

Westford Flag Football League



2011 Official Rule Book

Version 1.0

*Items in Blue text are to indicate new or revised material for the 2010 season.

Westford Flag Football League

Terminology

Offense	Is the 5-person squad with possession of the ball.
Defense	Is the 5-person squad opposing the offense to prevent them from advancing the ball.
Boundary Lines	Are the outer perimeter lines that define the field. They include the sideline and back of the end zone lines. (See field diagram for details)
Line-to-Gain	Is the line the offense must cross to get a first down or score.
Line of Scrimmage	Is an imaginary line running through the point of the ball and across the width of the field
Rush Line	Is an imaginary line running across the width of the field 7 yds (into the defensive side) from the Line of Scrimmage.
Downs	The offensive has three attempts to advance the ball. They must cross the Line to Gain to get another set of downs or score.
Live Ball	Refers to the period of time that the play is in action.
Dead Ball	Refers to the period of time immediately before or after a play.
Whistle	A sound made by an official to signify the end of the play, a stop in the action, timeout, halftime, or the end of the game.
Inadvertent Whistle	A whistle mistakenly made in error by the Official
Quarterback	Is the offensive player who calls signals to start play & receives the ball from the center
Passer	Is the offensive player that throws the ball. (may or may not be the Quarterback)
Legal Pass	Is when the ball is passed, flipped, thrown underhanded or heaved by the QB, who is behind the Line of Scrimmage, and caught beyond the line of scrimmage by a offensive receiver.
Shovel Pass	Is a legal pass made by throwing the ball underhand or pushing towards a receiver in a shot put like manner. (must also comply to Legal Pass requirements)
Lateral	Is a backwards or sideways throw of the ball by the ball carrier.
Charging	Is the movement of the ball carrier directly at a defender who has established position on the field. This includes lowering the head, shoulder, forearm or chest, making contact with the defender.
Flag Guarding	Is an act by the ball carrier to prevent the a defender from pulling the ball carrier's flag. Examples include: Stiff arm, lowering elbow or head, or by blocking access to the runner's flags with a hand or arm.
Rusher	Is the defensive player(s) assigned to rush the Quarterback.
Unsportsmanlike	Conduct that is rude, confrontational, offensive behavior, taunting or foul language.
Point of Infraction	Spot on the field where a violation occurred. Used by Officials to enforce penalties.
Runner	Offensive player with possession of the ball. The ball is spotted where the center of the player's body was when the play ended.
Loss of Down	A penalty that refers to the existing down at the time of infraction, and not any future down Ex: Its 2 nd down and the ball is spotted on the opponents 10 yd line. The offensive is called for a delay of game penalty. Enforcement of penalty is to spot the ball on the opponents 20 yd line, and its now 3 rd down.

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The Game

- ♦ 9 -11 year old players will compete in games under the BC Division
- ♦ 12-14 year old players will compete in games under the BD Division
- ♦ Offensive possessions start at a team's own 5 yard line. The offensive team has three plays to gain a first down by crossing the middle of the field (25 yard line). After earning a first down by crossing the middle of the field, the offensive team has three more plays to score a touchdown.
- ♦ "No-running zones" are located 5 yards from each end zone and on either side of midfield line. (see diagram on page 10)
- ♦ Following a touchdown, an offensive team has the choice of trying to score 1 extra point from defender's 5 yd line (pass only) or 2 extra points from defender's 12 yd line (pass or run).

Scoring

- ♦ Touchdown = 6 points
- ♦ Point-after-attempt = 1 point if pass from defender's 5 yard line
= 2 points if run or pass from defender's 12 yard line
- ♦ Safety = 2 points

Pre-Game Organization

- ♦ League coordinators will send emails to coaches by 7:30 AM Saturday if the day's games must be rescheduled due to weather conditions. However, if weather or field conditions worsen by game time (downpour, lightning, etc), Head Coaches may together decide to postpone the game (weather reasons only). Postponed Saturday games are automatically scheduled to play at the same time/field on Sunday (conditions permitting).
- ♦ Home team is responsible for field markers. Home team first on field that day should set-up the markers and the last Home team on field that day should store items away.
- ♦ Home team must wear dark side of their jersey; visiting team wear light side.
- ♦ The visiting team's captain(s) calls the coin toss.
- ♦ If the coin toss winner elects to get the first offensive possession, then the coin toss loser gets to select which end zone to defend. If the coin toss winner elects to defend a particular end zone, then the coin toss loser automatically gets the first offensive possession.
- ♦ Home team provides the game ball

General Team Guidelines

- ♦ *All teams must abide by the following Rules:*
 - ♦ *Equal Playtime Rule: Each player on each team must play at least 50% of the time.*
 - ♦ *50/50 Rule: Players must play equally on offense and on defense. If less than 10 players, a round robin rotation of the eligible players on the team will be initiated.*
 - ♦ *Player Substitutions within a possession or series is not allowed. (*Only exception is if a player has been injured).*
- ♦ Unless a time out is called, coaches are not allowed into the huddle of 12-14 age teams. *Coaches can step onto the field to relay in written or verbal instructions to players.
- ♦ One offensive coach allowed in huddle for 9-to-11 age teams. One defensive coach allowed in huddle for 9-to-11 age teams but they must be off the field or near sidelines before the snap.

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Game Timing

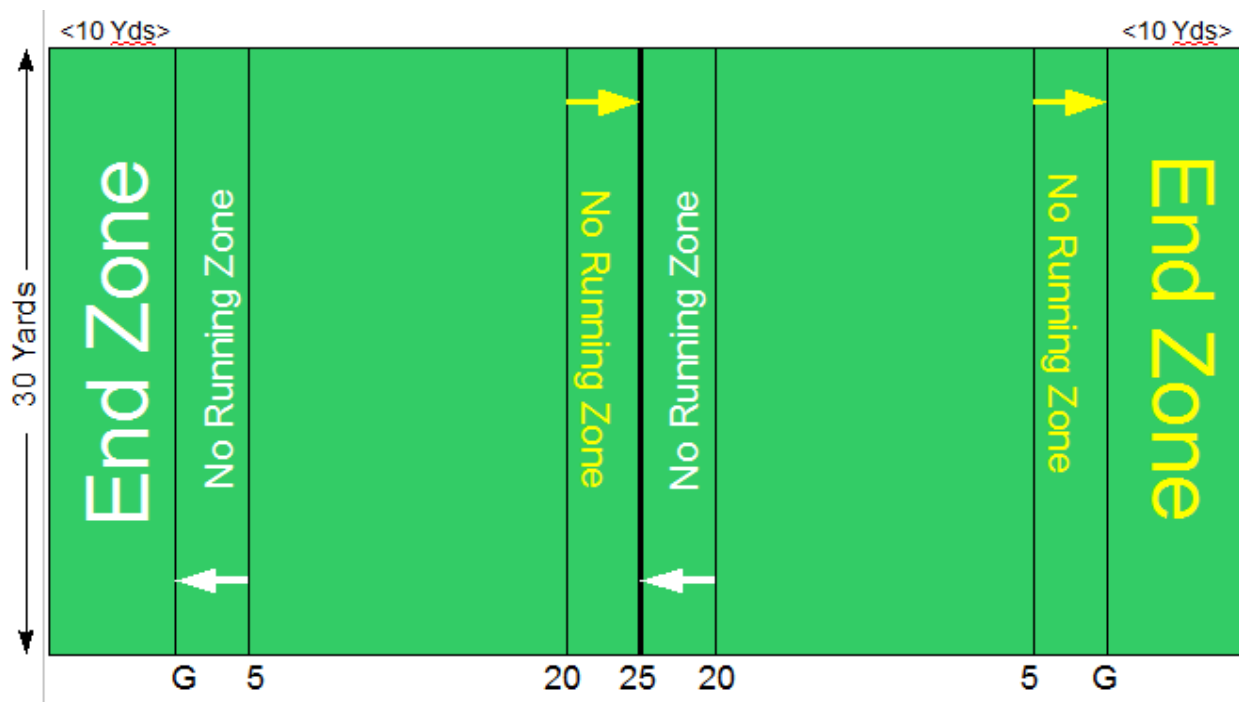
- ♦ Two 25 minute halves to each game. Five minute half time break.
- ♦ Teams change sides after the first 25 minutes. At the start of 2nd half, possession changes to the team that defended at the start of the 1st half.
- ♦ Each team is allowed three 30-second time outs per half.
- ♦ The Game Clock will be stopped during the time-outs and started at the snap of the ball after the time-out.
- ♦ Referees can stop the clock at their discretion.
- ♦ Only time-outs by coaches or referees stop the game clock. Uncompleted passes, running out of bounds, changing possession, etc. do not stop the clock in flag football.
- ♦ Overtime (OT) - If game is tied at the end of regulation play, and if time/conditions permit, conduct another coin toss just like starting a new game. Winner of toss decides to play offense or defense first. Using the same end-zone, the teams then take turns attempting to score 1 or 2 points (as in point-after-touchdown attempts) until a winning team emerges. The team with the highest score after an equal number of attempts for both teams is the winner. Team players must play on defense, offense or both in OT.
- ♦ At the start of the game and start of the second half the Referee will ensure that both teams are on the field and ready to play prior to ball being spotted.
- ♦ The thirty second clock only starts once all the refs are in position, both orange dots are properly placed (line of scrimmage and 7 yard rush line) and the ball is set. The 30 second ref will announce or blow a whistle that the clock has started. IF you don't hear the whistle or the announcement, it is up to you as a coach to ask the adult referee for a louder indication of this start.
- ♦ After referee spots the ball, the offensive team may immediately snap the ball. It is up to the defensive team to be ready; offense doesn't need to wait for defense to get set.
- ♦ A inadvertent whistle that occurs on the field, prior to an interception will result in the ball being spotted back on the original of scrimmage and the down shall be replayed. (No complaints as this rule is firm)

Post Game

- ♦ All players and coaches should line up at the center of field after the game to shake hands (or high-five) with the other team.
- ♦ Each coach must e-mail the final game score and # scores per player to their age group coordinator, or designated volunteer.
- ♦ Players & coaches are to clean up the area where they were gathered on the sidelines during play.
- ♦ Referees are to return shirts, timers/clocks, flags, markers, etc. back to the field kit.

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Field Image



Game Play (Situation Specials)

- The offense crosses mid field, achieves a 1st down and on a subsequent play they are penalized. Due to the penalty the ball is then marked on the other side of mid-field. The offense at this new ball spotting are **not** eligible for *another* 1st down by crossing mid-field again nor do they have to worry about the no-run zone between the 20-25 yard line as they have crossed it earlier.
- An Offense on its 3rd down play crosses mid-field but is penalized which results in the ball being spotted back on the Offensive side of the field. The Offense will not be given a new set of downs.
Ex. Its 3rd down and the ball is on the Offense's own 20 yd line. The ball is caught 5 yds past mid-field, where the receiver is called for flag guarding. Enforcement of the penalty results in the ball crossing back over the line of scrimmage, with the net effect being that the Offense did not cross mid-field.
- All passes/interceptions must be caught beyond the line of scrimmage. Any deflected 'QB passed' ball caught behind the line of scrimmage will be considered an incompleteness. ALSO, if a center snaps the ball to the QB and the ball gets deflected off the QB's hands into the hands of another player (offensive or defensive), the ball is ruled dead at the spot where the ball illegally left the players hand and not where the ball hits the ground (no forward progress This also applies to deflected passes that is caught by a defender behind the Line of Scrimmage, ie the play is whistled as an incomplete pass. (Valid interceptions by a defender must occur beyond the Line of Scrimmage).
- Any player without 2 flags in his/her belt is considered flagged at the point of ball possession, even behind the line of scrimmage. A receiver without 2 flags in his/her belt is considered flagged at the spot where they caught the ball. If a flag falls out while running, the ball is marked at the spot where the flag fell out

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Game Play (Situation Specials) -cont.

- ♦ Any defensive penalty can be declined by the offense. (Ex. Defense is offsides and the Offense runs/passes for a touchdown. Because the offense has the right to decline the penalty, the score stands).
- ♦ A safety will be awarded to the defense if a offensive player is called for flag guarding while in their own end zone.
- ♦ If after the yardage loss portion of a Spot Foul is enforced, with the spot of the ball still resulting in the offense having crossed midfield, a 1st down will be awarded. In addition if the defensive team has intercepted the ball, and is called for a spot foul during the run back, only the yardage portion of the penalty will be enforced. The new offense will start at 1st down.
 1. A defensive player intercepts a pass on his own 5 yard line. During the run back the player crosses midfield and is later called for Flag Guarding on the opponents 5 yard line. Enforcement of the penalty results in the ball being spotted on the opponents 15 yd line. Since there is a change of possession, the intercepting team is now on offense starting with 1st down. (ie one cannot "lose" a down it did not run)
 2. The offense runs a play that passes midfield but the runner is called for Charging on the opponents 10 yard line. Enforcement of the penalty results in the ball being spotted on the opponents 20 yd line, still across mid-field resulting in a 1st down.

*As a reminder, if a penalty pushes the offense back across mid-field into its own territory, the loss of down portion is then enforced. If it was a first down play, it is now second. If it was second, it is now third. If it was third down, then a possession change results.

Interceptions

- ♦ A team that has intercepted the ball is now technically on offense.
- ♦ A penalty is called prior to the Interception:
 1. Penalty is called on the Offense. Defense has the right to accept or decline it.

Ex: Offense is called offsides, resulting in a Illegal Motion penalty. Defense declines the penalty and retains possession of the ball.
 2. Penalty is called on the Defense. Offense has the right to accept or decline it.

Ex: Rusher is called offsides, resulting in a Illegal Rush penalty. Offense accepts the penalty, and retains possession. Ball is spotted 10 yds from original line of scrimmage and it is now 1st down. (Enforcement of penalty).
- ♦ A penalty is called after to the Interception:
 1. New offense is subject to existing offensive rule set

Ex: New offensive is called for flag guarding at the opponents 10 yd line. The penalty is a 10 yd loss from the point of infraction and a loss of down. Thus the ball is spotted on the opponents 20 yd line and its now 2nd down.
 2. New defensive is subject to existing defensive rule set

Ex: After the interception the new defense is called for Interference at their own 20 yd line. Enforcement of the penalty results in the ball now being spotted on the new defense's 10 yd line.
- ♦ A inadvertent whistle that occurs after a Interception is made will result in the ball being spotted where the interception was made. (As with other inadvertent whistles, this ruling is firm. No arguing the call)
- ♦ The referee is to mark the spot on the field where the defender intercepted the ball in case of an inadvertent whistle. (Utilizing a hat, flag or other marker is acceptable).

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Referees

- ♦ League coordinators will arrange for game referees. If no referees show up, Head Coaches should quickly recruit a referee or coach from a nearby field. If that doesn't work, then each team should provide one knowledgeable volunteer to referee the game (a Coach or trained parent).
- ♦ Referees should stand near the sidelines so as to not obstruct game play.
- ♦ If the referee witnesses any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the tournament. FOUL PLAY WILL NOT BE TOLERATED.
- ♦ Trash talking is illegal. Officials have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams, or spectators.) If trash talking occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.
- ♦ Coaches may only ask the adult referee questions about rule clarifications and interpretations. Players cannot question any calls, but may ask adult referee for rule help. (ie what was done wrong so they don't repeat it)
- ♦ Two minute warnings prior to each half are to be announced by the head referee to both players and coaches.
- ♦ Head coaches to meet at half time with adult referee to discuss and review game play
- ♦ League coordinators may observe games for compliance and support.
- ♦ After referee spots the ball, the offensive team may immediately snap the ball. It is up to the defensive team to be ready; offense doesn't need to wait for defense to get set.
 - ♦ The only exception to this at the start of the game and start of the second half where the Referee will ensure that both teams are on the field and ready to play.

Pre-game Inspection by Referee

- ♦ All players must wear mouth guards. No exceptions! A player found not having one will result in his/her not playing. (Coaches this is a safety issue that will be strictly enforced!)
- ♦ Only knit hats are allowed; no visors or baseball caps.
- ♦ No jewelry allowed; includes watches, chains, rings, wrist bands, etc.
- ♦ No metal cleats are allowed.
- ♦ Balls are to be checked for proper inflation. Under inflated balls will be taken off the field and a properly inflated ball will be used in place.
- ♦ Flags must be worn on the hips, not on back or front of body.
- ♦ All players must pop their flags during inspection. No flag obstructions or treatments allowed.
 - If needed, temporary replacement flags may be found in the equipment chest.
- ♦ The flags of all players must be fully exposed.
 - Players must wear their jersey tucked into their shorts/pants such that the jersey does not cover up or interfere with any part of their flags.
 - Players must tuck in their belt strap so it does not appear to be a flag.
 - Players must wear shorts/pants which are not the same color as their flags. *The Referee will require these players to change their flags to a color that is different from their shorts/pants.

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Offensive Regulations

Snapping

- ♦ The ball must be snapped within 30 seconds of being spotted by referee.
- ♦ A single man in motion, at a time, is allowed. But player must be running parallel to the line of scrimmage with no forward progress being made when the ball is snapped. If forward progress is made when the ball is snapped, a Illegal Motion Penalty will result.
- ♦ Players are allowed to shift positions before the snap of the ball. However, all players must be set for at least one second before the snap.
- ♦ No player on offensive team may change or move after assuming final set position.
- ♦ The ball must be snapped between the legs of the Center; not off to one side.
- ♦ No Center sneaks such that the football is returned to center between the center's legs by QB following the snap. The play is dead and down counted if such an attempt is made.
- ♦ A snapped ball from center that goes over, around, or by the QB, but who does not touch the ball, will be whistled as dead ball and be marked where the ball first contacts the ground
- ♦ A snapped ball that first contacts the QB but is dropped or deflected to the ground will be whistled dead and ball marked where it first contacted the QB

Running

- ♦ The ball is spotted where the center of the player's body was when the play ended.
- ♦ Spinning is allowed but at no time can the runner dive, lunge or high jump to avoid a defender.
- ♦ There are no fumbles. The ball is spotted where the ball hits the ground. No forward progress awarded on fumbles.

Receiving

- ♦ All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- ♦ If a receiver intentionally goes out of bounds and returns to catch a pass, it will be regarded as an incomplete pass.
- ♦ A player may leave their feet to catch the ball. Beware of illegal contact with defender.
- ♦ To be a valid catch, a player must have at least one foot inbounds when making reception.
- ♦ A simultaneous catch is where there is joint possession of a live ball by opposing players who are inbounds. The ball will be blown dead at that spot and possession awarded to the offense.
- ♦ Receivers cannot intentionally impede the rusher in his/her path to the QB. Further, offensive players are to avoid making any contact with the rusher. If contact is made, a flag guarding penalty will be called against the offense.

Quarterbacking & Hand-offs

- ♦ Whoever receives the Center's snap is considered the QB.
- ♦ The quarterback cannot run with the ball past the line of scrimmage. Play is dead as soon as a QB's foot touches the line of scrimmage.
- ♦ Only direct handoffs behind the line of scrimmage are permitted (multiple hand-offs allowed). If a hand-off occurs beyond line of scrimmage, play is dead at that point.
- ♦ The player who takes the hand-off can throw the ball from behind the line of scrimmage (as with QB passes, such passes must go beyond line of scrimmage).

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Passing

- ♦ The quarterback must pass or hand-off the ball within 7 seconds of the snap. If a pass is not thrown or the ball handed-off within 7 seconds, play is dead and down counts.
- ♦ All passes must be forward and received beyond the line of scrimmage. If a pass is caught behind the line of scrimmage, it is considered an Illegal Pass violation.
- ♦ Absolutely NO laterals or pitches of any kind. If attempted, it is considered an Illegal Pass violation.
- ♦ Interceptions change the possession of the ball at the point of interception.
- ♦ Interceptions are the only changes of possession that do not start on the 5-yard line.
- ♦ Interceptions can be returned for a touchdown in both age groups (12-14) & (9-11)
 - ♦ The ball is spotted where the defender is flagged with the ball (Ex: Ball is intercepted on the 12 yd line and runner is flagged on the 2 yd line. The ball is then marked on the 2 yd line)
 - ♦ If intercepted in the defended end-zone, possession is changed and the ball is placed on the 5-yard line.
- ♦ All passes/interceptions must be caught beyond the line of scrimmage. Any deflected 'passed' ball caught behind the line of scrimmage will be considered an incompleteness.
- ♦ If a center snaps the ball to the QB and the ball gets deflected off the QB's hands and into the hands of another offensive player, the ball is ruled dead at the spot where the other player possesses it or where it hits the ground (no forward progress allowed)

Offensive Rules & Penalties

- ♦ Flag Guarding – Runners may not contact a defender's hand as they are attempting to grab a flag or swat the flag itself to keep it away from a nearby defender. Any similar action which purposefully prevents the defender from grabbing a runner's flag will be called Flag Guarding. Stiff arms, stiff elbows, shoulders, hands, knees, passive blocking, shirts covering part of the flag, flag belt not in the proper position etc are all considered flag guarding.
- ♦ Flag guarding penalties will be assessed from the point of infraction and not necessarily the line of scrimmage.
- ♦ No "Passive" blocking; that is, offensive players may not surround a runner or move to get in the way of defensive players who are attempting to pull a flag. If they do so, it will be considered a Flag Guarding violation.
- ♦ Offensive player(s) once set behind the Line of Scrimmage cannot move again until the ball is snapped. This includes player(s) who attempt to run back onto their side of the Line of Scrimmage before the ball is snapped. If violated a False Start Penalty will be called.
- ♦ A whistle is blown and a "Dead Ball" is called whenever ...
 - ♦ Ball carrier's flag is pulled.
 - ♦ Ball carrier steps out of bounds
 - ♦ Touchdown or safety is scored
 - ♦ Ball carrier's knee or arm/elbow or held ball hits the ground
 - ♦ Ball carrier's flag falls out.
 - ♦ Ball is dropped by runner which results in the ball contacting the ground
 - ♦ All Incomplete Passes
 - ♦ The ball is intercepted on a PAT, including the BD Division
 - ♦ The QB crosses the Line of Scrimmage while in possession of the ball
- ♦ **Poor Sportsmanship** – Ball carriers who intentionally run out of bounds in an obvious attempt to not score will be warned that they are violating the 'spirit of the game'. Repeating this behavior will result in the player being removed for the remainder of the game.

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Defensive Terms & Regulations

- ♦ **Defensive Interference** Penalties are given for violations when the receiver, runner or QB has possession of the ball. A ten yard penalty will be charged from the point of infraction and a 1st down awarded to the offense. If the penalty is declined, then both halves are declined (All of the below indented bullets are examples of this penalty)
 - ♦ **Receiver/Runner Interference** – As soon as a receiver/runner/QB has possession of the ball, the defender may not contact the ball carrier in any way except to pull their flag. Exception is if the defender is the first player to touch the football on a pass.
 - ♦ **Rough Flagging** – Occurs when the defender plays the body and/or clothing of the runner and not the flag. It looks like the defender is making a play on the flag but results in the runner being physically stopped or dragged down.
 - ♦ **QB Interference** -Slapping the ball while it is in QB's hand is considered roughing the passer, as the ball is considered an extension of the QB's arm (while in their possession) *Penalty is assessed from the Line of Scrimmage and not the point of Infraction.
 - ♦ **No Contact Rule** - Tackling, hitting or holding of any kind is **not** allowed. Pulling an offensive player's flag is the only type of contact allowed by defenders in flag football. Pulling or holding of any clothing of an offensive player other than his flags is violation of this rule. Diving/jumping will be tolerated when attempting to pull the ball carrier's flag, but caution **must** be exercised by the defender to avoid making contact with the ball carrier. (The **only** exception is a runner who runs into a defender who is standing still for at least 1 second.)
 - ♦ **Dropped balls (Fumbles)** caused by a defensive player may be deemed as an Interference penalty (ie slapping the ball from out of the runner's hands)

- ♦ **Illegal Defensive Contact** Penalties are given for all other defensive contact violations when the ball is not involved. A ten yard penalty will be charged from the Line of Scrimmage and a 1st down awarded to the offense (All of the below indented bullets are examples of this penalty)
 - ♦ **Defensive Blocking** - Jumping/diving is allowed to block or intercept a pass. However, a penalty may be called if the defender illegally contacts or blocks a receiver before a passed ball arrives.
 - ♦ **Defensive Holding** – Grabbing or holding any clothing, flag belts, etc of an offensive player while said player is not in possession of the ball will be charged. In addition a defensive player who prematurely pulls a offensive players flags prior to said offensive player getting the ball will be charged with defensive holding.
 - ♦ **Defensive Rushing** – Defensive players that rush are not allowed to make any bodily contact with the QB even after the ball has left the QB's hand.
 - ♦ **Poor Sportsmanship** – A defender grabs an offensive player's flag and throws the flag at or away from the player. This act is considered poor sportsmanship and a warning will be given. Repeating this behavior will result in removal of player from game.
 - ♦ **Rushing the Quarterback** - All players who rush the passer (or cross the line of scrimmage before QB passes or hands-off) must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage. Once the ball is handed off, the seven-yard rule is no longer in effect, and all defenders may go behind the line of scrimmage. A special marker, or the referee, will designate seven yards from the line of scrimmage

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Defensive Terms & Regulations -cont.

- ♦ **Penalty during point-after-attempt (PAT)** – If the defense is penalized during an extra point attempt, and the offense accepts the penalty, the ball will be placed one-half the distance to the goal line (2.5 or 6 yard line depending on where attempt started). Additional defensive penalties, if accepted, will allow the offensive to make other attempts from the same spot (2.5 or 6 yard line ... no further yard penalties).

Scoring Limits

- ♦ **The league strongly recommends that all players be afforded the opportunity for a PAT or TD attempts. The league's intent of “everyone plays & everyone scores” is enforced by coaches whose spirit of the game transcends wins and losses. (ie its all about the kids and all teams make the playoffs)**
- ♦ A player on offense is only allowed to score a maximum of 18 points per game, including overtime.
- ♦ A player on offense who has already scored 18 points is not allowed to score again. If player does score, then score (touchdown or extra points) will not count and the ball is turned over to the opposing team and spotted on their own 5 yard line. (A player with 18 pts can play QB)
- ♦ Players with 13-17 points, while on offense, cannot advance the ball (run or catch) past the line of scrimmage during any play except for point after attempts . (A player with 17 points can only play any position during extra point attempt if from 5 yard line). If said player attempts to do so, the play will be called dead, and the ball returned to the original line of scrimmage. In addition:
 - A verbal warning will be given to both the player and coach on the first infraction. (The play counts, not a do-over)
 - A second or more infraction will result in a Loss of Possession penalty, whereby the opposing team will be given the ball , spotted on their own 5 yard line.
- ♦ Any player with more than 18 offensive points on the team's end of game scoresheet, will have those scores which caused his scoring to go above 18 points deleted from the official score record. This may cause a reversal of who the game winner is. Coaches will also be warned about violating the 18pt maximum rule. Repeat offenders will be subject to a disciplinary hearing in front of the WFF Board of Directors
- ♦ A player, while on defense, is not limited to the amount of points he/she can score per game

Spirit of the Game

- ♦ While there is nothing against using mis-direction in a play, one should ensure that it be done in accordance with WFF rules and within a manner that does not compromise the integrity of game.
- ♦ The 5 offensive and 5 defensive players must at all times be between the hash marks while on the field or in the huddle. (Unless a coach calls a time-out). A coach cannot call a single player or players to the sideline and have the remaining players run a play. (ie all players on the field must be in clear view for the opposing team to see)
- ♦ The ball cannot be stuffed under the jersey or pants of a player and have said player run with the ball. (This is a form of Flag Guarding)
- ♦ The QB cannot dangle the ball on body of another offensive player and still keep possession of the ball in attempt to draw the defense into a penalty situation. This dangling action, if observed, will be considered a hand-off allowing all defensive players to cross the Line of Scrimmage and flag the ball carrier.

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Offensive Penalties:

Enforced from the Line of Scrimmage

Illegal Motion (false start, not set at snap, motion man advance towards the line of scrimmage)	5 yards and loss of down
Illegal Forward Pass (pass caught behind the line of scrimmage)	5 yards and loss of down
Offensive Interference (illegal pick play, pushing off defender)	10 yards and loss of down
Delay of Game	10 yards and loss of down
Poor Sportsmanship (intentionally runs out of bounds)	Ball is returned to orig. line of scrimmage and loss of down

Enforced from the Point of Infraction

Illegal Contact (<i>blocking, intentionally running into defender</i>)	10 yards and loss of down
Flag Guarding	10 yards and loss of down. * (See Game Play special section for more details)
Max Scoring (Offensive player scores more than 18 points)	Loss of Possession, No score.
Offensive penalties during PAT attempts	If defense accepts penalty, loss of down is part of all offensive penalties, so offensive PAT attempt is over with no score.

Defensive Penalties

Off-sides (from Line of Scrimmage)	5 Yards & automatic 1 st down.
Interference (rough flagging, slapping at the ball while in possession of an offensive player, pulling of clothing items other than ball carrier's flag, physically run into)	10 yards & automatic 1 st down from Point of infraction.
Illegal Contact (holding, blocking, rushing, illegal flag pull)	10 yards & automatic 1 st down from Line of Scrimmage.
Illegal Rush (<i>player did not start at 7-yd marker</i>)	10 yards & automatic 1 st down from Line of Scrimmage.

Defensive Interference is defined as an offensive player who **has** possession of the ball and is illegally contacted by a defensive player. (ie rough flagging, tripping the ball carrier, slapping the Qbs hand, being run into, etc.)

Illegal Defensive contact is defined as an offensive player who does **not** have possession of the ball and is illegally contacted by a defensive player. (ie holding, running into receiver, etc)

Note: Games and over-time cannot end on a defensive penalty, unless the offense declines it

Miscellaneous Penalties

Poor Sportsmanship	Players that use foul language, taunting, or abusive behavior will be warned. Repeat offenders will be removed from the game. *Also includes Offensive and Defensive Poor Sportsmanship violations.
50/50 Play Time Violation	Offenders for any of these 3 rules will be given a verbal warning and be forced to use a Fixed Line up for the remainder of the season. Repeat offenders will be brought up before the Disciplinary Board.
Equal Play Violation	
No Substitution Violation	