceive" and that the player, B7 in the above case, is used or an attempt is made to use the player to gain extra yards. If, in the above case, B2 had simply run straight up field, or threw an onside pass to B1 on the non-bench side, then no foul should be called.
- 18** **Play:** On a kickoff, A1 kicks the ball about 25-yards, where it is touched by A2 and then caught simultaneously on the B 30 by A3 and B1.
Ruling: Team B is awarded possession of the 30. (Rules 8.4 and 14.4)
- 19** **Play:** On the kickoff, (a) Team A wishes to kick its own ball but Team B insist that a Team B ball be kicked; and (b) Team A wishes to kick a ball provided by Team B but Team B refuses.
Ruling: Unless both teams agreed to kick a specific ball, the kicking team on a kickoff shall use its own ball. (Rule 2.2.1)



Cases for Rule 15 – Scrimmage

- 1** **Play:** A2 does not return to Team A huddle following a second down play from scrimmage. Instead, A2 lines up on the same sideline as the Team A bench for a “sleeper play”.

Ruling: A “sleeper play” is illegal. The Team A should be called for illegal procedure. The rule regarding “sleeper” plays does not prevent teams from using a hurry up offense. The team must huddle only after timeout or a change of possession. The “sleeper” play rule should only be invoked when the teams are deliberately trying to deceive its opponent by having 1 or more players standing near the sideline. (Rule 15.1.1)
- 2** **Play:** The Team A center does not snap the ball well, and the ball simply rolls towards the quarterback. The center turns around, picks up the ball and laterals it back to the quarterback.

Ruling: This is not permitted, and Team A will be penalized for illegal procedure. This is a flag play – do not blow the play dead. (Rule 15.1.1)
- 3** **Play:** After timeout, A2 stays near the Team A bench next to the sideline. Team A throws a pass to A4 on the sideline opposite the Team A bench.

Ruling: The Team A should be called for illegal procedure. The offense the team must huddle after any timeout. (Rule 15.3.1)
- 4** **Play:** After an interception, the Team B offense takes the field and lines up to snap the ball with no huddle.

Ruling: The Referee should advise Team B that they must huddle after change of possession. If they refuse, illegal procedure will have been committed when the ball is put into play. (Rule 15.3.1)
- 5** **Play:** The Referee has placed the ball on the ground for the next scrimmage play. The Team A center breaks the huddle, comes over the ball, picks it up and rotates the ball and resets it on the ground prior to snapping it. The Team B rusher moves in and touches the center before the ball is snapped.

Ruling: The whistle should be blown when the center is touched, and the Team B rusher will be penalized for illegal procedure. The center may lift and rotate the ball once before to snap, providing the ball has not been taken into the huddle. If the ball is taken into the huddle by Team A, when the center sets the ball on the ground, the ball is live as soon as it is lifted off the ground. (Rule 15.4.2 and 15.5.3)
- 6** **Play:** The center picks up the ball from the ground after breaking the huddle, then sets it on the bag. During the cadence, the center makes a definite move to snap the ball but does not. The rusher moves inside the 5 yard zone and then the center snaps the ball. The rusher: (a) continues to rush over the scrimmage; (b) stops the rush and another player rushes from 6-yards off the line scrimmage; (c) stops the rush, return completely behind the rusher’s bag then rushes over the line of scrimmage.

Ruling: In all 3 instances (a, b, and c), the center must be called for illegal procedure. The play continues with a flag thrown and the rusher is not called for being offside. (Rule 15.4 and 15.5)
- 7** **Play:** The same play as above except the rusher touches the center before the center snaps ball.

Ruling: The whistle is blown when the center is touched, and the center is penalized for illegal procedure. This is a dead ball foul since it occurred before the ball was snapped; therefore no loss of down occurs and the 5-yard penalty can be applied by the defense. (Rule 15.5 and 24.2.1)
- 8** **Play:** B1 jumps into the neutral zone prior to snap. The movement causes A1 to cross the line of scrimmage prior to snap. When the ball is snapped, both B1 and A1 are offside.

Ruling: Both players are called for offside. The play should be whistled dead immediately and the down repeated. (Rule 15.5.1)
- 9** **Play:** Player A2 runs across the neutral zone prior to snap and touches extra defensive player B8. What penalties, if any, are assessed?

Ruling: This is a whistle play. A2 is guilty of illegal procedure. No penalty can be assessed in the Team B for having 8 players because the ball was not snapped and no play occurred. (Rule 15.5.3)



- 10** **Play:** Second down and 5 on the A 30. Team B rusher goes offside prior to the snap and quarterback A1, to avoid an apparent sack, throws the ball out of bounds at the A 20 with no receiver within at least 20-yards.
Ruling: The Team B is penalized for offside. There is no penalty for deliberate grounding on a lateral pass because loss of ground has not been avoided so this is not a dual penalty situation. Team A will scrimmage first and 10 at the A 35, if they accept the penalty. If they decline, it would be third and 20 from the A 20. (Rule 15.5.1 and 17.10.1)
- 11** **Play:** The snap from the center hits receiver A3, who was in motion 3-yards behind line scrimmage.
Ruling: The illegal procedure must be called against Team A. The first player to receive the ball from the center must be lined up at least 5-yards behind line scrimmage at the instant ball is snapped. In this case, the flag would be dropped to signal an infraction and the play continues. The play is not whistled dead immediately. (Rule 15.6.1)

The Rushers

- 12** **Play:** B1 is lined up 1 yard away from the line of scrimmage. On the snap, B1 rushes across the line of scrimmage to cover the halfback in the backfield.
Ruling: B1 is offside. The first Team B player across the line of scrimmage must have been 5-yards away from the line of scrimmage at the instant the ball was snapped. (Rule 15.7.1)
- 13** **Comment:** When sending a defender to cover the halfback in the backfield, the player must either lineup 5-yards from the line of scrimmage or lineup closer but wait for the rusher to cross the line of scrimmage first. Also, a defender rushing the halfback has no special rights until they cross the line of scrimmage. (Rule 15.7.1)
- 14** **Play:** The Team B rusher lines up 5-yards from line of scrimmage and moves forward early. When the ball is snapped, the rusher is 3-yards away from the line of scrimmage. Realizing the situation, the rusher decides not to cross the line of scrimmage. B2 was lined up 5-yards from line of scrimmage at the instant the ball was snapped, so B2 rushes the quarterback.
Ruling: This is a legal play, and there is no offside on the part of Team B. The first player to cross the line of scrimmage, B2 was 5-yards away from the line of scrimmage at the instant the ball was snapped. (Rule 15.7.1)
- 15** **Play:** Same play as above except that the Team B rusher returns to their original position, 5-yards away from the line of scrimmage, after the snap and then rushes the quarterback.
Ruling: The Team B should not be penalized. The rusher got back behind the rusher's bag after the snap and was still first Team B player to cross the line of scrimmage. (Rule 15.7.1)
- 16** **Comment:** In the above play, the official should be careful not to throw the flag for Team B offside until the first Team B player crosses the line of scrimmage.
- 17** **Comment:** Rule 15.7.2 allows 2 or more rushers a clear and direct path to the quarterback. However, the protection provided by the rule only applies if the rushers started from point within 5-yards of either side of the ball. This is to prevent abuse of this rule by Team B should they decide to rushed 4 or 5 players with the intention of deliberately drawing the interference penalty.
- 18** **Play:** The Team B rusher lines up to 1 side of the Team A center. On the snap, the Team A quarterback rolls out to the opposite side that the rusher is lined up on. The Team A center maintains a stationary position following snap. This puts the center in a direct line between the rusher and the quarterback, and the rusher runs into the center while rushing the quarterback.
Ruling: The Team A center is called for obstruction. In effect, quarterback using the center to pick the rusher. The center has an obligation to avoid being in direct line between the rusher at the quarterback. (Rule 15.7)
- 19** **Comment:** It is possible in situations involving the rusher and the center, the slight contact might occur between the 2 players. If the player makes contact without moving the opponent off stride or away from a point intended direction or position, it is incidental contact and no penalty should be called.



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- 20** **Play:** The Team A center snaps the ball and then cuts across the path of Team B rusher. The rusher is not impeded anyway.
Ruling: This is legal. Interfere should only be called if center causes of the rusher to change direction or slow down. (Rule 15.7.2)
- 21** **Comment:** The Referee must use judgment in deciding whether rusher was impeded. Sometimes the rusher may slow down or change direction in order to draw an interference penalty. In other cases, the rusher may miss judge the quickness of the center in clearing of slow down was not necessary.
- 22** **Play:** The center comes over the ball, adjusts it prior to the snap, then sets it on the ground. After the center puts in his head down, the rusher jumps from 1 side of center to the other. Following snap, (a) the center runs into the rusher accidentally; (b) the rusher crosses of the line of scrimmage but is cut off, in the backfield from the pursuing quarterback by the halfback who crossed in the rusher's path.
Ruling: In (a), the rusher should be called for past interference in the remote zone. By jumping from 1 side of the center to the other, within the center's knowledge, the rusher loses the right to an unobstructed path to the quarterback prior to crossing the line of scrimmage. In (b), the halfback should be called for obstruction, because the penalty took place after the rusher had crossed the line of scrimmage, and the rights to an unobstructed path are reinstated after the rusher crosses of the line of scrimmage. (Rule 15.7.2)
- Illegal tactics**
- 23** **Play:** B1 begins to call out signals to confuse Team A prior to the snap.
Ruling: If the signals might mislead Team A into putting the ball into play, Team B can be assessed a 5-yard penalty. (Rule 15.8.1)
Comment: Both the offense and the defense are permitted to call signals before the Referee has blown whistle to indicate that the ball is ready for play.
- 24** **Play:** Prior to the snap, a member of the defense start to clap in an attempt to distract the cadence of the offense.
Ruling: Any noise, such as hand clapping, is illegal if it is an attempt to distract the offense. Team B must be call for illegal procedure. (Rule 15.8.1)
- 25** **Play:** Team B players, whether on the field or in the bench area cheer in an attempt to drown out the audibles being called by Team A.
Ruling: Team B must be called for illegal procedure as their actions are clearly an attempt to confuse Team A's signals. (Rule 15.8.1 and Rules' Committee 1992)



Cases for Rule 16 – Passes

- 1** **Play:** Quarterback, A1, is running with the ball behind the line of scrimmage when, unexpectedly, the ball is fumbled forward in the air. A2 catches it, in-flight.
Ruling: This is illegal. The fumble by quarterback A1, is considered to be an offside pass. It was not a deliberate attempt to throw pass. Thus, loss of down, point of fumble by A1. (Rules 16.3, 16.4 and Regulation 10.5.1)
- 2** **Play:** On a kickoff, the ball bounces off B1's body at the B 20-yard line. The ball rolls forward to B2 who was standing on the B 30-yard line. B2 picks up the ball.
Ruling: This is an offside pass from B1 to B2. Whistle the play dead when B2 picked up the ball, and Team B will scrimmage on the B 20-yard line, the point where the offside pass originated. (Rules 16.3, 14.4.2, and Regulation 10.5.1)
- 3** **Play:** Following a pass reception, A4 attempts a lateral to A5, but the ball goes forward, is touched by B2, then (a) caught by A5 ahead of the spot (b) caught by A5 behind the spot where the lateral originated.
Ruling: In both (a) and (b) this is considered an offside pass, despite the fact that the ball was touched in the interim by a Team B player. As soon as A5 catches the ball, the official must blow the whistle. (Rule 16.3)
- 4** **Play:** A1 receives the snap on the A 20-yard line and throws an underhand pass forward to A2 on the A 23-yard line.
Ruling: This is legal. The first offside pass behind the line of scrimmage is considered to be a legal forward pass regardless of how it is thrown. (Rule 16.4.1)

Handoffs

- 5** **Play:** B1 receives a kickoff on the B 25-yard line. B2 runs in front of B1 and takes a handoff at the B 26-yard line.
Ruling: A handoff pass in a forward direction is illegal on a kickoff. This is ruled an offside pass. The play must be whistled dead when B2 take the handoff. (Rule 16.3)
- 6** **Comment:** There are no restrictions on the number of handoff passes behind the line of scrimmage. However, a handoff pass in a forward direction is illegal on a kickoff, following a completed forward pass (even when completed behind the line of scrimmage), and on a punt return. (Rule 16.3)

Halfbacks

- 7** **Play:** Team A, first and 10, on the A 20-yard line. Quarterback, A1 attempts an on-side pass to the halfback, A2, but the Referee rules it as a forward pass. A2 completes a forward pass to A3 at the A 40-yard line.
Ruling: The pass by A2 is considered to be any illegal offside pass, and Team A will scrimmage, second down, at the point A2 threw the pass. (Rule 16.3, 16.4 and Regulation 10.5.1)
- 8** **Play:** Quarterback, A1, receives a snap, throws an on-side lateral pass to the halfback A2, who tips the ball forward to A3. Is this considered a forward pass?
Ruling: No. A forward pass must be thrown, not tipped or batted forward. This play is considered as an offside pass from A2 to A3. The pass is still considered legal as this is the first offside pass thrown. Any subsequent forward or offside passes would be illegal. (Rule 16.3, 16.4, 16.4.1 and Rule 17.5.1).
- 9** **Play:** Team A scrambles, second down and 10, from the A 6-yard line. The quarterback, in the end zone, throws an offside pass to the halfback who is also in the end zone. While still in the end zone, the halfback throws a forward pass which is: (a) complete; (b) incomplete.
Ruling: In (a), the choice is to refuse the penalty and allow the gain or be awarded a safety touch because of the offside pass. In (b), the choice is to award the safety touch or accept the incomplete pass play. If the penalty is refused, Team A would lose the down and thus scrimmage, third and 10 from the A 6-yard line. (Rules 16.3, 24.3.1 and 12.5)
- 10** **Comment:** The Referee should signal by pointing to the opponents' deadline if the pass is offside. (Rule 16.3.1 and Rules' Committee 1992)
- 11** **Play:** Quarterback A1 attempts a lateral to halfback A3, who muffs the on-side the pass (a) forward; (b) towards the Team A dead ball line.
Ruling: In both (a) and (b), this is a dead ball when it hits the ground. (Rule 16.5)



Quarterback Over the Line of Scrimmage

- 12 Play:** The quarterback crosses the line of scrimmage, then throws a forward pass downfield. The ball is tipped by B3, then caught by A4.
Ruling: The pass is ruled as an offside pass even though it was touched by a Team B player. The ball is returned to the point of origin of the offside pass, loss of down. (Rule 16.4.2. and Reg. 10.5.1)
- 13 Play:** On the first and 10, from the A 40-yard line, quarterback A1, inadvertently crosses the line of scrimmage and throws a forward pass from the A 41-yard line which is completed for a 20 yard gain.
Ruling: This is an offside pass. The ball will be brought back to the point where A1 threw the pass, the A 41-yard line, and Team A will scrimmage second down and 9. (Rule 16.4.2)
- 14 Comment:** The determining factor for the quarterback's position is where they were when the ball was released. If the line of scrimmage was the A 25-yard line, and the quarterback releases the ball while in the air at the A 24.5-yard line, then lands at the A 25.5-yard line, the pass is legal. (Rule 16.4.2 and Rules Committee 1990)
- 15 Play:** Team A scrimmages, first and 10, at the A 35-yard line. The quarterback runs with the ball and crosses the line of scrimmage to the A 37-yard line, then retreats back across the line of scrimmage to the A 32-yard line. At this point, a forward pass is thrown to A2 at the A 50-yard line.
Ruling: This is considered an offside pass since the quarterback has already crossed the line of scrimmage. Team A will scrimmage, second and 13, at the A 32-yard line. (Rule 16.4.3)
- 16 Play:** Team A scrimmages, second and 10, at the A 20-yard line. The quarterback runs with the ball, crosses the line of scrimmage to the A 23-yard line, then laterals it back to A2 who is behind the line of scrimmage. A2 throws a forward pass from the A 18-yard line to A3 at the A 35-yard line.
Ruling: This is considered to be an offside pass since the quarterback crossed the line of scrimmage with possession of the ball. Team A will scrimmage, third and 12 at the A 18-yard line. (Rule 16.4.2)



Cases for Rule 17 – Complete/Incomplete Passes

Possession

- 1** **Play:** Pass receiver A1 leaps to catch a pass at the B3-yard line, gains possession of the ball in the air, crosses of the B goal line in the air and lands on the end zone sideline 2-yards behind the goal line.
Ruling: Incomplete pass- no score. Although the ball has crossed the plane of the goal line in the air, the player has not established an in bounds position to complete the pass and keep the ball alive. To score on a pass play, the pass must be legally completed which means the player must establish an in bounds position. (Rule 17.2.1)
- 2** **Play:** A1 throws a forward pass, and receiver A2 catches the ball in the air. A2 lands simultaneously with 1 foot inside the boundary line in the other foot outside the line.
Ruling: This is incomplete pass. Only 1 foot has to be in bounds making a catch, but the other foot cannot be out of bounds the same time. (Rule's 7.2, 7.2.3 and 17.2.1)
- 3** **Play:** A3 dives to catch a pass near the sideline. The ball is caught while body is fully extended in the air. A3's shoulder touches the ground, in bounds, then A3's body slides out of bounds. At no time has A3's foot touched the ground in bounds.
Ruling: This is a completed pass. A pass consider completed any part of the receiver's body, not just the foot, touches the ground in bounds before any part of the body touches the ground out of bounds. (Rule 17.2.1)
- 4** **Play:** A6, standing just inside the B end zone, leaps high to catch a pass. The pass is caught in mid-air, in the end zone but A6 lands on the Team B 1-yard line and is touched there.
Ruling: This is to be ruled as a touchdown. (Rules 17.2.1, 8.2.1 and Rules Committee 1986)
- 5** **Play:** A1 catches the ball with 1 foot clearly in bounds. The other foot then comes down and touches the sideline.
Ruling: This is a completed pass. (Rule 17.2.1)
- 6** **Play:** A2 catches a forward pass while in the air, close to the sideline. B2 touches A2 and while A2 is still in the air. A2 lands out of bounds.
Ruling: It is not automatically considered a catch because B2 touched A2 while in the air. The determining factor awarding a completion is where A2 would have landed had B2 not touched them. If the official feels that A2 would have landed in bounds had B2 not apply the touched, the completion must be awarded. (Rule 17.2.2) The official shall give the receiver the benefit of any doubt on any such play.
- 7** **Comment:** In order for an official to call a jarred ball or stripped ball, the receiver must have established control of the ball. If the defender knocks the ball out of the receiver's hands before control has been established then it is a good defensive play. (Rule 17.3.1)
- 8** **Play:** A5 jumps near the sideline catches the ball in the air but lands on (a) teammate A8, (b) opponent B4 and then falls out of bounds, having never touched the ground in bounds.
Ruling: In (a), the passes ruled incomplete, while in (b) the pass is ruled complete. Teammate should not be deprived of a reception due to B4's presence. (Rule 17.3.1 and Rules Committee 1992)
- 9** **Play:** A1 throws a forward pass. The ball is tipped by B1, then caught simultaneously by A2 and B2.
Ruling: When a forward pass is caught simultaneously by players of both teams, the ball to be awarded to teammate, even if it has been touched previously by Team B. (Rule 17.4.1)
- 10** **Play:** A1 throws a forward pass from the A 20-yard line. A2 tips the ball on the A 35-yard line, and A3 catches the ball on the A 40-yard line and runs to the A 45-yard line where the touch is made.
Ruling: This is a completed pass, but subject to the rules for an offside pass. The official must whistle play dead when A3 makes the catch at the A 40-yard line. Team A will then scrimmage where A2 tips the ball, the A 35-yard line.
- 11** **Play:** A1 throws a forward pass that is tipped by A2 at the A 30-yard line, then tipped by B1 on the A 35-yard line, then caught by A3 at the A 40-yard line.
Ruling: This is a completed pass, but subject to the rules for an offside pass. The official must whistle play dead when A3 makes the catch at the A 40-yard line. The fact that B1 tipped the ball in the interim does not affect the offside pass. Team A will scrimmage the ball on the A 30-yard line.



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- 12** **Play:** A forward pass is thrown to A1. A1 bobbles the pass, is then touched by B1 but A2 ends up catching the ball and advancing it.
Ruling: The play continues; however, it may be subject to offside pass from A1 to A2. The official should not whistle play for a bobbled ball because it was A2, not A1 who finally made to catch. (Rule 17.5.1)
- 13.** **Play:** A forward pass is thrown to A1. A1 touches the ball and the ball is bobbled. B1 touches A1 while the ball is in the air. A1 finally catches the ball, without any 1 touching him, and advances it.
Ruling: This is considered to be a bobbled ball, and the play is blown dead when A1 finally catches the ball. Team A will scrimmage the ball where B1 first touched A1 or where A1 finally caught the ball, whichever is further from Team B's deadline. (Rule 17.6.1 and Regulation 10.2.2)
- 14.** **Comment:** It is not considered a bobbled ball touch if the opponent was playing the ball, not the player, and unintentionally touched the receiver while playing the ball. (Rule 17.6)
- 15** **Play:** A1 is running with the ball. B1 moves in to make the touch. A1 deliberately throws the ball over B1's head, avoids the touch, then recovers the ball in flight.
Ruling: This is to be considered a deliberate bobbled ball. As soon as A1 catches the ball, the play must be whistled dead in the ball brought back to the point where A1 first released the ball. (Rule 17.6.3)
- 16** **Play:** Team A, first and goal to go, on the B 10-yard line. Quarterback, A1, throws a forward pass to A2, who is standing 1 yard inside the Team B end zone. A2 bobbles the ball, is touched by B2 in the end zone, and finally gains control of the ball outside the end zone on the B 1-yard line.
Ruling: No touchdown. Team A will scrimmage, second and goal, on the B 1-yard line. On a bobbled ball, the ball is dead where the player who bobbled the ball is first touched or where the ball is finally caught, whichever is closure to the receiver's dead ball line. (Rule 17.6.1 and Regulation 10.2.2)
- 17** **Play:** A1 attempts a forward pass, but is blocked by the Team B rusher. The ball is caught by A1 before it touches aground, and A1 throws another forward pass which is completed to A2.
Ruling: The second pass is considered to be an offside pass; therefore, Team A loses the down and will scrimmage at the point where the second pass was thrown from. (Rule 17.9.1)

Forward pass versus dropped ball

- 18** **Play:** The quarterback has possession of the ball, then drops it before the initiation of pass attempt, and the ball hits the ground in front of the quarterback.
Ruling: This is considered an offside pass, and the ball is dead at the point where the quarterback last touched the ball. If this occurred in the quarterback's end zone, a safety touch would be awarded to Team B. (Rule 17.11.1)
- 19** **Play:** A1 receives the snap, goes back to pass and, in the action of throwing, loses the grip on the ball, and drops to the ground. A1 follows through of the passing motion with the intent to pass.
Ruling: This is considered an incomplete forward pass because A1 follows through with attempt to pass. Team A loses the down, and the ball's return to the point of the last scrimmage. (Rule 17.11.1)
- 20** **Play:** Quarterback, A1, is about to throw a pass and even has started the arm in a forward motion, but because the rusher is too close, the quarterback holds back and the ball drops to the ground.
Ruling: This is a fumble and not a forward pass. The ball does not go back to line of scrimmage. Team A loses the down will scrimmage at the point the ball was dropped. This is a judgment call on the part of the Referee, as to whether the quarterback was following through the pass or not. (Rule 17.11.1)
- 21** **Comment:** The key factor in determining whether a dropped ball is a fumble or an incomplete pass in the motion of the quarterback's arm. If the quarterback drops the ball during a pass attempt, but follows through with the intended pass motion, it usually results in an incomplete forward pass rather than a fumble.
- 22** **Comment:** The Back Umpire could become more accustomed to calling deliberate grounding infractions. A good Referee is concentrating on interaction between rusher in the quarterback and will not have the best view of a potentially grounded pass. In such cases, the Referee must be receptive to a grounding call from a Back Umpire or Head Linesmen.



Cases for Rule 18 – Pass Interference

Contact

- 1 **Play:** Receiver A2 juggles the ball in attempting to catch a forward pass. B1 moves in, and touching A2, shoves the receiver away from the ball, which is still catchable by A2.
Ruling: Target area pass interference by B1. B1 must allow A2 to play the ball. (Rule 18.1.1)
- 2 **Play:** A2 is running downfield on a pass pattern and is being covered on the play by B3. The 2 players make contact with one another, but neither player loses stride or gains advantage.
Ruling: No pass interference occurred. This is incidental contact. (Regulation 18.1.2)
- 3 **Comment:** A player cannot drive-through, or “play through” an opponent on the way to the ball. If a player chooses to “play through” or over an opponent, to knock the ball down, and contacts the opponent before touching the ball, it is pass interference. Should the defender touch the ball first before contacting the opponent, it is not pass interference.
However, it is possible that when the defensive player comes over the back of the receiver and deflects or catches the pass, severe contact is made with the receiver, but there is no pass interference. In this case, the defender must be assessed a personal foul. The penalty will be considered as occurring after the ball is dead (Rule 24.12). If the pass is caught by the player who committed the personal foul, that team will retain possession, if there is no pass interference. (Regulation 18.1 and 22.4)

Path to the Ball

- 4 **Play:** A1 receives the snap and laterals it to halfback, A2. When A1 attempts to run a pass pattern, the Team B rusher grabs A1’s sweater. A2 had thrown the ball in the direction A1, with the pass with incomplete.
Ruling: Since the ball was in the air when the holding occurred, target area pass interference is called on Team B behind line of scrimmage. Team A is awarded ball 10-yards in advance of the point of the last scrimmage, with an automatic first down. (Regulation 18.2)
- 5 **Play:** A4 is running downfield on a pass pattern and is being covered closely by B5. A4 and B5 get their feet tangled, and A4 falls to the ground.
Ruling: This is not an automatic pass interference penalty against B5. The official must determine if A4 was in an advantageous position prior to the contact, and did B5 take away that advantage. If both players were in an equally favorable position, and contact was accidental, the no pass interference can be called. (Regulation 18.2.5 and Rules Committee 1986)
- 6 **Play:** A4 is running downfield on a pass pattern, and B5 is about 1 yard behind, try to catch up and defend against the pass. The ball is thrown to A4, but is thrown too far. A4, realizing that there is no chance to catch the ball, slows down in attempting to draw the interference penalty on B5. B5 does not see A4 slow down and collides with A4 as the ball sails over their heads.
Ruling: A4 was in the more advantageous position to play the ball and did not continue to attempt to reach the arrival point of the ball. Thus, B5’s actions do not constitute pass interference. If the official believes that the ball may have been caught by B5 if B5 had been able to continue, then pass interference must be called against A4. If it is determined that the ball was in catchable by either player, then no pass interference can be called. (Regulation 18.2)

Pick Play

- 7 **Play:** A1 runs a short pass pattern across the field being covered by B1. A2 runs a pass pattern and hooks into the path of B1, forcing B1 to break stride and inhibiting B1’s coverage of A1.
Ruling: If A2 does not avoid potential collision, that A2 can be called for remote area pass interference. This is commonly known as a “pick” play. Remember that B1 must be moving towards A1 to have a “pick” called.
- 8 **Comment:** In the above case, B1 is entitled to that path, and A2 is interfering with it. It is possible that the situation might be an unintentional collision; however, the offense must allow the defense 2-3 steps to adjust-if this does not occur, it is a “pick” and thus called as pass interference in the remote area.



Stationary Position

- 9** **Play:** Receiver A2 starts to run a path straight down the field. Defender B2 backs up in front of A2 for about 10-yards, and then stops directly in the path of A2, so that contact results.
Ruling: All players are entitled to their position on the field, provided that it is taken in sufficient time to allow another player who is moving toward that position, or in the path, to stop or change direction without contact.
If B2 stops in the path of A2 so quickly that A2 has no chance to stop. Then B2 is guilty of interference, if contact occurs.
If B2 stops in the path of A2 early enough to allow A2 to avoid a potential collision, then the onus of responsibility is on A2.
If B2 is playing the ball, a potential “pick” could be called on A2. (Regulation 18.2 and 18.4.1)
- 10** **Play:** B1 is covering A1 and maintains a stationary position following the snap. A1, who is running a pass pattern, then runs into B1.
Ruling: This does not constitute pass interference by B1. B1 has the right to that position. When A1 has the opportunity to avoid this collision but chooses not to, A1 should be called for remote-area pass interference. A2 might also be called for a personal or a major foul. (Regulation 18.4.1)
- 11** **Play:** Upon leaving the huddle and coming over the ball, A3, the center, checks the defensive positions. No one is near A3. While seeing the ball, A3 looks through the legs at the quarterback and does not look up at the defense. Just before the ball is snapped B2 takes a position right in front of A3, but 1 yard away. When the ball is snapped, A3 moves straight ahead (not knowing about B2’s position) and slams into B2.
Ruling: B2 is guilty of unfair tactics and should, therefore be penalized for illegal procedure. A3 was not given a chance to read and react to B2’s positioning. B2 must be at least 3-yards from the center at the time of the snap to legally assume a stationary position. (Rule 15.8.2 and Regulation 18.4.1)

Screening

- 12** **Play:** Receiver A2 has run behind the defender, B2, and the forward pass has been thrown deep. B2 looks away from the ball, arms waving in the air and blocks A2’s direct line of vision. The ball hits B2’s hands, (a) goes incomplete, (b) is caught by B2.
Ruling: In both (a) and (b), the screening had a direct influence on the completion of the pass; therefore, it is considered to be pass interference in the target area. Team A is awarded the ball at the point of the foul. (Regulation 18.6.1)
- 13** **Play:** On a forward pass, B1 is screening receiver A1. However, the pass is thrown too far, and A1 would not have caught the ball, even if there was no screening by B1.
Ruling: Pass interference must be called on this play, as a foul has occurred. However, due to the ball been considered uncatchable, the pass interference will be considered to have occurred in the remote area. (Regulation 18.6.1 and 18.7.1)
- 14** **Play:** A defender is not facing the quarterback or the ball but is distracting the receiver by waving 1 arm in the air. This action does not block the direct vision of the receiver.
Ruling: This is pass interference in the remote zone. (Regulation 18.6.1)
- 15.** **Comment:** Screening is a pass interference foul. The factors which determine the area in which it is considered to have occurred are as follows: If the defender, in waving the arm(s), is touched by the ball, it is interference in the target area. It is also considered pass interference in the target area, if the receiver’s direct line of vision to the ball is blocked and the ball is considered catchable. If the ball is not considered catchable or if the receiver’s direct line of vision is not blocked, then the pass interference is considered to have occurred in the remote area. (Regulation 18.6.1 and 18.7.1)

Miscellaneous

- 16** **Play:** The pass is thrown and the defense commits interference in the target zone, but the Referee calls a sack on the quarterback.
Ruling: There can be no target area interference if the ball is not in the air or if the ball is dead, as it is in this case. Ignore the flag. (Rules’ Committee 1988)



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- 17** **Play:** Third and 16 on the A 24-yard line. The intended receiver, A4, is interfered with by B6, but the ball is clearly uncatchable.
Ruling: The ball was uncatchable and target area pass interference cannot be assessed. However, the foul has occurred and cannot be ignored. Therefore, B6 called for pass interference in the remote area. Thus, Team A will scrimmage, third and 6, from the A 34-yard line. (Regulation 18.7.1)
- 18** **Play:** Just as receiver A5 is about to catch the ball, defender B4 yells “drop it” in an attempt to distract A5.
Ruling: There is no pass interference call in this situation. (Rules’ Committee 1990)

Cases for Rule 19 – Punts

- 1** **Play:** Team A scrimmages the ball, first down at the B 40-yard line. A2 catches a forward pass on the B 20-yards line, kicks the ball through the Team B end zone and over the dead ball line.
Ruling: This is a free punt, and 1-point is awarded to Team A. (Rules 19.1 and Rule 12.6.2)
- 2** **Play:** On third down, Team A punter misses the ball while attempting to punt, and the ball hits the ground behind the line of scrimmage.
Ruling: The ball is dead as soon as it hits the ground. This is considered an offside pass, and Team B will scrimmage, first and 10, at the point the ball left the punter’s hands or at the point the ball hit the ground, whichever is closer to the punting team’s dead line. (Rule 19.1.3)
- 3** **Play:** B3 attempts to field a punt close to the sideline, on the B 35-yard line. Before the ball is caught, B3’s foot touches the sideline. However, when the ball is caught on the B 37-yard line, B3 is in bounds and advances as the ball to the B 45-yard line.
Ruling: B3 should be called for illegal reentry. The penalty will be applied at the point B3 touched the ball, the B 37-yard line. Team B will scrimmage, first and 10, on the B 27-yard line. (Rules 19.4.1 and 24.8)
- 4** **Play:** On third down and 10, from the A 30-yard line, the Team A punter kicks the ball poorly and the ball hits the ground behind the line of scrimmage. When the ball hit the ground, the punter was only 3-yards away from the point the ball struck the ground.
Ruling: The ball is dead as soon as the punt hits the ground behind the line of scrimmage. Since the ball was not touched by a member of the receiving team, there cannot be a “no yards” penalty against the kicking team. The receiving team will scrimmage, first and 10, at the point the ball hit the ground. (Rules 19.5.1 and 10.6.7)
- 5** **Play:** Following a punt by Team A, the Team B punt receiver allows the ball to become motionless, then fakes to pick up the ball.
Ruling: The play is not whistled dead and the Team A players still have to give 5-yards, however, if the ball becomes motionless for 3 seconds, without being touched by anyone, the official shall must blow the play dead. (Rule 19.5.1)

Restraining Zone

- 6** **Play:** B1 fields a punt on the B 30-yard line and advances the ball to the B 45-yard line. A1 is called for “no yards” on the play.
Ruling: The “no yards” penalty is applied at the point B1 first touched the ball, the B 30-yard line. Therefore, Team B has the option to scrimmage the ball at the point the ball is dead, the B 45 , or applied the penalty and scrimmage at the B 40-yard line.
- 7** **Play:** B1 fields a short punt on the B 30-yard line. A2 is caught within the 5 yard restraining zone but tries to withdraw and does not take part in the play.
Ruling: This will still be called as “no yards”. However, if, in the official’s judgment, A2 did not affect the play, the 5 yard incidental no yards penalty should be applied. (Rule 19.5.1)
- 8** **Comment:** “Yards” must be given on all punt plays. There is no mercy given on this ruling in any situation. There is, however, the variable in the distance applied when the guilty player/players do not affect the play. The intent of the incidental no yards is such that the offending player must have earned it by clearly not affecting the play. Incompetence and bad luck are not grounds for the incidental call, i.e., player misjudges the ball or the ball bounces back into the player. (Rule 19.5.1)



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- 9** **Play:** B4 attempts to catch a punt on the B 35-yard line, but the ball goes off B4's hands and rolls downfield towards the B goal line. When B4 touched the ball, A3 was inside the 5 yard restraining zone and was called for "no yards". B4 finally retrieves the ball on the B 18-yard line and is touched there.
- Ruling:** The "no yards" penalty must be applied from the point where the ball was first touched by B4, that is, the B 35-yard line. (Rule 19.5.1)
- 10** **Play:** On a scrimmage punt, A1 punts the ball deep into the Team B end zone. B1 returns the punt but it travels only a short distance, and B2 catches it in the B end zone and advances it to the B 5 yard. line.
- Ruling:** This is a "no yards" penalty against B2 in the end zone. Team A's options are to accept a single point or to take the ball at the previous line of scrimmage or at the B 10-yard line. (Rules 19.5.1 and 24.10.2)

Muffed Receptions

- 11** **Play:** B3 muffs the punt reception, and the ball bounces off the chest and rebounds to A4. A4 catches the ball before it hits the ground but A2 is called for "no yards" on the play.
- Ruling:** The ball is considered free when A4 catches it and play continues. However, a "no yards" penalty will be assessed against Team A, and Team B will be awarded possession at the point B3 muffed the ball, plus the 10-yard penalty (unless the resulting play was better for Team B.) (Rule 19.6)
- 12** **Play:** B4 is attempting to catch a punt, and the ball strikes his foot and the ball (a) goes forward in the air where it is caught by A3; (b) rolls along the ground.
- Ruling:** In (a), the recovery by Team A is legal, provided they have given "yards" and Team A can advance the ball. In (b), the ball is dead when it strikes the ground, due to the offside muff by B4. (Rules 19.2.2, 19.6.2 and 14.5.1)
- 13** **Play:** B4 attempts to catch a punt but the ball goes off the hands and rolls downfield towards the Team B goal line.
- Ruling:** The play is still alive. Team A can down the ball or touch B4. Any onside Team B player can retrieve an advance the ball. (Rule 19.6.3)
- 14** **Comment:** Rule 19.6 states "when a punt receiver muffs the ball in an onside direction, the ball is still alive after touches the ground." However, if the punt receiver muffs the ball a second time, when trying to pick up the ball, and the ball goes forward (in an offside direction), the ball is dead when it touches the ground. (Rule 19.6.3)
- 15** **Play:** Following a third down punt, a member of the receiving team, B2, touches the ball and the ball goes off B2's hands, and hits the ground behind B2, then bounces up into the air. A3 then swings at the ball in the air and an attempt to down the ball. When A3 hits the ball, it goes directly into the hands of B3 before striking the ground.
- Ruling:** The ball is not to be considered down until after a member of the punting team touches the ball and the ball hits the ground. In this case, B3 is able to catch the ball before it hits the ground, and therefore, the ball can be advanced. (Rules 19.6 and 10.4.1)
- 16** **Play:** Punt receiver B3 is standing 1 yard inside the end zone and muffs the punt. The ball strikes the ground 2-yards deep in the end zone and then rolls forward along the ground to the B 2-yard line where A4 downs the ball.
- Ruling:** Team B will scrimmage, first and 10, from the 2-yard line. The muffed by B3 is considered onside, as it touched the ground closer to the deadline than where B3 muffed it. What the ball does after touching the ground is irrelevant in determining its direction. (Rules 16.3, 19.6.3 and Regulation 10.7)

End Zones

- 17** **Play:** Team A scrimmages, third and 10, from the A 3-yard line. A1 punts the ball from the A end zone. The ball lands on the A 5-yard line, then rolls back into the end zone. B1 runs over and picks up the ball.
- Ruling:** If the ball bounces back into the end zone and B1 catches it in the air, before it hits the ground in the end zone, a touchdown is awarded to B. If the ball touches the ground, a safety touch is awarded to Team B. Team A must give yards regardless of what occurs. (Rules 19.3, 19.5.1 and 12.5.2)



- 18** **Play:** On the last play of the game, Team A kicks the ball into the Team B end zone. B3 catches the ball deep in the end zone and attempts a return punt. The ball is shanked, goes high into the air and is coming down among a group of players from both teams, about 3-yards inside the B end zone. The ball is touched by players of both teams, but no one catches the ball, and it hits the ground, just inside the end zone.
- Ruling:** Team B, who attempted the return punt, is guilty of no yards in the end zone. Team A has the option to accept a single point or to take possession of the ball at the previous line of scrimmage or at the B 10-yard line, with 1 more play in the game. (Rules 19.3 and 24.10)
- 19** **Play:** On third down a scrimmage punt, A1 punts the ball deep into the B end zone. B1 returns the punt but the ball lands on the B 2-yard line and bounces back into the B end zone where (a) B2 catches the ball, in flight, (b) A2 catches the ball, in flight, (c) the ball touches the ground in the end zone.
- Ruling:** In (a) Team A's options are to accept a single point or to take possession of the ball at the previous line of scrimmage or at the B 10-yard line, due to the "no yards" infraction committed by B2 in the end zone. (Rule 24.10). In (b), A2 is awarded a touchdown because A2 caught the ball, in flight in the end zone. In (c), the ball is dead in the end zone (Rule 10.6.7) and Team A is awarded 1-point. Team B will scrimmage, first and 10, on the B 35-yard line. (Rule 19.1)
- 20** **Play:** B3 attempts a return punt from the end zone. The ball is shanked and is touched, in flight, by A4 just inside the B end zone. The ball lands on the 1-yard line. Team B gives yards on the play.
- Ruling:** This is a muffed punt, and the ball is still live to Team A, but Team B does not have to give yards anymore, because A4 has touched the ball. (Rule 19.6)

Cases for Rule 20 – Deflected and Blocked Punts

Deflected Punts

- 1** **Play:** The Team B rusher deflects a third down punt by Team A. The ball touches the ground behind the line of scrimmage, then rolls 15-yards.
- Ruling:** The play is dead when the ball touches the ground behind the line of scrimmage. A first down is awarded to Team B at the point the ball hit the ground. (Rule 20.1.3)
- 2** **Play:** A1's third down punt is deflected by B1 is caught by A2 behind the line of scrimmage. A2 runs with the ball and gains first down yardage.
- Ruling:** Deflected punts will be considered as not having been touched at all. Thus, A2 is guilty of "no yards". Team B is awarded possession 10-yards in advance of where A2 caught the ball. (Rules 20.1.2 and 19.5.1)
- 3** **Play:** Team A scrimmages the ball, third down, on the A 40-yard line. The Team B rusher deflects A1's punt, and the ball travels over the line of scrimmage, in flight. B2 catches the ball at the A 50-yard line, and A2 is within the 5-yard restraining zone.
- Ruling:** This is considered to be a regular punt and yards must be given. A2 is called for "no yards". (Rules 20.1.2 and 19.5.1)
- 4** **Play:** A1's third down punt is deflected by B1 and is caught by B2 behind the line of scrimmage. A2 does not give yards.
- Ruling:** Even though the ball did not cross the line of scrimmage, A2 must give yards. The deflection is ignored, and a "no yards" penalty may be assessed against Team A. (Rules 20.1.2 and 19.5.1)
- 5** **Play:** B2 attempts a return punt from deep from the B end zone. The ball is deflected by A2, then caught, in flight, by B3 in the end zone. B3 advances the ball to the B 7-yard line.
- Ruling:** The deflection is ignored, and Team B is called for "no yards" in the B end zone. Team A has the option to accept a rouge or to take possession of the ball on the B 10-yard line or at the previous line of scrimmage. (Rules 20.1.2, 19.5.1 and 24.10.2)
- 6** **Play:** B1 attempts a return punt from deep in the B end zone. The ball is deflected by A2, hits the ground in the end zone, and rolls to the B 15-yard line.
- Ruling:** Blow the play dead when the ball hits the ground in the end zone, an award 1-point to Team A. Team B will scrimmage at the B 35-yard line. The goal line is used as the line of scrimmage on return punts from the end zone. The ball must cross the goal line, in flight, in order to be considered a valid punt. (Rule 20.1.3)



Blocked Punts

- 7** **Play:** B1 blocks and attempted scrimmage punt by A1 on the A 3-yard line. The ball goes into the A end zone, in flight, and hits the ground.
Ruling: Team B is awarded the ball, first down, at the A 3-yard line (the point the ball was blocked). This is considered to be an offside pass by B1. (Rule 20.2.3)
- 8** **Play:** B1 blocks a scrimmage and Team A on the A 3 the ball goes into the Team A end zone, in-flight where B1 catches it before it touches the ground.
Ruling: A touchdown is awarded to Team B. (Rule 20.2)
- 9** **Play:** B1 blocks the third down scrimmage punt on the A 5-yard line. The ball goes into the end zone, and B3 catches it before it hits the ground.
Ruling: This is considered an offside pass from B1 to B3. Team B will be awarded possession at the A 5-yard line. (Rule 20.2.3)
- 10** **Play:** B1 blocks a Team A scrimmage punt in the Team A end zone. The ball hits the ground in the end zone.
Ruling: A safety touch is awarded to Team B. (Rules 20.2.4 and 12.5)
- 11** **Play:** B2 blocks a Team A scrimmage punt on the A 8-yard line. B3 tries to catch the ball, in flight, on the A 2-yard line, but knocks it into the end zone, where it hits the ground.
Ruling: This is considered an offside pass from B2 to B3. Team B will be awarded possession on the A 8-yard line. (Rules 20.1.2 and 19.5.1)
- 12** **Play:** Team A attempts a quick kick at the A 10 on second down. B1 blocks the attempted kick at the A 10-yard line and the ball touches the ground on the A 5-yard line.
Ruling: Team B is awarded possession on the A 10-yard line. Team A loses possession when it punts the ball. (Rules 20.2 and 20.3.1)
- 13** **Play:** Team A kicks the ball into the B end zone. B1 attempts a return kick, but it is blocked. B1 manages to catch the ball before it hits the ground and kicks it again.
Ruling: Legal play. The ball is live until it hits the ground. (Rule 20.2 and 19.1.2)
- 14** **Play:** Rusher B4 leaps to block a punt by A2. B4 catches the ball and A2, who was within the 5 yard restraining zone, touches B4 immediately.
Ruling: A2 is guilty of "no yards". Despite the fact that the penalty was unavoidable, B4 clearly lost any chance to return to the punt. (Rule 20.2.3 and Rules' Committee '90)
- 15** **Play:** On second down, A1 punts the ball from the A end zone. The ball is blocked by B1 in the end zone, and the ball is then caught simultaneously in the air in the end zone by A1 and B1.
Ruling: A safety touch is awarded to Team B. (Rule 20.3.1)
- 16** **Play:** A's third down scrimmage punt is blocked by B1 on the A 1-yard line. The ball goes into the end zone, in flight, and is caught by A1 before it hits the ground. A1 is touched in the A end zone.
Ruling: One point only is awarded to Team B. It was Team B who had caused the ball to enter the end zone; therefore, there is no safety touch. Team A will scrimmage, first and 10, on its own 35-yard line. (Rule 20.3.1)
- 17** **Play:** B1 blocks and attempted scrimmage punt by A1. A1 catches the ball before it hits the ground and throws a forward pass to A2.
Ruling: This is it legal play. The blocked punt is disregarded and the continuing play is considered as any other play from scrimmage. (Rule 20.3.3)
- 18** **Play:** A1 punts the ball into the Team B end zone. B1 picks up the ball in the end zone and attempts a return punt. A2 blocks it and the ball hits the ground in the end zone.
Ruling: One point is awarded to Team A, and Team B will scrimmage the ball, first and 10 at the B 35-yard line. (Rules 20.3, 12.6.2 and 6.8.1)



Punt Hits Team A Player

- 19** **Play:** A2 Attempts a third down scrimmage punt from 2-yards in the A end zone. The ball hits A3 on the A 2-yard line, and the ball goes into the A end zone where it is caught, in flight by A2. A2 is touched in the end zone.
Ruling: The blocking of the punt is ignored, and A2 is guilty of “no yards”. A flag must be thrown when the ball is touched by A2. Team B’s options are: accept a safety touch, or take possession of the ball, first and 10, at the previous line of scrimmage or the A 10-yard line. (Rules 0.2 and 24.10)
- 20** **Play:** A1 attempts a scrimmage punt, but the ball strikes A2, in the back, behind the line of scrimmage. The ball rebounds back to A1 who catches it before it hits the ground. A1 then punts the ball again.
Ruling: A1 is guilty of “no yards”. Team B will be awarded possession of the ball and the penalty will be assessed from the point A1 caught the ball. (Rule 20.2)
- 21** **Play:** A1 attempts a third down a scrimmage punt from the A end zone. The ball hits A2, behind the line of scrimmage, at the A 4-yard line, and lands in the end zone where it is ruled dead.
Ruling: The ball is dead when it touches the ground, and Team B will be awarded a safety touch. The ball is considered to have not been touched by A2 at all, thus is ruled as never having left the end zone. (Rule 20.2 and 12.5)

Cases for Rule 21 – Illegal Acts

- 1** **Play:** Team A scrimmages the ball on the B 5-yard line. A1 runs a pass pattern into the B end zone and grabs the goal post in order to cut sharply.
Ruling: Illegal use of hands by A1. Team B’s option: either Team A loses 10-yards from the point of the last scrimmage, and the down is repeated, or decline the penalty. (Rule 21.1.1)
- 2** **Play:** After receiving the kickoff, B3 runs upfield, sees teammate B4 standing still, and cut sharply around B4, causing A1 to go around B4 in attempts to make the touch.
Ruling: As long as B4 assumed a stationary position early, Team B is not to be called for obstruction. (Rule 21.2.4)

Illegal Re-entry

- 3** **Play:** A2 misjudges the sideline and goes out of bounds while running a pass pattern. The pass is then completed to A2 in the field of play.
Ruling: A2 must be called for illegal re-entry. Team B has the option to apply the penalty at the point of the last scrimmage, with the down repeated or let the play stand. (Rules 21.3.1 and 24.8)
- 4** **Play:** After a 15 yard completion at the B 50-yard line, B2 misses a tag at the sideline, then runs out of bounds for a few yards and re-enters the field. B2 forces the ballcarrier to change direction at the B 35-yard line, then (a) B2 touches the ball carrier at the B 20-yard line, (b) B3 touches the ballcarrier at the B 20-yard line without any involvement of B2 after the B 35-yard line.
Ruling: In (a), an illegal reentry foul has occurred at the B 35-yard line and at the B 20-yard line. Thus, the 10-yard penalty can be applied at the B 35 or the B 20 or the point of last scrimmage. The logical choice would be to apply it from the B 20-yard line. In (b), the 10-yard penalty can only be applied at the B 35-yard line or at the point of last scrimmage. The logical choice would be to refuse the penalty accept the gain (except if the penalty occurred in the last 5 plays of the past and it was to Team A’s advantage to accept the penalty and have the play not count as 1 of the last 5). If the official believes, beyond any doubt, a touchdown would have been scored without the intervention of B2, then a touchdown must be awarded. (Rules 21.3.1 and 24.8)
- 5** **Play:** A2 has stepped out of bounds, then B4 interferes with A2 (a) in the target area, (b) in the remote area.
Ruling: In both (a) and (b), there can be no pass interference penalty against B4, since A2 is considered to be out of bounds. In (a), the official must call A2 for illegal reentry, since A2 has become involved in the play. In (b), there will be no penalty against A2 for illegal re-entry, since A2 did not become involved in the play. If a flag for pass interference against B4 was thrown by an official who was not aware that A2 and stepped on the sideline, then the flag must be withdrawn. (Rule 21.3.1)



- 6** **Play:** A2 slips on a wet field, slides of bounds, and then gets up and catches a forward pass in the field of play.
Ruling: This is a legal play since it is not A2's fault for going out of bounds. (Rule 21.3.1)
- 7** **Play:** On a convert attempt, a defensive player steps out of bounds, then returns to knock down a pass without causing pass interference.
Ruling: Team A is awarded to convert. (Rules 21.3.1 and 24.8)
- 8** **Play:** A1 punts and the ball bounces near B1 who runs out of bounds while trying to recover it. B1 then turns to come back in bounds, and with both feet still out of bounds reaches over the sideline, falls onto the ball and is touched.
Ruling: The ball is ruled dead when the out of bounds player touches the ball. (Rules 7.2.3 and 10.6.1)
- 9** **Play:** Team A scrimmages, first and 10, on the A 30-yard line. While attempting to cover A4 on a pass pattern, B2 steps out of bounds, then returns to knock down a pass, on the A 50-yard line, without causing pass interference.
Ruling: B2 has committed an illegal reentry infraction. Team A can apply the 10-yard penalty from the point of last scrimmage, the A 30-yard line. The rule states "where the ball was when the foul occurred" and on passing situations, this is considered to be the line of scrimmage, unless pass interference occurred in the target area. (Rule 21.3.1 and 24.8)
Comment: If B2 also commits pass interference, Team A may decline the legal reentry penalty to accept the pass interference penalty.

Extension

- 10** **Play:** A5 is running towards the Team B end zone. As A5 gets close to the end zone, the ball is extended with 1 arm in an effort to break the plane of the goal. (a) Before the ball breaks the plane of the goal, A5 is touched on the B 2-yard line. (b) the ball breaks the plane of the goal line, then A5 is touched.
Ruling: (a) The extension is illegal. The touchdown does not count and the 5 yard dead ball penalty would be applied from the furthest point in advance of A5's torso. In (b), The apparent touchdown does NOT count. The ball is ruled dead on the B 1-yard line and the 5 yard minor objectionable conduct penalty is applied. (Rule 21.5.1)
- 11** **Comment:** The minor objectionable penalty for ball extension MUST be called whenever it occurs during a live ball situation, EVEN IF no opponent is near the ballcarrier. This is a flag a play, not a whistle play. The correct procedure for calling ball extension is as follows:
- when the ball extension occurs, the official shall use the flag to make the point ball held, and continue to follow the play to its conclusion.
 - if Team A has retained possession, the ball shall be declared dead at the point of the ballcarrier's torso when the foul occurred, and the 5-yard penalty shall be applied from this spot.
 - if Team B legally obtained possession of the ball during the play, the 5-yard penalty shall be applied from where the ball became dead in Team B's possession and Team B shall scrimmage, first down.
 - if Team B legally scores during the play, the 5-yard penalty shall be applied at the appropriate spot based on the applicable scoring rules.
- Note:** The minor objectionable conduct penalty (5-yards) for ball extension is a dead ball foul.
- 12** **Play:** A7 extends the ball forward with 1 arm near the first down marker but, prior to being touched, pulls the ball back into the body. A7 is then touched.
Ruling: The ball is ruled dead at the forward point of the ballcarrier's torso when the ball extension occurred. The 5-yard penalty is applied from this spot. A first down is not awarded. (Rule 21.5.1)
- 13** **Play:** On third and 10, A4 catches a forward pass, and, in an attempt to reach the first down marker, extends the ball forward with 1 arm. When A4 is touched, the ball is just past the first down marker, but A4's torso has not reached the marker.
Ruling: The extension of the ball in this situation is a dead ball foul (minor objectionable conduct). The ball is considered to be dead at the furthest point in advance of A4's torso. Since this point does not result in a first down, Team B will take over possession of the ball after the application of the penalty. The 5-yard penalty is to be applied to the point the ball is considered to be dead. (Rule 21.5 and Regulation 10.12.1)



Cases for Rule 22 – Player Conduct

Personal/Major Fouls

- 1** **Play:** B1 uses a swinging closed fist to touch the ballcarrier, A1.
Ruling: This constitutes rough play, and B1 to be assessed a major foul and be disqualified from the game. (Rule 22.1)
- 2** **Comment:** A 2-handed touch is permissible within the rules. However, if the 2 hand touch is done in an unnecessarily rough manner, then a personal foul penalty should be called. (Rule 22.1)
- 3** **Play:** B3 and A4 are going up for a pass. Incidental contact occurs between them and B3 touches A4 (a) catches (b) does not touch the ball, on the head.
Ruling: In (a), a minor personal foul to be called on B3 and the yard penalty is applied when the ball becomes dead. In (b), because the contact was incidental, no penalty is called because A4 was never the ballcarrier, as the ball was not caught. (Regulation 22.1.1 and Rule 23.1.1; Rules' Committee 1992 and 1994)
- 4** **Play:** Team A scrimmages the ball, third and 10, from the B 45-yard line. A2 runs a 10 yard hook pattern. B2 comes across in dives in front of A2 in an attempt to knock the ball down and severely contacts A2, but does not commit pass interference.
Ruling: B2 should be called for personal foul. The penalty will be applied is a dead ball foul. Therefore, Team B will take possession, first and 10, at the B 30-yard line. (Regulation 22.4)
- 5** **Play:** Defender B1, covering A2 on a forward pass, leaps high in the air behind A2, reaches forward and bats the ball away. After batting the ball, B1 crashes into A2, knocking A2 over.
Ruling: This is not pass interference, but B1's subsequent action should be ruled as a personal foul, since B1 was in an unfavorable position relative to A2. The penalty should be applied as a dead ball foul from the point of the last scrimmage. (Regulation 22.4)
- 6** **Play:** A1 receives a forward pass and is close to a first down. B1 is moving up towards A1 to make the touch and A1 dives forward to reach the first down.
Ruling: A1 is called for a personal foul. Diving by the ballcarrier will be penalized as a personal foul regardless of whether an opponent is in the vicinity AND whether any body contact is made. If severe contact occurs, a major foul might be called. The ball is ruled dead at the point where the ballcarrier commenced the diving action, and the 15 or 25-yard penalty is applied from this spot. (Regulation 22.8.2)
- 7** **Play:** Team A scrimmages the ball, third and goal to go, on the B 3-yard line. Quarterback, A1, takes the snap, runs to the left and from the 2-yard line, dives into the end zone into a group of defenders. A1 was not touched prior to going into the end zone.
Ruling: Diving by the ballcarrier is always considered to be a personal foul. The play is considered to be dead at the point of the dive began. Therefore, the penalty is applied from the B 2-yard line, and Team B will take possession, first and 10 on the B 17-yard line. (Regulation 22.8.2 and Rule 10.6.12)
Comment: Defensive players are still permitted to dive at the ballcarrier in an effort to make the touch. If unnecessary force is used and the ballcarrier is knocked down by the defender's action, a personal foul may be called. (Regulation 22.8.1)
- 8** **Play:** B6, realizing too late that A3 is running a fly pattern, sticks a leg out in unsuccessful attempt to trip A3.
Ruling: B6 has committed a major foul. He will be ejected and 25-yards will be applied at the end of the play. An automatic first down to the offense will be awarded. (Rule 22.1.3 and Regulation 22.9.1)

On a Passer/Punter

- 9** **Play:** Third and 10 on the A 31. A2 is running to avoid the rush and is not in the active passing when touched roughly at the A 24-yard line.
Ruling: The personal foul is a dead ball foul, as the quarterback was not in the active passing. Therefore, the ball is turned over to B and then the yardage is applied, making it the first down at the A 39-yard line. (Rule 22.1 and Definition of Passer)



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- 10** **Play:** The rusher applies a rough touch on the quarterback just before the quarterback releases the ball.
Ruling: This is a live ball, personal foul against the rusher. Despite the fact that the tag negates the pass by the quarterback, the quarterback is a passer, in the motion of passing, and it is, therefore, considered a live ball foul. This would apply equally to a punter who was in the motion of punting. Team B is penalized 15 or 25-yards from the point of last committee and Team A shall repeat the down or be awarded a first down, as applicable. (Rule 22.2 and Definition of Passer)
- 11** **Comment:** Regulation 22.2.1 states "a player is not allowed to contact the passer using bodily contact". It should be noted that the definition of the term "passer" in the rule book includes any player who attempt to throw a pass. Therefore, this Regulation covers players were attempting laterals after catching forward passes or after fielding punts and kickoffs, as well as the quarterback and halfback. Thus, a personal foul penalty called against a player was fouled and opponent attempting to lateral will be considered to have occurred while the ball was live, unless the ball was considered to be dead prior to the contact. (Regulation 22.2.1)
- 12** **Play:** On a third down scrimmage punt, the Team B rusher jumps in the air, blocks the punt, then crashes into the Team A punter.
Ruling: Despite the fact that the punt was blocked, the Team B rusher will still be called for personal foul. The penalty is considered to have occurred before the play is dead; therefore, Team A maintains possession and the penalty is applied from the point of the last scrimmage. Team A has the option, however, to give possession to Team B and have the penalty applied at the point Team B touched the ball or at the point the ball became dead. (Regulation 22.3 and Rule 24.11.4)
- 13** **Comment:** If a rusher dives at a quarterback's legs and swings his arm in an attempt to touch/trip the quarterback, a personal foul may be called, if the official determines that the rusher's "swing" displayed unnecessary force. (Regulation 22.8.1)

Objectionable Conduct

- 14** **Play:** B1 directs demeaning remarks toward A1 while A1 is running a pass pattern.
Ruling: B1 must be called for objectionable conduct. It is imperative that officials be strict in applying penalties to curtail provocative situations. If these penalties are not called consistently, the potential for violence on the field greatly increases. (Rule 22.3.1)
Comment: The Touch Officials Committee (TOC) has received reports of players who hold the ball backwards while scoring a touchdown and taunting their opponents by use of derogatory words and/or gestures. The TOC strongly disapprove of such conduct and urges officials to call an Objectionable Conduct penalty in such situations.
- 15** **Play:** Following a touchdown, A3 spikes the ball into the ground. A4 picks up the ball and returns it to the official.
Ruling: No penalty should be assessed for spiking the ball. An objectionable conduct penalty should be called only if the spiking delayed smooth operation of the game. With no delay has been caused, there is no need to assess a penalty. (Rule 22.3.1)
- 16** **Play:** B7, unhappy with an official's call, accosts the official with the intent to intimidate (i.e. standing in face, staring down).
Ruling: Objectionable conduct must be called on B7. (Rule 22.3.1)
- 17.** **Comment:** Any player uttering racial and/or religious taunts or slurs directed against an opponent or an official, whether on the field, bench area were sidelines, shall be penalized for objectionable conduct. There should be 'ZERO TOLERANCE' for racial abuse in the game of touch football. Officials should not hesitate to eject players from the game for such reprehensible conduct and league/tournament officials urge to apply strict sanctions on players guilty of such gross misconduct. (Rule 22.3.1)



Cases for Rule 24 – Application of Penalties

Penalty Options

- 1 **Comment:** The non-offending team can decline to have the yardage applied for any personal conduct foul (i.e. major foul, personal foul or objectionable conduct foul) but the foul must be recorded on the scorecard.

Application of Fixed-Distance Penalties

- 1 **Play:** Team A scrimmages, second and 10, from the A 30-yard line. A1 runs for 12-yards and is touched, but A2 is called for blocking when the ball was at the A 35-yards line.
Ruling: The penalty occurred before a first down is gained. The penalty is applied at the point of the last scrimmage with a downed repeated, i.e. second and 20 from the A 20-yard line (Rule 24.2.3)
- 2 **Play:** Team A scrimmages the ball, first and 10 on the A 30-yard line. A1 completes a forward pass to A2 on the A 42-yard line. A3 is called for interference or blocking after A2 caught the pass. The infraction took place with the ball on the A 45-yard line.
Ruling: Since a first down was gained prior to the penalty, Team A will lose 10-yards from the point the ball was held at the time of the infraction, the A 45-yard line. Thus, Team A will scrimmage the ball, first and 10 on the A 35-yard line. (Rule 24.2.4).
- 3 **Play:** B1 interferes with or blocks A1 while the ball is in the air on a scrimmage punt. B2 catches the ball on the B 50-yard line and advances it to the A 45-yard line.
Ruling: The interference penalty is applied at the point of possession, the B 50-yard line. Therefore, if Team A accepts the penalty, Team B will scrimmage the ball, first down, on the B 40-yard line. (Rule 24.2.6)
- 4 **Play:** After gaining a first down, a member of Team A swears at a Team B player (a) while the play is still in progress, or (b) after the whistle. Objectionable conduct is called.
Ruling: In both (a) and (b), the play stands and the penalty is applied from the point where the ball became dead. Team A will have first down, 10-yards (not 20) to go. (Rule 24.2.7)
- 5 **Play:** On first and 10, Team A breaks the huddle and comes over the ball for the snap. The Team A center makes disparaging remarks towards the Team B rusher, prior to the ball being snapped, and is called for objectionable conduct.
Ruling: As the play has been whistled in, the Referee must blow the whistle immediately (prior to the snap) and apply the penalty. Team A will have first down and 20-yards to go (Rule 24.2.7)
- 6 **Play:** A4 catches the ball on the B 40 line and complains to the official that there was a rough touch on the play. The officials move the bags to indicate the new line scrimmage and the first down mark. At this point, A4 is called for objectionable conduct for continually arguing the rough touch.
Ruling: Since the play had not been whistled in yet, it will still be first and 10 after the application of the penalty.
- 7 **Comment:** If a penalty is called by an official after the play is dead but before the snap the ball for the next play, the whistle will be blown and the penalty must be applied prior to the ball being put into play.
- 8 **Play:** Team A scrimmages, second and 10, from the A 30-yard line. Quarterback, A1, completes a pass to A6 at the A 38-yard line. A6 runs upfield with A7 trailing, but at the A 45-yard line, A7 steps out of bounds. At the A 52-yard line, A6 flips the ball back to A7 who is at the A 51-yard line. A7 is touched at the B 54-yard line.
Ruling: A7 is guilty of illegal reentry and the play should be blown dead when A7 catches the ball. First down yardage had been gained prior to the penalty. Therefore, the penalty is to be applied to the point of the foul, the A 51-yard line. Team A will scrimmage, first and 10, from the A 41-yard line. (Rule 24.8.1 and 23.1.1)
- 9 **Play:** Team A scrimmages, second and 10 from the A 24-yard line. While running a pattern, A7 steps out of bounds at the A 29-yard line and catches a pass at the A 31-yard line where B2 applies the touch.
Ruling: Illegal reentry by A7. Team B options are: that the play stands, making it third and 3-yards to go; OR, except the penalty, thereby creating second and 20 situation for Team A. (Rule 24.8.1)



Variable Distance Penalties

- 1 **Play:** Team A scrimmages, second down, at the A 25-yard line. B1 is called for target area pass interference at the A 30-yards line.
Ruling: Team A's options of a first down at point of foul, the A 30-yard line; OR, first down, 10-yards ahead of the point of the last scrimmage, the A 35-yard line. (Rule 24.3.2)
- 2 **Play:** Team A scrimmages, second and 20, from the A 15-yard line. Quarterback, A1, throws an onside lateral pass to A2, the halfback, who is interfered with before the ball arrives. The pass goes incomplete.
Ruling: Target area pass interference by Team B behind the line of scrimmage. A 10-yard penalty is applied from the point of last scrimmage and an automatic first down is awarded to Team A. (Rule 24.3.2)
- 3 **Play:** Team A scrimmages on the B 12-yard line. On the play, B3 is called for target area interference on the B 4-yard line. The pass was incomplete.
Ruling: Team A has the choice to accept the penalty at the point of infraction (B 4-yard line) or accept a 10-yard penalty. If they accept the penalty, the half-the-distance-to-the-goal-line rule must be applied and Team A would only have the ball on the 6-yard line. Therefore, Team A would normally take the ball at the 4-yard line, with the automatic first down provision. (Rule 24.3.2 and Rules' Committee 1987)
- 4 **Comment:** Although pass interference in the target-area is classified as a variable-distance penalty, it becomes a fixed-distance penalty if the non-offending team opts to apply the 10-yards. Fixed-distance penalties are subject to the half-the-distance-to-the-goal-line rule; variable-distance penalties are not subject to this rule. (Rule 24.3.2 and Rules' Committee '87)
- 5 **Play:** Team A's quarterback is called for deliberately grounding the ball in the A end zone.
Ruling: Team B has the option to accept a safety touch or decline the score and except the play as an incomplete pass. (Rule 24.3.3)

Penalties Near the Goal Line

- 1 **Play:** Team A scrimmages the ball, second and 10, on the A 1 line. On the play, A2 goes offside and Team A gains 15-yards.
Ruling: Team B accepts the penalty, Team A will scrimmage, second and 10, from the A 1-yard line. (Rule 24.4.1)
- 2 **Play:** Team A scrimmages on the B 35-yard line. On the play, the pass was incomplete, but B1 is called for a major foul against the Team A quarterback.
Ruling: B1 is ejected from the game, and a 25-yard penalty is assessed against Team B. The penalty application cannot bring the ball closer than the B 15-yard line; Team A will scrimmage, first and 10, on the B 15-yard line. (Rule 24.4.2)
- 3 **Play:** On third down and 12 on the B 14-yard line, B1 is called for a personal foul against the Team A quarterback after the ball was released. The pass goes incomplete.
Ruling: The personal foul against B1 will be applied as a live ball foul. Team A will scrimmage, first and goal, on the B 7-yard line. (Rule 24.4.2 and 24.5)

First Down Awarded by Penalty

- 1 **Play:** Team A scrimmages the ball, third down and goal to go, on the B 4-yard line. B1 goes offside, and A1 throws an incomplete pass.
Ruling: Team A will scrimmage the ball, first down and goal to go, at the B 2-yard line. A first down is awarded because of Rule 24.5, which states that if an unrestricted penalty would have resulted in a first down or the goal line reached by a team in possession, a first down shall be awarded. (Rule 24.5)
- 2 **Play:** Team A scrimmages, third and 1, on the B 2-yard line. A1 completes a pass to A3, who is touched on the B ½-yard line. During the play, A1 was called for a personal foul.
Ruling: The personal foul is applied as a dead ball foul; therefore, Team A will scrimmage, first and 10, on the B 15.5-yard line. (Rule 24.5)



Penalties on a Convert

- 1 **Play:** B1 commits target-area pass interference on A2 at the B 4-yard line on a 1-point convert attempt from the B 5-yard line.
 Ruling: The penalty will be applied from the point of the last of scrimmage. Team A will attempt to convert from the B 2.5-yard line. (Rule 24.6)
- 2 **Play:** B2 commits target-area pass interference on A3 in the B end zone on a convert attempt.
 Ruling: The convert is automatically awarded to Team A. (Rule 24.6)
- 3 **Play:** On a convert attempt, A1 receives the snap and throws an onside lateral pass to the halfback. B2 is called for target-area pass interference on the halfback and the pass goes incomplete.
 Ruling: The penalty will be applied from the point of last scrimmage and Team A will repeat the convert attempt. (Rule 24.6)
- 4 **Play:** Team B commits a personal foul against a Team A receiver on the convert attempt. The convert is unsuccessful.
 Ruling: The penalty is applied as a dead ball foul. Team A does not repeat the convert attempt. The penalty will be applied on a subsequent kickoff. (Rule 24.6)
- 5 **Play:** A2 commits a personal foul on a successful convert attempt.
 Ruling: The convert is awarded to Team A and the penalty is applied on the kickoff. (Rule 24.6)
- 6 **Play:** Team B commits a personal foul against the passer on a convert attempt from the 10-yard line. Team A is unsuccessful in its attempt at the convert.
 Ruling: A personal foul against the passer is applied as a live ball foul. Team A has the option to apply the penalty yardage on the repeated convert attempt, in which case it would scrimmage from the 5-yard line, or it can decline the yardage on the repeated attempt and have it applied on the kickoff. (Rule 24.6)
- 7 **Play:** Team B is called for objectionable conduct on a convert attempt from the 5-yard line. Team A is unsuccessful in its attempt at the convert.
 Ruling: No repeated attempt by Team A is allowed. The penalty is applied on the kickoff. (Rule 24.6)
- 8 **Play:** A2 is called for offensive target-area pass interference on the convert attempt. The convert was successful.
 Ruling: No score. The convert attempt is not repeated. (Rule 24.6)
- 9 **Play:** A2 is called for offensive pass interference in the remote area on a convert attempt. The convert was successful.
 Ruling: No score. Team A will be penalized 10-yards from the point of the last scrimmage and the convert attempt will be repeated; or a Team B's option to ignore the penalty and award the score, if it wants to save playing time. (Rule 24.6)
- 10 **Play:** On a convert from the B 5-yard line, Team A is offside. The convert attempt is (a) successful, (b) unsuccessful.
 Ruling: In (a), Team B shall choose from among 3 options: repeat convert from B 10, repeat convert from B 5, declined the penalty and accept the score. In (b), Team B will likely decline the penalty. There is no option to apply the penalty on the ensuing kickoff. (Rule 24.6)
- 11 **Comment:** With the exception of a live ball personal foul on the passer, live ball fouls on a convert attempt are NOT applied on the ensuing kickoff. This ruling applies regardless of which team committed a foul on whether the attempt was successful.
- 12 **Play:** B3 is called for illegal re-entry while knocking down the pass on the convert attempt.
 Ruling: Award the score to Team A. No yardage is applied. (Rule 24.8.2)

Fouls During the Last Play in a Period

- 1 **Play:** On the last play of the first half, A2 gains a first down, then commits a personal foul before the ball is dead.
 Ruling: The personal foul is applied as a dead ball foul. The penalty will be applied at the start of the second half. (Rule 24.7.3)



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- 2 **Play:** On the last play of the first half, A1 scores a touchdown. B1 is called for a personal foul during the play.
 Ruling: The convert may be attempted before the half is completed. (Rule 6.5) The penalty will be applied on the convert attempt or on the subsequent kickoff in the next period, at the option of Team A. (Rules 24.2.7 and 24.7.3)
- 3 **Play:** On the last play of the game, A1 scores a touchdown. During the convert, B2 is called for a personal foul, without pass interference, against a Team A receiver, away from the play. The convert attempt is (a) successful, (b) unsuccessful.
 Ruling: In both (a) and (b), the personal foul is a dead ball foul and the game is ended. The penalty does not prolong the game in any way and there is no option. The Referee must report the infraction on the scorecard. (Rules 24.7 and 24.6)
- 4 **Comment:** In the above the case, it is highly likely that pass interference in a remote area would also have been committed. It is, realistically, a very rare instance where a player could commit a personal foul without affecting his opponents position also. If this is the case, officials must not hesitate to call both infractions.
- 5 **Comment:** In any situation on the last play of the half, if the ball is whistled dead before it is put into play, the penalty shall be applied and the play repeated. The non-offending team does not have an option to refuse the penalty (except perhaps the yardage) in order to end the half. They cannot accept the "play", as a play has not taken place. The ball must have been put into play for this option to be given. (Rule 24.7)
- 6 **Play:** On the last play of the first half, B3 commits a personal foul on A2, the ball carrier.
 Ruling: Team A may lead to apply the 15-yard penalty in the first half with 1 more play or end the half and apply the 15-yards to the kickoff in the second half. (Rule 24.7.1)

Illegal-Participation Fouls

- 1 **Play:** Receiver, A2, is unguarded in the Team B end zone and is about to catch a forward pass when (a) B2, who had left the Team B bench during the play, interferes with A2, (b) a spectator interferes with A2. In both cases, A2 misses the pass.
 Ruling: In (a), a touchdown is awarded to A2, and B2 is automatically disqualified from the game. In (b), the down will be replayed from the point of the last scrimmage. (Rule 24.9)
- 2 **Play:** A1 throws a pass into the Team B end zone. B1 attempts to intercept the pass but is tripped by a spectator, and the pass goes incomplete.
 Ruling: The Team B has the option to refuse the penalty and count the play or have the down repeated from the point of last scrimmage. (Rule 24.1 and 24.9.2)
- 3 **Play:** A fan rushes onto the field and interferes with a Team A player who has caught the ball. It is unlikely that the Team A player would have scored on the play.
 Ruling: Team A's option to refuse a penalty accept the gain or to repeat the down from the point last scrimmage. (Rule 24.1 and 24.9.1)
- 4 **Play:** A3 has caught a forward pass and is running down the sideline. B8 comes off the bench and touches A3.
 Ruling: The Team A will be awarded an automatic touchdown, and B8 will be ejected from the game. (Rule 24.9.1)
- 5 **Play:** A1 is running in the clear for an apparent touchdown. B8 comes off the bench and pursues but does not catch A1, who scores.
 Ruling: The touchdown stands and B8 is ejected from the game. (Rules 21.4.1 and 24.9.1)
- 6 **Play:** A1 is running in the clear for an apparent touchdown. A8 comes off the bench interferes with B1 who was (a) in a position possibly make the touch, or, (b) totally out of the play and could not reasonably have prevented the touchdown.
 Ruling: The touchdown by Team A is canceled. Team B is awarded an automatic touchdown due to the illegal participation by A8. A8 is ejected from the game. (Rules 21.4.1 and 24.9.1)



- 7 **Play:** The Team A kicks off during the play A8 runs onto the field to retrieve the kicking tee. As the play proceeds, B2 breaks into the clear and: (a) A8 does not interfere with the play but remains on the field, (b) A8 interferes with B2, (c) A8 interferes with teammate A1 and B2 scores a touchdown.
- Ruling:** In (a) and (c), this is illegal substitution. Team B will likely decline the penalty to accept the touchdown; A8 is not ejected. In (b) this is illegal participation. Team B is awarded an automatic touchdown and A8 is ejected from the game. (Rules 3.1.1, 21.4.1 and 24.9.1)

End Zone Fouls

- 1 **Play:** A1 receives the snap in the Team A end zone. A2 interferes with or blocks the Team B rusher in (a) the Team A end zone, (b) the field of play.
- Ruling:** In (a) and (b), the penalty will be applied from the point last scrimmage. (Rules 24.10 and 24.2.3)
- 2 **Play:** B1 receives a punt in the Team B end zone. B2 interferes with or blocks A1 on the B 3-yard line, while B1 is still in the end zone. B1 advances in the ball to the B 25-yard line.
- Ruling:** Since the interference took place while the ball was still in the end zone, 1-point will be awarded to Team A, and Team B will scrimmage, first and 10, at the B 35-yard line. (Rules 24.2.6 and 24.10)
- 3 **Play:** B1 intercepts a forward pass in the Team B end zone and throws an offside pass, from the Team B end zone, to B2 in (a) the Team B end zone, (b) the field of play, on the B 2-yard line.
- Ruling:** In both (a) and (b), the whistle should be blown when B2 makes the catch, and there is no point awarded. In (a), Team B will scrimmage, first and 10, on the B 10-yard line. In (b), Team B will scrimmage, first and 10, from the B2-yard line. (Rules 24.10, 24.3.1 and 10.6.13)
- 4 **Play:** A1 receives the snap in the Team A end zone and throws an offside pass to the halfback, A2, who is also in the end zone. A2 throws a deliberate forward pass to A3 on the A 25-yard line. The pass is completed to A3.
- Ruling:** The pass thrown by A2 is the second forward pass, an offside pass. The official should whistle play dead when A3 makes the catch. Team B may accept a safety touch. (Rule 24.10 and 24.3.1)
- 5 **Play:** A1 throws a forward pass into the Team B end zone. B1 leaps to intercept the ball in the end zone, but instead, bats the ball in an offside direction and B2 catches it before it hits the ground (a) inside the Team B end zone (b) outside the Team B end zone, at the B 1-yard line.
- Ruling:** In (a), Team B will scrimmage, first down and 10 at the B 10-yard line. In (b), Team A may elect to have Team B scrimmage at the B1-yard line or the B 10-yard line. (Rule 24.3.1)
- 6 **Play:** On a second down, A1 receives the snap in the Team A end zone and, while running out of the end zone, fumbles in the ball across the goal line, and it lands on the 1-yard line.
- Ruling:** Team B's option to accept a safety touch or allow Team A to scrimmage the ball, third down, on the A 1-yard line. (Rule 24.3.1 and Regulation 10.5.1)
- 7 **Play:** A1 punts on third down from the B 20-yard line, and the ball goes into the Team B end zone. B2 is called for a personal foul (a) on the B 3-yard line, (b) in the Team B end zone while the ball is still in the end zone. B2 picks up the ball and advances it to the B 12-yard line.
- Ruling:** No point is awarded. The penalties applied as a dead ball foul. Therefore, Team B will scrimmage, first and 10, on the B 6-yard line. (Rule 24.10)
- 8 **Play:** B1 intercepts a forward pass in the Team B end zone. With the ball in the end zone, B2 is called for a personal foul. B1 advances the ball to be 40-yard line.
- Ruling:** No point is awarded. Apply the penalty at the be 40-yard line; thus, Team B scrimmages, first and 10, on the B 25-yard line. (Rule 24.10.1)
- 9 **Play:** Team A punts into the Team B end zone. While ball is in the air, B2 is called for a personal foul. The ball goes dead (a) in the Team B end zone (b) on the B 5-yard line.
- Ruling:** In (a), 1-point is awarded to Team A, and Team B will scrimmage, first and 10, on the B 20-yard line. In (b), no point is awarded, and Team B will scrimmage, first and ten, on the B 2.5-yard line. (Rules 24.10.1 and 24.10.2)
- 10 **Play:** B1 receives a punt in the Team B end zone and throws an offside pass to B2, who is also in the end zone.
- Ruling:** The whistle must be blown when B2 catches the offside pass. Team A will be awarded 1-point, and Team B will scrimmage at the B 35-yard line. (Rules 24.10.2 and 10.6.13)



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- 11 **Play:** B1 receives a scrimmage punt in the Team B end zone. B2 obstructs A1 in the Team B end zone. B1 is then touched in the end zone.
Ruling: Team A must accept a single point, and Team B will scrimmage from the B 35-yard line. Team A cannot choose to apply the penalty from the B 35-yard line. (Rule 24.10.2)
- 12 **Play:** Team A scrimmages the ball, second down, at the B 25-yard line. B1 is called for target area pass interference in the Team B end zone.
Ruling: No score. Team A is awarded a first down on the B 1-yard line. (Rule 24.10.5)
- 13 **Play:** Team A scrimmages of the ball, first down, from the A 5-yard line. A1 throws a short forward pass from the end zone to A2, who is also in the end zone. B1 is about to intercept the pass in the end zone but is grabbed by A2 and the pass goes incomplete.
Ruling: Target area pass interference by Team A. Team B will be awarded possession of the ball on the A 1-yard line. (Rule 24.10.5)
- 14 **Play:** Team A punts the ball into the Team B end zone. B1 catches the ball in the end zone and is touched roughly by A2, who is called for a personal foul.
Ruling: Since the personal foul is applied as a dead ball foul, 1-point will be awarded to Team A, and Team B will scrimmage, first and 10, on the B 50-yard line. (Rule 24.10.6)

Comments on End Zone Fouls

A. General Principles:

- 1 Officials must take care to know the LOCATION OF THE BALL when calling a penalty in or near the end zone as this will affect the possible awarding of points.
- 2 An official's position when making the call will be either (a) on or near the goal line, (b) on or near the deadline, (c) somewhere in the end zone. Officials must be alert to know where they are supposed to be and to work as a team in making these calls. On return punt situations, at least 1 wide official (HL or FJ) must be on the goal line. Usually, the Umpire covers Team B in the end zone in the Referee covers Team A.
- 3 Officials should not signal points scored due to a penalty unless they are absolutely certain (i.e. defensive pass interference in the end zone in target area on a convert).
- 4 An official calling a penalty on the scoring team that will cancel the apparent score should NOT signal the score. Why add to the inevitable controversy?
- 5 Officials should give a clear preliminary signal and informed to the Referee of both the location of the ball and/or location of the victimized player (i.e. on a "no yards" call, where was the punt returner standing?)
- 6 Referees must be thoroughly familiar with Rules 24.6 (Penalties on Converts) and 24.10 (End Zone Fouls)
- 7 Unless it's a convert, NO POINTS are awarded on target area pass interference in the end zone. The ball usually goes to the Team B 1-yard line (if Team B is guilty) or B 10 (if Team A is guilty).
- 8 Remember... THE ENTIRE WIDTH OF THE GOAL LINE is in the end zone.

B. Punts

- 1 **Play:** "No Yards" when Team B returner is standing in the Team B end zone.
Ruling: No points and Team B ball on the B 10-yard line (unless B elects to give up the point). It doesn't matter where the ball hits the ground or where guilty Team A player(s) are standing. (Rule 24.10.2)
- 2 The entire ball must be carried under the end zone to avoid a rouge. The key call it is "ball vs. goal line" not "was the player touched on part of the body in the end zone."
- 3 If the punt returner carries the ball out of the end zone and then retreats back into the end zone or throws the ball back into the end zone, a possible Safety Touch may result.
- 4 **Play:** Team B punt returner is still in the end zone when B2 commits obstruction (a) in the end zone or (b) on the B5-yard line. B1 is touched on the B4-yard line.
Ruling: Options to Team A: In both cases, 1-point or Team B scrimmages the ball on the B 4-yard line. Team B scrimmaging in the ball on the B 2-yard line is NOT an option. (Rule



24.10.2)

- 5 Play:** Team A punts from deep in own end zone and the ball is coming down to B1 still in the Team A end zone; A2 commits “no yards” to prevent B1 from catching the ball.

Ruling: Options to Team B: Safety Touch or take the ball on the A 1-yard line. (Rule 24.10.3)

C. Safety Touches

- 1** Reminder to Referees: For a safety touch to be scored, the team in possession on the field of play must put the ball into its own end zone, and the ball is subsequently declared dead in the end zone. All of these factors must have happened. Do not forget to stop the clock BEFORE signaling the score. Scoring team is entitled to an “Officials’ Timeout” to enable a captain to report the options to the coach for choice.

- 2 Play:** The Team A punts, the ball hits B1 on the B 5-yard line and rolls into the end zone where it becomes dead.

Ruling: One point; impetus came from the force of the punt. (Rule 12.6.2)

- 3 Play:** Team A scrimmages on its own 5-yard line. Quarterback A1 has the ball in the end zone when A2 blocks B1 (a) in the end zone, or (b) on the 5-yard line.

Ruling: As this penalty is applied from the line of scrimmage (the A 5) there is NO Safety Touch in either case. Option to Team B is to accept what happens on the play or repeated down from the A 2.5-yard line. (Rule 24.10.1)

- 4 Play:** Team A punts and the ball hits B1 on the B 10-yard line and rolls backwards. B1 tries to pick up the ball but clearly bats it into the Team B end zone where it becomes dead.

Ruling: Safety Touch; impetus came from Team B player (and by the rules, Team B is deemed to be in possession). (Rule 12.5.2)

D. Pass Interceptions

- 1 Play:** Player B1 intercepts a Team A pass at the B 2-yard line but her momentum carries her into the end zone where she is touched.

Ruling: No points; B ball at the B 2-yard line. (Rule 12.5.3)

Note: Officials must be very decisive when making this call.

- 2 Play:** Player B1 intercepts a pass in the Team B end zone and B2 immediately commits obstruction inside/outside the end zone while B1 will has the ball in the end zone. B1 is touched (a) in the end zone, or (b) at the B 5-yard line.

Ruling: No points in either situation. In case (a) Team B will scrimmage on the B 10-yard line; in case (b), Team A will surely choose to make Team B scrimmage on the B 5-yard line. (i.e. decline the penalty). (Rule 24.10.4)

E. Converts

- 1** Pass interference in the Target Area in the End Zone: by defense – award the point; by offense – cancel the convert attempt.
- 2** Pass interference in target area NOT in End Zone: by defense – NO POINTS awarded, repeat the convert attempt from the point of foul or half the distance; by offense – cancel the convert attempt.
- 3** Pass interference in the Remote Area: NO POINTS awarded, usual penalty application.
- 4** Illegal reentry in the end zone (rare but possible, especially along the dead ball line): by defense: award the points; by offense: cancel the convert attempt.

Fouls on the Final Play of a Half

- 1 Play:** On the last play of the game, Team A scrimmages, first and 10, on the B 15-yard line. A1 completes a forward pass to A3, who is touched on the B 5-yard line. On the play, B1 is called for offside.

Ruling: Team A has the option to accept the penalty and repeat the down on the B 10-yard line or refuse the penalty and terminate the game. (Rule 24.7)

- 2 Play:** On the last play of the game, A3 catches a forward pass then makes an offside pass to A4.

Ruling: The play must be whistled dead when A4 catches the offside pass. An offside pass on the last play of the game does not permit team have an additional play; thus, the game is over. (Rules 24.3.1 and 10.6.13)



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- 3 Play:** On the final play of the first half, B1 commits a personal foul on ball carrier A1.
Ruling: Team A may elect to have the penalty applied from the point ball held when the foul occurred and have 1 more play, or end the half and apply the penalty yardage on the second half kickoff. (Rule 24.7)
- 4 Play:** On the final play of the first half, B1 attempts to trip ball carrier A1 at the A 25 but fails and A1 is eventually touched by B2 at the (a) B 50 or (b) A 20.
Ruling: Team A may elect to have the penalty yards applied on the second half kickoff, but if it wishes to have 1 additional play in the first half, then the options are: in (a), scrimmage from the A 50 or the B 25; in (b), scrimmage from the A 50 or the A 45. Attempting to trip is a major foul ; B1 is ejected and Team B is penalized 25-yards. (Rules 24.7, 24.11.7 and Regulation 22.9.1)
- 5 Play:** On the last play of the first half, Team A scrimmages on the B 40. A1 passes to A2 in the Team B end zone. A2 tips the ball and deflects it away. While the ball is still in the air, B1 commits a personal foul against A2. The ball then strikes the ground.
Ruling: This is a live ball foul, as receiver A2 was clearly in the target area of the pass. Team A may elect to have 1 additional play, from the B 25, or apply the penalty yardage on the second half kickoff. (Rule 24.11.8)
- 6 Play:** On the last play of a tight game, in which a winner must be declared, Team B commits a personal foul on Team A ballcarrier on the Team A 5-yard line when Team A has scrimmaged from its own 6. What options are available and Team A?
Ruling: Team A may have 1 more play from the 20-yard line or apply the penalty yardage on the first play in overtime, which may be a kickoff or convert (depending on which tie-breaking system will be used). (Rule 24.7)

Player-Conduct Fouls

- 1 Play:** Team A scrimmages, third and 5, on the B 40-yard line. On the play, Team A gains 2-yards, and B2 is called for a personal foul on the touch.
Ruling: The personal foul penalty is applied as a dead ball foul. Team A did not gain sufficient yards for a first down while the ball was live. Possession of the ball changes, then the penalty is applied. Therefore, Team B will scrimmage, first and 10, on the B 23-yard line. (Rules 24.2.7, 24.11 and 24.5.2)
- 2 Play:** Team A scrimmages the ball, second and 10, on the A 35-yard line. A1 throws a completed pass to A2 on the A 40-yard line. However, A3 was called for a personal foul on the play.
Ruling: The penalty is applied as a dead ball foul; therefore, Team A will scrimmage, third and 20 at, the A 25-yard line. (Rules 24.2.7, 24.5.2 and 24.11)
- 3 Play:** Team A scrimmages, third down and 10, on the A 20-yard line. A1 punts the ball and a B1 is called for personal foul on A1. The punt is caught by B2 on the A 50-yard line, and the ball is advanced to the A 45-yard line.
Ruling: A personal foul against a punter can be applied as a live or dead ball foul. Team A has 3 options: (1) regain possession of the ball, apply the penalty at the point of the last scrimmage and have a first down and 10 at the A 35-yard line; (2) allow Team B to keep possession and apply the penalty at the point where B1 fielded the punt, the A 50-yard line; or (3) allow Team B to keep possession and apply the penalty at the point the ball became dead, the A 45-yard line. (Rule 24.11.4)
- 4 Comment:** A first down is not automatic when applying a live ball personal foul penalty. The required yardage must be gained in order to award a first down.
- 5 Play:** On a third down and 10, the punter runs to escape the rush, then punts the ball (a) from behind the line of scrimmage, (b) 3-yards over the line of scrimmage. In both cases, the punter was knocked down by the defender.
Ruling: Roughing the kicker can be applied as a live or dead ball foul. In both (a) and (b), the punting team could declare the foul as live, thus retaining possession, and apply the 15-yards from either the line of scrimmage or the point of foul, OR, they could declare the foul as dead, give up possession, and apply the penalty from the point the ball was touched or the point the ball became dead. (Rule 24.11.4)



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- 6 Play:** On third down, Team A fails to gain sufficient yards for a first down, and A2 commits a personal foul downfield.
- Ruling:** Team B takes possession of the ball and a 15-yard penalty is applied from the point the ball was ruled dead. (Rule 24.11).
- 7 Play:** On the last play of the half, A4 is on the opponents' 10-yard line with only 1 defender to beat. The defender dives at A4 on the 5-yard line in an attempt to apply the tag, but knocks A4 down, resulting in a personal foul against the defender.
- Ruling:** Normally this is a dead ball foul. However, since it occurred on the ballcarrier on the last play of the half, the offense can choose to have 1 more play from the 2.5-yard line, or apply the 15-yards to the start of the next half. (Rule 24.11.8)
- 8 Play:** On the last play of the game, the ball is punted into the end zone. The punt receiver, B3, catches the ball and attempts to run it out of the end zone. An opponent dives and touches B3 in the end zone, knocking B3 down, resulting in a personal foul against a member of the kicking team.
- Ruling:** Since the personal foul occurred on the last play of the game on the ballcarrier, the receiving team can apply the penalty as a live ball foul at the point of foul (Rule 24.11.8). Therefore, no score is awarded, and the receiving team will scrimmage the ball, first and 10, at its own 25-yard line. The 15-yard penalty is applied from the 10-yard line. (Rule 24.10.2)
- 9 Play:** Same play as above, except the play occurs during the middle of the quarter and not on the last play of the half.
- Ruling:** One point is awarded to the kicking team and the receiving team will scrimmage, first and 10, on its own 50-yard line after the 15 yard personal foul penalty is applied from the 35-yard line. (Rules 24.10.6 and 24.11)
- 10 Play:** On a third and 10, quarterback, A1, is touched roughly, while scrambling behind the line of scrimmage, a personal foul penalty is called against Team B.
- Ruling:** The penalty is applied as a live ball foul only when A1 is considered to be a passer. As the touch was made while A1 was scrambling, not passing, the penalty must be applied as a dead ball foul. Thus, Team B will be awarded possession of the ball, and the penalty will be applied from the point A1 was touched. (Rule 24.11.2)
- 11 Play:** Quarterback, A1, receives the snap and throws an onside pass to the halfback, A2. A2 throws an incomplete pass, but B2 is called for a personal foul against A2.
- Ruling:** The penalty should be applied as a live ball foul. A2 is the passer in this case, and receives the same protection from the rules as the quarterback. Team A repeats the down 15-yards from the line of scrimmage. An automatic first down is not awarded unless the first down distance is reached. (Rule 24.11.3)
- 12 Play:** On a kickoff, the ballcarrier throws a lateral pass to a teammate but is severely contacted by a defender in the process.
- Ruling:** This is a live ball foul on the passer. The passing team can apply the 15-yard penalty from the point of foul or the point the ball is dead. If the pass was intercepted, the passing team can regain possession by applying the 15-yard penalty from the point of foul or they can choose to give the ball to the opponents 15-yards back from the point where the ball eventually became dead. (Rule 24.11.3)
- 13 Play:** On second and 10, from the A 10-yard line, A1 runs for a 40 yard gain to the A 50, but A2 was called for a personal foul when the ball was at the A 30-yard line.
- Ruling:** Apply the penalty as a dead ball foul; therefore, teammate will scrimmage, first and 10, on the A 35-yard line. (Rule 24.11)
- 14 Play:** Quarterback A1 throws an interception on first down, and B2 is called for a personal foul, against A4, during the play, but (a) after the interception (b) before the interception.
- Ruling:** In (a) and (b), Team B takes possession of the ball in the personal foul penalty is applied from the point the ball became dead. (Rule 24.11)



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- 15 Play:** On second and 10, from the A 20-yard line, Team A loses 10-yards, and Team B is called for a personal foul on the touch.
- Ruling:** The penalty will be applied from the point the ball became dead. Team A is not automatically awarded first down; thus it will be third down and 5 on the A 25-yard line. (Rule 24.11)
- 16 Play:** On second and 10, Team A scores a touchdown, and A3 is called for a personal foul during the play on B4.
- Ruling:** The touchdown is good. The penalty will be applied on the convert attempt or on the kickoff, at the option of Team B. (Rule 24.11)
- 17 Play:** On a convert attempt, the defense is guilty of a personal foul in the target area but no pass interference was called (the defender hit the receiver after the pass was non-catchable).
- Ruling:** This is a dead ball foul (Regulation 22.4.1). The convert attempt is not repeated and the 15-yards will be applied on the kickoff. (Rule 24.6)
- 18 Play:** While running a pass pattern, A3 is deliberately tripped by B4. The pass is incomplete. The tripping took place before the ball was thrown.
- Ruling:** B4 is called for pass interference in the remote area and a major foul. The major foul is applied as a dead ball foul. B4 is ejected. (Rules 24.12, 22.1 and Regulation 22.9.1)
- 19 Play:** After catching a forward pass, A3 is running downfield. B4 cannot apply a touch but manages to trip A3.
- Ruling:** Since the ballcarrier is tripped, but there is no touch, B4 will be called for major foul. The major foul that involves tripping the ballcarrier affects the play and, thus, must be applied as a live ball foul. B4 is ejected. Team A has the option to apply the penalty at the point of foul or at the point the ball is considered to be dead. The play is to continue after the tripping occurs since this is not considered to be a deliberate touch with the hand. (Rules 24.11, 22.1.1 and Regulation 22.9.1)
- 20 Play:** Team A scrimmages the ball, first down and 15 on the A 20-yard line. A1 completes a forward pass to A2 on the A 40-yard line. However, A3 is called for objectionable conduct during the play.
- Ruling:** The penalty will be applied from the A 40-yard line. Since this is a dead ball foul, Team A is awarded first down, then the penalty is applied. Team A will scrimmage, first and 10 on the A 30-yard line. (Rule 24.11.1)
- 21 Play:** B2 directs demeaning remarks towards A3 and is called for objectionable conduct while A3 is running a pass pattern. The quarterback throws the ball in the direction of A3, but B2 intercepts it and returns it to the A 40-yard line.
- Ruling:** The Team B is awarded possession of the ball and the objectionable conduct penalty is applied against Team B for the point the ball became dead, at the A 40-yard line. (Rule 24.11.1)
- 22 Play:** A1 throws a pass and then is touched roughly. The pass is completed for a touchdown.
- Ruling:** The touchdown is good, and Team A has the option of applying the penalty on the convert or on the subsequent kickoff. (Rules 24.11.2 and 24.11.3)
- 23 Play:** Quarterback A1, receives the snap in the Team A end zone but muffs the snap in the ball goes loose. As A1 attempts to pick up the ball, the rusher, B1, piles into A1 at full speed and A1 is injured. The ball goes dead in the end zone.
- Ruling:** This is a major foul and Team A has the option of having applied as (a) a live ball foul, or (b) a dead ball foul. In (a), there is no score and the 25-yard penalty is applied from the point of last scrimmage. In (b), Team B scores a safety touch and the penalty is applied on the ensuing play. In both cases, B1 is ejected. (Rule 24.11.2)



- 24 Play:** Team A has first down and 10 at the A 40. Quarterback A1 throws a lateral to A2, who muffs the ball. As A2 is attempting to field the ball at the A35, B2 commits a personal foul on A2 and the ball is eventually declared dead at the (a) A 45 or (b) A 30.
- Ruling:** This is a live ball foul and Team A has several options as the point of penalty application: the A 40 (ball would be on the 55, first down), the A 50 (first down), the A 45 (in situation (a) making it first down on the B 50) and the A 30 (in situation (b), making it second down and 5 from the A 45). The Referee should save time by advising the Team A Captain of the most advantageous option. (Rules 24.11.2 and 24.11.5)
- 25 Play:** At the A 10, player A1 attempts to field a Team B punt or kickoff but muffs the ball in an on-side direction. As A1 is trying to field the ball, B1 commits a personal foul on A1 at the A 5-yard line and the ball goes dead in the end zone.
- Ruling:** This is a live ball foul and Team A has 2 options: Apply the penalty from the A 5, thus gaining a first down on the A 20-yard line and no point is awarded; or accept the rouge and scrimmage with a first down on the A 50. (Rules 24.11.2 and 24.11.5)
- 26 Play:** Same situation as Play 25, except that the point of foul is the Team A end zone and the ball does go dead in the end zone.
- Ruling:** This is a live ball foul and Team A has 2 options: accept the rouge and scrimmage with a 1st down on the A 50; or, cancel the score and scrimmage on the A 25 (A 10 + 15-yard penalty). (Rules 24.11.2, 24.11.5, 24.102 and 24.10.6)
- 27 Play:** Team A, second and 8, from the Team B 10-yard line, quarterback A1 is called for deliberate grounding at the Team B 18-yard line and, after the ball has hit the ground, rusher B1 is called for a Personal Foul on passer A1.
- Ruling:** Deliberately grounding the ball is a live ball foul; roughing the passer is a live or dead ball foul at the option of the passing team. Choices for Team A: Second down in the repeated at the 8-yard line (dual live ball foul's) or third down and 7-yards to go from the Team B 9-yard line (i.e. half the distance from the B 18, NO automatic first down since the full 15-yards for the personal foul would not have resulted in a first down. (Rules 24.4.2 and 24.12)
- 28 Play:** On second down and 12 from the Team A 22, quarterback A1 throws a forward pass from the A 24 to teammate A2, who makes the catch on the A 30. B1 is called for roughing the passer and the umpire calls B2 for target pass interference on A2.
- Ruling:** This is not a multiple foul situation, as A2 is no longer an eligible pass receiver due to the offside pass thrown by A1. Team A is entitled to the gain to the A 24, where the ball is rule dead due to the offside pass. The personal foul penalty is applied as a dead ball foul (as this is to the advantage of Team A) and Team A will have first down on the A 39-yard line. (Rules 16.4.3, 24.11.2 and 24.11.3)

Multiple Fouls

Double Fouls

- 1 Play:** Team A scrimmages the ball, first down and 10, on the A 25-yard line. A1 throws a completed pass to A2 on the A 45-yard line and A2 is touched there. On the play, A3 was offside and A2 was called for pass interference in the remote area. Both penalties occurred before the pass was thrown.
- Ruling:** Team B has the choice of accepting one of the 2 penalties. Team B will probably accept the greater of the 2 penalties, the remote area pass interference; Thus, Team A will scrimmage ball, first down and 20 on the A 15-yard line. (Rule 24.12)
- 2 Play:** Team A scrimmages, second and 10, on the B 40-yard line. B1 is called for pass interference and a personal foul in the target zone, on the B 30-yard line. The pass was incomplete.
- Ruling:** The personal foul penalties applied as a dead ball foul as applied to the point of the pass interference infraction. Thus, Team A scrimmages, first down and 10, on the B 15-yard line. (Rules 24.12 and 24.11)
- 3 Play:** Team A scrimmages, second and 18 on the A 20-yard line. On the play, the pass goes incomplete, but B1 is called for offside and B2 is called for a personal foul on the receiver A3.
- Ruling:** The offside is a live ball foul and the personal foul is considered a dead ball foul. Therefore apply the offside penalty first, then apply the personal foul penalty. Team A will scrimmage, first and 10, on the A 40-yard line. (Rule 24.12)



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- 4** **Play:** Team A scrimmages, first and 10, on the A 40-yard line. A2 goes offside and A3 is called for a personal foul. The attempted pass by A1 goes incomplete.
Ruling: Team B may refuse the offside penalty so that Team A uses the down, then apply the personal foul penalty as a dead ball foul. Thus, it would be second down and 25 on the A 25-yard line, or accept both penalties, in which case, Team A will scrimmage, first and 30 from the A 20-yard line. (Rules 24.12 and 24.11)
- 5** **Play:** Team A scrimmages, second and 23, on the B 48-yard line. Quarterback, A1, attempts a forward pass, which goes incomplete, but rusher B1 is called for a personal foul on the quarterback. Also, B2 is called for offside on the play.
Ruling: Due to the fact that one of the fouls is a live ball personal foul penalty, Team A may choose to declare this as a dead ball foul. Thus, Team A would accept both penalties and would scrimmage second and 3 from the B 28-yard line. Note, there is no automatic first-out awarded for the personal foul penalty. (Rule 24.12)
- 6** **Play:** The B1 is about to make the touch on ballcarrier A1 when A2 punches B1 in the head.
Ruling: This is Obstruction (live ball foul) plus a Major Foul (dead ball foul). Team B will likely elect both penalties, in which case the penalty (10-yards) for Obstruction is applied to the point ball held with a foul occurred, and then the penalty (25-yards) for the Major Foul is added. A2 is ejected from the game. (Rules 21.2, 22.1, 24.11, and 24.12.)
- 7** **Play:** Player B1, who is standing on the A 50, is punched by A1 just as A2 is about to cross the Team B goal line for a touchdown.
Ruling: This is a Major Foul but not Obstruction, due to the positions of B1 and A2. The touchdown is allowed to stand. Team A is penalized for the Major foul (25-yards) on the convert or kick off (option to Team B) and A1 is ejected. (Rules 21.2, 22.1 and 24.2.7)
- 8** **Play:** Just after the snap, A2 punches B1 and it is not possible for the officials to judge whether at the time it was obstruction, or whether B1 could have participated in the play had punch not occurred.
Ruling: The Team B must begin the benefit of any doubt, and thus it is a multiple foul situation – Obstruction and a Major Foul. If the Obstruction penalty is excepted, the yardages applied from line of scrimmage (the down will be repeated) and the yardage for the Major foul added. If the Obstruction penalty is declined, the downs count and the Major Foul is applied from the point the ball became dead. A2 is ejected. (Rules 21.2, 22.1 and 24.12)

Dual Fouls... both Live Ball

- Comment:** The dual penalty situation is not automatic. The non-offending team against whom the first foul has been committed has the right to accept or decline the penalty. Then the opposing team has the option to accept or declined the other penalty.
- 9** **Play:** Team A scrimmages the ball, second down and 10, on the A 30-yard line. A1 throws incomplete forward pass. On the play, A2 was called for offside and B2 is called for pass interference in the target area.
Ruling: The penalties are offset at the point of the last scrimmage, the A 30-yard line, and the down is repeated. Thus, Team A will scrimmage ball, second down and 10, on the A 30-yard line. (Rule 24.12.2)
- 10** **Play:** The quarterback runs 2-yards past the line of scrimmage, then throws a forward pass to A3. B3 commits pass interference on A3 in the target zone and the pass is incomplete.
Ruling: A pass completion is normally awarded to the receiver when target-area interference occurs, but since the pass was an offside pass, the target-area interference is ignored and ball is brought back to the point from where the offside pass was thrown. The offense loses the down. (Rules 24.3.1 and 24.12)
- 11** **Play:** Team A punts on third down and 10 from the A 20-yard line. On the play, B1 is called for offside and A1 is called for “no yards”.
Ruling: If both teams accept the penalties, repeat the down from the point of last scrimmage. (Rule 24.12.2)



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- 12** **Play:** Team A scrimmages, second and 10, on the A 30-yard line. On the play, B1 is offside and A1 completes a pass to A2 on the A 45-yard line. With the ball at the A 45-yard line, A3 is called for obstruction. The ball goes dead at the A 50-yard line.
- Ruling:** The play has the potential to be a dual-penalty situation. However, Team A has the right to decline the offside penalty by Team B. If it does so, the obstruction penalty would be applied at the A 45-yard line and Team A would scrimmage, first and 10 on the A 35-yard line. If both penalties were accepted, the play would be repeated from the A 30-yard line. (Rule 24.12)
- 13** **Play:** Team A scrimmages, third and 10, on the B 35-yard line. A1 punts the ball into the Team B end zone. A2 is called for “no yards” in the end zone. B1 picks up the ball and manages a return punt to the B 20-yard line where B2 is called for “no yards”.
- Ruling:** If both penalties are accepted, the down will be repeated from the point of last scrimmage. If Team B refuses the penalty, Team A will scrimmage, first and 10 on the B 10-yard line. If Team A refuses the penalty, Team B will scrimmage, first and 10, on the B 10-yard line. There is no score awarded. (Rules 24.12 and 24.2.6)
- 14** **Play:** Team A kicks off, and B2 receives the ball on the B 25-yards line and throws an offside pass to B3 at the B 27-yard line. B3 is interfered with by A3, at this point, and a) the ball hits aground, b) A3 intercepts the pass.
- Ruling:** In both a) and b) The ball is brought back to the origin of the offside pass, the B 25-yard line where it will be Team B’s ball, first and 10. In a) the pass interference penalty is ignored. In b) the catch by A3 is nullified by the interference call. (Rule 24.12 and Rules’ Committee 2008)
- 15** **Play:** Quarterback, A1, throws a forward pass downfield. The ball is tipped by A3 at the B 40-yard line. Then, as A4 is attempting to catch the ball at the B. 30-yard line, B5 commits target area pass interference against A4. The pass goes incomplete.
- Ruling:** The pass is considered as a completed forward pass to A3, followed by offside pass to A4. The ball will be awarded to Team A at the point of the origin of the offside pass, that is, the B 40-yard line. (Rule 24.12)

Dual Fouls involving Personal/Major Fouls or Objectionable Conduct

- 16** **Play:** Team A scrimmages the ball, second down and 10, on the A 40-yard line. A1 throws incomplete forward pass, but A2 is offside and B1 is called for a personal foul.
- Ruling:** The offside penalty is applied as a live ball foul and the personal foul penalty is applied as a dead ball foul. Team B should accept the offside penalty, moving the ball back to the A 35-yard line. The personal foul penalty is then applied, giving Team A first down on the A 50-yard line. (Rules 24.12 and 24.11).
- 17** **Play:** Team A scrimmages the ball, second down and 10, on the A 30-yard line. A1 completes a forward pass to A2 on the A 45-yard line and A2 is touched there. On the play, B1 was called for a personal foul and A3 was called for pass interference in the remote area. Both penalties occurred before the ball was thrown.
- Ruling:** Apply the pass interference penalty first, moving the ball back to the A 20-yard line. Then apply the personal foul penalty, moving the ball to the A 35-yard line, where it will be second down and 5. (Rules 24.12 and 24.11)
- 18** **Play:** Team A scrimmages, second and 10 on the B 40 line. A1 throws an incomplete pass, but B2 is called for remote area pass interference and A3 is called for objectionable conduct.
- Ruling:** Team A would be awarded a first down after the application of the pass interference penalty, then the objectionable conduct penalty would bring the ball back to the B 40-yard line where it would be first and 10 for Team A. (Rules 24.12 and 24.11)
- 19** **Play:** Team A scrimmages, second and 10, from the A 30. A2 catches a pass on the A 42-yard line. With the ball on the A 42, A3 is called for obstruction. A2 advances the ball to the A 50, where B3 is called for a personal foul on the touch.
- Ruling:** Apply the obstruction penalty first. This will move the ball back to the A 32-yard line and a first down is awarded. Then apply the personal foul penalty, moving the ball to the A 47-yard line. (Rules 24.11, 24.12 and 24.2.4)



- 20** **Play:** Team A scrimmages, second and 10, on the B 35-yard line with one play remaining in the game. A1 punts the ball deep into the B End Zone. B1 picks up the ball and punts it out of the end zone. A2 is called for a personal foul on B1 after the ball is kicked. A3 receives the return punt on the B 30-yard line and attempts to return it, but the punt is blocked by a B3 who crashes into A3 and is called for a personal foul.
- Ruling:** Both personal foul penalties are applied as live ball fouls. The penalties offset one another; therefore, Team A will have one more play from the previous line of scrimmage. (Rule 24.11 and 24.12.2)
- 21** **Play:** On a 2-point convert attempt, the offense is offside and the defense commits objectionable conduct. The convert is good.
- Ruling:** The defense most likely will apply the offside penalty. Now the offense has a choice: try a 2-point convert attempt from the 15-yard line and apply the penalty on the kickoff; or apply the penalty on the repeated convert attempt and try a 2-point convert from the 7.5 (half-the-distance-to-the-goal rule). (Rule 24.2.7)
- 22** **Play:** On third and goal to go, on the Team B 5-yard line, B1 goes offside and A2 is called for a personal foul. The attempted pass goes incomplete.
- Ruling:** The offside by B1 is a live ball foul and must be applied first. This would give Team A first down on the B 2.5-yard line. The personal foul by A2 is a dead ball foul and must be applied from the 2.5-yard line. Thus, Team A would scrimmage, first down and 10, from the B 17.5-yard line. (Rules 24.2.7 and 24.12.2)
- 23** **Play:** On first and goal to go, on the Team B 5-yard line, the pass goes incomplete but B1 is called for a major foul and A1 is called for a personal foul.
- Ruling:** Team A will scrimmage, first and goal to go, on the Team B 2.5-yard line. This is due to the fact that when applying the yardage difference of the penalties, the ball reaches the goal line resulting in a first down. (Rules 24.12.2 and 24.5)
- 24** **Play:** Team B intercepts a pass on the B 26-yard line. On the run back, B6 is called for obstruction at the B 39-yard line and A4 is called for tripping the ballcarrier at the B 47-yard line. The ball becomes dead at the B 50
- Ruling:** The interception stands and A4 is ejected. The obstruction is applied from the point of foul, the B 39. However, it is likely that Team B will declare the tripping as a dead ball foul. Therefore, the ball is then advanced 25-yards from the B 29 line to the B 54-yard line, where it is first and 10 for Team B. (Rules 24.12 and 22.1)
- 25** **Play:** Team A scrimmages, second and 6 at the A 18-yard line. A4 goes offside and B2 is penalized for personal foul on the passer.
- Ruling:** Team A has the option of declaring the personal foul on the passer as live or dead, and will likely choose dead. Therefore, the offside is applied, then the 15 yard personal foul is applied, making it first and 10 at the A 28-yard line. (Rule 24.12)
- 26** **Play:** A1 runs a fly pattern down the west side line and elbows B1 in the head (a) while the quarterback A2 is still holding the ball, (b) while the ball is in the air toward A3 on the east sideline for a touchdown, (c) after A3 has started down the east sideline for a touchdown.
- Ruling:**
- This is "Pass Interference, Remote Area" or possibly "Obstruction" PLUS a Personal Foul or Major Foul. Both penalties can be applied, and there is no touchdown. The best option to Team B is loss of 25/35-yards from the line of scrimmage and down repeated.
 - This is "Pass Interference, Remote Area" or possibly "Obstruction" PLUS a Personal Foul or Major Foul. Both penalties can be applied, and there is no touchdown. The best option to Team B is loss of 25/35-yards from the line of scrimmage and down repeated.
 - This is clearly a Personal Foul/Major Foul and it might constitute "Obstruction" as per rule 21.2, but there are some circumstances where obstruction cannot be called, i.e. contact occurred far away from the ballcarrier who was about to score. The infraction is considered to be obstruction, then option (a) Applies and the point of application is governed by Rules 24.2.3 and 24.2.4. If Obstruction is not called, the touchdown stands and the penalties apply on the ensuing convert or kickoff. The spirit of the rule suggests that if there is any doubt, Obstruction should be called in such a situation, i.e., impose both penalties (rule 21.12)



27. Play: Team A, second and 8 from the Team B 10 line, quarterback A1 is called for deliberate grounding at the Team B 18-yard line and, after the ball has hit the ground, rusher B1 is called for a personal foul on passer A1.

Ruling: Deliberate grounding is a live ball foul and roughing the passer in is a live or dead ball foul at the option of the passing team. Choices for Team A: second down and 8 repeated at the B 10 (dual live ball fouls) or third down and 7-yards to go from the Team B 9 line (i.e. half the distance from the B 18; NO automatic first down because the full 15-yards for the personal foul would not have resulted in a first down). (Rules 24.4.2 and 24.12)



Infractions Summary

The following charts details the number of possible actions resulting in a specific penalty call.

| Objectionable Conduct | Rule |
|---|-------------|
| Altering ball's surface | 2.2 |
| Failure to remove tee | 2.3 |
| Wearing inflexible padding | 2.4 |
| Wearing paste stick-em | 2.5.1 |
| Spraying the game ball with stick-em | 2.5.2 |
| Second jewelry offense | 2.5.3 |
| Illegal shoes | 2.5.4 |
| Unsafe shoes- second notice | 2.5.4 |
| Coach or manager at what of bench area | 3.4 |
| Coaching during on-field injury | 3.5 |
| Entering field for injured player without official's permission | 3.5 |
| Team not staying in bench area | 3.6 |
| Non-team members in bench area | 3.6 |
| Abusing equipment check privilege | 11.3 |
| Abusing opponents, officials, teammates, fans, general public, etc. | 22.3 |
| Faking any injury | 22.3 |

| Illegal Substitution | Rule |
|--|-------------|
| Too many players on field when ball live | 3.1 |
| Players entering a field from non-bench area | 3.2 |
| Players entering field after gates | 3.2 |
| Players not going directly to team bench area a when leaving field | 3.2 |



| Illegal Procedure | Rule |
|--|-------------|
| Kicking tee over 2" | 2.3 |
| All offensive players not returning to a huddle after timeout | 11.2 |
| Ball placed outside hash marks for kickoff | 14.1 |
| Ball not placed on ground or tee during kickoff | 14.1 |
| Kicking team offside | 14.1 |
| Receiving team offside | 14.1 |
| Kick off out of bounds | 14.2 |
| Kicked off team downs ball before it travels 20-yards | 14.3 |
| Snapped by center not from point of scrimmage (POS) | 15.1 |
| Quarterback less than 5-yards from POS | 15.1 & 15.6 |
| Sleeper play | 15.1 |
| Center passing muffed snap back | 15.1 |
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| Not setting ball on snap | 15.4 |
| Offside player touching opponent before snap | 15.5 |
| Listening to opponents over LOS | 15.8 |
| Voicing sounds to confuse opponents | 15.8 |
| Defender lining up less than 3 yds. From center/over center & remaining stationary | 15.8 |
| Executing punt instead of kicking off or snap | 19.1 |

| Illegal Use of Hands | Rule |
|---|-------------|
| Impeding or redirecting an opponent | 21.1 |
| Using goalpost to push off for change direction | 21.1 |

| Delay of Game | Rule |
|--|-------------|
| No captain on-field | 3.3 |
| Less than 7 players at scheduled start time | 6.9 |
| Team refusing to start or continued game | 6.9 |
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| Single Point (see Rouge) | | | |
| Sleeper Play (illegal) | | | 15.1 |
| Snap | – bad | 10.6.10 | |
| | – ball dead | 10.6.10 | |
| | – before play whistled in | 15.4 | 11.10 |
| | – downed | 10.6.10 | |
| | – missed by quarterback | 15.6 | |
| | – muffed | 10.6.10 | |
| | – procedure | 15.4 | |
| Stationary Position | | | 18.4 |
| | – on kick off | 21.2 | |
| Stick-em | – paste or spray | 2.5.1 | |
| | – use with game ball | 2.5.2 | |
| Substitution | | 3.2 | |
| | – illegal (distance penalty) | 23.1 | |
| Sudden Death | | | 5.2 |
| Sweaters | | 2.4 | |
| Target Area | | 18.3 | |
| Tape | – use of | | 2.5.1 |
| Teams | – number of players | 3.1 | |
| Tee | | 2.3 | |
| | – height off the ground | 14.1 | |
| 3-Minute Rule | | 4.3 | 4.4 |
| 3-Minute Rule Mechanics | | | 4.5 |
| Tie Game | | 12.1 | |
| Time Count Violation | | | 15.3 |
| | – clock not stopped | 11.10 | |
| | – distance penalty | 23.1 | |
| Time | – full game | 4.1 | |
| | – period/quarter | 4.2 | |



| | | |
|--|--------|-------|
| Time between convert and kick off | 4.8.1 | |
| Time Outs | | |
| – bleeding | 11.4.3 | |
| – delay of game | 11.5 | 11.4 |
| – equipment safety check..... | 11.3 | 11.2 |
| – huddle after | 11.2 | 11.7 |
| – injury | 11.4 | 11.5 |
| – kick off | | 11.6 |
| – length shortened | 11.2 | |
| – measurements..... | 11.5 | 11.3 |
| – officials | 11.5 | 11.6 |
| – procedure for timing | 1.6 | 11.2 |
| – rights of captain..... | 11.1 | 11.2 |
| – rights of referee..... | 11.1 | |
| – rule application check..... | 11.3 | 11.2 |
| – safety touch | | 11.7 |
| – second time time out | | 11.2 |
| – captain's rights | | 11.2 |
| – referee's procedures | | 11.2 |
| – team strategy | 11.3 | |
| – team rights | 11.2 | 11.1 |
| – to question official's judgment | 11.3 | |
| Timing | | |
| – referee sole timekeeper..... | 4.6 | |
| – starting and stopping | | 4.1 |
| Tipped Pass | | |
| | 17.5 | |
| – where dead | | 10.2 |
| Touch | | |
| – awarded for contact on pass..... | 17.3 | |
| – ball carrier | 9.1 | |
| – ball carrier on the ground | 9.2 | |
| – bobbled ball | 9.5 | |
| – conceding a | 9.2 | |
| – dead ball when..... | 10.6.2 | |
| – muffed ball | 9.5 | |
| – passer/quarterback | 9.3 | |
| – placement after | | 10.2 |
| – punter | 9.4 | |
| – rough | | 22.1 |
| – tipped pass..... | 9.5 | |
| – two-handed..... | 9.1 | 22.1 |
| Touchdown | | |
| – on last play of period | 6.5 | |
| – score | 12.3 | |
| – subsequent play | 6.8 | |
| Tripping | | |
| | | 22.5 |
| – attempts to trip | | 22.9 |
| Uniforms (see Sweaters, Padding, Footwear, Headgear) | | |
| Winner | 12.1 | |
| Yardsticks | 2.6 | 2.6.2 |
| – use for measurement | | 6.2 |





CANADA
