



UNITED FOOTBALL LEAGUE

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**UNITED FOOTBALL LEAGUE
OFFICIAL LEAGUE RULEBOOK**

UNITED FOOTBALL LEAGUE

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Section 1: THE GAME

1.1 The Game

- A. The game is patterned after American football, with variations adopted to accommodate playing the game in limited spaces.
- B. It is a contest between two (2) teams of eight (8) players from each team on the field at time.
- C. The team scoring the most points at the conclusion of the game is the winner.
- D. The current NCAA Rule Book shall apply where league exceptions do not exist.

1.2 The Field

A. Regulation Field

1. The field is sixty (60) yards long by thirty-three (34) yards wide. The field may be longer, shorter, or wider due to the nature of the facility with League approval.
2. The area bordered by the goal line, the end line, and the sidelines in the end zone. The end zones are eight (8) yards deep, but may be a lesser depth with League approval.
3. The end zones or end zone lines must be squared regardless of the nature of the facility.
4. The area bounded by the sidelines and goal lines is the field of play.
5. The end lines are the lines that border the back of the end zone. The end lines are behind and substantially parallel to each goal line. An end line, twelve (12) inches or greater in width, will be painted on the playing surface and appropriate padding on the ground behind the end zone is mandatory.
6. The sidelines extend from end line to end line. A side line, twelve (12) inches or greater in width, will be painted on the playing surface.
7. The sidelines and end lines shall serve as the boundaries of the field of play and the end zones, as well as indicate the border for out of bounds. If a loose ball occurs by fumble, free kick, or scrimmage kick comes in contact with a sideline or end line prior to being caught or recovered, the ball becomes dead by rule. A legal or illegal forward pass that comes in contact with a wall prior to being caught is ruled as incomplete.
8. The numbers indicating yardage marks painted upon the field shall be (5) yards from the nearest sideline.

B. Line Markings

1. The field of play shall be marked every five (5) yards with lines extending from sideline to sideline and parallel to the goal lines.
2. There shall be two (2) sets of hash marks on the field, a narrow set of hash marks (Pro) that shall be sixteen (16) feet apart and at least (13) yards from the nearest sideline, a wider set of hash marks (college) that shall be twenty-eight (28) feet apart and at least (11) yards from the nearest sideline. Additionally, a center hash mark in the middle of the field running parallel to the sidelines is recommended. Minor adjustments for varying field widths are acceptable with League approval.
3. Hash marks shall be twelve (12) inches in length and four (4) inches wide.
4. There shall be a line on the center hash mark at the three (3) yard line, extending one (1) yard either side of the center hash mark. This shall be the line behind which a point after touchdown (PAT) conversion is attempted, unless moved closer to the goal line by penalty. The ball may be placed at any point between the Pro hash marks and on any yard line behind the three (3) yard line for the point after try, so long as the offense chooses the spot of the ball prior to the ready for play signal.
5. The goal line shall run from sideline to sideline.
6. Fields Smaller Than Regulation Size: If the regulation length or width of a field cannot be configured because of limitations to a facility, the League may grant exceptions to the rules governing a regulation field. In such case, the field shall be marked as closely as possible to regulation.

C. Notes for Spotting

1. When the ball is declared dead along the right sideline, the ball will be spotted on the right college hash mark.
2. When the ball is declared dead along the left sideline, the ball will be spotted on the left college hash mark.
3. When the ball is declared dead between the college hash marks, the ball will then be spotted at the nearest pro hash mark. If no center or pro hash mark is present, the official will use his best judgment on where to spot the ball.
4. On incomplete passes, the ball will be returned to the hash mark on which it was previously spotted.

5. When the ball is declared dead between the college hash marks, the ball will be spotted on the pro hash mark. If no pro or center hash mark is present, the official will use his best judgment on where to spot the ball.
6. On the first play of a new possession or on a scrimmage kick, Team A may choose to place the ball on any of the three (3) hash marks. This choice must be made and the ball spotted prior to the ready for play signal.

D. Field Goal Posts/Uprights

1. Goal posts must be centered on each end line.
2. Goal posts are ten (10) feet high to the crossbar and twelve (12) feet wide at its inner measurement between the uprights.
3. If the facility allows, the uprights shall be twelve (12) to twenty (20) feet high from the crossbar.
4. The diameter of each post may not be less than three (3) inches or greater than four (4) inches. Goal posts may either be hung from the ceiling or may be supported by a single support post.

1.3 The Ball

A. The Game Balls

1. The official NGL game ball, manufactured by Wilson, must be used in all League games (Internal game ball code F8C). Game balls should be inflated between 12.5 and 13.5 (PSI).
2. Ten (10) game balls are to be supplied by the home team to finish a game. These balls are to be provided at least one (1) hour prior to kick off and are subject for approval and certification by the officiating crew for use in a game.

1.4 Team Rosters

A. Team Rosters

1. Each team may dress a maximum of twenty one (21) players for a game, which is called the Active Roster.
2. The Active Roster of all dressed players shall be submitted to the Referee and the opposing team's Head Coach at least twenty-four (24) hours prior to kickoff.
3. The identity of all players may be subject to review by the Referee. Each player must have

picture identification in the event such identification becomes necessary.

4. Each team is permitted to have a maximum of three (3) additional players, undressed for a game on their total team roster.
5. Additional undress for game players are to be designated as Inactive Roster Players.

1.5 Team Captains

A. Team Captains

1. Each team shall designate no more than two (2) team Captains.
2. Captains are the only players that may request an explanation from the Referee on interpretation or application of rules.
3. In case of a foul, the Captain or Coach of the offended team is given the choice of the penalty or the result of the play.

1.6 Player Positions

A. Offensive Players

1. The offense must have four (4) players on the line of scrimmage with their shoulders approximately parallel to the line of scrimmage.
2. Of the four (4) players, three (3) players must be numbered between 50-79 or 90-99. These three players are designated as the center and two guards (offensive linemen).
3. The center is the player who is over the ball in a position to execute a snap.
4. The two (2) guards must be located on opposite sides of the center, and positioned in such a way that the distance between the outside shoulders of the guards does not exceed five (5) yards.
5. The three (3) offensive linemen must be stationary prior to the snap and are ineligible players. Reminder – all players become eligible after the legal forward pass is touched by an eligible player, Team B, or an official.
6. There shall be two (2) players positioned on the end of the line for the offense. These players may be on either side of the formation. The players must be stationary at the snap and must be located at least three (3) yards outside the guard. The end is an eligible pass receiver provided he wears an eligible number.
7. The offense may have up to four (4) backs on a scrimmage snap.
8. A maximum of two (2) backs may be in the box at the time of the snap.

9. If two (2) backs are present in the box, one (1) of the backs must be the player that receives the snap from the center, either directly under center or in a “shotgun” position.
10. If one (1) or fewer backs are in the box, the player that receives the snap may be aligned outside of the box.
11. One (1) of the backs may be in motion at the snap. The remaining backs must be in a set position at the snap.
12. All backs are eligible pass receivers, provided they wear an eligible number.

B. Defensive Players

1. The defense must have three (3) players on the defensive line of scrimmage. These players shall be designated as defensive linemen.
2. There must be at least one (1) linebacker or defensive back five (5) yards from the line of scrimmage in the alley prior to and at the snap. This linebacker or defensive back must be stationary at the snap.
3. The remainder of the defensive players shall be designated as linebackers or defensive backs.

1.7 Substitutions

A. Player Substitutions

1. A substitute may enter the field of play any time the ball is dead.
2. If a substitute enters the field of play so that he can communicate with a teammate on the field he must remain in the field of play for at least one (1) play.
3. A player leaving the field of play shall proceed directly to the sideline and outside the field of play to his designated team’s bench.
4. A team is not permitted to use player substitution as a means to deceive an opponent. In the event that Team A makes any player substitution, Team B will have the opportunity to match said substitution prior to the start of the upcoming play.
5. If a team breaks its huddle with more than eight (8) players the infraction incurred shall be titled “illegal substitution.”

* Infraction: Illegal Substitution

* Penalty: 5 yards

6. If a team has more than eight (8) players on the field at the snap of the ball, the infraction

incurred shall be titled "Illegal Substitution."

* Infraction: Illegal Substitution

* Penalty: 5 yards

1.8 Uniforms

A. Team Uniforms

1. The Head Coach from each participating team shall confirm and certify to the Referee that all players are properly equipped according to the uniform guidelines listed as follows.
2. All players must be numbered 1 through 99.
3. No two (2) players of the same team may participate in the same game with identical numbers.
4. Numbers may be changed during a game only in the event of a damaged jersey. However, any changes shall be reported to the Referee and to the opposing team's Head Coach. Numbers may not be changed during the game to deceive the opponents.
5. Players of opposing teams shall wear jerseys of contrasting colors, and all players on a team shall wear jerseys of the same color and design. Such jerseys shall cover all pads worn under the jersey. The jersey must be full length and tucked into the pants or reach the belt line when a player assumes a normal standing position. Jerseys may be hemmed to reach the belt line but must be done so in a professional manner. Knotting of jerseys is not permitted. Any nonconforming uniform item shall be prohibited and players wearing such items will face disciplinary action from the League Office.
6. Players must have their surname on the back of their jersey, located across the shoulders and above the number. If a team has players with the same surname, each player's first initial shall appear before the surname on the back of the game jersey.
7. All players of a team shall wear pants of the same color and design.
8. All players must wear socks or leg coverings that are of the same color, design, and length. Game pants must cover the knee of the player and socks/leg coverings must extend high enough so that no part of the skin is exposed. Any taping or spats over the shoes and/or ankles must be either a team or neutral color (black or white) and shall be the same color for all members of the same team.
9. All players, other than a kicker lined up to attempt a free kick or a scrimmage kick, must wear shoes suitable for football or soccer activities. No slippers, boots, or other shoes (not designed for football or soccer activities) may be worn in a game.

10. If worn, gloves or hand pads must be either neutral (black or white) in color or the appropriate colors of the team's jerseys.
11. All players are permitted to wear a towel. The towel must be no larger than 4 inches wide by 12 inches long. The towel must be white and may not contain any writing or decoration, except for team or sponsor logos. The towel must be tucked into the beltline of the player.
12. The use of a mouthpiece is encouraged but not required by all players.
13. Hip, thigh, tail, and knee pads are recommended.
14. All players shall wear the following mandatory equipment:
 1. Game pants must cover the knees. Kneepads may not be worn over the outside of the pants.
 2. National Operating Committee on Standards for Athletic Equipment (NOCSAE) helmets and facemasks, with current certification and fastened chinstrap. Players of a team must wear helmets of the same color and design.
 3. Shoulder pads.
15. Illegal equipment is not allowed, and may include, but is not limited to, the following:
 1. Hard, abrasive, or unyielding substances worn on the hand, wrist, forearm, or elbow, unless covered with adequate foam padding as approved by the Umpire.
 2. Metal or other hard substances, which may be dangerous to players.
 3. Helmets, jerseys, or gloves which conceal the ball by closely resembling the ball in Color.
 4. Adhesive material, paint, grease, or any other slippery substance applied to a player's body or clothing that may affect the ball or an opponent.
 5. Jerseys which are taped or tied in any manner.
 6. Any visible bandana worn under a helmet.
 7. Eye shields must be clear. No tinted eye shields of any kind or color are permitted unless the player has a prescription/letter/medical form from a certified Optometrist (not a team physician/doctor) on file with the League Office. If so, only lightly tinted shields are allowed.
 8. Any adornment to the uniform, which serves no football purpose, but only serves to highlight the individual's appearance.
 9. Any equipment which in the judgment of the Referee is dangerous to other players.
16. The Referee is the sole judge of legal and illegal equipment, and shall rule on such without appeal.

Section 2: DEFINITIONS

2.1 Terms and Definitions

A. Terms & Definitions

The following terms are defined:

A. Line of Scrimmage

1. The line of scrimmage is an imaginary transverse line (across the width of the football field) beyond which a team cannot cross until the next play has begun.
2. Its location is based on the spot where the ball is placed after the end of the most recent play and following the assessment of any penalty yards.
3. A line of scrimmage is parallel to the goal lines and touches each edge of the ball where it sits on the ground prior to the snap.
4. There are two (2) lines of scrimmage at the outset of each play: one (1) that restricts the offense and one (1) that restricts the defense.

B. Neutral Zone

1. The area between the two (2) lines of scrimmage (representing the length of the ball as extended to both sidelines) is called the neutral zone.
2. Only the Center, the offensive player who snaps the ball, is allowed to have any part of his body in the neutral zone at the time of the snap.

C. Alley

1. The alley is the area bordered by the outside shoulders of the two (2) offensive Guards.
2. The alley is a maximum of five (5) yards wide, and runs from end line to end line. The alley is established at the snap and does not move during the down.

D. Belt

1. The belt is located five (5) yards beyond the defensive line of scrimmage and runs from sideline to sideline.
2. The belt disappears at the snap.
3. The depth of the belt is never extended beyond the goal line.
4. The depth of the belt is reduced when the ball is snapped inside of the defending team's five (5) yard line or at any point on the field when the offensive team is facing 4th down and the line to gain is two (2) yards or less.

5. When the depth of the belt is reduced due to the ball being inside of the defending team's five (5) yard line or on 4th down when the line to gain is two (2) yards or less, defensive players may take a position such that the foremost part of their front foot or hand on the ground is touching the goal line or line to gain.

E. Offensive Box

1. The offensive box is defined as the area bordered by the outside shoulders of the two (2) offensive guards (alley), the offensive line of scrimmage, and the distance five (5) yards behind the offensive line of scrimmage.
2. The offensive box disappears at the snap.

F. Defensive Box

1. The defensive box is defined as the area bordered by the outside shoulders of the two (2) offensive guards (alley), the defensive line of scrimmage, and the distance five (5) yards beyond the defensive line of scrimmage (belt).
2. A minimum of one defensive player must be aligned at the back of the defensive box at the time of the snap.
3. The defensive box disappears at the snap.
4. The defensive box is never extended beyond the goal line.
5. The depth of the defensive box is reduced when the ball is snapped inside of the defending team's five (5) yard line or at any point on the field when the offensive team is facing 4th down and the line to gain is 2 yards or less.
6. When the depth of the box is reduced due to the ball being inside the defending team's five (5) yard line or on 4th down when the line to gain is 2 yards or less, defensive players may take a position such that the foremost part of their front foot or hand on the ground is touching the goal line or line to gain.

G. Blitz

1. The linebacker and/or defensive back who identifies himself to the offensive team and the officials as a potential Blitz by virtue of his alignment and by raising his hand (if two (2) or more defensive players are present in the alley, behind the defensive box the player who identifies himself as a potential may blitz through either A gap).
2. The Blitz must be located in the alley at the back of the defensive box, or be an identified potential blitz at least five yards from the line of scrimmage and be stationary at the snap. (A defensive blitz who identifies himself that is located outside the defensive alley may only blitz through the outside B gap).

3. A maximum of four defensive players may blitz on any particular play. (three down defensive linemen and one potential identified defensive blitzer).

H. In the Bank

“In the Bank” is defined as a penalty that is elected to be enforced on the free kick rather than the PAT. However, because of field limitations, the penalty will be enforced on the first play following the free kick or kicks.

I. Kicked Ball

1. A kicked ball is the intentional striking of the ball by a player’s foot or leg below the Knee.
2. If a ball accidentally strikes a player’s foot or leg, it is not ruled a kick.

J. Place Kick

1. A place kick is a legal action made by kicking the ball after it has been placed in a fixed position on the ground.
2. A place kick may be used for a kickoff, scrimmage kick, or free kick following a Safety.
3. On a kickoff or free kick, the ball may be placed on a one-inch tee.
4. On a scrimmage kick attempt, a kicking tee may not be used and the ball shall be held on the ground by a teammate of the kicker.
5. No substance or device may be used to improve the kicker’s footing.
6. The Kicker may choose where to spot the ball for the snap prior to the kick.

K. Drop Kick

1. A dropkick is a legal action by a player who drops the ball toward the ground and kicks the ball simultaneously with it hitting the ground.
2. A drop kick may be used for a kickoff, scrimmage kick, or free kick following a safety. If made from a scrimmage kick formation, the kick must be made immediately upon reception of the snap, otherwise it is an illegal kick.
3. It is an illegal kick if the kicker contacts the ball with his foot prior to it having contacted the ground (a punt), or after it is already contacted the ground and bounced.

L. Punt

1. A punt is an illegal action by a player who contacts the ball with his foot or lower leg after first having possessed the ball and prior to it hitting the ground.
2. There is no punting. When the offensive team faces Fourth (4th) down it

must either attempt to achieve a First (1st) down or attempt a scrimmage kick.

M. Team A/Team B

1. "Team A" refers to the players of the team in possession of the ball (offense) at the snap, while "Team B" refers to the players of the defense at the snap.
2. During kicking situations, "Team A" refers to the players of the kicking team while "Team B" refers to the players of the receiving team.

Section 3: SCORING

3.1 Points for Scoring

A. Points are awarded

1. The following points are awarded;
 1. Touchdown: Six (6) points
 2. Field Goal by placement: Three (3) points
 3. Field Goal by drop kick: Four (4) points
 4. Safety: Two (2) points
 5. Safety on two point conversion attempt: One (1) point
 6. PAT by running/passing: Two (2) points
 7. PAT by drop kick: Two (2) points
 8. Returned PAT by defense to Team A's end zone: Two (2) points
 9. PAT by place kick: One (1) point
 10. Rouge (kickoff downed in end zone): One (1) point

3.2 Types of Scoring

B. Scoring Types

1. Touchdown

1. A touchdown is scored when a player in possession of the ball is in the opponent's goal area or crosses/touches the plane of the opponent's goal line before the player is declared down.
2. The ball becomes dead at the instant of scoring a touchdown.

2. Field Goal

1. A field goal is scored when a player kicks the ball, whether by place kick or drop kick from a scrimmage kick formation, between the opponent's uprights and over the

crossbar. When the field goal posts/uprights are suspended from a ceiling using chains extended from the uprights, a field goal is also scored when the legally kicked ball passes above the crossbar and uprights and between the support chains.

2. After being kicked, the ball cannot touch the ground before breaking the plane of the uprights.
3. Touching of a field goal kick in flight by players of the receiving team or game officials once the ball has been kicked is ignored.
4. The ball in flight during a field goal attempt may be caught in the field of play or in the end zone and returned by a player of Team B (receiving team).
5. If Team A (kicking team) gains possession of a kicked ball that has not traveled beyond the neutral zone, the ball remains alive and may be advanced,
6. If Team A (kicking team) gains possession of a kicked ball that has traveled beyond the neutral zone, untouched by Team B, the ball is declared dead and belongs to the receiving team at that spot.
7. If the kicked ball becomes dead inbounds in the field of play beyond the line of scrimmage, or goes out of bounds after first touching a player or the ground, whether behind or beyond the line of scrimmage, it belongs to the receiving team at that Point.

3. Safety

1. A safety is scored when the ball becomes dead behind Team A's goal line, except from an incomplete forward pass, or becomes dead in possession of a player on, above, or behind his own goal line, or becomes dead by rule, and the defending team is responsible for the ball being there. (Responsibility means the ball is anywhere on, above or behind the defending team's own goal line by a member of the defending team's carry, kick, fumble, bat, backward pass, or snap.)
2. A safety is also scored when there is an intentional grounding or illegal forward pass while in the end zone or any accepted penalty for a foul that leaves the ball on or behind the offending team's goal line. This includes penalties on free kicks committed by the receiving team that occur in the receiving team's end zone after the ball has been advanced out of the end zone.

4. Point After Touchdown (Extra Point)

1. After scoring a touchdown the offense will have an attempt to score again by run,

pass, or kick from no closer than the three (3) yard line.

- a. A place kick attempt is worth one (1) point.
 - b. A drop kick attempt is worth two (2) points.
 - c. A two (2) point attempt may be tried from a scrimmage formation or may be attempted by a fake scrimmage kick formation. Two (2) points are awarded upon running or passing the ball successfully into the end zone.
2. If Team B (defense) gains possession of the ball by fumble recovery, pass interception, or recovery of a blocked kick during a point after touchdown attempt, they may score two (2) points by advancing it into the kicking team's end zone.
 3. If the defense forces a safety on a PAT, the defensive team will be awarded one (1) Point.

5. Rouge

1. A rouge may only be scored on free kicks and is scored when a member of Team B (receiving team) is not able to advance a free kick out of his own end zone, or a member of the receiving team is declared down with the ball in his possession in his own end zone following a free kick.
2. A rouge will be awarded to the kicking team if the receiving team commits a penalty in the receiving team's end zone and the ball has not been advance out of the end zone. One (1) point will be awarded to the kicking team and the ball will be placed in play at the receiving team's three (3) yard line.
3. On all free kicks, the ball remains alive when it is not out of bounds when it hits the ground. On a free kick only, the receiving team must advance the ball out of the receiving team's end zone in order to avoid having a rouge scored against them.
4. The ball remains alive following a free kick in the end zone for the entire free kick down and if it is recovered by the kicking team in the receiving team's end zone it shall result in a touchdown for the kicking team.

Section 4: TIMING AND TIMEOUTS

4.1 Starting the Game

A. Start of Game

1. The game shall start promptly at the scheduled time.
2. If a team is late appearing on the field at the start of the First (1st) or Third (3rd) quarters the team shall be penalized for delay of game.
 - * Infraction: Delay of Game
 - * Penalty: 5 yards "In the bank".
3. Prior to the start of the game the Captains of both teams shall meet the Referee at mid-field for a coin toss. The Referee or a dignitary shall toss a coin with the visiting team Captain making the call. The Captain of the team winning the coin toss has the following choices:
 1. To receive or to kick.
 2. Which end of the field to defend.
4. The Captain of the team losing the coin toss shall have first choice at the start of the Second (2nd) half.

4.2 Playing Periods

A. Playing Periods

1. The length of the game is sixty (60) minutes of actual playing time, divided into four (4) quarters, each fifteen (15) minutes in length. The scoreboard clock is the official time for the game, and shall be operated by a timekeeper under the direction of the Referee.
2. End Zones shall be changed at the end of the First (1st) and Third (3rd) periods. At the start of the Second (2nd) and Fourth (4th) periods the ball shall be put at a point corresponding exactly to the point at the other end of the field where the ball became dead at the end of the previous period. It shall be put into play in exactly the same manner as if play had not been interrupted.
3. The time between the First (1st) and Second (2nd) Quarter and between the Third (3rd) and Fourth (4th) Quarter may not be longer than ninety (90) seconds.
4. Halftime is fifteen (15) minutes in length unless otherwise approved by the League Office.
5. Overtime periods are authorized in the event neither team has scored more points than the other at the conclusion of the four (4) quarters.

4.3 Stopping and Starting of the Game Clock

A. Game Clock Stop and Start

1. Stopping the Clock

1. Time shall start when the ball is legally touched in the field of play by either team following the kickoff at the start of each half or following a score, and shall continue until the ball is ruled dead and an official signals time shall stop.

2. The clock shall be stopped:

- a) After all scores except a touchdown. If a touchdown is scored, the clock will continue to run until the try is over. However, if the touchdown occurs in the final ninety (90) seconds of the half or game, the clock will stop and the try will be an untimed down.
- b) For the application of a penalty.
- c) For a player injury.
- d) When time expires at the end of each period.
- e) When a player goes out of bounds, either by force of a defensive player or by giving themselves up, in the final ninety (90) seconds of either half.
- f) On incomplete passes in the final ninety (90) seconds of either half.
- g) For a first down to reset the chains in the final ninety (90) seconds of either half.
- h) If positive yardage is not gained by Team A in the final ninety (90) seconds of the game, when Team A is leading on the scoreboard, the game clock will be stopped and not restarted until the next scrimmage snap (including yardage lost from an accepted offensive penalty). "Positive Yardage" is defined as anything gained beyond the line of scrimmage, whether through rushing, passing, or an accepted defensive penalty. Note: This rule will only be applied when the offensive team is leading in the game and will not apply if teams are tied. Additionally, if both team head coaches agree to waive this timing rule, then the rule will not be enforced.
- i) When a team timeout is requested.
- j) On a change of possession.
- k) For the ninety (90) second warning timeout. If the ball is dead when the clock reaches 1:30, the ninety (90) second timeout is taken. If the ball is live when

the clock reaches 1:30, the clock runs throughout the down and the ninety (90) second timeout occurs immediately following the down and after completion of any penalties for fouls which occurred during that down.

l) When the referee suspends play for any reason.

m) With less than ninety (90) seconds remaining in either half and before a change in possession, a foul is committed that causes the clock to stop immediately, the offended team will have the option of a 10 (ten) second runoff. The offended team may accept the yardage penalty and accept the runoff, but may not decline the yardage penalty and accept the run-off. If there is a run-off, the game clock will start on the ready for play signal. If the runoff is declined, the game clock will start on the snap. If the runoff is elected, the offending team may use a charged team timeout to avoid the application of the 10 second runoff. Examples of fouls that stop the clock immediately include, but are not limited to; false start, defensive offside where the play is stopped, intentional grounding, any incomplete illegal forward pass, a backwards pass thrown out of bounds to conserve time, and any other fouls committed with the intent of stopping the clock.

2. Starting the Clock

1. If the clock is stopped for any reason, the clock will normally start again on either the ready for play signal of the Referee or when the ball is legally touched in the field of play during a free kick down.

2. If the clock is stopped for any of the following reasons, time will start on the snap:

a) Team A commits a delay of game foul while in scrimmage kick formation.

b) Following an official's timeout due to music, lights, or PA announcer.

c) Following a team timeout, a media timeout or a promotional timeout.

d) Following a play during which possession changed in the final (ninety) 90 seconds of either half.

e) Following an incomplete legal forward pass in the final ninety (90) seconds of either half.

f) A Team A ball carrier, a fumble, or a backwards pass that is ruled out of bounds in the final ninety (90) seconds of either half.

g) Following a play in which Team A does not gain positive yardage in the final ninety (90) seconds of the game, when leading on the scoreboard.

h) Anytime under ninety (90) seconds in either half, if a running clock is stopped solely for the treatment of an injured player. The injured player's team shall be charged with a timeout. If the team has no timeouts remaining and the injury occurs to a player of the team trailing on the scoreboard, a mandatory ten (10) second runoff from the clock is required prior to resuming the game.

i) When under ninety (90 seconds) in either half and the clock is stopped because of a penalty committed by the team that is leading (regardless if the penalty is accepted, declined, or if there is an offset).

3. Running Clock - Until the final ninety (90) seconds of either half, the clock shall continue to run anytime there is any of the following:

1. An incomplete pass.
2. An out of bounds.
3. A First (1st) down (not following a change of possession).

4. If at the end of a Second (2nd) or Fourth (4th) quarter, time expired during a play in which a foul occurs, the offended team may:

1. Decline the penalty and accept the play.
2. Accept the penalty and run an untimed down, unless the penalty for the foul calls for a loss of down, at which point the down is not replayed and the quarter is not extended. If the untimed down is terminated by an official's whistle for a penalty prior to the ball being put into play the penalty shall be enforced and the untimed down played.

4.4 Timeouts

A. Timeouts

1. Team Timeouts

1. In each half, both teams are permitted two (2) timeouts.
2. A timeout may be requested by a player or coach on the field.
3. A team timeout may be up to forty five (45) seconds in length.
4. During timeouts, one (1) coach may come to the center of the field to consult with his team or the team may assemble in front of the team bench and consult with more than one (1) coach.
5. The game clock will start on the snap following a timeout.

2. Promotional Timeouts

1. During each quarter, two (2) promotional timeouts may be utilized to conduct on-field promotions, contests, performances, or for radio and/or television advertisements.
2. The First (1st) and Third (3rd) quarter promotional timeouts will be at or near the nine (9) minute and four (4) minute marks.
3. The Second (2nd) and Fourth (4th) quarter promotional timeouts will be at or near the nine (9) minute and ninety (90) second marks.
4. All promotional timeouts will be taken on the Referee's direction and will be directed towards change of possession, after a PAT, or field goal kick.
5. All promotional timeouts may start as early as two (2) minutes prior or past the actual time mark.
6. A promotional timeout are not the same as a team timeout and may be up to ninety (90) seconds in length. The clock will start on the snap following a promotional timeout.
7. Promotional timeouts are not required and can be waived if both teams agree. If promotional timeouts are to be eliminated or modified, the officials must be informed.

3. Media Timeouts

1. Media timeouts will be taken on the Referee's direction and in coordination with the "Red Hat" game day manager.
2. Media Timeouts will be directed towards change of possession opportunities and will be timed by the production manager through the "Red Hat" to the Referee on field.
4. Timeouts lasting longer in 90 seconds in length will be reported to the League Office by the officials. Repeated offenders may be subject to League discipline.

Section 5: OVERTIME RULES

5.1 Coin Toss

A. Overtime Coin Toss

1. If the score is tied at the end of regulation there shall be a ninety (90) second intermission followed by an overtime period.
2. Prior to the start of the overtime the Captains of both teams shall meet the Referee at midfield. The Referee shall toss a coin with the visiting team Captain making the call. The Captain of the team winning the coin toss shall choose one of the following options:

1. Offense or defense
2. The end of the field to be used for both teams during the first (1st) overtime period.
3. The winner of the toss may not defer his choice.
4. If the score remains tied at the end of an overtime period, the end of the field used for the subsequent overtime will be changed.
5. The loser of the overtime coin toss shall exercise the remaining option for the first overtime period, and shall have first choice of the option to go on offense or defense first for subsequent even-numbered periods.
6. The winner of the coin toss shall have first choice of the options to go on offense or defense first for subsequent odd-numbered periods.
7. No additional coin toss is conducted for additional overtime periods.

5.2 Overtime Periods/Team Series

A. Overtime Periods

1. An overtime period shall consist of an offensive possession by each team.
2. Each team's offensive possession starts with the ball put in play on their opponent's fifteen (15) yard line.
3. The offensive can choose to place the ball on any hash mark.
4. The offensive team retains the ball until they score or fail to make a first down.
5. The ball remains live after a change of team possession until it is declared dead, however, Team A may not have a first (1) and ten (10) if it again possesses the ball after a change of team possession.

5.3 Scoring

A. Overtime Scoring

1. The team scoring the greater number of points during the regulation game and the overtime period(s) shall be declared the winner.
2. There shall be an equal number of series as defined in 5.2 above in each extra period, except if Team B (the team first on defense in a given period) scores during a period other than on a try.
3. If the teams remain tied at the end of an overtime period, a subsequent overtime period is played.
4. Beginning in the overtime period, teams scoring touchdowns must attempt a two (2)

point conversion.

5.4 Fouls After Team B Possession

A. Team Fouls

1. Distance penalties by either team are automatically declined and scores by any team committing a foul are cancelled by rule in overtime periods. (Exception: Dead ball fouls and live ball fouls enforced as dead ball fouls)
2. Scores by the fouling team are cancelled if there are offsetting fouls, whether one or both occur after Team B possession, the down is not replayed.

5.5 Timeouts

A. Overtime Team Timeouts

1. Each team will have one (1) timeout in each overtime period.
2. Timeouts do not carry over from the second half or from any previous overtime period.
3. Promotional timeouts are not permitted during any overtime period and team timeouts may not be extended for promotional purposes.
4. If multiple overtime periods occur, teams may have promotional timeouts in between overtime periods.

Section 6: FREE KICKS

6.1 Free Kicks

A. Free Kicks

1. A free kick is used to begin each half, after a successful or unsuccessful point after touchdown, after a successful field goal, or after a safety.
2. The kickoff always occurs from the goal line and at any point between the sidelines.
3. The goal line is the kicking team's restraining line. The receiving team's restraining line is the ten (10) yard line. The area between the two restraining lines is the neutral zone.

6.2 Live Ball Fouls

A. Live Ball Fouls

1. No member of either team may violate their respective restraining lines prior to the ball being kicked. (Exception is allowed for the kicker or holder)

* Infraction: Offside, Live Ball Foul

* Penalty: 5 yards. Offended team has the option to decline the penalty and take the result of the play, replay the free kick down with the 5-yard penalty “in the bank”, or take the result of the play and have the 5 yards enforced from the succeeding spot.

Note: If Team A (kicking team) is called offside on a successful onside recovery, the penalty is accepted and belongs to Team B (receiving team) at the spot of the recovery. There is no re-kick.

2. No member of the kicking team may block a member of the receiving team until the ball has traveled ten (10) yards or been touched by the receiving team.

* Infraction: Team A blocking during a free kick)

* Penalty: 5 Yards. Receiving team can take the result of the play, accept the foul with a five-yard penalty “in the bank” and re-kick, or tack on the five-yard penalty at the end of the run.

6.3 Onside Kick

A. Onside Kicks

1. A kicking team player may not touch a free kick prior to it traveling ten (10) yards or having been first touched by a receiving team member

* Infraction: Illegal Touching

* Penalty: Receiving team may take possession of the ball at the point of illegal touching, or may take the result of the play.

2. The clock shall start when the ball is legally touched by either team in the field of play between the goal lines.

3. A free kick is a live ball after it has traveled ten (10) yards or is touched by the receiving team. At this point it can be recovered by the kicking team.

4. On a free kick down, the ball is dead immediately if the kicked ball touches the sideline.

5. If the kicking team recovers an onside kick, they may not advance the ball. If the kicking team recovers a fumbled kick return, it may advance the ball.

6. During a free kick, a player of the receiving team may block a player of the kicking team from the moment the ball is kicked provided the contact is made legally above the waist and from the front or side. No blocking below the waist is allowed.

* Infraction: Illegal block below the waist

* Penalty: 10 yards

7. If a free kick is declared dead in possession of the kicking team in the kicking team's end zone as a result of the ball contacting a player from the receiving team, a touchback is awarded and the ball will be put in play by the kicking team at the five (5) yard line.

8. If a free kick is declared dead in possession of the kicking team in the kicking team's end zone as a result of the kick (no contact by the receiving team) i.e. an awkward bounce off of the turf, the ball will be placed in play by the receiving team at the kicking team's five (5) yard line.

9. Once a free kicked ball contacts the ground, the receiving team no longer has the right to a fair catch. In addition, kick catch protection is not afforded to the receiving team once a kicked ball contacts the ground. However, this does not permit the kicking team to commit a personal foul on the defenseless player.

6.4 Free Kicks Out of Bounds/Touchbacks

A. Free Kicks Out of Bounds and Touchbacks

1. If a free kick goes out of bounds through the end zone before touching the ground or a player of the receiving team, on the first occurrence, it belongs to the receiving team at the receiving team's twenty (20) yard line. All subsequent free kicks that go out of bounds through the end zone before touching the ground or a player of the receiving team will result in the ball being placed in play by the receiving team at midfield (twenty (20) yard line).

2. A free kick is only out of bounds when the ball goes beyond the field of play.

3. A free kick in the end zone remains live and either team may recover. The receiving team must advance the ball out of the end zone or a rouge will be scored for the kicking team.

4. In the event of a rouge, the ball will next be put in play by the receiving team on their own five (5) yard line.

5. If a free kicked ball goes out of bounds through the sideline, on the receiving team's side of the receiving team's twenty (20) yard line, before touching the ground or a player of the receiving team, on the first occurrence, it belongs to the receiving team at the receiving team's twenty (20) yard line. All subsequent free kicks that go out of bounds through the sideline, on the receiving team's side of the receiving team's twenty (20) yard line, before touching the ground or a player of the receiving team, will result in the ball being placed in play by the receiving team at midfield (twenty (20) yard line).

6. If a free kicked ball goes out of bounds through the sideline, on the kicking team's side of the receiving team's twenty (20) yard line, before touching the ground or a player of the receiving team, it belongs to the receiving team at the spot where it went out of bounds.
7. If a free kicked ball goes out of bounds through the end zone after first touching the ground or a player of the receiving team it shall belong to the receiving team at the receiving team's five (5) yard line. A free kick is out of bounds through the end zone only when the ball goes beyond the field of play.
8. If a free kicked ball goes out of bounds through the sideline, after touching the ground or a player of either team and before possession is gained, it belongs to the receiving team at the spot the ball went out of bounds. However, at no time is the ball to be spotted inside the receiving team's five (5) yard line following a free kick, unless a penalty enforcement requires the ball to be spotted inside the five (5) yard-line.
9. On a kickoff, the ball must break the plane of and stay beyond the receiving team's restraining line or touch any player, the ground, or an official beyond the receiving team's restraining line before a legal touch or recovery by the kicking team can occur. The ball must also travel ten (10) yards. If the kicking team illegally touches the free kick, the receiving team may take the ball at the spot of the illegal touching.
10. If a penalty occurred by either team before the ball becomes dead, or if there are offsetting fouls, the illegal touching privilege is cancelled. If off-setting fouls occur when there has been illegal touching by the kicking team, the free kick down is repeated. This is the only instance when off-setting live ball fouls on a free kick result in replay of the free kick down. Illegal touching in the kicking team's end zone is ignored.
11. If a free kick hits the ceiling, or any object suspended from the ceiling of the facility, while over the field of play, it is immediately dead, and it belongs to the receiving team at the receiving team's twenty (20) yard line on the first occurrence.
12. If the receiving team catches the ball in the end zone or in the field of play and simultaneously goes through the sideline or end line the play shall be immediately declared dead and there shall be a re-kick.
13. If the kicked ball is simultaneously recovered by players from both teams or simultaneously touched by players from each team before going out of bounds, the ball belongs to the receiving team at the spot of recovery or at the spot where the ball went out of bounds.
14. There are no limitations on using wedge formations on kick returns. Holding hands or interlocking arms by teammates during a play is allowed but is illegal once one (1) of the

players is engaged with an opposing team player.

* Infraction: Illegal Block

* Penalty: 10 yards

Section 7: LIVE BALL, DEAD BALL, POSSESSION, OUT OF BOUNDS

7.1 Live Ball/Ball in Play

A. Live Ball

1. The ball is considered live and in play until the ball is dead. An official shall sound his whistle after the ball is dead. The whistle does not kill the ball. The whistle is an aid to assist players in recognizing the fact the ball is dead.
2. The ball becomes live upon being legally snapped from a scrimmage formation or being legally kicked from a free kick formation.
3. The ball remains live and does not become dead because of an injury to a player or to impose a penalty. Once the ball is declared dead, an injured player may be attended to or a penalty may be enforced.

7.2 Dead Ball

A. Dead Balls

The ball is dead:

1. When an official signals a score.
2. When the ball goes out of bounds.
3. When a forward pass is incomplete.
4. When a kicked ball strikes the opponent's goal post assembly in flight, without first touching the ground, a player or an official, and the kick is ruled no good.
5. When a ball carrier is tackled and his forward progress is halted. If a ball carrier is tackled and driven back towards his own goal line it is assumed he was attempting to advance the ball and only the contact with an opponent prevented such advance. Therefore, the most forward point of the ball is the point where the ball is dead.
6. When a ball carrier behind the line of scrimmage is firmly in the grasp and control of a tackler to the extent he cannot throw the football.
7. When the ball carrier is contacted by an opponent and loses his balance so that a

portion of his body, other than his hands or feet touches the ground.

8. When the force of contact from an opponent causes the ball carrier to make contact with the sideline. The ball is declared dead at the point of contact with the sideline.
9. When a player in possession of the ball intentionally kneels on the ground.
10. When the quarterback slides feet first the ball is declared dead at the point where the slide was initiated.
11. When a ball carrier is not attempting to advance the ball the official shall declare the ball dead.
12. When a player in possession of the ball is down and makes no attempt to regain his feet.
13. When an official sounds his whistle if the ball was not previously dead by rule. Note: A ball lying on the ground and not in possession of a player is not dead until blown dead by an official.
14. When the ball carrier loses his helmet the ball shall be declared dead immediately.
15. When a Team A player possesses a scrimmage kick that has traveled beyond the neutral zone.
16. When a Team A player possesses a free kick.
17. When the ball carrier slides, slips, or falls to the ground without contact from an opponent and remains there, he has declared himself down and the official shall sound his whistle. The ball shall be marked at the spot where the runner first contacted the ground.
18. When fan interference occurs.

7.3 Possession

A. Team/Player Possession

1. Possession means having the ball firmly in hand(s), arm(s), or under the body.
2. When players of opposing teams have joint possession of the ball, it belongs to the player who first gained possession or who has not lost possession. If both players are not touching the ground with anything other than their feet or hands and are inbounds, gaining joint possession does not result in the ball becoming dead.
3. If players of both teams legally gain possession of the ball simultaneously it belongs to the team which last had possession.
4. A ball that is not in possession of a player is still in play. A ball is considered to have been

fumbled if the player last in possession has lost control of it.

5. If the ball is fumbled out of bounds or touches a player in the field of play and then goes out of bounds, it belongs to the team which last possessed the ball. If the ball is fumbled backwards, the ball shall next be snapped at the point the ball went out of bounds. If the ball was fumbled forward, the ball is spotted at the point where the ball was fumbled.

7.4 Touchback/Safety

A. Touchbacks and Safety

1. A touchback occurs if;

1. A Team A player fumbles the ball from the field of play over Team B's goal line, the ball goes out of bounds or is declared dead in Team B's possession in the goal area, and a new force was not imparted on the fumbled ball in the field of play by a Team B player. The ball is awarded to Team B at its five (5) yard line.

2. A Team A player directs the ball, other than by kicking, from the field of play over Team B's goal line where a Team B player catches or recovers it prior to the ball going out of bounds in the goal area. The ball is awarded to Team B at its five (5) yard line. If in attempting to run the ball out of the goal area Team B commits an infraction and the ball is declared dead in the goal area, the basic spot of enforcement of the penalty is Team B's five (5) yard line.

2. A safety occurs if a Team A player causes the ball to be in his own end zone (fumbles, or directs the ball from the field of play into his own end zone or goal area) where the ball is declared dead by an official or goes out of bounds without possession being gained by either team, a safety is scored by Team B.

7.5 Loose Ball

A. Loose Balls

1. A loose ball occurs when the ball is kicked, blocked during a kick (on a kickoff or a kick from scrimmage), during a pass, fumble, or muff. It continues to be a loose ball until a player secures possession of the ball or it becomes dead by rule, whichever occurs first.

2. Force is a consideration and must be determined on ruling whether a loose ball which goes out of bounds in the end zone is a touchback or a safety. If it is ruled a touchback, the ball is put in play on the five (5) yard line. If it is a safety, two (2) points are scored and the team scored upon shall kickoff to the other team.

3. A loose ball by the offense across the line of scrimmage does not interrupt the continuity of downs.

4. **Fourth Down Fumble Rule**

1. On fourth down, only the Team A player who fumbled the ball may recover and advance the ball for Team A.
2. Any Team B player may recover and advance the fumble on fourth down.
3. If another Team A player recovers the fumble, the ball shall be blown dead immediately and Team A shall retain possession at the spot of the fumble, unless the spot of the recovery is behind the spot of the fumble, at which point Team A shall retain possession at that point.
4. A try for point (PAT) following a touchdown is considered a fourth down play.

7.6 Player Out of Bounds

A. Player Out of Bounds

1. All sidelines are dead for a player in possession of the ball.
2. All sidelines are out play for a player, when catching a pass, recovering a fumble, muff, backward pass, blocked kick, or fielding a scrimmage kick.
3. All sidelines are out of bounds for any forward pass. The ball is dead and the play shall be blown dead immediately anytime a forward pass, strikes any area out of bounds.

7.7 Out of Bounds Rulings

A. Out of Bounds Rulings

1. The ball remains in play if it is knocked or batted back into the field of play by a player who is off the ground and who has not touched the ground or any object out of bounds.
2. A player is out of bounds if any part of his body contacts the sideline or end line area.
3. A player is in bounds if any part of a player's body contacts any part of the sideline or end line, regardless of whether defensive contact was the cause for such player going out of bounds.
4. If a scrimmage kick contacts the sideline or end line in Team B's end zone untouched by Team B, it shall be considered dead by rule.

7.8 Out Of Bounds During Final ninety (90) Seconds of Either Half

A. Out of Bounds During 90 Second Warning

1. During the final ninety (90) seconds of either half the clock is run consistent with normal NCAA timing rules. Note: Lone exception is the “Positive Yardage” rule in effect for Team A when leading in the final ninety (90) seconds of the game.
2. A player of the offense may give himself up by purposefully contacting the sideline area and without defensive contact in an effort to stop the clock and preserve time.
3. The action of the offensive player must be clear to the game officials in order to stop the clock and provide adequate protection to the player.

Section 8: SCRIMMAGE FORMATIONS

8.1 Lines of Scrimmage and Neutral Zone

A. Lines of Scrimmage and Neutral Zone

1. The line of scrimmage is an imaginary line that extends from sideline to sideline, parallel to the goal lines, and passing through the foremost and rear-most points of the football.
2. The area between the lines of scrimmage (the length of the football) is the neutral zone.
3. The offensive line of scrimmage is on the offensive team’s side of the football and the defensive line of scrimmage is on the defensive team’s side of the football.
4. Defensive players are considered to be on the line of scrimmage if they are within one yard of the defensive line of scrimmage. Offensive players are considered to be on the line of scrimmage if part of their body penetrates the imaginary plane formed by the waistline of the nearest Team A lineman.

8.2 Alley

A. Alley

1. The area bordered by the outside shoulders of the two (2) offensive guards is known as the alley.
2. The alley is no more than five (5) yards wide and runs from end line to end line. The offensive guards must take splits that cause the width of the alley to be no more than five (5) yards wide.
3. The alley is established at the snap and does not move during the course of the play.

8.3 Belt and Offensive/Defensive Box

A. Belt and Offensive/Defensive Box**1. Belt**

1. The belt is located five (5) yards beyond the defensive line of scrimmage and runs from sideline to sideline.
2. The belt disappears at the snap.
3. The depth of the belt is never extended beyond the goal line.
4. The depth of the belt is reduced when the ball is snapped inside of the defending team's five (5) yard line or at any point on the field when the offensive team is facing 4th down and the line to gain is two (2) yards or less.
5. When the depth of the belt is reduced due to the ball being inside of the defending team's five (5) yard line or on 4th down when the line to gain is two (2) yards or less, defensive players may take a position such that the foremost part of their front foot or hand on the ground is touching the goal line or line to gain.

2. Offensive Box

1. The offensive box is defined as the area bordered by the outside shoulders of the two (2) offensive guards, the offensive line of scrimmage, and the distance five (5) yards behind the offensive line of scrimmage.
2. The offensive box disappears at the snap.

3. Defensive box

1. The defensive box is defined as the area bordered by the outside shoulders of the two (2) offensive guards, the line of scrimmage, and the distance five (5) yards beyond the line of scrimmage on the defensive side of the ball (belt).
2. A minimum of one defensive player must be aligned at the back of the defensive box at the time of the snap.
3. The defensive box disappears at the snap.
4. The back of the defensive box is never extended behind the goal line.
5. The depth of the defensive box is reduced if the ball is snapped inside the five (5) yard line or on Fourth (4th) down at any point on the field when the line to gain is two (2) yards or less.
6. When the depth of the box is reduced due to the ball being inside the five (5) yard line or on Fourth (4th) down with two (2) yards or less to gain, defensive players may take a position such that the foremost part of their front foot or hand on the ground is touching the goal line or line to gain.

4. Team A players in motion may be in the offensive box prior to the snap, but may not be in the box at the time of the snap.

* Infraction: Illegal motion, live ball foul

* Penalty: 5 yards

5. No Team B player, other than the three (3) down defensive linemen, may be in the defensive box at the snap.

* Infraction: Illegal defense, live ball foul

* Penalty: 5 yards

* Note: Officials shall consider the circumstances which caused a Team B player, while mirroring the actions of a Team A player, to be in the defensive box at the snap, and may not allow the offense to manufacture penalties in this manner.

8.4 Offensive Alignments

A. Offensive Alignments

1. Positioning

1. All offensive players may set in a two (2), three (3), or four (4) point stance.

2. After the ready for play signal and prior to the snap, all offensive players are either on the line of scrimmage or in the backfield.

a. Players are considered to be on the line of scrimmage if their shoulders are approximately parallel to the line of scrimmage and the player's head intersects the imaginary line passing through the center's waist that runs parallel to the goal line.

b. Players are considered in the backfield if no part of their body intersects the imaginary line passing through the waistline of the nearest Team A lineman.

3. There shall be at least four (4) stationary Team A players on the line of scrimmage at the scrimmage snap, three of whom are ineligible receivers (offensive lineman).

4. The other stationary Team A Player(s) on the line of scrimmage at the snap are called the ends.

a. An end is an eligible receiver that may line up on either end of the offensive formation.

b. An end must be lined up at least three (3) yards from the outside shoulder of the nearest guard.

5. The offensive players not on the line are called backs.

6. A maximum of two (2) backs may be aligned in the offensive box at the snap and must have been in a set position for at least one second prior to the snap.

a. If two (2) backs are in the box, one (1) of the backs in the box must be the player that receives the snap. If a team lines up in the I-Formation or a variation, the third (3rd) back cannot be aligned inside of the box and must be lined up greater than 5 yards from the line of scrimmage. If the ball is snapped to a third person outside of the box, this is a dead ball snap infraction.

b. If one (1) or fewer backs are in the box, the player that receives the snap may be aligned inside of the box.

* Infraction: Illegal offensive formation or snap infraction (dead ball foul)

* Penalty: 5 yards

7. No stationary offensive player, whether lined up on or off the line of scrimmage, may be set in the area within three (3) yards of the outside shoulder of the guard on either side of the formation. This alignment rule does not pertain to men in motion or players set at the snap and greater than five (5) yards behind the offensive line of scrimmage (behind the offensive box).

* Infraction: Illegal Formation

* Penalty: 5 yards

8. All backs and receivers remain eligible regardless of players in motion or alignment on or off the line of scrimmage. The only requirement is that at least one end is aligned on the line of scrimmage.

B. Offensive Players in Motion

1. One (1) player of the offense may be in lateral or forward motion toward the line of scrimmage prior to the snap provided that;

a. All players, except the one motion receiver, must set for one (1) second before any player starts in motion. The one (1) motion receiver do not have to be set from the time the huddle breaks to the time they start in motion.

b. The player shall clearly start motion while in the backfield.

c. The player is behind or on the line of scrimmage at snap of the ball.

2. Offensive players in motion are not permitted to be in the offensive box at the time of the scrimmage snap.

3. A player in motion may take a hand off or receive a forward or backward pass.
4. A motion player may not block any of the three (3) defensive linemen, or be the lead blocker on a running play inside of the alley.

* Infraction: Illegal Block

* Penalty: 10 yards

5. A player in motion are permitted to block the blitzing linebacker (provided they are not the lead blocker for a running play inside of the alley), defensive backs and linebackers on the line of scrimmage or any player downfield, provided it is above the waist, and does not constitute offensive pass interference.

8.5 Defensive Alignments

A. Positioning

1. Positioning

1. After the ready for play signal by the official, all Team B players must be on their side of the line of scrimmage.
2. At the snap there must be three (3) defensive linemen in a three (3) or four (4) point stance on the line of scrimmage.
 - a. The defensive lineman covering the offensive center must be in a head to head position with the center and his shoulders must be parallel to the line of scrimmage. "Head to head" requires the helmet of the defender to be aligned with the helmet of the Center.
 - b. The other two (2) defensive linemen (defensive ends) may be line up no wider than their inside shoulder aligned with the outside shoulder of the offensive guard, or with their outside shoulder aligned with the inside shoulder of the offensive guard, or anything in between.
 - c. The shoulders of the defensive ends must be parallel to the line of scrimmage.
 - d. Defensive lineman may drop into pass coverage after the snap of the ball. There is no requirement for the defensive linemen to take a step into the neutral zone prior to dropping.
 - e. Defensive players may not stunt or twist, which is defined as an act involving two (2) or more defensive linemen which is used to confuse the offensive line by crossing over each other. The Nose Guard may not rush

outside the defensive ends under any circumstance while the ball is in the alley, nor can a defensive end rush across the front or the rear of the Nose Guard or opposite defensive end. This foul is an automatic first down. Individual defensive techniques are permitted.

*** Infraction: Illegal defense**

*** Penalty: 5 yards from the previous spot and an automatic first down**

3. The remaining five (5) defensive players are considered linebackers or defensive backs.

a. A minimum of one defensive player must be aligned at the back of the defensive box at the time of the snap.

b. Linebackers/defensive backs must be behind the belt, which is the area five (5) yards beyond the line of scrimmage on the defensive side of the ball.

c. Linebackers/defensive backs may line up on the line of scrimmage, inside the belt, but outside of the alley, when they are head up or shaded to either the inside or the outside of a set eligible receiver who is not located in the box (i.e. end, flanker, wing back, slot back). The eligible receiver does not have to be on the line of scrimmage.

d. When multiple eligible receivers are in a stacked formation behind each other (i.e. one end with one or more backs directly behind him), an equal number of linebackers/defensive backs may line up on the line of scrimmage, or anywhere inside the belt, but outside of the alley, as long as they are within one yard laterally of the stacked players.

e. A linebacker/defensive back may be positioned inside of the belt to mirror an eligible receiver in motion. If the offensive player's motion is towards the line of scrimmage the defensive player can hold his position, retreat, or approach the line of scrimmage to meet the eligible receiver. Multiple defenders may not mirror the same receiver.

f. Linebackers/defensive backs may only initiate contact with the receiver with whom they are aligned with at the snap. The defensive player is not required to be lined up inside of the belt in order to contact the receiver.

g. Linebackers/defensive backs are not required to align themselves with eligible offensive receivers but if they are not aligned with an eligible receiver or if no eligible receiver is positioned opposite him on the offensive

side of the ball, the linebacker/defensive back must line up at least five (5) yards beyond the line of scrimmage.

* Infraction: Illegal defense

* Penalty: 5 yards from the previous spot.

h. Linebackers/defensive backs may not align themselves inside the belt with the quarterback or other offensive eligible receivers who are in set positions in the alley at the snap.

i. Linebackers/defensive backs may align themselves on the goal line or line to gain when the depth of the belt is reduced due to the ball being inside the five (5) yard line or on Fourth (4th) down when the line to gain is two (2) yards or less. Linebackers/defensive backs may take a position on the goal line or line to gain and do not have to retreat/line up past the goal line or line to gain.

2. Blitzing

1. A blitz occurs when any defensive player, other than one (1) of the three (3) defensive linemen, is sent across the neutral zone to the offensive side of the ball to try to tackle the ball carrier or disrupt a pass attempt, before the ball has left the alley during a down.

2. The defense may only blitz one (1) player during a particular down.

3. The blitzing player must start at the back of the defensive box and must be in the alley and stationary at the snap, however, the Blitzer may move laterally within the alley immediately behind the defense's box prior to the snap as long as he is stationary when the ball is snapped.

* Infraction: Illegal defense

* Penalty: 5 yards from the previous spot.

4. If there is only one (1) player present in the alley and at the back of the defensive box, the defensive player blitzing does not have to indicate to the officials and Team A that he is eligible to blitz by raising his hand above his head prior to the scrimmage snap.

5. If two (2) or more defensive players are present in the alley and at the back of the defensive box, in order to blitz on that down, one (1) of the players must declare that he is the designated Blitzer by raising his hand above his head prior to the snap. There is no penalty for not declaring as long as no blitz occurs on the play. Regardless of

declaration, the declared Blitzzer does not have to blitz even though he declared himself eligible.

6. A blitz can occur within the area between the center and two (2) offensive guards, called the “A-Gaps” or the areas outside the two (2) offensive guards. In addition, blitzes may occur outside of a defensive end, regardless if a defensive end drops into coverage.

7. If the quarterback/passer leaves the alley, all blitz/stunt/twist restrictions are eliminated.

8. If a snap from center contacts the ground, all blitz/stunt/twist restrictions are eliminated.

9. It is legal for a linebacker/defensive back to read or play run and rush up to the line of scrimmage. If the play is a running play, or the player in possession of the ball leaves the alley, the linebacker/defensive back may continue his rush. However, if the play is a passing play, including play action pass plays, and the quarterback/passer remains in the alley, the defensive player may not penetrate the line of scrimmage.

* Infraction: Blitzing infraction

* Penalty: 5 yard penalty from the previous spot and an automatic first down

10. It is illegal for more than one defensive player to blitz if the ball has not been moved out of the alley.

* Infraction: Blitzing infraction

* Penalty: 5 yard penalty from the previous spot and an automatic first down.

8.6 Scrimmage Play

A. Scrimmage Play

1. Ready for Scrimmage Play

1. The Referee shall begin each scrimmage play by giving the “Ready for Play” signal.

2. This signals the offensive team has twenty five (25) seconds to put the ball in play by means of a scrimmage snap, scrimmage kick, or a free kick.

3. Neither team may delay the officials from spotting the ball or the offense from snapping the ball.

* Infraction: Delay of Game

* Penalty: 5 yards, dead ball foul

4. If the Referee suspends play while a player in the game has repair done to his equipment, that player is required to leave the game for at least one (1) play. If the

player does not leave the game the team is charged with a timeout.

5. If the Referee suspends play for an injured player on the field, that player is required to leave the game for at least one (1) play. If the player does not leave the game the team is charged with a timeout.

2. Crowd Noise, Music, or Public Address Interference

1. The Referee shall instruct the quarterback to play on regardless of crowd noise.

2. Music, special effect lights and public address announcements must conclude once the center touches the ball.

3. If music, special effect lights, or the public address system interfere with a team or prevents

the offensive team from putting the ball in play, the Referee may stop the game and allow the team to re-huddle.

4. The home team shall receive one (1) warning for music, special effect lights, or public address announcements. Thereafter the Referee shall penalize the home team.

* Infraction: Delay of Game

* Penalty: 5 yards

* Note: If music, special effect lights or the public address system continue to interfere

with the team or playing of the game, the Referee may also remove the sideline privileges of the home team coach.

3. Scrimmage Snap

1. A scrimmage snap is initiated by the Center, who takes a position over the football facing his opponent's goal line.

2. The Center shall put the ball in play by snapping it back between his legs in one continuous motion to another offensive player who is behind the line of scrimmage and in the backfield.

3. The ball must leave the Center's hands and he may not touch the ball again until it has been in possession of another player.

* Infraction: Illegal Snap, dead ball foul

* Penalty: 5 yards, previous spot

4. Illegal Movements

1. The center may not fake a snap or, having assumed his stance over the ball, bob his head, move his shoulders, flex his knees, or make any other movement simulating a

snap in an effort to draw the defense across its line of scrimmage.

* Infraction: Snap Infraction

* Penalty: 5 yards, dead ball foul

2. Once the line of scrimmage is set, no player of the offense may be in or beyond the neutral zone.

* Infraction: Offside

* Penalty: 5 yards, dead ball foul

3. Once the line of scrimmage is set, no player of the defense may be in the neutral zone at the snap.

* Infraction: Offside

* Penalty: 5 yards, live ball foul

4. Once the line of scrimmage is set, no player of the defense may make contact with an offensive player prior to the snap or be unabated to the quarterback.

* Infraction: Encroachment

* Penalty: 5 yards, dead ball foul

5. With the exception of the offensive player(s) in motion, all other offensive players shall remain motionless for a period of at least one second prior to the scrimmage snap.

* Infraction: False Start, dead ball foul

* Penalty: 5 yards, previous spot

6. No offensive player on the line of scrimmage may make any motion which simulates the snap. This includes the quarterback bobbing his head, moving his shoulders, flexing his knees, making any quick movement, or any other movement or signal which is an attempt to simulate the start of the play prior to the snap.

* Infraction: False Start

* Penalty: 5 yards, dead ball foul

6. A player in motion may not run forward to the line of scrimmage and stop abruptly in what is called "freeze motion." Freeze motion is an intentional/illegal act designed to pull a defensive player offside.

* Infraction: False Start, dead ball foul

* Penalty: 5 yards

7. The motion player may not be beyond the neutral zone prior to the snap of the ball.

* Infraction: False Start, dead ball foul

* Penalty: 5 yards

8.7 Series of Downs

A. Series of Downs

1. The offensive team shall have a series of four (4) downs to gain ten (10) yards.
2. A down shall be repeated following the application of a penalty, unless the penalty requires a loss of down, and automatic first down, or application of the penalty results in a first down.
3. If in a series of four (4) downs the offensive team has not gained the required ten (10) yards, the ball is awarded to the opponents at the point where the ball became dead.
4. If the required ten (10) yards is gained, a new series of downs is awarded to the offensive team.
5. A series of downs may be interrupted when the offensive team kicks the ball out of bounds or it crosses the offensive line scrimmage or when the ball is intercepted or recovered by the defense.
6. A new series shall be awarded to the team in possession at the end of the down if a player of Team B first touches a scrimmage kick that has crossed the neutral zone (Exception: when the down is replayed).

Section 9: PASSING

9.1 Forward Pass

A. Forward Pass

1. Definition

1. A legal forward pass is a pass thrown by an offensive player from a point in or behind the neutral zone towards the opponent's end line to any eligible receiver.
2. A pass is illegal if it is thrown by a player whose entire body is beyond the neutral zone when he releases the ball.

* Infraction: Illegal forward pass

* Penalty: 5 yards from the spot of the foul and loss of down

3. The offense may make only one forward pass during a scrimmage down.
4. During a forward pass, the ball is in the possession of the offense until the pass is

ruled complete, incomplete, or intercepted.

2. Eligibility of the Passer

1. The offensive player who throws a forward pass is called the passer. He is also an eligible receiver.
2. The passer does not need to be the first player to receive the ball (scrimmage snap) from the Center.

3. Eligibility of Receivers

1. Eligible offensive players, whether on the line of scrimmage or in the backfield, must wear an eligible receiver number.
2. Eligible receivers shall be numbered 1-49 or 80-89.
3. Ineligible receivers shall be numbered 50-79 or 90-99 and may only occupy the center and guard positions.

* Infraction: Illegal Numbering

* Penalty: 5 yards

4. Any defensive player, whether or not the forward pass is legally thrown, is eligible.
5. In a scrimmage kick formation, a player with an ineligible number may not become eligible.
6. If a forward pass is touched by or touches a Team B player, all players of both teams become eligible receivers.
7. No ineligible offensive player may be downfield more than three (3) yards on a legal forward pass play until the pass crosses the neutral zone.

* Infraction: Ineligible downfield

* Penalty: 5 yards from previous spot

4. Completed or intercepted Forward Pass - A forward pass is considered complete (by the offense) or intercepted (by the defense) in the field of play, at the sideline, or in the endzone if a player who is inbounds:

- (a) secures control of the ball in his hands or arms prior to the ball touching the ground; and
- (b) touches the ground inbounds with both feet or with any part of his body other than his hands; and

(c) after (a) and (b) have been fulfilled, performs any act common to the game (e.g., tuck the ball away, extend it forward, take an additional step, turn upfield, or avoid or ward off an opponent), or he maintains control of the ball long enough to do so.

Notes:

1. **Movement of the ball does not automatically result in loss of control**
 2. **If a player, who satisfied (a) and (b), but has not satisfied (c), contacts the ground and loses control of the ball, it is an incomplete pass if the ball hits the ground before he regains control, or if he regains control out of bounds.**
 3. **If a pass is caught simultaneously by two eligible players, either 2 offensive or 2 defensive, it is a completed pass for the offence or an interception for the defense.**
 4. **If a pass is caught simultaneously by two eligible opponents, and both players retain it, the ball belongs to the passers. It is not a simultaneous catch if a player gains control first and an opponent subsequently gains joint control.**
 5. **If a player, who is in possession of the ball, is held up and carried out of bounds by an opponent before both feet or any part of his body other than his hands touches the ground inbounds, it is a completed or intercepted pass. It is not necessary for the player to maintain control of the ball when he lands out of bounds.**
5. **Incomplete Forward Pass - A forward pass is declared incomplete and the ball will next be put in play at the point of last scrimmage snap, with downs continuing, under the following Conditions;**
1. **When the ball strikes the ground or any overhead obstruction, flag, etc.**
 2. **When the ball goes out of bounds, even if touched by a player in the field of play.**
 3. **When the passer has commenced his forward passing motion with the ball moving forward and as a result of contact with an opponent, the ball leaves the passer's hand and strikes the ground.**
6. **Intentional Grounding - If the passer deliberately throws the ball out of bounds or to an area in which there is not an eligible receiver for the purpose of avoiding loss of yardage, his team shall be penalized.**

* **Infraction: Intentional Grounding**

* **Penalty: Loss of down at spot of foul (point at which pass was thrown). If pass is**

thrown from the goal area, a safety shall be awarded to the defense. It is not intentional grounding if the passer is outside the alley and throws the ball toward the line of scrimmage, provided the ball first touches the ground or goes out of bounds beyond the line of scrimmage.

7. Offensive Pass Interference

1. Pass interference restrictions start for the offense at the snap.
2. Offensive pass interference is contact by an offensive player that interferes with a defensive team player after the scrimmage snap.
3. Offensive team ineligible player contact with defensive team players within one (1) yard of the defensive line of scrimmage is not considered offensive pass interference.
4. Offensive pass interference cannot occur if the pass does not cross the line of scrimmage.

* Infraction: Offensive Pass Interference

* Penalty: 10 yards

5. Any offensive player may interfere with an opponent anywhere within bounds after the pass has been completed.
6. Prior to the pass being completed or declared incomplete, an offensive player may interfere with an opponent anywhere within bounds provided that the pass is thrown to a receiver behind the offensive line of scrimmage.
7. Members of the offensive team are not permitted to use the referee as a "pick" in an attempt to get open from their defender. A warning is given for the first team occurrence. Each subsequent violation will result in an offensive pass interference foul against the offending team.

* Note: If, in the judgment of the officials, the defense intentionally creates contact with the referee to draw a foul against the offense, the officials can issue an Unsportsmanlike Conduct penalty on the defensive player.

8. Defensive Pass Interference

1. Pass interference restrictions start for the defense when the ball is thrown, provided it is a legal forward pass.
2. Defensive pass interference is interference caused by or contact initiated by a defensive player on an eligible offensive player while a legal forward pass that has

crossed the line of scrimmage is in flight.

3. Such interference must be ruled as intent by a defensive player to impede an eligible offensive player or prevent an eligible offensive player from catching a catchable forward pass.

* **Infraction: Defensive Pass Interference**

* **Penalty: Automatic first down and the ball is placed at the spot of the foul if the spot is less than 15 yards from the previous spot. If the spot is more than 15 yards from the previous spot, the distance penalty is 15 yards from the previous spot.**

For example: When the ball is snapped on or inside the Team B 17 yard line and outside the team B two-yard line, and the spot of the foul is on or inside the two(2) yard line, the penalty from the previous spot shall place the ball at the two (2) yard line, first down.

* **No penalty enforced outside the two (2) yard line may place the ball inside the two yard line (Exception: 12.1.C.9.b)**

* **If the previous spot was on or inside the two (2) yard line, first down half way between previous spot and the goal line**

* **Intentional pass interference may be ruled by the game officials, and an additional 15 yards penalty may be assessed.**

4. Defensive pass interference cannot occur if the pass does not cross the line of scrimmage.

5. Within the first five (5) yards of the line of scrimmage, a defensive back/linebacker may make contact with an offensive team player with whom he is aligned with at the snap. The defensive player is not required to be lined up inside of the belt in order to contact the receiver.

6. Prior to a pass being thrown beyond the defensive line of scrimmage, a defensive player occupying a position beyond the line may use his hands or arms to ward off an opponent who threatens his defensive position as a potential blocker.

7. When a pass crosses the defensive line of scrimmage, a defensive player may not interfere with an eligible offensive player, or that player's attempt to catch the ball.

8. A defensive player may not contact an eligible receiver who is more than five (5) yards beyond the defensive line of scrimmage and is not a potential blocker. Also, a defensive player may not initiate contact with a receiver in which they are not aligned

inside of the belt. This is regardless whether the passer is in the alley or not. Once an offensive receiver reaches the same yard line as the defensive player, he is no longer a threat to block the defensive player. The fact the ball is not thrown in that direction has no bearing on this violation.

***Note:** If two receivers cross at or close to the line of scrimmage in order to draw an illegal defensive contact foul on the defense, this will not be considered a foul. The offense is not permitted to use this motion to draw a foul on the defense.

*** Infraction:** Illegal defensive contact

*** Penalty:** 5 yards and automatic first down

9. A defensive player may not interfere with an eligible offensive player on a point after touchdown attempt.

*** Infraction:** Defensive Pass Interference

*** Penalty:** 15 yards. If point after touchdown attempt was good, it may be placed "in the bank." If the point after touchdown attempt was no good, the offense may only repeat the point after touchdown attempt following enforcement.

10. When a pass has been intercepted by the defense, any defensive player may block an opponent anywhere within bounds provided that contact is made legally above the waist of the opponent and from the front or side.

11. Pass interference is not called if:

- a. During a pass, offensive and defensive players make contact in a simultaneous attempt to catch or bat the ball.
- b. During the pass, the ball has previously been touched by an eligible player.
- c. The pass is uncatchable.
- d. The pass does not cross the line of scrimmage.
- e. A defensive player "face guards" without making interference or contact.

9. Illegal Touching – It is illegal for an ineligible offensive player to deliberately touch or catch a legal forward pass until an opponent has touched it.

*** Infraction:** Illegal touching or catching a forward pass

*** Penalty:** 5 yards from previous spot, loss of down

10. Interception in the Goal Area

1. An intercepted ball, which is downed in the defensive team's end zone, is a touchback.

2. An intercepted ball that is fumbled in the defensive end zone may be legally recovered by the offense for a touchdown.
3. Any personal fouls by the offensive team in the field of play or in the defensive end zone that occur after the defense intercepts a pass in its own end zone, where the ball is ruled dead, are administered from the defensive team's 5 yard line.

* Infraction: Personal Foul

* Penalty: 15 yards from the 5 yard line

4. Momentum Rule – If a pass is intercepted by a defensive player between the goal line and the five (5) yard line, and the player's momentum carries him into his own end zone and the ball becomes dead, the ball is put in play at the point of the interception. It is not ruled a safety.

9.2 Laterals or Backward Pass

A. Laterals or Backward Pass

1. A lateral or backward pass is a ball thrown, batted, or fumbled by a player parallel to or in the direction of his goal line.
2. A pass is forward if it first strikes the ground, a player, an official, or anything else beyond the spot where the ball is released. All other passes are backwards passes. When in question, a pass thrown in or behind the neutral zone is a forward, rather than backwards, pass.
3. A lateral or backward pass striking the ground is not dead and may be recovered and advanced by either team.
4. When a lateral or backward pass goes out of bounds in the field of play, the ball shall be put in play by scrimmage snap at the outer hash mark perpendicular from the point where the ball went out of bounds.

9.3 Handoff

A. Handoff

1. A handoff occurs when the ball is handed by one offensive team player to another behind the offensive line of scrimmage.
2. There is no restriction on the number of handoffs that can be made on any one scrimmage play.
3. The player receiving a handoff must be an eligible offensive receiver.

* Infraction: Illegal Procedure

* Penalty: 5 yards from the previous spot.

Section 10: SCRIMMAGE KICKS

10.1 Scrimmage Kick

A. Scrimmage Kick

1. A scrimmage kick is a kick by the offense during one of its scrimmage downs.
2. A team may only line up in a scrimmage kick formation on Fourth (4th) down, on any down in the final thirty (30) seconds of the Second (2nd) quarter, provided it is an obvious kicking situation, or on any down in the final thirty (30) seconds of the Fourth (4th) quarter when Team A is trailing by three (3) points or less. A scrimmage kick formation cannot be used by the offense to gain an advantage over the defense and can only be used in obvious kicking situations.
3. A scrimmage kick can be used for a field goal attempt, point after touchdown attempt, or as a means to place an opponent at a disadvantage in field position. Also, a team may fake a scrimmage kick from a scrimmage kick formation. A team may not fake a scrimmage kick from a drop kick formation.
4. **Offensive Scrimmage Kick Formation**
 1. An offensive scrimmage kick formation consists of five (5) linemen, a personal protector, a kicker, and a holder. The offense must be in a balanced formation.
 2. The offensive linemen are limited to splits of no greater than twenty four (24) inches.
 3. The personal protector may line up anywhere inside the tackles or within one (1) yard of the outside shoulder of either tackle.
 4. The kicker/holder must be in a standard/natural kicking formation and the kicker, as designated by the Head Coach, must be in the game.
 5. If a kicker intends to attempt a drop kick, no holder is required. The holder will then be considered a second personal protector with the same alignment rules listed above, but must line up on the opposite side of the offensive formation to the other personal protector.
 6. No offensive player may be in motion prior to or at the snap.
 7. The kicker/holder may use a spotting aid (piece of tape) to mark where the holder should place the ball and where the kicker marches off his steps from.

8. No kicking pad or tee is permissible.

5. A player who kicks a scrimmage kick or a player who holds for a scrimmage kick cannot be contacted until the player is no longer considered a kicker or holder and the player is able to defend himself. A defensive player blocked into the kicker or holder will not be penalized unless, in the opinion of the Referee, there was no effort to avoid the contact. The restriction on contacting the kicker or holder is removed if the scrimmage kick is blocked, partially blocked, or touched, unless in the judgment of the officials, such contact could have been avoided by the defensive player.

6. Defensive Scrimmage Kick Formation

1. A defensive scrimmage kick formation consists of four (4) linemen and four (4) linebackers/defensive backs. There is no belt or box during a scrimmage kick.

2. The defensive linemen must be in a three (3) or four (4) point stance.

3. The defensive ends must line up head to head with the players on the end of the kicking team formation.

4. The two (2) interior defensive linemen must line up head to head with the two (2) offensive guards. No defensive player may line up directly over the Center.

Defensive linemen may stunt or twist in an effort to block the kick attempt.

5. All defensive linemen must have their shoulders parallel to the line of scrimmage.

* Infraction: Illegal Defensive Formation

* Penalty: Live ball foul, 5 yards

6. Defensive players may not contact the Center until he has a chance to defend himself.

* Infraction: Personal Foul

* Penalty: 15 yards and an automatic first down

7. The remaining four (4) defenders may line up anywhere as long as they remain behind the defensive line of scrimmage during a kick attempt. They may leap or otherwise attempt to block a scrimmage kick while behind the defensive line of scrimmage, but at no time may they use a teammate or opponent to enhance their vertical height. They may return or block for a return on an unsuccessful field goal attempt.

8. During a scrimmage kick formation, only the four (4) down linemen may rush the kicker.

9. Defensive linemen are permitted to stunt or twist on kicking formations only.

Defensive linemen may rush any gap or outside the end.

10. If any defensive player, other than the four (4) down linemen, rushes the kicker/holder, it is a live ball foul and the kicking team shall have the choice of accepting the result of the down or enforcing the penalty as described below. If the scrimmage kick is faked or the snap is fumbled or muffed, the remaining four (4) defenders are allowed to rush the kicker/holder.

* Infraction: Illegal Scrimmage Kick Rush

* Penalty: Live ball foul, 5 yards from the previous spot and an automatic first down.

11. Defensive linemen may drop into pass coverage on a scrimmage kick after the snap of the ball. There is no longer a requirement for the defensive linemen to take a step into the neutral zone prior to dropping.

7. When attempting a scrimmage kick, if the ball is spotted inside the offensive team's four (4) yard line, the kicking team may request to have the ball moved to the four (4) yard line. In addition, the kicking team may request the ball to be spotted on any hash mark. If the ball is moved to the four (4) yard line for a scrimmage kick, the kicking team may not execute a planned fake on a scrimmage kick. Penalties on Team B will be enforced from the original spot of the ball.

* Infraction: Illegal Procedure

* Penalty: 5 yards, live ball foul, original spot foul enforcement. Team B may accept a replay of the down from the previous spot with a 5 yard penalty "in the bank" or decline the penalty and accept the result of the play.

* NOTE: If there is a broken play as a result of a bad snap, muff or bad placement, the kicking team may attempt to reach the line to gain line, and the play shall stand as run.

8. Scrimmage Kicking Team Restrictions

1. Pass eligibility of players in a kicking formation are determined by their position and number.

2. Each player on the end of the line and any player in the backfield is an eligible pass receiver provided they are wearing an eligible receiver number.

3. No player wearing an ineligible number and positioned at the end of the line may become eligible.

4. A player lined up in the backfield may not be made eligible by virtue of reporting to

the Referee.

10. A Team A player wearing an eligible number may enter the game at an ineligible position on a scrimmage kick formation, however, he remains ineligible regardless of number (Example: long snapper).

10.2 Blocked Scrimmage Kick

A. Blocked Scrimmage Kick

1. A blocked kick occurs when a kick from scrimmage is contacted by a member of the kicking or receiving team in such a way that prevents the ball from crossing the neutral zone.
2. If the kick is blocked without going out of bounds, and does not cross the neutral zone, it may be recovered and advanced by a player of either team. If a kicking team player recovers and advances the ball, it is considered as any other play from scrimmage.
3. Touching of a scrimmage kick by Team B in an attempt to block the kick within three (3) yards of the neutral zone is ignored.
4. If a kick is blocked in the field of play or in the kicking team's end zone and the ball goes out of bounds in the end zone a safety is scored.

10.3 Scrimmage Kick Out of Bounds

A. Scrimmage Kick Out of Bounds

1. If a scrimmage kick goes out of bounds through the receiving team's end zone it is a touchback, and it belongs to the receiving team at the five (5) yard line.
2. When a failed field goal attempt becomes dead in the end zone, it is a touchback and the ball belongs to the receiving team and is placed on the receiving team's five (5) yard line.
3. If a scrimmage kick goes out of bounds through the sideline beyond the receiving team's twenty (20) yard line, without touching the ground or a member of the receiving team, the ball belongs to the receiving team at its twenty (20) yard line.
4. If a scrimmage kick goes out of bounds before reaching the receiving team's twenty (20) yard line, the ball belongs to the receiving team at the spot it went out of bounds.
5. If a scrimmage kick goes out of bounds, through the sideline, after touching the ground or a member of either team and before possession is gained, it belongs to the receiving team at the spot the ball went out of bounds.
6. If a scrimmage kick contacts the end zone end line or sideline in Team B's end zone untouched by Team B, it shall be considered dead by rule.

7. If a scrimmage kick hits any object suspended from the ceiling of the facility, the ball is immediately dead and it belongs to the receiving team at their twenty (20) yard line. If a field goal or conversion attempt hits the obstruction, the attempt may be judged to be good if the Officials conclude that the attempt would have been successful in the absence of the obstruction. If the attempt is judged to be no good then the ball is spotted at the five (5) yard line. This exception is only applicable if the League Office and both teams mutually agree prior to the game and the League Office confirms the agreement with the Referee.

10.4 Punting

A. Punting

No punting is allowed.

* Infraction: Illegal Kicking

* Penalty: 10 yards from the previous spot and loss of down.

10.5 Kicking Play Restrictions

A. Kicking Play Restrictions

1. Reception of Kicks

1. A member of the receiving team must be given an unimpeded opportunity to catch a scrimmage kick. No fair catches are allowed on scrimmage kicks. If a receiving team player signals for a fair catch the ball becomes dead immediately when any player gains possession of the kicked ball.

* Infraction: Kick Catch Interference for impeding a receiver's opportunity to catch a scrimmage kick

* Penalty: 10 yards

* Infraction: Illegal Signal for Fair Catch

* Penalty: 5 yards from the spot of the catch

2. If the kicked ball is not touched and there is no effort by either team to recover the ball, the covering official may declare the ball dead and award possession to the receiving team at the spot of the dead ball.

3. If a player of the kicking team is the first to touch the ball, it is "illegal touching", and the ball shall be awarded to the receiving team at the point of the illegal touching, or the receiving team may take the result of the play.

2. Scrimmage Place Kick or Drop Kicked Ball Striking Uprights

1. If the kicked ball strikes the upright in flight and caroms between the two (2) uprights and over the crossbar, it is a successful kick for points.
2. If the kicked ball strikes the upright in flight and returns to the field of play, the ball is dead and it is awarded to the receiving team at its five (5) yard line.
3. If a kicked ball strikes a player or Official, provided it did not hit the ground, it is in play. If the kicked ball proceeds through the uprights and over the crossbar, it is a successful kick for points.

10.6 Blocking On Kicks

A. Blocking On Kicks

1. Once a kick is made, a player of the receiving team may block any player on the kicking team provided contact is above the waist and from the front or side.
2. After the ball has been kicked, kicking team players may use their hands and arms to ward off blockers of the receiving team.

* Infractions for A and B: Illegal Block

* Penalty: 10 yards at succeeding spot, or option provided.

Section 11: FOULS AND PENALTIES

11.1 Illegal Acts

A. Illegal Acts

1. Holding

1. Holding is defined as using the hands and/or arms to grasp, encircle, or hinder an opponent, other than the ball carrier.
2. Holding hands or interlocking arms during a play is prohibited. (Exception: There are no limitations on using wedge formations on free kick returns. Holding hands or interlocking arms by teammates during a play is allowed but is illegal once one of the players is engages with an opposing team player.)

* Infraction: Holding

* Penalty: 10 yards

2. Clipping

1. Clipping is blocking an opponent, except the ball carrier, from the rear in such a manner that the blocker contacts across the back of the opponent's legs.

2. The application of a penalty is determined by the initial contact, which must be observed by the official, and may not be called, if, in the official's judgment:

a. The block occurs in the area between the offensive guards, within two (2) yards of either side of the scrimmage zone and is executed by an offensive player who, at the scrimmage snap, was positioned within this area

b. The initial contact is made on the side of the opponent

c. The opponent could see the blocker approaching and deliberately turned his body in order to be contacted from behind.

* Infraction: Clipping

* Penalty: 10 yards

3. Block in the Back

1. A block in the back is blocking an opponent, except the ball carrier, from the rear in such a manner that the player contacts the opponent's back, above the waist.

2. The application of a penalty is determined by the initial contact, which must be observed by the official, and may not be called, if, in the official's judgment:

a. The block occurs in the area between the offensive guards, within two (2) yards of either side of the scrimmage zone and is executed by an offensive player who, at the scrimmage snap, was positioned within this area.

b. The initial contact is made on the side of the opponent.

c. The opponent could see the blocker approaching and deliberately turned his body in order to be contacted from behind.

* Infraction: Block in the Back

* Penalty: 10 yards

4. Crack Back Blocking

1. No offensive player in motion or moving laterally may block a defensive lineman.

2. An offensive player in motion may block a linebacker or defensive back downfield.

* Infraction: Illegal Block

* Penalty: 10 yards

5. Chop Blocking

1. A chop block is an illegal act that occurs when two (2) or more players of the same team are engaged with an opposing team's player, one of whom is blocking at or

below the thigh.

2. Chop blocking is prohibited in all situations.

* Infraction: Illegal Block

* Penalty: 10 yards

6. Block Below the Waist

1. Blocking below the waist is contacting an opponent at or below the waist.

2. A running back that is set and in the alley at the snap, may block the blitzing linebacker or defensive ends below the waist while the ball is in the alley. This is allowed on a running or passing play. The running back may never block the nose guard below the waist.

3. The running back may not execute a block below the waist on a defensive player if they are already engaged with another offensive player (Chop Block).

4. Offensive Linemen and running backs may never block below the waist on a defensive player down field. All blocks below the waist must occur behind or within one yard of the offensive line of scrimmage and within the alley. Exception: Offensive lineman may execute a block below the waist on their opposing defensive lineman immediately following the snap provided the cut occurs within two (2) yards of the outside of the alley. This is the only situation in which a block below the waist that occurs outside of the alley is deemed legal.

5. An offensive lineman may only execute a block below the waist on the defensive lineman lined up directly across from him, they may not execute a block below the waist on the blitzing linebacker.

6. No blocking below the waist is allowed once the ball leaves the alley.

* Infraction: Illegal Block

* Penalty: 10 yards

7. Horse Collar Tackle

1. All players are prohibited from grabbing the inside back collar of the shoulder pads/jersey or the inside collar of the side of the shoulder pads/jersey, and immediately pulling the ball carrier down in any direction.

2. This does not apply to a ball carrier, including a potential passer who is inside the alley on the offensive side of the ball.

* Infraction: Horse Collar Tackle

* Penalty: 10 yards and an automatic first down.

8. Contacting the Kicker

1. It is illegal to contact the kicker when he is in the act of kicking from scrimmage, except:

a. If prior to kicking the ball, the kicker has recovered a loose ball on the ground or made a motion to pass or run with the ball. The kicker is not entitled to protection in these instances.

b. A Team B player who blocks or touches the ball may not be penalized for contacting the kicker.

c. A Team B player may not be penalized when a blocker of the kicking team causes the Team B player to contact the kicker. If, in the Referee's opinion, a Team B player attempting to block the kick makes slight and incidental contact which does not affect the kicker or the play, and the kicker is only dislodged, it is penalized as running into the kicker.

* Infraction: Personal Foul, Roughing the Kicker or Holder

* Penalty: 15 yards and automatic first down.

* Infraction: Running into the kicker

* Penalty: 5 yards

2. The Kicker is any player who drop kicks or place kicks according to rule. He remains the Kicker until he has had reasonable time to regain his balance.

9. It is illegal for a player to use the body of another player in any manner to elevate himself in an attempt to block a scrimmage kick.

* Infraction: Personal Foul (Elevating Player)

* Penalty: 10 yards and an automatic first down

10. Tripping - A player may not use his leg below the knee to hinder the progress of any Opponent

* Infraction: Tripping

* Penalty: 15 yards and an automatic first down

11. Aiding the Runner - It is illegal for an offensive player to assist in the forward progress of the ball carrier by providing a pulling force.

* Infraction: Aiding the Runner

* Penalty: 5 yards

12. Personal Fouls or Unnecessary Roughness

1. A player shall be penalized for any personal foul or act of unnecessary roughness

against an opponent except if that contact, in the opinion of the Officials, is caused by the movement of the opponent.

2. Personal fouls/acts of unnecessary roughness are live ball fouls and include, but are not limited to:

- a. Piling on by a player who falls or jumps on the ball carrier after the play has terminated.
- b. Contacting an opponent out of bounds in any manner.
- c. Contacting the passer unnecessarily.
- d. Contacting the kicker, holder, or snapper, before until the player has a chance to defend himself.
- e. Twisting, turning, or pulling an opponent's face mask or helmet opening.
- f. Targeting (See 13.5 A, 6)
- g. Any other act of roughness or unfair play provided it is not excessive to warrant disqualification.
- h. Any player who removes his helmet and uses it or uses any other object as a weapon will be penalized for unnecessary roughness and ejected from the game. Additionally, the player shall be suspended by the League for the remainder of the season.

* Infraction: Personal Foul or Unnecessary Roughness

* Penalty: 15 yards if by the offense, and 15 yards and automatic 1st down if by the defense. Ejection of the player

13. Coaches on the Field

1. During a timeout, one (1) coach is allowed on the field in the huddle. If a team comes to the sideline in front of the team box, there is no limit to the number of coaches who may confer with the team.

2. During live play, no coach from each team is allowed on the field. Coaches must be within team box at times during live play.

3. No special team coaches are allowed on the field for scrimmage kicks. During the down coaches must not be on the field of play.

4. No coaches are allowed on the field during free kicks.

5. A coach who comes inside the numbers may require a warning if it is inadvertent, but under no circumstance may a coach cross the numbers to consult with players or

protest an official's call.

6. Coaches shall remain on their own team's sideline if the team benches are on opposite sides.

7. If both team benches are on the same sideline, the home team shall determine the side of the field the home team coach shall use.

8. If coaches address officials in a professional manner, officials may respond to questions and offer explanations.

9. Any yardage penalty on a coach for a violation of the sideline privilege or unsportsmanlike conduct forfeits that privilege for his team (both offense and defense) for the remainder of the game.

10. A warning must be given to the head coach of a team for a sideline violation of an assistant coach on the field.

11. When sideline privileges are forfeited, the coach may not stand on the sideline to coach.

Non-compliance with this will result in an unsportsmanlike conduct penalty on the Coach.

* Infraction: Sideline warning for first two violations.

*Sideline violation for successive violation results in a Penalty: 10 yards

12. If a coach or bench player/personnel interferes or causes interference with the game, the ball, or a player as a result of being on the field, he shall be penalized for interference. The game officials may determine the penalty, which shall be at a minimum five (5) yards, or placement of the ball or forward progress where in the judgment of the official, the player would have advanced, or the officials may award a score, if appropriate.

14. Fan Interference

1. Fan interference occurs when a fan enters the field of play, catches, tips, or bats a ball in the field of play, throws an object onto the field of play, hinders a player by touching him, or touches the ball while inside the outside plane of the sideline. Fan interference immediately ends the down and the play shall be blown dead.

2. Fan Interference shall be handled as follows:

a. If the interference occurs against the home team, no violation occurs and the ball is dead and there is no replay

b. If the interference occurs against the visiting team, it is a ten (10) yard penalty and an automatic first down. If the interference occurs against the visiting team in the end zone, the ball will be spotted at the one (1) yard-line and an automatic first down awarded.

c. If the interference occurs during a loose ball following a fumble, muff, or kicked ball, prior to a team gaining possession, the down shall be replayed.

Exception: If the interference occurs during a loose ball following a scrimmage kick, the enforcement is as follows;

i. If the visiting team kicked the ball, the home team is awarded possession at the spot of the foul.

ii. If the home team kicked the ball, the visiting team is awarded possession after enforcement of a ten (10) yard penalty from the spot of the foul.

d. If the fan interference occurs while the ball is in a player's possession, the ball becomes dead at the spot when the official blows the whistle for interference.

iii. If the home team was in possession, the ball shall next be put in play by the home team at the spot the ball was whistled dead.

iv. If the visiting team was in possession, the ball shall next be put in play following the administration of a ten (10) yard penalty from the spot the ball was whistled dead, and the team will be awarded an automatic first down.

e. Fan interference on all free kicks will result in a re-kick with no penalty. If time expires in either the 2nd or 4th period, the period will be extend for one untimed down.

11.2 Unsportsmanlike Fouls

A. Unsportsmanlike Fouls

1. Unsportsmanlike fouls are enforced as dead ball fouls.

2. General Application

1. The penalty for an unsportsmanlike foul is always applied at the spot where the ball would next be put in play. If there is an unsportsmanlike called against each team, the fouls will offset and there will be no yardage enforcement.

2. If the foul occurs during a scoring play, the score counts and the penalty is applied at

the spot where the ball would next be put in play. The offended team can choose the following spots:

- a. After a touchdown, it may be enforced on the point after touchdown or placed "in the bank" upon choice of the offended team.
- b. After a successful point after touchdown, the penalty is automatically placed "in the bank".
- c. All kickoffs shall be from the goal line, and any penalty which would move the kickoff to another yard line shall be enforced on the first scrimmage play after the kickoff.

3. Unsportsmanlike Conduct - Contact fouls

1. A player shall be penalized and disqualified from any further game participation for any unsportsmanlike contact foul against an opponent.
2. Such fouls, whether during a live ball or during a dead ball, are enforced as dead ball fouls.
3. These include, but are not limited to:
 - a. Striking or swinging at an opponent with a fist, hand, knee, or elbow in any manner whether or not physical contact is made.
 - b. Kicking or kicking at an opponent whether or not physical contact is made.
 - c. Any act or action resulting in contact which the Referee considers to warrant disqualification.

4. Unsportsmanlike Conduct - Non Contact Fouls

1. Any player or coach may be penalized for any act that, in the opinion of the Officials, is unsportsmanlike conduct.
2. This includes, but is not limited to:
 - a. Verbal abuse or objectionable gestures directed at opponents, Officials, or spectators.
 - b. Removing the helmet on the field play other than during a timeout, between quarters, while an injured player is being attended to, or to make repairs to the helmet which occurred during play.
 - c. Throwing the ball at an opponent, Official, or an occupant in the opponent's bench area.
 - d. Interfering with the placement of the Official's flag marking the spot of a foul.
 - e. Continued Unsportsmanlike Conduct after a penalty has been applied.

f. Any ball that is thrown in a forceful manner, as determined by the Officials, into the stands will result in an Unsportsmanlike penalty against the team whose player threw the ball. Any player on the visiting team giving a ball away to a fan after a play will also result in an unsportsmanlike penalty.

* Infraction: Unsportsmanlike Foul

* Penalty: 15 yards and an automatic first down. A penalty for taunting will not take away a score.

3. A second Unsportsmanlike foul for a player or coach will result in a disqualification.

4. If, in the judgment of the officials, the defense intentionally creates contact with the referee to draw a foul against the offense (pick play), the officials can issue an Unsportsmanlike Conduct penalty on the defensive player.

5. Disqualifications

1. Any player or coach may be disqualified for any flagrant Unsportsmanlike Conduct penalty.

2. A player or coach shall be disqualified for a second foul in the same game for Unsportsmanlike Conduct.

3. Any player who is ejected during the season for fighting will be, at a minimum, suspended without pay from the next scheduled team's game. Additional fines and or suspensions can and will be distributed if deemed necessary by the League Office. If a player is ejected for fighting in any other game during the remainder of the season he will be fined and suspended as determined by the League Office.

4. Any player who leaves his team box during a fight on the field will be ejected for the remainder of the game and suspended for a minimum of one (1) game. Teams are allowed to designate two (2) coaches as a "peacekeepers" whom is allowed to enter the field in the event of an altercation to help restore order. In the event this coach intensifies the altercation he will be ejected and suspended a minimum of one (1) game. Any additional coaches entering the field will be ejected from the game and suspended a minimum of one (1) game.

5. The definition of fighting is the swinging of arms or legs at an opponent regardless if contact is made, in a violent manner unrelated to football activity.

* Infraction: Excessive Misconduct or Unsportsmanlike Infraction

* Penalty: 15 yards and an automatic first down if committed by the defense, plus disqualification.

6. Any player or coach, who leaves the field, into the spectator area or engages a spectator in an aggressive or physical manner while on the field, will be ejected for the remainder of the game, and subject to suspensions and or fines as determined by the League Office.

7. Any player or coach disqualified from the game must leave the visual confines of the stadium and may not return. Failure to do so will result in disciplinary action at the discretion of the League Office, including but not limited to, fines, suspensions, and forfeit of the game for the offending team.

Section 12: APPLICATION OF PENALTIES

In general: Penalty enforcement procedures are based on NCAA rules. Any penalty or game situation that is not covered in this Rulebook will be handled in accordance with NCAA rules. The Referee has the authority to rule on any situation not specifically defined in the NGL Rulebook. This is referred to as a “command decision” and this will be based on what he believes is in the best interest of the league. This may necessitate the Referee to conference with his crew.

12.1 Definition

A. Definition

1. Loss of Down - In any penalty “loss of a down” means that the down upon which the foul occurred is not repeated.

2. Spots - The enforcement spots are: the previous spot, the spot of the foul, the succeeding spot, and the spot where the run or scrimmage kick ends.

3. Enforcement Spots

1. Dead ball: The enforcement spot for a foul committed when the ball is dead is the succeeding spot

2. Snap: The enforcement spot for fouls occurring simultaneously with a snap is the previous spot

3. Free kick: The enforcement spot for fouls occurring simultaneously with the free kick or penalties carried over from a touchdown or point after attempt, is the spot where the ball will next be put in play following the kickoff (Exception 6.3.A). When double

live ball fouls occur during a free kick down such that the penalties offset, the fouls off-set by rule and there is no re-kick.

4. Running plays: The basic enforcement spots for fouls that occur during a running play in the field of play or end zone are as follows:

- a. When the run ends behind the neutral zone, Previous Spot.
- b. When the run ends beyond the neutral zone, End of the Related Run.
- c. On running plays that have no neutral zone, End of the Related Run.

5. Pass plays: The basic enforcement spot for fouls during a legal forward pass play is the previous spot. Exceptions:

- a. Roughing the passer enforcement on plays that result in a completed forward pass will be enforced from the previous spot or the end of the last run when that run ends beyond the neutral zone and there is no change of team possession during the down.
- b. Offensive team facemask, illegal use of hands, holding, illegal blocks, and personal fouls behind the offensive line of scrimmage are enforced from the previous spot. A Safety is scored if the foul occurs behind the offensive team's goal line.

6. Scrimmage kick plays: The basic enforcement spot for fouls that occur during a legal scrimmage kick play before possession is gained or regained or the ball is declared dead by rule is the previous spot.

7. Post scrimmage kick enforcement: The enforcement spot is the spot where the kick ends when Team B fouls occur during a scrimmage kick play in which the ball crosses the neutral zone; Three or more yards beyond the neutral zone;

- a. Before the end of the kick
- b. When Team A does not have possession of the ball when the down ends.
- c. Team B fouls, behind the post scrimmage kick spot, are spot fouls.
- d. Offensive team facemask, illegal use of hands, holding and illegal blocks and personal fouls, behind the neutral zone, are enforced from the previous spot. Safety if the foul occurs behind the offensive team's goal line.

8. Behind the goal line

- a. The enforcement spot is the goal line for fouls by the opponents of the team in possession after a change of team possession (not on a try) in the field of play when the run ends behind the goal line.

b. The basic enforcement spot is the five (5) yard line for fouls that occur after a change of team possession (not on a try) in the end zone and the ball remains in the end zone where it is declared dead.

c. The enforcement spot is the goal line for fouls by the opponents of the team in possession after a change of team possession in the end zone (not on a try) when the run ends behind the goal line and any subsequent loose ball is recovered in the field of play.

9. Fouls during or after a touchdown, field goal or try

a. Fouls by the non-scoring team during a down that ends in a touchdown; Fifteen (15) yard penalties for personal fouls and for unsportsmanlike conduct fouls are enforced on the try or are placed “in the bank” at the option of the scoring team. Five (5) yard penalties are not enforced on the try or the succeeding kickoff. Such penalties are declined by rule unless enforcement is made possible by illegal touching of a kick during a down.

b. Defensive live ball fouls on an unsuccessful try when there is no change of possession are penalized half the distance to the goal line and the down is repeated, or if the try is successful, the penalty is declined by rule and the score is good or may be accepted by cancelling the score on a one (1) point try and enforcing the penalty half the distance to the goal for a replay of the try.

c. Live ball fouls on scoring plays (touchdowns and field goals) will be penalized by rule. To accept a score, the penalty must be declined. A successful field goal may be cancelled and the penalty enforced by rule.

d. Live ball personal fouls by the defense on scoring plays shall be enforced and the scoring team may choose to enforce on the PAT or place the foul “in the bank”. If the penalty occurs in overtime, it may be enforced at the succeeding spot.

e. Dead ball fouls by either team after a try are automatically put “in the bank”.

f. Fouls after Team B possession on a try: penalties against either team are declined by rule (Exception: Penalties for unsportsmanlike conduct and dead ball personal fouls are placed “in the bank”). A score by the team committing a foul during the down is cancelled. If both teams foul during the down and Team B had not fouled before the change of possession, the fouls offset, the

down is not replayed and the try down is over. If fouls that would normally offset and result in repeating the down occur, the penalties offset, any score is cancelled and the try down is not repeated.

10. Half the Distance Enforcement Procedures - No distance penalty, including tries, shall exceed half the distance from the enforcement spot to the offending team's goal line. (Exception: 9.1.H.3)

12.2 Penalty Enforcement Fundamentals

A. Penalty Enforcement Fundamentals

1. Any penalty may be declined, but a disqualified player must be removed.
2. Fouls for Illegal blitz, twist, or stunt will carry a five (5) yard penalty and an automatic first down for the offense from the previous spot or acceptance of the result of the play. This enforcement does not pertain to defensive alignment fouls which, if accepted, are penalized five (5) yards from the previous spot (since they occur simultaneously with the snap).
3. When a foul is committed, the penalty shall be completed before the ball is declared ready for play for the next down.
4. A foul that occurs simultaneously with the snap or free kick is considered as having occurred during that down. (Offside by either team is a live ball foul.)
5. When two (2) or more live ball fouls are committed by the same team, they are called multiple fouls, and the referee shall explain the alternative penalties to the field captain of the offended team, who may then elect to accept only one of the penalties.
6. If live ball fouls are committed by both teams, they are called double fouls and each such foul is an offsetting foul. The penalties cancel each other and the down is replayed. (Exception: When there is a change of possession during the down or at the end of the down by rule, the team last gaining possession may decline offsetting fouls and thereby retain possession after completion of the penalty for its infraction if it had not fouled before its last gaining possession.)
7. When Team B's foul calls for post scrimmage kick enforcement, Team B may decline offsetting fouls and accept post scrimmage kick enforcement.
8. Any dead ball fouls, or live ball fouls which are administered as dead-ball fouls, will offset.
9. When a live ball foul is committed by one team and one or more dead ball fouls are committed by either team, both the live ball and dead ball fouls are enforced, in the order of their occurrence, provided that the live ball foul is enforced first.

10. If either half ends with a penalty that can be placed “in the bank”, the offended team may;
 - a. Accept the penalty and enforce it on the try.
 - b. Place the penalty “in the bank”, thereby extending the half with an untimed free kick or kicks, followed by a scrimmage down as necessary to enforce fouls that are by definition “in the bank”.
 - c. Elect to have the foul banked and carried over to the second half or overtime.
 - d. Decline the penalty.
11. When penalties are to be enforced for fouls that occur during or after free kick downs when there is a penalty “in the bank”, all banked fouls shall be completed last and may not offset non-banked fouls. (Note: banked and unbanked fouls may offset in distance, but, because the indoor field is smaller, it’s important to march off the distance in the order of occurrence, as most likely one or more of the enforcements will be a half the distance penalty.)

12.3 The Three-and-One Principle

A. The Three-and-One Principle

1. The Three-and-One Principle of penalty enforcement applies when the penalty statement for a foul does not specify the enforcement spot.
2. The Three-and-One Principle is as follows:
 1. When the team in possession commits a foul behind the basic spot, the penalty is enforced at the spot of the foul.
 2. When the team in possession commits a foul beyond the basic spot, the penalty is enforced at the basic spot.
 3. When the team not in possession commits a foul either behind or beyond the basic spot, the penalty is enforced at the basic spot.

Section 13: PLAYER DRESS CODE

13.1 The Player Dress Code

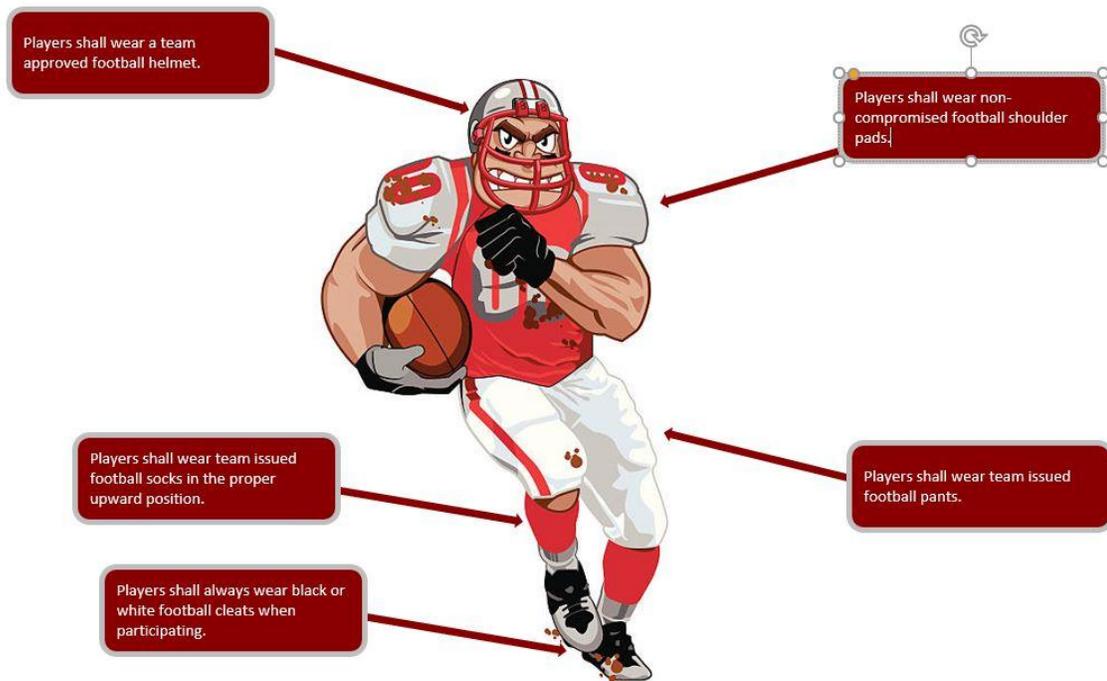
A. The Player Dress Code

1. All players are required to wear a designated team uniform at all times during plays in which the player participates.

2. All players are required to have proper football equipment at all times during plays in which the player participates. (Helmet, non-compromised Shoulder Pads, and football cleats)

3. All players are required to wear team issued socks or compression pants at all times during plays in which the player participates.

*Any violation of the player dress code will result in a ten (10) yard penalty on the first two violations with a player's dismissal from the game on the third violation.



UFL PLAYER DRESS CODE

Section 14: SUMMARY OF PENALTIES

14.1 Automatic First Down Penalties

A. Automatic First Down Penalties

1. Defensive pass interference, illegal contact with eligible receiver, or defensive holding
2. Unsportsmanlike foul penalties
3. Defensive Personal fouls

4. Illegal scrimmage kick rush
5. Illegal batting
6. Fan Interference (against the home team only)
7. Illegal blitz, twist or stunt
8. Horse Collar tackle
9. Illegal Player Elevation on kick
10. Block Below the Waist
11. Clipping
12. Tripping

14.2 Loss of Down Penalties

A. Loss of Down Penalties

1. Illegal forward pass or handing
2. Intentionally grounding

14.3 Five Yard Penalties

A. Five Yard Penalties

1. Delay of Game
2. Illegal Substitution
3. Illegal motion
4. Offensive motion man in the box at the snap
5. Defensive man in box at the snap
6. Blitzing/twisting/stunting infraction
7. Illegal offense/defense
8. Illegal planned fake scrimmage kick when ball moved to Team A's 4
9. Illegal defensive contact with an eligible receiver
10. Illegal formation
11. Illegal numbering
12. Illegal procedure
13. False start
14. Snap infraction
15. Offside
16. Encroachment

17. Coach or bench interference/field violation (warning first)
18. Illegal forward pass/handing
19. Illegal scrimmage kick rush
20. Ineligible receiver downfield
21. Illegal touching by an ineligible receiver
22. Running into kicker/holder
23. Aiding the runner (pulling force)

14.4 Ten Yard Penalties

A. Ten Yard Penalties

1. Holding
2. Block in the Back
3. Fan interference
4. Illegal Substitution
5. Illegal block (below waist, chop, cut, crack)
6. Clipping
7. Kick Catch Interference
8. Offensive pass interference
9. Illegal kicking or Illegal batting
10. Illegal Pyramid
11. Horse collar tackle

14.5 Fifteen Yard Penalties

A. Fifteen Yard Penalties

1. Personal fouls
 1. Piling on
 2. Contacting an opponent out of bounds
 3. Roughing the passer
 4. Roughing the kicker, holder, or snapper
 5. Face Mask (grab and twist) (Note: 5 yard Minor Face Mask Penalties have been eliminated)
 6. Targeting
 - a. No player shall target and make forcible contact against an opponent with the

crown (top) of his helmet. This foul requires that there be at least one indicator of targeting (see Note 1 below). When in question, it is a foul.

b. No player shall target and make forcible contact to the head or neck area of a defenseless opponent (see Note 2 below) with the helmet, forearm, hand, fist, elbow, or shoulder. This foul requires that there be at least one indicator of targeting (see Note 1 below). When in question, it is a foul.

c. Note 1: Targeting means that a player takes aim at an opponent for purposes of attacking with forcible contact that goes beyond making a legal tackle, a legal block, or playing the ball. Some indicators of targeting include, but are not limited to;

i. Launch – a player leaving his feet to attack an opponent by an upward and forward thrust of the body to make forcible contact in the head or neck area.

ii. A crouch followed by an upward and forward thrust to attack with forcible contact at the head or neck area, even though one or both feet are still on the ground.

iii. Leading with the helmet, shoulder, forearm, fist, hand, or elbow to attack with forcible contact at the head or neck area.

iv. Lowering the head before attacking by initiating forcible contact with the crown of the helmet.

d. Note 2: Defenseless player

i. A player in the act of or just after throwing a pass.

ii. A receiver attempting to catch a forward pass, in position to receive a backward pass, one who has completed a catch and has not had time to protect himself, or has not clearly become a ball carrier.

iii. A kicker in the act of or just after kicking a ball, during the kick or the return.

iv. A kick returner attempting to catch or recover a kick, one who has completed a catch or recovery and has not had time to protect himself, or has not clearly become a ball carrier.

v. A player on the ground.

vi. A player obviously out of play.

vii. A player who receives a blindside block.

viii. A ball carrier already in the grasp of an opponent and whose forward progress has been stopped.

ix. A Quarterback any time after a change of possession.

x. A ball carrier who has obviously given himself up and is sliding feet first.

2. Unnecessary roughness or fighting
3. Unsportsmanlike conduct, including contact with an official
4. Defensive pass interference, if the spot of the foul is greater than fifteen (15) yards from the previous spot.
5. Intentional pass interference, in addition to any other distance penalty assessed against the defense.
6. Tripping
7. Ball Infraction
 1. Illegally tossing, handing, or giving away a ball to the crowd or not surrendering the ball.
8. Illegally tossing, handing or giving away a ball is enforced on the visiting team only with the exception if the ball is thrown into the stands with force (both home and visiting teams).

14.6 Disqualification

A. Disqualification

1. Fighting
2. Two unsportsmanlike fouls
3. Contact with an official
4. Flagrant live ball fouls
5. Player or coach entering spectator area in aggressive/angry manner

14.7 Special Enforcements

A. Special Enforcement

1. Fouls on Free Kick Downs
 1. For kicking team offside fouls, the receiving team has the option to; decline the penalty and take it where it lies, re-kick the ball with the penalty "in the bank", or take the result of the play and have the 5-yards enforced from the succeeding spot.
 2. If the kickoff team recovers the ball on an onside kick but is flagged for being offside,

the penalty is accepted and the ball is put in play by the receiving team at the spot of the recovery. There is no re-kick.

2. Defensive Pass Interference

1. The ball is placed at the spot of the foul and automatic first down if the spot of the foul is less than fifteen (15) yards from the previous spot.

2. If the interference occurs in the end zone, the ball will be placed at the two (2) yard line.

3. Coach or bench interference - at least five (5) yards, up to awarding a score (loss of privilege to be on the field)

4. Fan interference

1. Home team may receive no benefit and receives no replay

2. Visiting team receives ten (10) yards and an automatic first (1st) down.

5. Penalties occurring after a change of possession in overtime

1. By Team B: No score by B can occur

2. By Team A: Penalties automatically declined and Team B awarded its possession on twenty (20) yard line

3. By both teams: Penalties automatically declined and the down is not replayed

4. Exception: Dead ball fouls/live ball fouls enforced as dead ball fouls, enforced at succeeding spot.

6. Banked penalties - Any penalty which cannot be enforced on a free kick, but that will be administered prior to the first scrimmage down following a free kick or kicks (Refer to definition 2.H).