

JAX P.A.L.

Police Athletic League

Flag Football

Rule book.

AN EDITED VERSION OF THE NFL FLAG FOOTBALL RULES

TERMINOLOGY

- **Boundary Lines:** The outer perimeter lines around the field. They include the sidelines and back of the end zone lines.
- **Line of Scrimmage: (LOS):** an imaginary line running through the point of the football and across the width of the field.
- **Line-to-Gain:** The line the offense must pass to get a first down or score.
- **Rush Line:** An imaginary line running across the width of the field seven yards (into the defensive side) from the line of scrimmage.
- **Offense:** The team with possession of the ball.
- **Defense:** The team opposing the offense to prevent it from advancing the ball.
- **Passer:** The offensive player that throws the ball and may or may not be the quarterback.
- **Rusher:** The defensive player assigned to rush the quarterback to prevent him/ her from passing the ball by pulling his/her flags or by blocking the pass.
- **Live Ball:** Refers to the period of time that the play is in action. Generally used in regard to penalties. Live ball penalties are considered part of the play and must be enforced before the down is considered complete.
- **Dead Ball:** Refers to the period of time immediately before or after a play.
- **Whistle:** Sound made by an official using a whistle that signifies the end of the play or a stop in the action for a timeout, halftime or the end of the game.
- **Inadvertent Whistle:** Official's whistle that is performed in error.
- **Charging:** An illegal movement of the ball-carrier directly at a defensive player who has established position on the field. This includes lowering the head or initiating contact with the shoulder, forearm or the chest.
- **Flag Guarding:** An illegal act by the ball-carrier to prevent a defender from pulling the ball-carrier's flags by stiff arm, lowering elbow or head or by blocking access to the runner's flags with a hand, arm or ball.
- **Shovel Pass:** A legal forward pass across the LOS underhand, backhand or by pushing the ball forward.
- **Lateral:** A backward or sideway toss of the ball by the ball-carrier.

- Unsportsmanlike Conduct: A rude, confrontational or offensive behavior or language.
- **COACH AND SPECTATOR CONDUCT/RESPONSIBILITIES**
- Coaches, family members, parents, and spectators are required to observe the game from designated areas.
- Coaches are permitted to coach on the field up until 10U, but must coach from the sidelines 12U and up. COACHES ARE NOT PERMITTED ON THE FIELD DURING REGULATION PLAY, UNLESS A TIMEOUT IS CALLED OR PLAYER INJURY. ONE WARNING. THE SECOND A FLAG FOR UNSPORTSMANLIKE CONDUCT WILL BE ASSESSED AND THE DOWN WILL BE CONSUMED. THE COACH MUST COACH FROM THE SPECTATOR AREA FOR THE REMAINDER OF THE GAME.
- Coaches must agree to sign a coach's code of conduct and strictly adhere to our guidelines for coach conduct and attitude.
- If a coach displays any type of negativity toward his or her players, coaches or staff, the coach will be removed from the field immediately and unable to coach for the remainder of the game. This will be explained in greater detail at the coaches' meeting prior to the game.
- AFTER THE BALL IS SNAPPED, THE ON-FIELD COACH MUST REMAIN SILENT UNTIL THE PLAY IS OVER. 6U – 1st warning - Loss of 5 yards from the original spot and the down will be consumed. 2nd warning – The coach will coach from the sidelines FOR THE REMAINDER OF THE HALF we are in, plus a loss of 10yds from the original spot and the down will be consumed. If we are already in the second half, the coach will coach from the sideline for the remainder of the game. If the coach gets a 3rd whistle after coming back in the second half from being penalized in the first half twice, the coach can only coach from the sidelines for the remainder of the game. If this becomes habitual, the coach will not be permitted to coach on field the remainder of the season.
- 8U and 10U - 1st warning - Loss of 5 yards from the original spot and the down will be consumed. 2nd warning – The coach will coach from the sidelines FOR THE REMAINDER OF THE GAME, plus a loss of 10yds from the original spot and the down will be consumed. This APPLIES TO BOTH COACHES ON OFFENSE OR DEFENSE. Once a coach is removed from the field, a replacement coach CANNOT take their place. For example: If Day-Day get's two whistles and removed from the field, Craig canNOT come in for him to call plays. Example two: If Craig gets one whistle, and he decides to let Day-Day come in to call plays and Day-Day gets a whistle, that counts as TWO penalties and coaches must coach from the sidelines! This also only applies to the side of the ball you receive the penalties. If one coach receives a penalty on defense and one on offense, that's just one on each side of the ball.
- All family members, parents and spectators will observe play from the designated areas. Participants, coaches, parents and family members must conduct themselves appropriately during.
- Inappropriate, rude or confrontational behavior by any coach, team or parent(s) may lead to a team's disqualification from a game at the sole discretion of PAL OFFICIALS.
- Misconduct by any individual may lead to removal from the premises at the sole discretion of PAL OFFICIALS.

II. ROSTERS

- HOME teams wear DARK color jerseys. AWAY teams wear LIGHT color jerseys.
- Team Rosters must consist of at least 5 players.
- Teams may play with no more than 5 players and no less than 4 players on the field.
- Teams will be granted a 10-minute grace period if they do not have at least 4 eligible players at the start of the FIRST game, to allow for the required players to report to the field.
- In the event of an injury, a team with insufficient substitute players may play with 4 players on the field but no fewer than 4.
- All roster challenges will be addressed by the PAL COMMISSIONER, either prior or post-game play.
- If a roster is ruled illegal, the team at fault will forfeit the game, awarding the other team a 28-0 victory
- If a roster is proven legal, the game will resume as scheduled or the score of the game will be recorded.

Rule Amendment: Playing Up or Down Divisions

- Players who are part of the same organization (for example, all Chiefs teams) can play up one or two divisions if both the coach and the parent agree that the player's skill level is high enough.
- The coach must notify the league commissioner in advance if a player will be playing in a higher division. This must be approved before the player participates in multiple divisions.
- If a coach does not notify the commissioner, that player will be ineligible to play in any division above their original one.
- A player who is old enough to play in a younger division but is registered on an older division's roster cannot move back down to play with younger players. Once registered for an older division, that player is locked in and disqualified from lower divisions.

PAL OFFICIAL RULES

GAME

- At the start of each game, captains from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team calls the toss.
- The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction. Possession changes to start the second half to the team that started the game on defense.
- APPLIES TO SIX (6) U ONLY FOR TAKING POSSESSION. (8U AND ABOVE SEE THROW OFF SECTION). The offensive team takes possession of the ball at its 5-yard line and has four (4) downs to cross midfield. Once a team crosses midfield, it has three (3) downs to score a touchdown.

THE THROW OFF

- Prior to the throw-off, the receiving team can line up in any formation so long as none of their players are across midfield before the ball is thrown, and must stay in formation until the play is over. Except for the thrower, the throwing team is not permitted to run up as the ball is thrown and must keep one foot on the throw yard line until the ball is released. The throw off will occur at the beginning of the 1st and 2nd halves.
- A player from the throwing team will initiate a throw off by throwing the ball from behind their teams designated yard line based on division. The game clock will be restarted, if necessary, when the ball is released by the throwing team (ONLY AT THE START OF THE 1ST & 2ND HALVES DOES THIS APPLY.)
- **THE THROW OFF MUST GO BEYOND THE OPPOSING TEAM'S 15 YARD LINE BEFORE THE FIRST BOUNCE OR RECEPTION BY THE RECEIVING TEAM. BALLS THAT DO NOT CROSS THE 15 YARD LINE EITHER BY FIRST BOUNCE OR RECEPTION PRIOR TO THE 15 YARD LINE WILL BE ASSESSED A 5 YARD PENALTY AT THE END OF THE PLAY.**
- **THROW-OFF YARD LINES**
 - 18U: Throw off from the 5-yard line.
 - 14U: throw off from the 10-yard line.
 - 12U: throw off from the 15-yard line.
 - 10U: throw off from 5-yard rush line.
 - 8U: throw off from midfield.
- The receiving team, either by catching the ball in the air or picking it up off the ground before the second bounce, may advance any throw off. After the second bounce the ball is a dead ball.
- Throw off touchback: If the ball is caught by the receiving team and the receiving player elects to place a knee on the ground in the receiving teams end zone or the ball bounces from the end zone beyond any sideline or the end line, it will be considered a touchback, and the receiving team will start with a first down at its own 5-yard line.
- Throw off out of bounds: If the ball goes out of bounds and is untouched by receiving team, the receiving team will be awarded the ball at their own 15-yard line UNLESS the ball goes out of bounds before the 15-yard line, then the ball will be spotted where it went out plus five additional yards.
- Teams ARE PERMITTED to Pitch Lateral or throw back unlimited during a run back. The receiver must be behind the ball to receive the pitches, or laterals. Direct handoffs can be either front or back. Runners CAN NOT SCREEN Block or run with the ball carrier. Once the pitch, lateral, or direct hand off is made the player that handed off must stop unless running away from the play to get in line to make another play without obstructing the defensive players from making a play on the ball carrier. For further running please refer to the RUNNING section in this book.
- A pitch or lateral can be intercepted and returned for a score. If no score the intercepting team takes possession where the flag was pulled.

- If the the receiving team's player is attempting to catch a throw off and muffs it and the throwing team catches the ball before it hits the ground, that IS NOT an interception nor is it returnable and the ball will be placed where the defender caught the ball.
- When the offensive team takes possession the team has four (4) downs to cross midfield. Once a team crosses midfield, it has three (3) downs to score a touchdown.
- If the offensive team fails to cross midfield, on 3 downs, and elects to "punt" on 4th down, possession of the ball changes and the opposition starts its drive from its own 5-yard line. If the offensive team goes for it on 4th down and does not cross field, the opposing team will start its possession from the spot.
- If the offense fails to score, after crossing midfield, the ball changes possession and the new offensive team starts its drive on its own 5-yard line.
- Offensive Teams MUST declare 4th down intent or snap the ball prior to the expiration of the 35 second Play Clock.
- Teams change sides after the first half. Possession changes to the team that started the game on defense.

EQUIPMENT

- Participants must have NFL STYLE pop belts and mouth guards to play. Extra belts
- All players must always wear NFL STYLE pop belts and mouth guards while on the playing fields.
- Teams must play with the CORRECT SIZE football for their AGE GROUP. Please check with the officials to make sure you are using the correct ball for your age group.
 - 6U – PEE WEE (SIZE 6)
 - 8U – PEE WEE (SIZE 6)
 - 10U – JUNIOR (SIZE 7)
 - 12U – JUNIOR OR YOUTH (SIZE 7 OR 8)
 - 14U – YOUTH OR HIGH SCHOOL OR UP (SIZE 8 OR HIGHER)
- Players must wear shoes. Cleats with exposed metal are never allowed and must be removed.
- Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads and knee pads. Braces with exposed metals are not allowed.
- Players must remove watches and bracelets. Ball caps must be turned backwards.
- Players may wear soft shell helmets, but they must be secured at ALL times while on the playing field.
- Players' jerseys must be ALWAYS tucked into shorts or pants, or FLAG GUARDING WILL BE CALLED AT THE SPOT OF RECEPTION INCLUDING THE QUARTERBACK..
- Players are to wear shorts or pants that do not have pockets. NO Shorts or pants with belt loops or pockets or zippers. NO TAPE. NO INSIDE OUT. Games will not be delayed for a player to fix.
- Flags cannot be the same color (or color family i.e. royal, sky, Columbia, or navy Blue) as shorts or pants.

FIELD

- The field dimensions are 25 yards by 70 yards with two 10-yard end zones, and a midfield line-to-gain. No-run zones precede each line-to gain by 5 yards. However, some leagues may use smaller or bigger fields because of field space available or to complete league scheduling on time. Recommended smaller field dimensions are 64 yards by 25 yards with two 7-yard end zones.
- No-run zones are in place to prevent teams from conducting power run plays. While in the no-run zones (a 5-yard imaginary zone before midfield and before the end zone), teams cannot run the ball in any fashion. All plays must be passing plays, even with a handoff.
- Stepping on the boundary line is considered out of bounds.
- Each offensive team approaches only TWO no-run zones in each drive (one zone 5 yards from midfield to gain the first down, and one zone 5 yards from the goal line to score a TD).

LIVE BALL/DEAD BALL

- The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
- The official will indicate the neutral zone and line of scrimmage.
- It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. Regarding the neutral zone, the official may give both teams a “courtesy” neutral zone notification to allow their players to move back behind the line of scrimmage.
- A player who gains possession of the ball in the air is considered in bounds as long as the first foot or other body part contacts the ground in the field of play. IF a player is ON THE GROUND with any part of their body on the line or out of bounds and a catch is made, it will be ruled an INCOMPLETE pass.
- The defense may not mimic the offensive team or REFEREE signals by trying to confuse the offensive players, while the quarterback is calling out signals to start the play. This will result in an unsportsmanlike conduct penalty. (NO WARNING)
- Substitutions may be made on any dead ball.
- Any official can whistle the play dead.
- Play is ruled “dead” when:
 - The ball hits the ground.
 - If the ball hits the ground as a result of a bad snap, the ball is then placed where the ball hit the ground.
 - The ball-carrier’s flag is pulled.
 - The ball-carrier steps out of bounds.
 - A touchdown, PAT or safety is scored.
 - The ball-carrier’s knee or arm hits the ground.
 - The ball-carrier’s flag falls out.
 - The receiver catches the ball while in possession of one or no flag(s).
 - The 7 second pass clock expires.
 - Inadvertent whistle.
 - Ball-carrier leaves their feet other than jump cuts, spinning or to avoid a downed player on the field of play.

NOTE: There are no fumbles. The ball becomes a dead ball. (If the ball is fumbled forwards, then it will be spotted where the ball carrier lost possession.)

If inadvertent whistle occurs the offense has two options:

1. take the ball where the whistle blew, and the down is consumed.
2. replay the down from the original line of scrimmage.

If it occurs on the last play of the half or game, the offense will be awarded one untimed down and given those two options.

A team is allowed to use a timeout to question an official's rule interpretation. If the official's ruling is correct, the team will be charged a timeout. If the rule is interpreted incorrectly, the timeout will not be charged, and the proper ruling will be enforced. Officials should all agree upon any controversial call-in order to give each team the full benefit of each call.

SCORING

- Touchdown: 6 points
- PAT (point after touchdown) 1 point (5-yard line) or 2 points (10-yard line) or 3 points (15-yard line)
- Note: 1 point PAT is pass only; 2 or 3 point PAT can be run or pass.
- Safety: 2 points
- Safety occurs when the ball-carrier is declared down in his/her own end zone.
- Runners can be called down when their flags are pulled by a defensive player, a flag falls out, they step out of bounds, their knee or arm touches the ground, a fumble occurs in the end zone or if a snapped ball lands in or beyond the end zone.
- Extra points that are returned equals 2 points.
- A team that scores a touchdown must declare whether it wishes to attempt a 1-point conversion (from the 5-yard line) or a 2-point conversion (from the 10-yard line) or 3 points (15-yard line)
- Any change, once a decision is made to try for the extra point, requires a charged timeout. A decision cannot be changed after a penalty.

ONSIDE PLAY

- In lieu of a throw off the throwing team has the option to elect an optional play called an onside play. An onside play is directly equivalent to a fourth downplay with midfield as the line to gain for the offensive team.
- The Onside play is only allowed within the LAST 11 MINUTES of the game and the team must be losing and can only declare the intent after a scoring drive and still behind in the score. (You cannot call for an onside kick if you are ahead in the score.)
- The clock DOES NOT STOP for ANY on side play.
- If the onside try is Unsuccessful, the offense will have the option to place ball at Mid-field or one yard outside of the NO RUN ZONE going into mid-field.
- After one team is winning by 28 points or more, the clock will not stop even during a timeout until time has officially expired for the game.

- Forfeits are scored 28-0 for the winning team.

TIMING AND OVERTIME

- Regular Season Games are played on a 44-minute continuous clock with two 22-minute halves, unless one team gains a 28-point advantage, which will then RUN A CONTINUOUS CLOCK UNTIL THE TIME EXPIRES.
- Halftime is TWO minutes.
- After the previous play is blown dead, a team has 35 SECONDS to snap the ball. (COACHES GET OUT OF THE HUDDLE!)
- Each team has TWO 30-second timeouts PER HALF. Unused timeouts do not carry to the next half.
- Officials can stop the clock at their discretion.
- In the event of an injury, the clock will stop then restart when the injured player is removed from the field of play.

If the score is tied at the end of regulation play, an overtime period will be used to determine the winner. Overtime format is as follows:

- The home team calls the toss to determine the team that chooses to be on offense or defense first.
- Team A starts on offense and chooses to go for one point from the 5-yard line and is successful. Team B is then on offense and can choose to either go for one point from the 5-yard line to tie and force a second round of overtime or to go for two points from the 10-yard line for the win.
- If the second team on offense in an overtime round fails to beat or match the team that went first, the team that went first wins.
- Starting with the 2nd overtime, both teams must "go for two" from the 10-yard line
- Starting with the 3rd overtime, each team will get 1 play from midfield. The team with the most yards will be the winner. The team with the most yards will be awarded 1 point added to their final score.
- Final Score will be recorded to include all points scored for each team.
- All regulation period rules and penalties are in effect.
- There are no timeouts.
- Interceptions are returnable in OT, and worth 2 points.

RUNNING

- The ball is spotted where the BALL IS when the flag is pulled.
- The quarterback cannot directly run with the ball. The quarterback is the offensive player who receives the snap.
- "Center sneak" play is not allowed. The QB is not allowed to reach around the center to hand-off. The center CAN drop back to become a double passer.
- PITCHES BEHIND THE LINE OF SCRIMMAGE ARE PERMITTED. If pitched FORWARD ball carrier CANNOT THROW, he/she must RUN. (If in the NO RUN ZONE and the pitch is behind the LOS it will be called illegal forward pass)

- No-run Zones are located 5 yards before each end zone and 5 yards on either side of midfield are designed to avoid short-yardage power-running situations. Teams are not allowed to run in these zones if the subsequent line is LIVE. (Reminder: Each offensive team approaches only TWO no-run zones in each drive – one 5 yards from midfield to gain the first down and one 5 yards from the goal line to score a TD).
- Any player who receives a hand-off can throw the ball from behind the line of scrimmage.
- Once the ball has been handed off in front, behind or to the side of the quarterback, all defensive players are eligible to rush.
- Runners may not leave their feet to advance the ball. Diving, leaping or jumping to avoid a flag pull is considered flag guarding.
- Spinning/Jump Cuts are allowed, but players cannot leave their feet to avoid a flag pull.
- Players spinning out of control will be called for flag guarding.
- Runners may leave their feet if there is a clear indication that he/she has done so to avoid collision with another player without a flag guarding penalty enforced.
- No blocking or “screening” is allowed at any time.
- Offensive players in close proximity to the ball-carrier Must STOP. No running with the ball-carrier.
- Flag obstruction – ALL JERSEYS MUST BE TUCKED in before play begins. The flags must be on the player’s hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.

PASSING

- All passes must be thrown from behind the line of scrimmage, thrown forward and ball out of hand prior to breaching the line of scrimmage.
- All passes that do not cross the line of scrimmage, whether received or not, are illegal forward passes, unless touched by a defender. Only applies in NO RUN ZONE
- The quarterback may throw the ball away to avoid a sack. Pass must go beyond the line of scrimmage or illegal forward pass will be called.
- Shovel passes are allowed. IN THE NO RUN ZONE IT MUST GO BEYOND LOS
- The quarterback has a seven-second “pass clock.” If a pass is not thrown within seven seconds, the play is dead, the down is consumed, and the ball is returned to the line of scrimmage. Once the ball is handed off, the 7-second rule is no longer in effect.
- If the QB is standing in the end zone at the end of the 7-second clock, the ball is returned to the line of scrimmage (LOS).

RECEIVING

- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted toward the line of scrimmage.
- A player must have at least one foot or other body part in bounds, contacting the ground first.

- In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
- Interceptions are returnable on conversions after touchdowns (2 points).

RUSHING THE PASSER

- All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players who are not rushing the quarterback can defend on the line of scrimmage. *If a player is WIDE OUT or is dropping back to become a double passer the defender CAN go to that player immediately to cover.
- 6U Divisions Only: Defenders may not rush the passer unless there is a legal hand-off executed in the backfield.
- Once the ball is handed off, the seven-yard rule no longer is in effect and all defenders may go behind the line of scrimmage.
- The referee will designate a rush line seven yards from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play.

A legal rush is:

- Any rush from a point 7-yards from the defensive line of scrimmage
- A rush from anywhere on the field AFTER the ball has been handed off by the quarterback.

A penalty may be called if:

- The rusher leaves the rush line before the snap and crosses the line of scrimmage before a handoff or pass– illegal rush (5-yards from the line of scrimmage and first down).
- Any defensive player crosses the line of scrimmage before the ball is snapped – offsides (5-yards from line of scrimmage. If it happens two consecutive times. (5yds and 1st down) This penalty assessment only applies in 10u, 8u, and 6u. 12u up it's 5yds and 1st down for the offense.
- Any defensive player not lined up at the rush line crosses the line of scrimmage before the ball is passed or handed off – illegal rush (5-yards from the line of scrimmage and first down).
- If the offense draws the rusher(s) to jump the seven-yard marker prior to the snap of the ball, that rusher(s) must reestablish from the 7yd rush line to continue a legal rush. Jumping the rush is not a penalty until the rusher crosses the line of scrimmage prior to the handoff or passed ball.

Special circumstances:

- Teams are not required to rush the quarterback with the seven second clock in effect
- Teams are not required to identify their rusher before the play.
- Players rushing the quarterback may attempt to block a pass; however, contact to the QB, unless ruled incidental by the official, would result in a roughing the passer penalty.

IMPEDING THE RUSH

- THE OFFENSE CANNOT IMPEDE THE RUSHER IN ANY WAY! The rusher has the right to a to the quarterback, regardless of where they line up prior to the snap. It is the offense's responsibility to avoid the rusher. Any disruption to the rusher's path and/or contact will result in

an impeding the rusher penalty. If the offensive player does not move after the snap, then it is the rusher's responsibility to go around the offensive player and to avoid contact.

- Rushers MUST have a continued rush to the quarterback. If the rusher stops in front of an offensive player trying to purposely draw a foul, impeding will NOT be called AND CONTACT ON THE DEFENSE WILL BE CALLED .

A sack occurs if the quarterback's flags are pulled behind the line of scrimmage. The ball will be spotted where possession of the ball is once the flag is pulled.

A Safety is awarded if the sack takes place in the offensive team's end zone.

FLAG PULLING

- A legal flag pull takes place when the ball-carrier is in full possession of the ball.
- Defenders can dive to pull flags but cannot tackle, hold or run through the ball-carrier when pulling flags.
- It is illegal to attempt to strip or pull the ball from the ball-carrier's possession at any time.
- If a player's flag inadvertently falls off during a play while that player has possession, the player is down immediately and the play ends. The ball is placed where the flag lands, EVEN IF IT WAS A SCORING RUN..
- If a player who has one or no flags in their belt takes possession of the ball, the play is dead at that spot on the field.
- A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
- Flag guarding is an attempt by the ball-carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, hand, arm or shoulder or intentionally covering the flags with the football jersey.

Flag Guarding – Clarification

In past situations where a **flag guard and flag pull occurred simultaneously**, some officials ruled it only as a flag pull and allowed play to continue.

Effective immediately:

If a **flag guarding penalty** is called, it **will be enforced** regardless of whether the flag was pulled at the same time.

Flag guarding is flag guarding.

This penalty must be applied with full consistency to maintain fairness and integrity across all divisions.

FORMATIONS

- Offenses must have a minimum of one player on the line of scrimmage (the center) and up to four players on the line of scrimmage. The quarterback must be off the line of scrimmage.
- Teams may shift formations prior to the snap as long as they are set for at least 1 second before the ball is snapped.
- One player at a time may go in motion at least 1 yard behind the line of scrimmage.

- Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.
- The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and THE BALL MUST COMPLETELY LEAVE THE CENTER'S HANDS (EVERY AGE DIVISION. NO EXCEPTIONS) FALSE START WILL BE CALLED.

UNSPORTSMANLIKE CONDUCT

- If the field monitor or referee witnesses any acts of intentional tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. The decision is made at the referee's discretion. No appeals will be considered. FOUL PLAY WILL NOT BE TOLERATED!
- Offensive or confrontational language is not allowed. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.
- Players may not physically or verbally abuse any opponent, coach or official.
- Ball-carriers MUST make an effort to avoid defenders with an established position.
- Defenders must give free releases off the line of scrimmage to offensive players and are not allowed to run through the ball-carrier when pulling flags. ROUGH PLAY WILL NOT BE TOLERATED,
- Fans must also adhere to good sportsmanship as well:
 - Yell to cheer on your players, not to harass officials or other teams.
 - Keep comments clean and profanity free.
 - Compliment ALL players, not just one child or team.
 - Fans are required to keep fields safe and kids friendly:
 - Keep younger kids and equipment such as coolers, chairs and tents a minimum of 10 yards off the field in the end zone area.
 - Stay in the end zone area, not between fields.
 - Dispose of ALL trash in designated trash cans.

Unsportsmanlike conduct penalties:

Defense + 10 yards from line of scrimmage or end of play and automatic first down.

Offense - 10 yards from line of scrimmage or end of play and loss of down.

GENERAL

- The referee will call all penalties.
- Referees determine incidental contact that may result from normal run of play.
- All penalties will be assessed from the line of scrimmage, except as noted. (Spot fouls)
- Only IN GAME OR ON FIELD COACHES may ask the referee questions about rule clarification and interpretations. Players may not question calls.
- Games or halves may not end on a defensive penalty unless the offense declines it.

- Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete.
- Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.
- ~~Penalties against the offense that occur in the NO-RUN-ZONE the DEFENSE receives the choice to decline or accept the penalty. If ACCEPTED: Rules apply as written. If DECLINED: The down is over and on to the next down. It is NOT a replay of the down.~~

No Run Zone Rule – Amendment

- Previous Rule:
If the offense committed a penalty in the No Run Zone, the defense had the option to keep the ball in the No Run Zone or move the offense back which would then give the offense the option to run or pass, and the down was consumed.
- New Rule (Effective Immediately):
If the offense commits a penalty while in the No Run Zone, the penalty will be assessed by both down and yardage, and the offense will be backed up outside of the No Run Zone. However, the No Run Zone restriction will still apply.
Even after being moved back, the offense remains in a pass-only situation — no runs are allowed on the following play.

DEFENSIVE SPOT FOULS

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| Defensive pass interference | Automatic first down |
| Holding | +5 yards and automatic first down |
| Stripping | +10 yards and automatic first down |

OFFENSIVE SPOT FOULS

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| Screening, blocking or running with the ball | -5 yards and loss of down |
| Charging | -10 yards and loss of down |
| Flag guarding or Taunting | -10 yards and loss of down |

DEFENSIVE PENALTIES

| | |
|-----------------------------------|---|
| Defensive unnecessary roughness | +10 yards and automatic first down |
| Defensive unsportsmanlike conduct | -10 yards and loss of down |
| Offside | +5 yards from line of scrimmage After two x's +5 & 1 st (10U AND BELOW) |

| | |
|--|---|
| Illegal rush (Starting rush from inside 7-yard marker) | +5 yards from line of scrimmage and automatic first down |
| Illegal flag pull (Before the receiver has the ball) | +5 yards from line of scrimmage and automatic first down |
| Roughing the passer | +10 yards from line of scrimmage and automatic first down |
| Taunting | +5 yards from line of scrimmage and automatic first down |

OFFENSIVE PENALTIES

| | |
|---|--|
| Offensive unnecessary roughness | -10 yards and loss of down |
| Offensive unsportsmanlike conduct | -10 yards and loss of down |
| Offside / false start (Ball must be lined with official prior to snap or it's offsides.) | -5 yards from LOS. The second will be -5 plus loss (10U AND BELOW) |
| Illegal forward pass (Any pass received or lands behind the line of scrimmage in the no run zone) | -5 yards from line of scrimmage and loss of down |
| Offensive pass interference | -5 yards from line of scrimmage and loss of down |
| Illegal motion (More than one person moving) | -5 yards from line of scrimmage and loss of down |
| Delay of game | -5 yards from line of scrimmage and loss of down |
| Impeding the rusher | -5 yards from line of scrimmage and loss of down |
| Illegal Procedure/Snap Infraction | -5 yards from line of scrimmage and loss of down |