The University of North Carolina at Greensboro  
Department of Campus Recreation  
Intramural Sports  

FLAG FOOTBALL RULES  
MEN'S, WOMEN'S, & COREC

WARNING: YOU MAY SUFFER FROM PHYSICAL/ MENTAL INJURY FROM PARTICIPATING IN INTRAMURAL ACTIVITIES. PARTICIPATION IN THE CAMPUS RECREATION PROGRAM IS COMPLETELY VOLUNTARY. UNCG AND THE DEPARTMENT OF CAMPUS RECREATION ARE NOT LIABLE FOR INJURIES SUSTAINED DURING PARTICIPATION IN CAMPUS RECREATION SPONSORED ACTIVITIES.

Play will be governed by the National Intramural-Recreational Sports Association (NIRSA) Flag Football Rules. The following are modifications and highlights of these rules. A copy of this book may be reviewed in the Intramural Sports office.

RULE 1. THE GAME, FIELD, PLAYERS, AND EQUIPMENT

Section 1. General Provisions

Article 1. The Game-Men and Women. The game shall be played between 2 teams of 7 players each on rectangular field. A minimum of 5 players will be required to start the game and avoid a forfeit. The game may be continued with less than 5 players as long as the team has a chance to win. Penalty: Illegal Participation, 10 Yards.

Article 2. The Game-CoRec Rule Only. The CoRec game shall be played between 2 teams of 8 players. A minimum of 6 (minimum of 2 female) players will be required to start the game and avoid a forfeit. Teams may have as many male players on their roster however a maximum of 4 males may be on the field at 1 time. The game may be continued with less than 6 players as long as the team has a chance to win. Penalty: Illegal Participation, 10 Yards.

Article 3. Supervision. The game shall be played under the supervision of the Intramural Sports Office Supervisor and from 2 to 4 flag football officials. The officials are: referee, line judge, back judge, and field judge.

Article 4. Team Captains. Each team manager or coach shall designate to the referee, the team captain(s). If more than 1 player is designated, a speaking captain must be selected to make decisions. The captain's first choice of any option is irrevocable. Decisions involving penalties shall be made before any charged time-out is granted to either team.

Article 5. Persons Subject to the Rules. Team representatives, including players, substitutes, team managers, trainers, coaches, and spectators are subject to the rules of the game, and shall be governed by decisions of the officials and staff assistants assigned to the game.

Article 6. Referee's Authority. The referee has authority to rule promptly, and in the spirit of good sportsmanship, on any situation not specifically covered in the rules.

Article 7. Game Official's Authority. The game officials shall assume authority for the contest, including penalizing unsportsmanlike acts, 30 minutes prior to the scheduled game time, or as soon thereafter as they are able to be present. The official's jurisdiction extends through the Referee's declaration of the end of the game and period immediately following the contest.

Section 2. The Field

Article 1. Field Markings. The field shall be a rectangular area with lines and zones. The width of the field will be lined at 20-yard intervals from goal line to goal line. There shall be 2 hash marks. They shall run parallel with each sideline, and located 15 yards "In" from each sideline.

Article 2. Inbounds & Out-of-Bounds. The lines bounding the sidelines and the end zones are out-of-bounds in their entirety, and the inbounds area is bound by the lines. The entire width of each goal line shall be part of the end zone.

Article 3. Team Area. On each sideline of the field a team box or area is designated between the 20-yard lines for the teams, coaches, and authorized team attendants. Each team must be on opposite sides of the field from each other.

Article 4. Pylons. Soft, flexible pylon flags or similar shall be placed at the inside corner of each of the intersections of the sidelines with the goal lines and the end lines.

Section 3. Game Equipment

Article 1. The Ball. A game ball will be provided by the Intramural Sports Office however each team may use a legal ball of its own choice while in possession. Men shall use a regulation-size football. Women teams shall use an intermediate-size football. CoRec teams shall use either regulation or intermediate-size footballs.
**Article 2. Ball Spotters.** 2 ball spotters are required. The first will mark the offensive line of scrimmage (orange). The second will mark the defensive scrimmage line (yellow). The spotters will always be 1 yard apart. Teams are responsible for supplying a scorekeeper.

**Section 4. Players and Playing Equipment-Required**

**Article 1. Jerseys.** Players of opposing teams must wear jerseys of contrasting colors without pockets. Players of the same team must wear the same color or similar colored Jerseys. Jerseys must be either long enough to remain tucked into the pants or short enough so that a minimum of 4 inches between the bottom of the shirt and the top of the pants.

**Article 2. Shorts/Pants.** Players should wear shorts/pants that do not have belt loops, pockets, or exposed drawstrings. Taping or sewing pockets shut will not be allowed. No tear-away pants are allowed. The pants or shorts must be a different color than the flags.

**Article 3. Flag Belts.** Flag belts will be provided by the Intramural Sports Office. Each player on the field must wear a one-piece belt at the waistline with 3 flags permanently attached, 1 flag on each side and 1 in the center of the back. The flags should be a minimum of 2 inches wide and 14 inches long. The belt must have a spring loaded clip. The flags must be of contrasting color to the opponent's flags. Any belt containing knots shall be deemed illegal. **Penalty: Live ball foul, Failure to have the belt legally attached at the snap, 5 yards from the previous spot.**

**Article 4. Shoes.** Shoes must be of canvas, leather or synthetic material which covers the foot attached to a firm sole of leather, rubber, or composition material which may have cleats or be cleatless. Cleats are limited to studs or projections which do not exceed ½ inch in length and are made with nonabrasive rubber or rubber-like synthetic material which does not chip or develop a cutting edge. Rubber cleats with a tipped metal material are legal.

**Article 5. Penalty.** Failure to wear required equipment in Articles 1-4. **Penalty: Live ball or dead ball foul. 5 yards.**

**Section 5. Players and Playing Equipment-Optional**

**Article 1. Ace Bandage.** Players may use and Ace bandage no more than 2 turns thick in any given area. It can be anchored at each end by tape not to exceed 2 turns.

**Article 2. Gloves.** Players may wear gloves which must consist of a soft, pliable, and non-abrasive material.

**Article 3. Headwear.** Players may wear a knit or stocking cap. Caps may not have a bill, nor may it contain any knots. Players may wear headbands no wider than 2 inches and made of non-abrasive materials. Rubber or cloth elastic bands may be used to control hair.

**Article 4. Pads.** Players may wear soft, pliable pads on the leg, knee, and/or ankle. Soft and yielding padded compression shorts and shirts are legal apparel.

**Article 5. Mouth and Tooth Protector.** It is strongly recommended that a mouth piece be worn by all players.

**Article 6.** Players may carry a play book inside their clothing as long as it is made of a yielding material only and must not be visible. If carried on the field, a player must keep the play book rather than throw it on the ground. Players may wear a soft, pliable wrist/forearm band that contains plays.

**Article 7. Sunglasses.** Players may wear pliable and non-rigid sunglasses.

**Article 8. Face Shield.** Players may wear a face shield molded to the face with no protrusions to protect against a facial injury.

**Section 6. Players Equipment-Ilegal**

**Article 1. Illegal Equipment.** The use of headgear that does not meet the standards in Rule 1, Section 5, Article 3, jewelry (except for medical ID bracelets), pads or braces worn above the waist, casts worn above or below the waist, or shoes with metal, ceramic, screw-in, detachable cleats, or any projection metal (except when screw is part of the cleat). Shirts or jerseys which do not remain tucked in are illegal. Any hood on a coat, sweatshirt, or shirt which does not remain tucked in is illegal. With the exception of medical ID bracelets, jewelry cannot be covered with or other clothing/ head gear. Pants or shorts with any belts(s), belt loop(s), pocket(s), or exposed drawstrings are illegal.

**Article 2. Additional Illegal Equipment.** Any slippery or sticky substance of a foreign nature on equipment or exposed part of the body is illegal. (NOTE: When any required player equipment is missing or when illegal equipment is found on any incoming substitute or any player, correction must be made before participation. An official's time-out shall be declared to permit prompt repair of equipment which becomes illegal or defective through use). Towels attached to a player's waist are illegal. **Penalty: Unsportsmanlike Conduct, 10 yards.**
RULE 2. DEFINITION OF PLAYING TERMS

Section 1. Ball-Live, Dead, and Loose

Article 1. Dead Ball. A dead ball is a ball not in play. The ball is dead during the interval between downs.

Article 2. Live Ball. A live ball is a ball in play. A ball becomes live when the ball is legally snapped and a down is in progress.

Article 3. Loose Ball. A loose ball is a pass, fumble, or a kick. A loose ball that has not yet touched the ground is in flight. A grounded loose ball is one that has touched the ground. Any loose ball continues to be a loose ball until a player secures possession of it or until it becomes dead by Rule, whichever comes first.

Article 4. When Ball Is Ready for Play. A dead ball is ready for play when the Referee sounds the whistle and signals “ready for play”

Section 2. Batting

Article 1. Batting. Batting is intentionally slapping or striking the ball with the arm or hand.

Section 3. Catch, Interception, Simultaneous Catch, and Touching

Article 1. Catch. A catch is the act of establishing player possession of a live ball in flight, and first contacting the ground inbounds while maintaining possession of the ball.
   a) If 1 foot first lands inbounds and the receiver has possession and control of the ball, it is a catch or interception even though a subsequent step or fall takes the receiver out-of-bounds.
   b) A catch by a kneeling or prone inbounds player is a completion or an interception.
   c) It is not a catch or interception if an airborne player’s initial contact with the ground causes a loss of player possession and either the ball contacts the ground or the player is out-of-bounds prior to regaining player possession.

NOTE: if in doubt, it is a catch.

Article 2. Interception. An interception is the catch of an opponent’s fumble or pass.

Article 3. Recovery. A recovery is gaining possession of a live ball after it strikes the ground.

Article 4. Simultaneous Catch or Recover. A simultaneous catch or recovery in which there is joint possession of a live ball by opposing players who are inbounds.

Article 5. Touching. Catching is always preceded by touching the ball; thus if touching causes the ball to become dead, securing possession of the ball has no significance. Touching refers to any contact with the ball.

Section 4. Down and Between Downs

Article 1. A down is a unit of the game which starts, after the ball is ready for play, with a snap and ends when the ball next becomes dead. Between downs is the interval during which the ball is dead.

Section 5. Encroachment

Article 1. Encroachment is a term to indicate a player is illegally in the neutral zone. An entering substitute is not considered to be a player for encroachment restrictions until he/she is on his/her team’s side of the neutral zone.

Section 6. Fighting

Article 1. Fighting. Fighting is an attempt by a player or nonplayer to strike or engage an opponent in a combative manner unrelated to football. Such acts include, but are not limited to: attempts to strike an opponent with arms, hands, legs, or feet, whether or not there is contact.

Section 7. Foul and Flagrant Foul

Article 1. A foul is a rule infraction for which a penalty is prescribed. NOTE: If in doubt, it is not a foul.

Article 2. A flagrant foul is so severe or extreme that it places an opponent in danger of serious injury and/or involves violations that are extremely or persistently vulgar or abusive conduct.

Section 8. Fumble

Article 1. Fumble. A fumble is a loss of player possession other than by handing, passing, or punting the ball.
Section 9. Goal Lines

Article 1. Each goal line is a vertical plane separating the end zone from the field of play. The plane of the goal line extends beyond the sideline.

Section 10. Handing the Ball

Article 1. Handing the ball is transferring player possession from 1 teammate to another without throwing or kicking it.

Section 11. Huddle

Article 1. A huddle is 2 or more offensive players grouped together after the ball is ready for play and before assuming scrimmage formation prior to the snap.

Section 12. Hurdling

Article 1. Hurdling is an attempt by a player to jump with 1 or both feet or knees foremost over an opponent who is contacting the ground with no part of his/her body, except 1 or both feet.

Section 13. Kicks

Article 1. Kicker. The kicker is any player who legally punts. The kicker is a runner until he/she actually kicks the ball. Article 2. Legal and Illegal Kicks. A legal kick is a punt by a player of the team in possession when such a kick is permitted by Rule. Any punt continues to be a punt until it is caught by a player or becomes dead. Kicking the ball in any other manner is illegal. Article 3. Punt. A punt is made by K under restrictions which prohibits either team from advancing beyond their scrimmage lines until the ball is punted. A player becomes a kicker when his/her knee, lower leg, or foot makes contact with the ball before it strikes the ground.

Section 14. Loss of a Down

Article 1. Loss of a down is an abbreviation meaning: "loss of the right to repeat the down".

Section 15. Muff.

Article 1. A muff is an unsuccessful attempt to catch a ball, the ball being touched in the attempt.

Section 16. Neutral Zone

Article 1. The neutral zone is defined from the forward point of the football 1 yard to the B scrimmage line and extended to each sideline. It is established when the ball is ready for play.

Section 17. Passer

Article 1. The passer is the player who has thrown a legal forward pass. He/she remains the passer while the ball is in flight or until participating in the play.

Section 18. Passes

Article 1. Passing. Passing the ball is throwing it. A pass continues to be a pass until caught, intercepted, or the ball becomes dead. The initial direction determines whether a pass is forward or backward. Article 2. Forward and Backward Pass. A forward pass is a pass thrown with its initial direction toward the opponent's end line. A backward pass is a pass with its initial direction toward or parallel with the passer's end line. A pass continues to be a pass until it is caught or strikes the ground. A backward pass that hits the ground is ruled the same as a fumble. It will be dead at the spot where it strikes the ground.

Section 19. Penalty

Article 1. A penalty is a loss imposed by Rule upon a team or team member that has committed a foul.
Section 20. Possession

Article 1. A ball in player possession is a live ball held or controlled by a player after it has been handed or snapped to him/her, or after he/she caught or recovered it. A ball is team possession is a live ball that is in player possession or that is loose following loss of such player possession. A live ball is always in possession of a team. A change of possession occurs when the opponent gains player possession during the down.

Section 21. Removing the Flag Belt

Article 1. Flag Belt Removal (Capture). When the flag belt is clearly taken from the ball carrier the ball is declared dead and the down shall end. If a flag belt inadvertently falls to the ground, a hand tag between the shoulders and knees constitutes a capture. A player may leave his/her feet to remove the belt.

Article 2. Contact. In an attempt to remove the flag belt from a runner, an opponent may contact the body, but not the face or any part of their neck or head of the runner with their hands. An opponent player may not hold, push, or knock the runner down in an attempt to remove the flag belt.

Section 22. Screen Blocking

Article 1. Screen blocking is legally obstructing an opponent without contacting him/her with any part of the screen blocker's body.

Section 23. Scrimmage

Article 1. Scrimmage Line. The scrimmage line for A (offense) is the yard line and its vertical plane which passes through the forward point of the ball. The scrimmage line for B (defense) is the yard line and its vertical plane which passes 1 yard from the point of the ball nearest its own goal line. B’s scrimmage line may extend into their end zone. An A player is on his/her scrimmage line when facing his/her opponent's goal line with his/her head or foot breaking the plane of the imaginary line drawn through the waistline of the snapper and parallel to the scrimmage line. The snapper is a line player. Article 2. Backfield Line. To be legally in the backfield an A player's head must not break the plane of the line drawn through the waistline of the nearest A player, except the snapper, on the line of scrimmage.

Section 24. Shift

Article 1. A Shift. A shift is the action of 1 or more offensive players who, after a huddle or after taking set positions, move to a new set position before the ensuing snap.

Section 25. Tagging

Article 1. Tagging. Tagging is placing 1 hand anywhere between the shoulders and knees of an opponent with the ball. The tagger may leave his/her feet to make the tag. Pushing, striking, slapping, and holding are not permitted. If the player trips the runner in his/her attempt to make a diving tag, it is a foul.

Section 26. Player and Team Designations

Article 1. A and B. A is the team which snaps the ball. The opponent of A is B. A player of A is A-1 and teammates are A-2 and A-3. Other abbreviations are B-1 for a player of B, K-1 for a player of the kickers, and R-1 for a receiver.

Article 2. Disqualified Player. The disqualified player is 1 who becomes ineligible from further participation in the game.

Article 3. Line Player and Backfield Player. A line player is any player on his/her line of scrimmage when the ball is snapped; a backfield player is any person who is legally behind that line when the ball is snapped.

Article 4. Offensive and Defensive Team. The offensive team is the team in possession, or the team to which the ball belongs. The defensive team is the opposing team.

Article 5. Player and Nonplayer. A player is any of the participants in the game at any particular time. A nonplayer is a coach, trainer, other attendant, a substitute, or a replaced player who does not participate by touching the ball, hindering an opponent, or influencing the play.

Article 6. Runner. The runner is the player in possession of a live ball or simulating possession of a live ball. Once a player catches or intercepts a pass, he/she becomes a runner.

Article 7. Snapper. The snapper is the player who snaps the ball. He/she is a line player.

Article 8. Substitute. A substitute is a replacement for a player or a player vacancy.
RULE 3. PERIODS, TIME FACTORS, SUBSTITUTIONS

Section 1. The Start of Each Period

Article 1. 3 minutes before the start of the game the Referee shall instruct the visiting captain to give a “heads” or “tails” choice before the coin toss. The referee will then toss and catch the coin in the presence of the opposing captains. All officials shall be present for the coin toss.

The captain winning the toss shall have a choice of options for the first half or shall defer his/her options to the second half. The options for each half shall be:

a) to choose whether his/her will start on offense or defense.
   b) to choose the goal his/her team will defend. The captain, not having the first choice of options for a half, shall exercise the remaining option.

Article 2. Game time is forfeited time. Teams should report to the Intramural Sports Supervisor at least fifteen minutes prior to their scheduled game time.

Article 3. Ball placed on 14. Unless moved by penalty, the ball will be spotted on the 14 yard line to start a half or after a score.

Section 2. Game Time

Article 1. Playing Time and Intermissions. The game is divided into 2 halves of twenty (20) minutes each. The intermission between halves will be 2 minutes. In the case where overtime is used, there will be a 1 minute intermission.

Article 2. Unusual Situation/Shortening Periods. Anytime during the game, the playing time of any remaining period or periods may be shortened by mutual agreement of the opposing captains and the Intramural Sports Supervisor. When weather conditions are construed to be hazardous to life or limb of the participants the crew of officials is authorized to delay or suspend the game.

Article 3. Extension of Periods. A half must be extended by an untimed down if one of the following occurred during a down in which time expires:

a) There was a foul (other than unsportsmanlike, nonplayer fouls, fouls for which enforcement by Rule result in a safety, or fouls which specify a loss of down) by either team and the penalty is accepted. For loss of down fouls, any score by the team which fouled is cancelled.
b) There was a double foul;
c) There was an inadvertent whistle
d) If a touchdown was scored, the Try is attempted unless the touchdown was scored during the last down of the second half and the point(s) would not affect the outcome of the game.

If a, b, or c occurs during the untimed down, the procedure is repeated. Note: The period shall not be extended further when the defense fouls during a successful Try and the offended team accepts the result of the play with enforcement of the penalty from the succeeding spot.

Article 4. Game Timer. Time will be kept by the back judge.

Article 5. First 18 Minutes. The clock will start on the snap. It will run continuously for the first 18 minutes unless it is stopped for a team timeout (starts on the snap) or a referee’s timeout (starts on the ready).

Article 6. 2 Minute Warning. Approximately 2 minutes before the end of each half the referee shall stop the clock and inform both captains of the playing time remaining in the game. The clock will start on the snap. The clock will continue to run for the remainder of the half unless stopped for an injury, team timeout, or referee’s timeout. It is recommended that the back judge announce the time remaining after every play inside of 2 minutes.

Article 7. Last 2 Minutes. During the last 2 minutes of the game the clock will stop for a:

a) Incomplete legal or illegal forward pass-starts on the snap.
b) Out-of-bounds - starts on the snap.
c) Safety - starts on the snap.
d) Team time-out - starts on the snap.
e) First down - depends on previous play.
f) Touchdown - starts on the snap (after the try).
g) Penalty and administration - dependent on the previous play. (Exception: Delay of game-starts on the snap).
h) Referee's timeout - starts at his/her discretion.
i) Touchback - starts on snap.
j) A is awarded a new series - dependent on the previous play.
k) B is awarded a new series - starts on the snap.
l) Either team is awarded a new series following a legal punt - starts on the snap.
m) Team attempting to conserve time illegally - starts on the ready.
n) Team attempting to consume time illegally - starts on the snap.
o) Inadvertent whistle – starts on the ready.
Article 8. The Referee shall have the authority to correct obvious timing errors if discovery is prior to the second live ball following the error unless the period has officially ended.

Article 9. Ending a Half. Following delay to ensure:
   a) No foul has occurred.
   b) No obvious timing error has occurred.
   c) No request for a coach-referee conference has occurred.
   d) No other irregularity has occurred.

The referee shall hold the ball in 1 hand overhead to indicate the period has officially ended.

Section 3. Tie Game

Article 1. Mandatory Meeting. If a game ends with a tie score, the officials must bring all players and coaches of both teams to the center of the field. They will discuss the tie breaker procedures and answer all questions prior to the coin toss. After this meeting, the captains will stay while the remaining players and coaches return to their respective team box.

Article 2. Coin Toss. A coin will be flipped by the Referee to determine the options as in the start of the game. The visiting captain will call this toss. There will only be 1 coin flip during the overtime. If additional overtime periods are played, captains will alternate choices. The winner of the toss shall be given options of offense, defense, or direction. The loser of the toss shall make a choice of the remaining options. **ALL OVERTIME PERIODS ARE PLAYED TOWARD THE SAME GOAL LINE.**

Article 3. Tie Breaker Unless moved by penalty, each team will start 1st and goal from the B 10 yard line. The object will be to score a touchdown. An overtime period consists of a series of 4 downs by each team. If the score is still tied after 1 period, play will proceed to a 2nd period or as many as needed to determine a winner. If the 1st team which is awarded the ball scores, the opponent will have a chance to win the game. Unless moved by penalty, they will start 1st and goal from the B 10 yard line. A Try will be attempted and scored as indicated in Rule 8. When B secures possession, the ball is dead and the series is over.

The ball will be placed at the B 10 yard line, and the original defense will begin their series of 4 downs, if available. Each team is entitled to 1 time-out only, during the entire overtime.

Article 4. Fouls and Penalties. They are administered similar to the regular game. A shall be awarded a new series of 4 downs when an automatic 1st down foul is accepted. Dead ball fouls following a touchdown are penalized on the Try. Dead ball fouls following a successful Try will be penalized from the succeeding spot, the B 10 yard line, if accepted. Note: The goal line shall **always** be zone line-to-gain in overtime.

Section 4. Time Outs

Article 1. How charged. The Referee shall declare a time-out when he/she suspends play for any reason. Each time-out shall be charged either to the Referee or to 1 of the teams.

Article 2. Official's Time-Outs. The Referee shall declare an official's time-out whenever a touchdown, touchback, or safety is made, or when an excess time-out is allowed.

Article 3. Charged Time-Outs. Each team is entitled to 4 (4) time-outs per game. A maximum of 3 (3) time-outs may be carried over into the second half. If the ball is dead and a team has not exhausted its charged time-outs, the Referee shall allow a time-out and charge that team.

Article 4. Length of Time-Outs. A charged time-out requested by any player shall not exceed 1 minute. Other time-outs may be longer only if the Referee deems it necessary.

Article 5. Coach-Referee Conference. When a team requests a charged time-out for a misapplication or misinterpretation of a rule, the Referee and 1 other official will confer with the team captain or coach. The request must be made prior to the time the ball becomes alive following the play to be reviewed, unless the half has officially ended. If the official changes his/her ruling, it is an official's time-out. If the ruling is not changed, it is a charged time-out. If the team has used its 1 time-out, a delay of game penalty will be assessed.

Article 6. Notification. The Referee shall warn both teams 5 seconds before a charged time-out expires. The team then has 25 seconds to snap the ball. When all allowable time-out have been charged to a team in the half, the Referee shall notify both captains and/or head coaches and all officials. NOTE: The Referee will communicate the number of time-outs remaining for each team to the A and B captains and all officials after each charged time-out is taken.

Article 7. Authorized Conferences. There are 2 types of authorized conferences permitted during charged time-outs and following a score or try:
   a) 1 or more players and 1 or more coaches may meet directly in front of the team box within 5 yards of the sideline.
   b) 1 coach or player may enter the field at his/her team's huddle on the inbounds hash mark to confer with his/her players.

Article 8. Injured Player. An injured or apparently injured player who is discovered by an official while the ball is dead and the clock is stopped, shall be replaced for at least 1 down unless the halftime or overtime intermission occurs. A player who is bleeding, has an open wound, or has any amount of blood on the uniform shall be considered an injured player.
**Article 9. Concussion.** Any player who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headaches, dizziness, confusion, or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate healthcare professional.

**Section 5. Delays**

**Article 1. Delay of the Game.** The ball must be put in play promptly and legally and any action or inaction by either team which tends to prevent this is delay of the game. This includes:

a) Failure to snap the ball within 25 seconds after the ball is declared ready for play.

b) Putting the ball in play before it is declared ready for play.

c) Deliberately advancing the ball after it has been declared dead.

d) Coach-Referee conference after all permissible charged time-outs for the coach's team have been used, and during which the Referee is requested to reconsider the application of a Rule and no change results. **Penalty:** 5 yards from spot of the snap

**Section 6. Conserving or Consuming Time**

**Article 1. Illegally Conserving or Consuming Time.** The referee may order the game clock started or stopped whenever, in his/her opinion, either team is trying to conserve or consume playing time by tactics obviously unfair. Note: If in doubt, apply conserving/consuming time.

**PLAY.** As the game clock is running near the end of a period, A stalls and allows the 25 second count to expire. **RULING.** Delay of game penalty. The Referee shall order the game clock started on the next snap.

**PLAY.** A, losing, is deflagged with 10 seconds left in the game. They line up quickly and snap the ball prior to the Referee marking it ready for play. There are 2 seconds on the clock. **RULING.** Delay of game penalty. The Referee will start the game clock on the ready as A is attempting to conserve time. Prior to sounding the whistle, the Referee will inform the A captain that the game clock will start on the ready.

**PLAY.** During the fourth period, A leads B 14-12 with the game clock running. A-3 false starts with 50 seconds remaining on the game clock. **RULING.** Enforce false start, if accepted. The Referee will order the game clock started on the snap due to A attempting to consume time.

**Section 7. Substitutions**

**Article 1. Eligible Substitutes.** Between downs and number of eligible substitutes may replace players provided the substitution is completed by having the replaced players off the field before the ball is snapped. An incoming substitute must enter the field directly from his/her team area. A replaced player must leave the field immediately at the sideline nearest his/her team area prior to the ball being snapped. An entering substitute shall be on his/her team's side of the neutral zone when the ball is snapped. **Penalty:** Illegal Substitution, 5 yards. If it is a dead ball or nonplayer foul, 5 yards from the succeeding spot.

**PLAY.** A has 8 players on the field. A-8 realizes this and runs toward his end line to get off the field: (a) he steps over the end line prior to the snap; or (b) he steps over the end line after the ball is snapped. **RULING** Illegal substitution. In (a), Dead Ball Foul and (b) Live Ball Foul.

**Article 2. Legal Substitutions.** During the same dead ball interval, no substitute shall become a player and then withdraw, and no player shall withdraw and then re-enter as a substitute unless a penalty is accepted, a dead ball foul occurs, there is a charged time-out, or period ends. **Penalty:** Illegal Substitution, Dead Ball Foul, 5 yards from the succeeding spot.

**RULE 4. BALL IN PLAY, DEAD BALL, OUT-OF-BOUNDS**

**Section 1. Ball in Play - Dead Ball**

**Article 1. Dead Ball Becomes Live.** A dead ball, after having been declared ready for play, becomes a live ball when it is snapped legally.

**Article 2. Ball Declared Dead.** A live ball becomes dead and an official shall sound the whistle or declare it dead when:

a) It goes out-of-bounds.

b) Any part of the runner other than a hand(s) or foot (feet) touches the ground.
PLAY. QB A-1 rolls out and slips, but regains his/her balance as the ball in contact with his/her hand touches the ground.

RULING. Play continues as a ball in possession is considered part of the hand.

c) A touchdown, touchback, safety, or successful Try is made.
d) The ball strikes the ground following 1st touching by K.
e) K catches a punt which is beyond the neutral zone; when an untouched punt comes to rest on the ground and no player attempts to secure it.
f) A forward pass strikes the ground or is caught simultaneously by opposing players.
g) A backward pass or fumble by a player touches the ground. A ball snapped from scrimmage, which hits the ground before or after getting to the intended receiver, is dead at the spot where it hits the ground. NOTE: In doubt, the snap close to the ground remains live.
h) A forward pass is legally completed, or a loose ball is caught by a player on, above, or behind the opponent's goal line.
i) A runner has a flag belt removed legally by an opponent. A flag belt is removed when the clip is detached from the belt, the belt is torn into more than 1 piece, or the flag is torn off the belt. NOTE: If in doubt, the flag belt has been pulled.
j) A runner is legally tagged with 1 hand between the shoulders and knees, including the hand and arm, by an opponent once the flag belt is no longer attached.

PLAY. B-2 deflags/tags A-4 after the passed ball is touched by A-4 and: (a) the ball is muffed then caught by A-4; or (b) the ball is muffed then intercepted by B-2; or (c) the ball is muffed then touched by B-2 and finally caught by A-4. RULING. In (a),(b), and (c), the ball is live and reverts to a 1 hand tag in (a) and (c). The ball becomes dead when the runner is tagged/deflagged legally.

k) A passer is deflagged/tagged prior to releasing the ball. Note: If in doubt as to the release or not, the ball is released.
l) A muff of a punt strikes the ground.
m) K's punt breaks the plane of R's goal line.
n) B secures possession during a Try or overtime.
p) An official inadvertently sounds his/her whistles during a down or during a down in which the penalty for a foul is declined, when:

1. The ball is in player possession - the team in possession may elect to put the ball in play where declared dead or replay the down.
2. The ball is loose from a fumble, backward pass, or illegal forward pass - the team in possession may elect to put the ball in play where possession was lost or replay the down.
3. During a legal forward pass or a punt - the ball is returned to the previous spot and the down replayed.

If a foul occurs during any of the above downs, an accepted penalty shall be administered as in any other play situation. When the foul is accepted, disregard the inadvertent whistle. Note: There is no time added to the game clock during a down with an inadvertent whistle.

Section 2. Inbounds Spot

Article 1. Placement of Dead Ball. If the ball becomes dead between the hash marks, the ball shall be placed at that approximate spot. If the ball becomes dead in a side zone, place the ball at the nearest hash mark at the corresponding yard line.

Article 2. Anywhere Between Lines. Before the ready for play signal, A may designate the spot from which the ball is put in play anywhere between the hash marks: start each half; for a Try; following a touchback, safety, Try, and awarded catch after a punt; for the start of each series using an overtime procedure.

Section 3. Out-of-Bounds

Article 1. Player Out-of-Bounds. A player or other person is out-of-bounds when any part of that player is touching anything other than another player or a game official who is on or outside a boundary line.

Article 2. Player In Possession Out-of-Bounds. A ball in player possession is out-of-bounds when the ball touches anything, other than another player or game official, which is on or outside a sideline or end line.

Article 3. Loose Ball Out-of-Bounds. A loose ball is out-of-bounds when it touches anything, including a player or game official, which is out-of-bounds.
Article 1. A Down is a Unit. A down is a unit of the game which starts with a legal snap and ends when the ball next becomes dead. Between downs is any period when the ball is dead.

Article 2. Series of Downs. A team in possession of the ball shall have 4 consecutive downs to advance to the next zone by scrimmage. Any down may be repeated if provided for by the rules.

Article 3. Zone Line-to-Gain. The zone line-to-gain in any series shall be the zone in advance of the ball, unless distance has been lost due to penalty or failure to gain. In such case, the original zone in advance of the ball at the beginning of the series of downs is the zone line-to-gain. The most forward point of the ball, when declared dead between the goal lines, shall be the determining factor.

Article 4. Awarding a New Series. A new series of downs shall be awarded when a team moves the ball into the next zone on a play free from penalty; or a penalty against the opponents moves the ball into the next zone; or an accepted penalty against the opponents involves an automatic first down; or after enforcement of a penalty against Team A, the ball is in advance of the zone line-to-gain; or either team has obtained legal possession of a ball as a result of a penalty, punt, touchback, pass interception, or failure to gain the zone in advance of the ball. NOTE: If in doubt, the out-of-bounds punt is “short” of the zone line-to-gain.

Article 5. Incorrect Down. Until a new series is awarded, the Referee shall have authority to correct an error in the number of downs.

Section 2. Down and Possession After a Penalty

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

PLAY. Fourth and 5 from A’s 15 yard line. A-1 throws an illegal forward pass beyond the A scrimmage line: (a) at A’s 23 yard line and the ball hits the ground. (b) at A’s 26 yard line and the ball hits the ground. RULING. In (a), B’s ball on A’s 18 yard line, 1st down and goal to go. Since the 5 yard penalty put A 2 yards short of the zone line-to-gain on fourth down, the loss of down awards the ball to Team B. In (b), A is penalized 5 yards and loss of down which puts the ball on the 21 yard line – 1st down and 19. Event though an illegal forward pass carries a loss of down, since the 5 yard penalty enforcement places the ball beyond the 20 yard line, it is first down for Team A.

Article 2. Foul Before Change of Team Possession. Following a distance penalty between the goal lines which occurs during a down and before any change of team possession during that down, the ball belongs to Team A. The down shall be repeated unless the penalty also involves loss of down, or leaves the ball on or beyond the zone line-to-gain. If the penalty involves loss of a down, the down shall count as 1 of the 4 in that series.

Article 3. Foul After Change of Team Possession. Following a distance penalty for a foul committed after team possession has changed during that down, the ball belongs to the team in possession when the foul occurred. The down and distance established by that penalty shall be first down with zone line-to-gain.

PLAY. B-4 intercepts a pass by A-1 and returns it to the A 25 yard line. During the run by B-4, B-2 makes illegal contact with A-6 at the A 29 yard line. RULING. B is penalized 10 yards utilizing the All-But-One Principle from the A 29 yard line – the spot of the foul. It is B’s ball, first and 19. B obtained the ball with “clean hands.”

Article 4. Penalty Declined. If a penalty is declined, the number of the next down shall be whatever it would have been if that foul had not occurred.

Article 5. Rule Decisions Final. A Rules decision may not be changes after ball is next legally snapped.

RULE 6. Kicking the Ball

Section 1. Punt

Article 1. Legal Punt. A legal punt is a kick made in accordance with the Rules. Quick kicks are illegal. Penalty: Illegal Kick, 10 yards.

Article 2. Punt. Prior to making the ball ready for play on fourth down, the referee must ask the A captain if he/she wants to punt. The Referee must announce this decision to all A and B players and the other officials. The A captain may declare a punt on any down. After such an announcement, the ball must be punted. [EXCEPTION: If (a) an A or B time-out is called, or (b) the period ends, or (c) a foul occurs anytime prior to or during this down after the A captain’s decision which results in the kicking
team having the right to repeat the down again, the Referee must ask the A captain whether or not he/she wants to punt and communicate this decision to the B captain.

**Article 3. Formation and Snap.** Neither K or R may enter the neutral zone until the ball is punted. Penalty: Illegal Procedure, 5 yards from the previous spot. NOTE: All scrimmage line rules regarding the snap, encroachment, false start, minimum line players, motion, and shift apply to the punt

**Article 4. Punting the Ball.** After receiving the snap, the kicker must punt the ball immediately in a continuous motion. Penalty: Illegal Procedure, 5 yards

**Article 5. After Being Punted.** Once the ball is punted, any R player may block the kick. If the blocked punt hits the ground, it is dead at that spot. If the punt is blocked by any R player and then caught by any K player behind the kicking team’s scrimmage line (first ball spotter-orange), K may and/or throw a pass. R may advance the punt anywhere in the field of play or end zone. A K player cannot punt the ball to himself/herself or any other K player. K may punt the ball once only per down. Penalty: Illegal Kicking, 10 Yards

**Article 6. Crosses K’s Scrimmage Line.** When a punt, which has crossed K’s scrimmage line (1st ball spotter-orange), touches a player from either team and then hits the ground, the ball is dead and belongs to R. If it hits an R player and then is caught in the air, it can be advanced by R. If caught by K (beyond K’s scrimmage line), the ball is dead, belongs to K, and a new series begins for K.

ifar the punt has ended with possession.

**Article 7. 1st Touching.** If any K player touches a punt after it crosses K’s scrimmage line (1st ball spotter-orange) and before it is touched there by any R player, it is referred to as “1st touching.” R may take the ball at that spot or may choose to have the ball put in play as determined by the action which follows 1st touching. The right of R to take the ball at the spot of 1st touching by K is cancelled if R touches the punt and thereafter during the down it commits a foul or if the penalty is accepted for any foul committed during the down.

**Article 8. Punt Out-of-Bounds Between the Goal Lines or at Rest.** If a punt goes out-of-bounds between the goal lines or comes to rest inbounds untouched and no player attempts to secure it, the ball becomes dead and belongs to the team at that spot.

**Article 9. Punt Behind the Goal Line.** When a punt breaks the plane of R’s goal line, it is a touchback unless R chooses the spot of 1st touching by K.

**Section 2. Kick Catch Interference**

**Article 1. Interference** While any punt in flight beyond kicker’s scrimmage line, K shall not touch the ball or R, nor obstruct R’s path to the ball, unless the punt has been touched by R. K may catch, touch, muff, or bat a punt in flight beyond K’s scrimmage line if no R player is in position to catch the ball. Penalty: Kick Catch Interference, 10 yards. 10 yards from the spot of the foul and a first down.

PLAY. R1, attempting to catch a punt, touches the ball which is then caught by K-1 before striking the ground. RULING. Not interference. Protection against kick catch interference ceases when any R player touches the ball. It is dead where caught and belongs to K, first down and zone line-to-gain.

PLAY. A punt is in flight and (a) K-3 is in the path of R-2’s attempt to catch the ball or, (b) K-4 tags or deflags R-2 before he/she touches the ball. RULING. In (a) and (b), Kick catch interference.

PLAY. A punt is in flight and K-1 touches the ball. (a) R-1 is in position to catch the kick. (b) No receiver is in position to catch the kick. RULING. (a) Kick catch interference. (b) There is no kick catch interference since no player was in position to catch the kick.

**Section 3. Signals**

**Article 1. Signal.** Players shall ignore any signals given by K or R. The ball remains live.

**Rule 7. Snapping, Handing, and Passing the Ball**

**Section 1. The Scrimmage**

**Article 1. The Start.** All plays must be started by a legal snap next to the orange ball spotter, which is on or between the hash marks. The ball may be moved with approval by the Referee due to poor field conditions.
Article 2. Ball Responsibility. A players are responsible for retrieving the ball after a down. The snapper will bring the ball from the huddle to the A scrimmage line (1st ball spotter-orange). A towel may be placed under the ball regardless of weather or field conditions.

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

Section 2. Prior To The Snap

Article 1. Encroachment. Following the ready for play and until the snap, no B player may encroach, touch the ball, nor may any player contact opponents or interfere with them in any other way. This includes standing in the neutral zone to give defensive signals or shifting through the zone. After the snapper has placed his/her hand(s) on the ball, it is encroachment for any player to break the scrimmage line plane, except for the snapper’s right to be over the ball. Penalty: Dead Ball Foul, Encroachment, 5 yards from the succeeding spot. During the interval between downs when 2 or more consecutive encroachment fouls are committed by B, the penalty will be 10 yards for the subsequent encroachment fouls.

PLAY. After the ball is marked ready for play by the Referee, B-4 charges into the neutral zone beyond B’s scrimmage line (2nd ball spotter-gold), to give A a 1st down. RULING. Dead ball foul for encroachment, 5 yards. The penalty is declined by Team A. B is informed by the Referee that if this infraction occurs again during the same dead ball interval, a 10 yard penalty will be enforced if accepted.

Article 2. False Start. No A player shall make a false start. A false start includes simulating a charge or start of a play. An infraction of this rule may be penalized whether or not the ball is snapped and the penalty for any resultant encroachment shall be cancelled. Penalty: Dead Ball Foul, False Start, 5 yards from the succeeding spot.

Article 3. Snap. The snapper, after assuming the position for the snap and adjusting the ball, may neither move nor change the position of the ball in a manner simulating the beginning of a play until it is snapped. An infraction of this provision may be penalized, whether or not the ball is snapped, and the penalty for any resultant encroachment foul by an opponent shall be cancelled. When over the ball the snapper shall have his/her feet behind his/her scrimmage line (1st ball spotter-orange). The snapper shall pass the ball back from his position on the ground/towel/orange ball spotter with a quick and continuous motion of the hand(s). The ball shall leave the hand(s) in this motion. There is no Rule restriction regarding the placement of the long axis of the ball at right angles to the A scrimmage line. Penalty: Dead Ball Foul, Illegal Snap, 5 yards from the succeeding spot.

Section 3. Position and Action During the Snap

Article 1. Legal Position. Anytime on or after the ball is ready for play, each A player must momentarily be at least 5 yards inbounds before the snap. Note: If a B player covers an A player positioned within 5 yards of the sideline, it is not a foul. Penalty: Illegal Formation, 5 yards.

Article 2. Minimum Line Players. The snapper is the only A player required to be on their scrimmage line (1st ball spotter-orange) at the snap.

Article 3. Motion. Only 1 A player may be in motion, but not in motion toward the opponent's goal line at the snap. Other A players must be stationary in their positions without movement of the feet, body, head, or arms. Penalty: Illegal motion, 5 yards.

PLAY. After a huddle, all A players come to a stop and remain stationary for a full second, then A-2 goes in motion legally and the ball is snapped. RULING. Legal

Article 4. Direct Snap. The player who receives the snap must be at least 2 yards behind the A scrimmage line (1st ball spotter-orange). Direct snaps are illegal. The snapper may not snap the ball to him/herself. Penalty: Illegal Formation, 5 yards. If in doubt, the A player receiving the snap is 2 yards back.

PLAY. A-1 is under center. The center snaps the ball through the legs of A-1 to A-6 who is 5 yards behind the A’s scrimmage line and legally in motion. RULING. Legal. The snap was received by a A player who was at least 2 yards behind the A’s scrimmage line.

Article 5. Shift. In a snap preceded by a huddle or shift, all A players must come to a complete stop and remain stationary in legal position without movement of feet, body, head, or arms for at least 1 full second before the snap. Penalty: Illegal Shift, 5 yards.

PLAY. Following a huddle or shift 1 A player takes a preliminary position, then advances or drops into a final position. RULING. Such movement constitutes a shift; all A players must hold their final positions for at least 1 second before the snap.

RULING.
PLAY. A-1 goes in motion legally as A-2 moves to a new position in the backfield, sets, and the ball is snapped. RULING. Illegal Shift, live ball foul, 5 yards.

Section 4. Handing the Ball

Article 1. No Restriction. Any player may hand the ball forward or backward at any time.

Section 5. Male Runner

Article 1. CoRec Rule. An A male runner cannot advance the ball through A’s scrimmage line (1st ball spotter-orange). There are no restrictions:
   a) During a run by a male runner once the ball has been touched by any player beyond the A or K scrimmage line.
   b) During a run by a female runner.
   c) After a change of possession.

Penalty: Illegal Advancement, 5 yards from previous spot.

NOTE: See Illegal Forward Pass – CoRec Rule

PLAY. Male A-1 throws a forward pass to female A-2 beyond the neutral zone who then throws a backward pass to male A-3 who is behind A’s scrimmage line (1st ball spotter-orange). Male A-3 runs through A’s scrimmage line for a 10 yard gain. RULING. Legal Play.

PLAY. Third and 5 on A 15. The play is “open.” Male A-1 throws a legal forward pass to male A-3 who first touches the ball beyond the A scrimmage line, juggles it through A’s scrimmage line, and catches it beyond. RULING. Legal Play. A-3 becomes a runner when he possesses the ball. The next play is “closed."

Section 6. Backward Pass and Fumble

Article 1. When Legal. A runner may pass the ball backward or lose player possession by a fumble at anytime except if intentionally thrown out-of-bounds to conserve time. Penalty: Illegal Pass, 5 yards and loss of down. The Referee will start the clock on the ready for play. NOTE: If in doubt, the pass is backward.

Article 2. Caught or Intercepted. A backward pass or fumble in flight may be caught or intercepted by any other player inbounds and advanced. A player may not throw an untouched backward pass to him/herself. Penalty: Illegal Pass, 5 yards from the spot of the pass and loss of down if by A before possession changes during a scrimmage down.

Article 3. Simultaneous Catch by Opposing Players. If a backward pass or fumble is caught simultaneously by members of opposing teams inbounds, the ball becomes dead at the spot of the catch and belongs to the offensive team.

Article 4. Out-of-Bounds. A backward pass or fumble which goes out-of-bounds between the goal lines belongs to the team last in possession at the out-of-bounds spot. If out-of-bounds behind a goal line it is a touchback or safety.

Article 5. Ball Dead When It Hits Ground. A backward pass or fumble which touches the ground between the goal lines is dead at the spot where it touches the ground and belongs to the team last in possession unless lost on downs.

Section 7. Legal and Illegal Forward Pass

Article 1. Legal Forward Pass. All players are eligible to touch or catch a pass. During a scrimmage down and before team possession has changed a forward pass may be thrown provided the passer’s feet are on or behind the plane of A’s scrimmage line when the ball leaves the passer’s hand. Only 1 forward pass can be thrown per down. NOTE: If in doubt, the passer is behind the A’s scrimmage line.

PLAY. A-1 runs with the ball beyond the A scrimmage line, then returns behind the A scrimmage line and throws a forward pass. RULING.

PLAY. A-1 throws a backwards pass from A’s 31 yard line which is caught by A-6 at the A 33 yard line. RULING. Legal play. The initial direction of a pass determines whether the pass is forward or backward. While a backward pass may have its flight path altered by wind or forward player momentum and subsequently be caught beyond the point of release, this does not change the status of the pass.

PLAY. A-1 throws a legal forward pass that is controlled by airborne A-2. Prior to returning to the ground, A-2 throws the ball forward or backward to A-3 who runs for a touchdown. RULING. Legal Play. The pass remains a pass until A-2 alights to on the ground for a completion. Since A-2 is airborne, he/she may bat or throw the legal forward pass in any direction.
**Article 2. Illegal Forward Pass.** A forward pass is illegal if:

a) The passer’s foot is beyond the plane of A’s scrimmage line when the ball leaves his/her hand.
b) If thrown after team possession has changed.
c) If intentionally thrown to the ground or out-of-bounds to save loss of yardage.
d) If there is more than 1 forward pass per down.
e) If a passer catches his/her untouched forward pass.

Penalty: Illegal pass, 5 yards from the spot of the foul and a loss of down if by A before team possession changes during a scrimmage down. NOTE: If in doubt, the pass is legal.

**PLAY.** A-1 throws a short forward pass: (a) A-1 catches; (b) the ball is tipped by A-4, or B-3, then A-1 catches; or (c) A-6 catches pass and throws a backward pass to A-1. **RULING.** In (a), illegal forward pass. In (b) and (c), the pay is legal as another player touched the ball before A-1 again possessed it. However, A cannot throw a second forward pass during the down.

**Article 3. Illegal Forward Pass - CoRec Rule.**

a) The term "closed" means a male player may NOT throw a legal forward pass completion to any other male player. The term "open" means any player can complete a legal forward pass to any other player. NOTE: All illegal forward pass fouls are classified as fouls during a running play. Thus, illegal forward passes do not change the “open/closed” status of a down.
b) If the crew of officials erroneously indicates the “open/closed” status of a down, the play is nullified and the down will be repeated.
c) During the offensive team’s possession there may not be 2 consecutive forward pass completions from a male passer to a male receiver. This rule applies to the Try.
d) If a male passer completes a legal forward pass to a male receiver, the next legal forward pass completion must involve either a female passer or a female receiver for positive yards. The spot where the ball becomes dead by Rule must be beyond the A scrimmage line. There is no foul for a female receiver being tagged or deflagged behind the A scrimmage line. The next legal forward pass completion remains "closed."
e) A legal forward pass caught jointly by male and female teammates is considered a female reception.
f) There are no restrictions concerning a male passer completing legal forward passes to a female receiver, or female to male, or female to female.
g) Any foul, whether accepted or declined, shall have no effect on whether the next pass completion is "open" or "closed."

**Penalty:** Illegal Forward Pass, 5 yards from the spot where the second consecutive male to male completed forward pass is released, and a loss of down.

**PLAY.** Second and 15 on A 25. The down is “closed” – the last legal forward pass completion was male to male. (a) Male A-1 throws a legal forward pass caught by female A-2 at the A-23. Female A-2 runs to A-25 and is deflagged; or (b) Same play, except Female A-2 is deflagged at the A24. **RULING.** (a) The next down is "open." A gained positive yards. In (b) there is no foul. The next down is still "closed." A did not gain positive yards. The dead ball spot was behind the A scrimmage line.

**PLAY.** Second and 7 on A 13. This down is “closed.” Male A-1 completes a legal forward pass to female A-2 at the A 19. After the catch, A-2 guards her flag belt at the A22. **RULING.** If accepted, enforce guarding the flag belt, 10 yards from the spot of the foul. It would be A’s ball, second and 8 on A 12. All fouls carry their usual enforcement. The next down will be “open” since here was a male to female legal forward pass completion and the ball became dead beyond the A scrimmage line. Whether the foul is accepted or declined has no effect on “open” or “closed” restrictions.

**PLAY.** The down is “closed.” Male A-1 completes a pass to female A-2 for positive yards. A-3 commits illegal contact and B-2 roughs the passer. **RULING.** Double foul. Repeat the down. The down is “open” since female A-2 caught a pass for positive yards.

**PLAY.** The down is “closed.” Male A-1 throws a legal forward pass beyond the scrimmage line to male A-2 who secures the pass with his feet off the ground. Male A-2 tosses the ball forward or backward to female A-3 prior to touching the ground. **RULING.** Completed pass. The next down is “open.” NOTE: Male A-2 did not complete a catch since his feet were off the ground. He “handled” a loose ball.

**Article 4. Illegal Forward Pass – CoRec Rule.** If a female passer completes a forward pass to a male receiver behind the A scrimmage line, on either an “open” or “closed” and any A male runner advances beyond the scrimmage line, it is an illegal forward pass. **Penalty:** Illegal Forward Pass, 5 yards from the spot of the pass and loss of down.

**PLAY.** The down is “closed.” Female A-1 throws a legal forward pass from the A26 to male A-6 who catches the ball behind his scrimmage line and: (a) advances the ball beyond his scrimmage line for positive yards; or (b) is deflagged behind his
scrimmage line. **RULING.** In (a), Illegal Forward Pass. Male A-6 advanced the ball through the A scrimmage line. Enforce the foul from the A 26. The next down is “closed” because the pass was illegal. (B) Legal play. The next down is still “closed.”

**Article 5. After Illegal Forward Pass.** When an illegal forward pass touches the ground or goes out-of-bounds, the ball becomes dead and belongs to the passing team at the spot from where the pass was thrown, unless a new series of downs has been created. In such case, the ball belongs to the passing team if after the enforcement of the penalty, the ball is left in advance of the zone line-to-gain, or belongs to the opponents if the ball, after the penalty, did not make the next zone line-to-gain and the foul occurred during the fourth down. If a player catches an illegal forward pass, the ball continues in play until declared dead.

**Section 8. Completed or Intercepted Passes**

**Article 1. Pass Caught or Intercepted.** A forward pass is completed when caught by a member of the passing team inbounds. A forward pass is intercepted when caught by a member of the defending team inbounds. It is counted as a completion as long as the 1st part of the person to make contact with the ground after the catch touches inbounds.

**Article 2. Simultaneous Catch by Opposing Players.** If a forward pass is caught simultaneously by members of opposing teams inbounds the ball becomes dead and belongs to the offensive team.

**Section 9. Incomplete Passes**

**Article 1. Becomes Dead.** When a legal forward pass touches the ground or anything out-of-bounds, it becomes dead.

**Section 10. Forward Pass Interference**

**Article 1. Interference.** During a down in which a legal forward pass crosses A’s scrimmage line (1st ball spotter-orange) contact which interferes with an eligible receive who is beyond A’s scrimmage line is pass interference unless it occurs when 2 or more eligible receives make a simultaneous and bona fide attempt to reach, catch, or bat a pass. Hindering an opponent’s vision without making an attempt to catch, intercept or bat the ball is pass interference, even though no contact was made. The player must place 1 hand in front of the opponent’s face or wave his/her hand(s) or arm(s) near the opponent’s face. It is also pass interference if an eligible receiver is deflagged/tagged prior to touching a forward pass thrown beyond A’s scrimmage line.

**PLAY.** A-1 throws a legal forward pass toward A-5 who is beyond A’s scrimmage line. Before A-5 touches the pass, B-2 deflags A-5. **RULING.** Defensive Pass Interference.

**PLAY.** B-1 defending against a legal forward pass beyond A’s scrimmage line, waves his/her arms in the face of A-2 who is attempting to catch the pass. **RULING.** Defensive pass interference.

**Article 2. Offensive Pass Interference.** After the ball is snapped, and until it has been touched by any player, there shall be no offensive pass interference beyond A’s line of scrimmage. **Penalty: Offensive Pass Interference, 10 yards from the previous spot.**

**Article 3. Defensive Pass Interference.** After the pass is thrown, and until the pass has been touched by any player, there shall be no defensive pass interference beyond A’s scrimmage line while the pass is in flight. **Penalty: Defensive Pass Interference, 10 yards from the previous spot. If the pass interference by either player is intentional or unsportsmanlike, his/her team shall be penalized an additional 10 yards.**

**PLAY.** A-3 muffs a legal forward pass and B-2 pushes A-3 out of the way in an attempt to secure the ball. **RULING.** Personal foul for illegal contact, penalize 10 yards.

**Article 4. Not Interference.** Any action by B which is not a foul and which is obviously away from the direction of the pass is not defensive pass interference.

**RULE 8. SCORING PLAYS AND TOUCHBACK**

**Section 1. Communication**

**Article 1. Team and Officials.** The Referee will communicate the current score to the A and B captains and all officials after each touchdown, Try, and safety. If there is a disagreement regarding the current or final score, the Referee will make the final decision after consulting with the other officials and, if available, the supervisor.
Section 2. Forfeited Score

**Article 1. Forfeited Score.** The score of a forfeited game shall be Offended Team-1, Opponent-0. If the offended team is ahead at the time of the forfeit, the score stands.

Section 3. Mercy Rule

**Article 1. 2 Minute Warning.** If a team is 19 or more points (25 or more in CoRec) ahead when the Referee announces the 2 minute warning for the second half the game shall be over. Prior to applying the Mercy Rule, the Referee shall apply the Extension of Period Rule.

**Article 2. After 2 Minute Warning.** If a team scores during the last 2 minutes of the second half extending the lead to 19 or more (25 or more in CoRec) the game shall end.

**Article 3. 45 Point Differential.** If a team is 45 or more points ahead at any point in the second half, the game shall be over.

Section 4. Touchdown = 6 pr 9 Points

**Article 1. Touchdown Values.** If a female scores a touchdown, the point value is 9. If a female player throws a legal forward pass and a touchdown is scored by any A player, prior to a change of possession, the point value is 9 (CoRec Rule Only) All other touchdowns are 6 points.

**Article 2. How Scored.** It is a touchdown when a runner advances from the field of play so that the ball penetrates the vertical plane of the opponent’s goal line. It is a touchdown when a loose ball is caught by a player while the ball is on or behind the opponent's goal line.

**Article 3. Player Responsibility.** The player scoring the touchdown must raise his/her arms so the nearest official can deflag the player. If the player is not able to be deflagged and the official determines the flag belt has been secured illegally, the score is disallowed, the offending team is penalized, and the player is disqualified. **Penalty:** Personal Foul, 10 yards from the previous spot. If by Team A, loss of down. If by Team B, automatic first down.

Section 5. Try (=1,2,or3 points)

**Article 1. Referee’s Responsibility and Team’s Choice.** The Referee must speak to the captain only, asking him/her whether the Try shall be from the 3, 10, or 20 yard line. Once the A captain makes the choice, he/she may change the decision only when an A or B charged time-out is taken. However, this decision cannot be changed once either team commits a foul. The Referee will ask the scoring team captain where he/she would like the ball placed on or between the hash marks. Enforcement of yardage penalties does not change the value of the Try. The point(s) shall be awarded if the Try results in what would have been a touchdown.

**Article 2. 1 or 2 or 3 Points.** An opportunity to score 1 point from the 3 yard line, 2 points from the 10 yard line, or 3 points from the 20 yard line by running or passing only, shall be granted a team scoring a touchdown. **NOTE:** If a touchdown is scored on the last timed down of the 2nd half, the try is not attempted, unless it will affect the outcome of the game.

**Article 3. Try Begins and Ends.** The Try begins when the ball is marked ready for play. The Try ends when B secures possession, the Try is successful, or the ball becomes dead by Rule.

**Article 4. Next Play.** After a Try, the ball shall be snapped by the opponent of the scoring team at their own 14 yard line, unless moved by penalty.

Section 6. Force and Responsibility

**Article 1. Force.** The force imparted by a player who punts, passes, snaps, or fumbles the ball shall be considered responsible for the ball's progress in any direction even though its course is deflected, or reversed, after striking the ground or after striking a player on either team. However, the initial force is considered expended and a new force is provided if a loose ball is illegally kicked or batted or it is contacted again after coming to rest.

**PLAY.** Second and 16 on A 4. A-1 throws a backward pass that is batted by B-1 at the A-2. The ball lands in the A end zone.

**RULING.** Safety. The force which put the ball in the A end zone was the backward pass.

**Article 1. Responsibility.** The team responsible for a ball being on, above, or behind a goal line is the team whose player:

a) Carries the ball to or across that goal line

b) Imparts to the ball an impetus which forces it to or across that line

c) Incurs a penalty which leaves the ball on or behind that line.
Section 7. Momentum, Safety, and Touchback

Article 1. Safety = 2 Points. It is a safety when:

a) A runner carries the ball from the field of play to or across his/her own goal line, and it becomes dead there in his/her team's possession;

EXCEPTION: Momentum Rule - When a defensive player intercepts a forward pass, fumble, backwards pass, or an R player catches a punt between his/her 5 yard line and the goal line and his/her original momentum carries him/her into the end zone where the ball is declared dead in his/her team's possession behind the goal line, the ball belongs to the defensive team at the spot where the possession was gained.

b) A player punts, passes, fumbles, snaps, muffs, or bats a loose ball from the field of play or across his/her goal line and the ball subsequently becomes dead there in his/her team's possession. This includes when the ball is declared dead on or behind their goal line. However, it does not apply to a legal forward pass that becomes incomplete.

c) A player on offense commits any foul for which the penalty is accepted and measurement is from a spot in his/her end zone; or throws an illegal forward pass from his/her end zone and the penalty is declined in a situation which leaves him/her in possession at the spot of the illegal pass and with the ball having been forced into the end zone by the passing team.

PLAY. A-1, after receiving the snap in his/her end zone, is deflagged/tagged with the ball above the goal line, its forward point in the field of play. RULING. Safety. The entire ball has to be in the field of play when taking out of you own end zone.

d) After a safety, the ball shall be snapped by the scoring team at their own 14 yard line, unless moved by penalty.

Article 2. Touchback. It is a touchback when:

a) K’s punt breaks the plane of R’s goal line.

b) The ball is out-of-bounds behind a goal line (except from an incomplete forward pass), when the ball becomes dead in possession of a player on, above or behind the player's own goal line, or when the ball becomes dead not in possession on, above or behind the team's own goal line, and the attacking team is responsible. NOTE: If in doubt it is a touchback. If in doubt, the out-of-bounds punt near the goal line is a touchback.

PLAY. B-1 intercepts a pass in his/her end zone: (a) runs for a touchdown; or (b) runs around in his/her end zone and is deflagged or steps across the endline. RULING. In (a), Touchdown. A player can run the ball out of his/her end zone. In (b), Touchback. A’s force put the ball into B’s end zone.

PLAY. A-1 running for an apparent touchdown fumbles the ball on the B 3 yard line. The ball lands in the B end zone. RULING. Touchback. The force that put the ball in the end zone was the fumble.

PLAY. A-4 punts to B-3, who touches the ball in flight at his/her 4 yard line. The ball bounces off his/her hands and lands in the end zone. RULING. Touchback. The initial force was imparted by K and the ball was never in possession of B-3.

c) After a touchback, the ball shall be snapped from the nearest 14 yard line, unless moved by penalty.

Rule 9. Conduct of Players and Others

Section 1. Unsportsmanlike Conduct

Article 1. Noncontact Acts. No player or nonplayer shall commit noncontact acts during a period or intermission. Examples include, but are not limited to:

a) Refusal to comply or abide by the request or decision of an official;

b) Using words similar to the offensive audibles and quarterback cadence prior to the snap in an attempt to interfere with A's signals or movements;

c) Intentionally kicking at the ball, other than during a punt;

d) Leaving the field between downs to gain an advantage unless replaced or with permission of the Referee;

e) Participate while wearing illegal player equipment;

Penalty: Unsportsmanlike Conduct, 10 yards. If flagrant in (a), (b), (c), and (d), the offender shall be disqualified. In article (f) the 1st offense is a warning, the 2nd offense is 5 yards, and each subsequent offense is 10 yards.

Article 2. Dead Ball Player Fouls. When the ball becomes dead in possession of a player, he/she shall not:

a) Intentionally kick the ball.

b) Spike the ball into the ground.

c) Throw the ball high into the air.

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Penalty: Unsportsmanlike Conduct 10 yards, and if flagrant, the offender shall be ejected.

**Article 3. Prohibited Acts.** There shall be no unsportsmanlike conduct by players or nonplayers. Examples include, but are not limited to:

- a) Attempting to influence a decision by an official.
- b) Disrespectfully addressing an official.
- c) Indicating objections to an official’s decision.
- d) Holding an unauthorized conference, or being on the field illegally.
- e) Using profanity, insulting or vulgar language or gestures.
- f) Intentionally contacting a game official (disqualification)
- g) Leaving the team area and entering the field during a fight. (disqualification)

Penalty: Unsportsmanlike Conduct, 10 yards, and if flagrant, the offender shall be disqualified.

**Article 4. Second Unsportsmanlike Foul.** The second unsportsmanlike foul by the same player or nonplayer results in disqualification.

**Article 5. Third Unsportsmanlike Foul.** The 3rd unsportsmanlike foul by the same team results in their forfeiture of the game.

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**Section 2. Unfair Acts**

**Article 1.** If a team refuses to play within 2 minutes after ordered by the Referee, or if a team repeatedly commits fouls which can be penalized only by halving the distance to its goal line, the Referee may enforce any penalty he/she considers equitable, including the awarding of a score. For refusal to play, or for repeated fouls, the Referee shall, after 1 warning, forfeit the game to the opponents.

**Article 2. Unfair Acts.** No player or nonplayer shall use verbiage or commit any act not in accordance with the spirit of fair play for the purposes of confusing the opponent. *Penalty*: unfair act, live ball foul, 10 yards.

**PLAY.** (a) A-2 shouts to the Referee “wet ball, wet ball” in an attempt to have B relax. A-2 then snaps the ball and begins play; (b) A-2 snaps the ball, but only 1 person leave the scrimmage line. All other teammates stand up and yell at the person that the snap count was on 2. When B relaxes, A-1 throws the ball to the person who left the scrimmage line; (c) R-1 raises/waives his/her arms above his/her head during a punt in an attempt to confuse K; or (d) during the down B-1 yells at the runner to throw him the ball. **RULING.** In (a), (b), (c), and (d), Unfair Act. Use of verbiage or acts to gain an unfair advantage. Penalize using All-But-One. Play (a) is dead ball foul, while (b), (c), and (d) are love ball fouls. **NOTE:** Voice inflection by the QB is not an unfair act.

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**Section 3. Personal Fouls**

**Article 1. Restrictions.** No player or nonplayer shall commit a personal foul during any period or intermission. Any other act of unnecessary roughness is a personal foul. No player or nonplayer shall:

- a) Strip or attempt to strip the ball from a player in possession by punching, striking, or stealing. **Note:** A player who controls a pass with both feet off the ground becomes a runner when the 1st part of the person touches the ground.
- b) Throw the runner to the ground.
- c) Hurdle any other player.
- d) Contact an opponent either before or after the ball is declared dead.
- e) Make any contact of any nature with an opponent which is deemed unnecessary including using fists, locked hands, elbows or any part of the forearm or hand, except according to Rule.
- f) Drive or run into a defensive player.
- g) Position themselves on the shoulders or body of a teammate or opponent to gain an advantage
- h) Tackle the runner by grasping or encircling with the hand(s) or arm(s) and taking the opponent toward the ground as in tackle football (disqualification)
- i) Fighting an opponent (disqualification). **NOTE:** Each player will be assessed 1 flagrant personal foul for fighting. **Penalty:** 10 yards-flagrant offenders will be disqualified. In h and i the offender shall be disqualified.

**Article 2. Roughing the Passer.** Defensive players must make a definite effort to avoid charging into a passer after it is clear the ball has been thrown. No defensive player shall contact the passer who is standing still or fading back as he/she is considered out of the play after the pass. Roughing the passer restrictions do not apply if the forward pass is thrown beyond A’s scrimmage line (1st ball spotter). **Penalty:** Roughing the Passer, 10 yards, automatic first down.

**Article 3. Screen Blocking.** The offensive screen block shall take place without contact. The screen blocker shall have his/her hands and arms at his/her side or behind his/her back when screen blocking. Any use of the hands, arms, elbows, legs, or body to initiate contact during an offensive player's screen block is illegal. A blocker may use his/her hand or arm to break a fall or to retain his/her balance. A player must be on his/her feet before, during, and after screen blocking. **Penalty:** *Personal Foul,* 10 yards.

**Article 4. Screen Blocking Fundamentals.** A player who screens shall not:

- a) Take a position closer than a normal step when behind a stationary opponent
- b) Make contact when assuming a position at the side or in front of a stationary opponent
c) Take a position so close to a moving opponent that this opponent cannot avoid contact by stopping or changing direction. The speed of the player to be screened will determine where the screener may take his/her stationary position. This position will vary and may be 1 or 2 normal steps or strides from the opponent;
d) After assuming his/her legal screening position, move to maintain it, unless he/she moves in the same direction and path of his/her opponent. If the screener violates any of these provisions and contact results, he/she has committed a personal foul.

**Penalty:** 10 yards.

**Article 4. Blocking and Interlocked Interference.** Teammates of a runner or passer may interfere for him/her by screen blocking but shall not use interlocked interference by grasping or encircling one another in any manner. **Penalty: Personal Foul, 10 yards.**

**Article 5. Use of Hands or Arms by the Defense.** Opponents must go around the offensive player's screen block. The arms may not be used as a wedge to displace the opponent. A defender may use his/her arms or hands to break a fall or train his/her balance. **Penalty: Personal Foul, 10 yards.**

**Section 4. Runner**

**Article 1. Flag Belt Removal**

a) Players must have possession of the ball before they can be deflagged legally by an opponent.
b) When a runner loses his/her flag belt either accidentally, inadvertently (not removed by grabbing or pulling), or on purpose, play continues. The deflagged reverts to a 1 hand tag of the runner between the shoulders and the knees. 

c) In circumstances where a flag belt is removed illegally, play should continue with the option of the penalty or the play.  
**Penalty:** Personal Foul, 10 yards.
d) An opponent intentionally pulling a flag belt from an offensive player without the ball is illegal.  
**Penalty:** Personal Foul, 10 yards.
e) Tampering with the flag belt in any way to gain an advantage including tying, using foreign materials, or other such acts is illegal.  
**Penalty:** Personal Foul, 10 yards from the previous spot, and player disqualification. If by Team A, loss of down. If by Team B, automatic first down.

**Article 2. Guarding the Flag Belt.** Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove the flag belt. Flag guarding includes:

a) Placing or swinging the hand or arm over the flag belt.

b) Placing the ball in possession over the flag belt.

c) Lowering the shoulders in such a manner which places the arm over the flag belt.  
**Penalty:** Flag Guarding, 10 yards.

**Article 3. Stiff Arm.** The runner shall be prohibited from contacting an opponent with extended hand or arm. This includes the use of a "stiff arm" extended to ward off an opponent attempting to deflag/tag. **Penalty: Personal Foul, 10 yards.**

**Article 4. Helping the Runner.** The ball carrier shall not grasp a teammate or be grasped, pulled, or pushed by a teammate. **Penalty:** Helping Runner, 5 yards.

**Article 5. Obstruction of Runner.** An opponent shall not hold, grasp, or obstruct the forward progress of a ball carrier when in the act of removing the flag belt. **Penalty:** 10 yards.

**Article 6. Charge.** A runner shall not charge into nor contact an opponent in his/her path nor attempt to run between 2 opponents or between an opponent and a sideline, unless space is such as to provide a reasonable chance for him/her to go through without contact. If a runner in his/her progress has established a straight line path, he/she may not be crowded out of that path, but if an opponent is able to legally establish a defensive position in that path, the runner must avoid contact by changing direction. **Penalty:** Personal Foul, 10 yards.

**Section 5. Batting and Kicking**

**Article 1. Batting a Loose Ball.** Players shall not bat a loose ball other than a pass or fumble in flight. EXCEPTION 1: A backward pass in flight shall not be batted or thrown forward by the passing team. EXCEPTION 2: K may bat a grounded or an airborne punt beyond the K scrimmage line toward their own goal line. **Penalty:** Illegal Batting, 10 yards.

**Article 2. Batting a Ball in Player Possession.** A ball in player possession shall not be batted forward by a player of the team in possession. **Penalty:** Illegal Batting, 10 yards.

**Article 3. Illegal Kicking.** No player shall intentionally kick a ball other than a punt. NOTE: an illegal kick shall be treated like a fumble. **Penalty:** Illegal Kicking, 10 yards.

**Section 6. Illegal Participation**

**Article 1. It is illegal Participation:**
a) To have 8 (CoRec 9) or more players participating at the snap.
b) To have more than the legal number of males or females participating at the snap (CoRec only)
c) If an injured player is not replaced for at least 1 down; unless the end of a period or overtime intermission occurs.
d) To use a player, replaced player, or substitute in a substitution or pretended substitution to deceive opponents at or immediately before the snap.
e) For a disqualified player to reenter the game.
f) For a replaced player or substitute to hinder an opponent, touch the ball, influence the play, or otherwise participate.
g) If, prior to a change of possession, a A or K player goes out-of-bounds and returns during the down to participate, unless blocked out-of-bounds by an opponent. If a player is blocked out-of-bounds by an opponent and returns during the down, he/she shall return at the first opportunity. During the down, no player shall intentionally go out-of-bounds and return to the field, intentionally touch the ball, influence the play, or otherwise participate.
i) When any player, replaced player, or substitute enters during a down.

Penalty: Illegal Participation, 10 yards.

**RULE 10. ENFORCEMENT OF PENALTIES**

**Section 1. Procedure After a Foul**

**Article 1. Definitions** A foul is a rule infraction for which a penalty is prescribed. Types of fouls are:

a) Dead Ball - a foul which occurs in the time interval after a down has ended and before the ball is next snapped.
b) Live Ball - a foul which occurs during a down.
c) Simultaneous with the Snap - an act which becomes a foul when the ball is snapped.

**Article 2. Captain’s Choice.** When a foul occurs during a live ball, the Referee shall, at the end of the down, shall notify both captains. He/she shall inform the captain of the offended team regarding the rights of penalty acceptance or declination and shall indicate to him/her the number of ensuing down, distance to be gained, and status of the ball for each available choice. The distance penalty for any foul may be declined. If the penalty is declined or if there is a double foul, there is no loss of distance. A captain’s choice of options may not be revoked. Decision involving penalties shall be made before any charged time-out is granted to either team.

**Article 3. Dead Ball Foul.** When a foul occurs during a dead ball either between downs or before a snap, the officials shall not permit the ball to become live. The penalty for any foul between downs, any nonplayer foul, or any unsportsmanlike foul, is enforced from the succeeding spot. If a dead ball foul occurs after time has expired for a period, the penalty shall be measured from the succeeding spot. The succeeding spot is where the ball would next be if a foul had not occurred.

**Article 4. Live Ball/Dead Ball Foul.** When a live ball foul is followed by a dead ball foul by the opponent, the penalties are administered separately and in the order of occurrence. When the same team commits a live ball foul followed by 1 or more dead ball fouls, all fouls may be penalized.

**Article 5. Establish Zone Line-to-Gain.**

a) On a live ball foul mark off the penalty yardage first, then establish the zone line-to-gain.
b) Penalties for fouls with succeeding spot enforcement which occur prior to the ready for play signal shall be administered before setting the zone line-to-gain for a new series.
c) Penalties for fouls with succeeding spot enforcement which occur after the ready for play signal shall be administered after setting the zone line-to-gain for a new series. Note: During overtime the zone line-to-game is always the goal line.

**PLAY.** Third and 2 on A 18. A-2 runs to the A 26. (a) A-2 flag guards at the A 25 and is deflagged at the A 35; or (b) A-2 is deflagged at the A 26. The Referee calls an unsportsmanlike conduct foul on A-2 prior to the ready for play signal. **RULING.** (a) Penalize A 10 yards for flag guarding. A’s ball third and 5 from A’s 15. (b) Penalize A 10 yards for the dead ball foul from the A 26, first and 4 on A 16.

**Section 2. Types of Play and Basic Enforcement Spots**

**Article 1. Live Ball Foul.** Any live ball foul is penalized according to the all-but-one enforcement principle except:

a) A foul which occurs simultaneously with a snap is penalized at the previous spot.
b) A nonplayer foul, unsportsmanlike foul, dead ball foul, penalize at the succeeding spot.

**Article 2. All-But-One Enforcement Principle.** Enforcement philosophy is based on the premise that a team is given the advantage of the distance that is gained without assistance of a foul. It is assumed that the only foul which would give this aid is a foul by the offense behind the basic spot. Therefore, all fouls but this one, that is a foul by the offense behind the basic spot, are penalized from the basic spot. Exception: Roughing the passer. See Article 4 below.

**Article 3. 2 Types of Plays.** Whenever the ball is live, 1 of 2 types of plays is in progress, either a loose ball play or a running play. The type of play has no significance unless a foul occurs. If a foul does occur, the officials must know whether it was during a loose ball play or during a running play. This determines the basic spot of enforcement.

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**Article 4. Loose Ball Play.** A loose ball play is action during:
1. A punt, other than post scrimmage kick fouls.
2. A legal forward pass.
3. A backward pass, including the snap, a fumble made by A-1 from on or behind his/her scrimmage line (first ball spotter-orange).
4. The run or runs that proceed such legal pass, punt, or fumble.

**NOTE: When a foul occurs during a loose ball play, the basic enforcement spot is the previous spot, the spot of the snap.**

Exception 1: The penalty for roughing the passer on a completed forward pass will be enforced from the dead ball line and no change of possession has occurred.

**PLAY.** First and 13 on A 27. QB A-1 throws a legal forward pass. While the pass is in flight, A-2 illegally contacts a B player on the A 25 yard line. The pass is complete and the runner is deflagged on the A 30. **RULING.** If accepted, penalize from the A 25 yard line, first and 25 on A 15. The penalty is enforced at the spot of the foul since the offense fouled behind the basic spot which is the previous spot or where the ball was snapped.

**PLAY.** Fourth and 8 on A 32. Passer A-1 is roughed by B-1: (a) forward pass is complete to A-2 who is tagged/deflagged at the A 35; (b) pass is incomplete; or (c) forward pass is complete to A-2 who is tagged/deflagged at the A 28. **RULING.** Roughing the passer. (a) A’s ball, first and 15 on B 35; in (b) and (c) it is A’s ball, first and 18 on B 38. In (b) and (c), penalize from the previous spot.

Exception 2: A post scrimmage kick (PSK) foul is an R foul that occurs on R’s side of the neutral zone prior to the end of the kick during a punt that ends beyond the neutral zone and K does not have possession of the ball when the kick ends. The PSK spot is the spot where the kick ends. R retains the ball after penalty enforcement from the PSK spot when a PSK foul occurs. R fouls behind the PSK spot are spot fouls. The spot where the kick ends is R’s 14 is the kick dead ball spot when the kick ends.

**PLAY.** During a punt, R-2 illegally contacts K-2 beyond the neutral zone at the R 34 yard line. The kick then becomes dead: (a) in the R end zone; (b) when the punt rolls out-of-bounds at the R-31 yard line; or (c) when R-1 catches the punt at the R 32 and is deflagged at the R 36. **RULING.** Enforce all 3 plays utilizing the PSK penalty enforcement as follows: (a) Enforce at the PSK spot, the R 14 yard line, first and 13 at the R 7; (b) enforce at the R 31 since the spot of the foul is behind the PSK spot, first and 19 at the R 21; (c) enforce at the PSK spot, the R 32 where the punt was caught by R-1, first and 18 on the R 22. In (a), (b), and (c), team R retains the football, first down. NOTE: The BJ must drop a bean bag where the punt is caught by R.

Exception 3: Kick catch interference, 10 yards from the spot of the foul and a 1st down or 10 yard penalty from the previous spot and replay the down.

**Article 5. Running Play.** A running play is any action which is not a loose ball play.

a) Behind the line includes:
   1. A run which is not followed by a loose ball behind the line.
   2. A run which is followed by an illegal pass from behind the line.

b) Where the player loses possession if his/her run is followed by his/her fumble into the opponents end zone or backward pass beyond the scrimmage line is intercepted.

**If a foul occurs during a running play, the basic enforcement spot is the spot where the related run ends:**

   a) Where the ball becomes dead if the runner does not lose possession.
   b) Where the player loses possession if his/her run is followed by his/her fumble or pass.
   c) At the spot of the catch where the momentum rule is in effect.

**PLAY.** K-1’s punt is caught by R-1. During the run, R-1 guards the flag at his/her 22 yard line. R-1 is then deflagged by K-1 at the 40 yard line. **RULING.** Penalize Team R 10 yards from the 22 yard line which is the spot of the foul, R’s ball first and 8 on A 12. Once the punt is caught, the loose ball play has ended. It is now a running play. The foul by the offensive team behind the basic spot, the end of the run, is enforced from the spot of the foul.

**PLAY.** K-1’s punt is caught by R-1. During the run, K-2 illegally contacts R-1 at te K 35 yard line. R-1 is deflagged/tagged at the K 28 yard line. **RULING.** Penalize Team K 10 yards from the K 28 yard line which is the end of the run, R’s ball first and 18 on the K 18. All fouls, except by the offense behind the end of the run, are penalized from the basic spot, the end of the run.

**PLAY.** Third and 2 on A 38. QB A-1 runs 2 yards beyond the A scrimmage line (first ball spotter-orange) and throws and illegal forward pass from the 40 yard line. **RULING.** Fourth and 5 on A 35. All illegal forward passes are treated as running plays. Penalize from the spot where the pass was thrown, the end of the run.
PLAY. Third and 5 on A 35. QB A-1 throws a legal forward pass to receiver A-2 who runs to the B 19 yard line and flag guards. A-2 scores an apparent touchdown. RULING. No touchdown. Penalize A-2 10 yards from the B 19 yard line, first and 9 on B 29. Once A-2 caught the pass, it became a running play. Since there was a foul by the offense behind the end of the run, which is the goal line, penalize from the spot of the foul.

Section 3. Special Enforcements

Article 1. Half the Distance. A measurement cannot take the ball more than half the distance from the enforcement spot to the offending team’s goal line. If the penalty is greater than this, the ball is placed halfway from the enforcement spot to the goal line.

Article 2. Safety/Goal Line. If the offensive team throws an illegal forward pass from its end zone or commits any other foul on or behind its goal line from which the penalty is accepted and measurement is from on or behind the goal line which is now the basic spot, it is a safety. For a defensive team foul, if the enforcement spot which is not the basic spot, is on or behind the offended team’s goal line, any measurement is from the succeeding spot or goal line. NOTE: See 10-3-10 for enforcement of fouls after change of possession during a Try or overtime.

PLAY. B intercepts a pass in the B end zone, A commits an illegal contact foul, and B then is deflagged/tagged in the end zone. RULING. Option for B – decline the illegal contact foul and accept a touchback, first and 6 on B 14, or accept the illegal contact foul and it will be first and 16 on B 24, measured from the succeeding spot, the B 14.

PLAY. A 3rd and 14 on A-6. Passer A-1 runs back into his/her end zone. B-1 commits illegal contact. B-2 then deflags A-2 in the A end zone. RULING. A 3rd and 10 on A 10. Enforce at goal line.

PLAY. B-1 intercepts a pass in the B end zone. (a) B-3 commits an illegal contact foul after the interception on the B 5 yard line. (b) B-1 flag guards in his/her end zone. B is deflagged in the end zone. RULING. (a) B’s ball, first and 17-1/2 on the B 2-1/2. The basic spot of enforcement on a touchback is the 14 yard line. Penalize from he B 5. (b) Safety.

Article 3. Disqualified Player. A disqualified player must be removed.

Article 4. Forfeiture of Game. A Referee and/or Intramural Sports Staff Supervisor may forfeit any game. Their decision to do so is final.

Article 5. Foul During a Touchdown.

   a) If there is a foul by the scoring team (other than unsportsmanlike or nonplayer) during a down that results in a successful touchdown, the acceptance of the penalty nullifies the score.
   b) If an opponent of the scoring team commits a foul (other than unsportsmanlike or nonplayer) during a down which results in a successful touchdown, and there was not a change of possession during the down, the scoring team may choose to have the foul enforced either on the Try, or after the Try, at the succeeding spot.
   c) If an opponent of the scoring team commits a foul (other than unsportsmanlike or nonplayer) during a down in which a touchdown is scored, and there was a change of possession during the down, and such foul occurs after the change of possession, the scoring team may accept the result of the play and then choose to have the foul enforced either on the Try, or after the Try, at the succeeding spot.
   d) If either team commits an unsportsmanlike or nonplayer foul during the down in which a touchdown is scored, the opponent may accept the results of the play and then choose to have the foul enforced either on the Try, or after the Try, at the succeeding spot.

PLAY. Third and goal on B 6. QB A-1 runs for a touchdown. B-1 illegally contacts A-3 prior to the touchdown on the B 2 yard line. RULING. Touchdown. The Referee will ask the A captain whether they wish to go for a 1, 2, or 3 point Try, after explaining that the 10 yard penalty will be enforced as part of the Try or at the 14 yard line. Once the A captain makes a decision, penalize B 10 yards or half the distance on the Try from the 3, 10, or 20 yard line, if they choose that option.

Article 6. Foul Prior to a Try. If after a touchdown and prior to the initial ready for play signal for the Try, either team commits any foul for which the basic spot of enforcement is the succeeding spot (Try), the offended team may have the penalty enforced from the succeeding spot (Try) or at the 14 yard line.

PLAY. QB A-1 scores a touchdown and then spikes the ball. RULING. The touchdown counts. Initially the Referee will ask the B captain whether he/she wants the unsportsmanlike foul on either the Try or the succeeding spot. The Referee will ask the A captain whether they wish to go for a 1, 2, or 3 point Try, after explaining that the 10 yard penalty will be enforced as part of the Try or at the 14 yard line. Once the Team captain makes a decision, penalize A 10 yards on the Try from the 3, 10, or 20 yard line if B choose that option.
Article 7. Fouls During a Try. If there is a foul by A (other than unsportsmanlike or nonplayer) during a down that results in a successful Try, the acceptance of the penalty nullifies the score. If during a successful Try, a loss of down foul by A occurs, there is no score and no replay. If there is a foul by B during a down which results in a successful Try, the penalty will be enforced at the 14 yard line. If a double foul occurs, the down shall be replayed.

PLAY. Try. QB A-1 runs across the B goal line for a successful 2 point Try. B-1 grabs and holds A-1’s jersey in an unsuccessful attempt to deflag A-1. RULING. Score 2 points for Team A. Penalize B half the distance for illegal holding at the succeeding spot, the B 14 yard line. It will be first and 13 at the B 7.

Article 8. Double Fouls. It is a double foul if both teams commit fouls (other than unsportsmanlike or nonplayer) during the same live ball period in which:

a) There is no change of team possession.

b) There is a change of team possession, and the team in possession at the end of the down fouls prior to the final change of possession.

c) There is a change of possession and the team in final possession accepts the penalty for its opponent’s foul.

In (a), (b), and (c) the penalties cancel and the down is replayed.

Exception 1: If each team fouls during a down in which there is a change of team possession, the team last gaining possession may retain the ball, provided its foul is not prior to the final change of possession and it declined the penalty for its opponents foul(s) (other than unsportsmanlike or nonplayer). This exception is commonly referred to as the principle of “clean hands.” NOTE: The Rule does not apply to double fouls during a Try or overtime period.

Exception 2: PSK foul. Team R must decline Team K fouls (other than unsportsmanlike or nonplayer).

PLAY. K-1 punts, R-1 caches the ball and throws an illegal forward pass from his/her 26 yard line. R-2 catches the pass and K-2 holds R-2 prior to the tag/deflag. RULING. The Referee will present the following options to the R captain: (1) if you accept the holding foul by K-2, it is a double foul, and the ball will be punted again if elected; (2) if you want to keep the ball, you must decline the holding foul by K-2. The Referee will mark off 5 yards to R’s 21 yard line for the illegal forward pass, R’s ball, first and 19.

PLAY. Second and goal on the B 6. B-1 intercepts A-1’s pass in the B end zone. On the return, B-1 flag guards in the B end 1 and A-2 holds on the B 10. B-1 is deflagged/tagged at the B 12. RULING. Fouls offset and the down is replayed. (If B declines A’s penalty, it would be a safety.)

Article 9. Multiple Live Ball Fouls. When 2 or more live ball fouls (other than unsportsmanlike or nonplayer) are committed during the same down by the same team, only 1 penalty may be chosen by the offended team.

Article 10. More Than 1 Dead Ball Foul. Penalties for dead ball fouls are administered separately and in the order of occurrence. Dead ball fouls are not coupled with live ball fouls or other dead ball fouls to create double or multiple fouls. If the same number of dead ball fouls are committed by both teams, and the order of occurrence cannot be determined, they will offset.

Article 11. Loss of Down Fouls. Fouls by A which include loss of down are Illegal Backward Pass, Illegal Forward Pass, Forward Pass Interference, and Illegally Secured Flag Belt.

Article 12. Automatic First Down Fouls. Fouls by B which give A an automatic 1st down are Forward Pass Interference, Roughing the Passer who has thrown the ball from behind the A scrimmage line (1st ball spotter-orange), and Illegally Secured Flag Belt.

Article 13. Fouls During or After Last Play of Period. Succeeding spot fouls that occur: (A) during the last play of the game; (B) during the last play of an overtime period; or (C) dead ball fouls which occur after the last play of a game or overtime period. These fouls can be carried over to overtime, unless a touchdown is scored on that play, in which case the penalty can only be enforced on the try.

Play. Score (men’s game): A-13, B-21. On last timed down of the 4th period, A-1 scores touchdown and B-1 roughs the passer. The score is now A-19, B-21. RULING. Roughing the passer penalty must be enforced on the Try since overtime might not be played. Same ruling if score was tied.
SUMMARY OF CORECREATION FOOTBALL RULES

The Game. The game shall be played between 2 teams of 8 players, 4 men and 4 women. Teams with 7 players shall be 4 men and 3 women or 4 women and 3 men. Six players, 3 men and 3 women, 4 men and 2 women, or 4 women and 2 men are required to start the game and avoid a forfeit. The game may be continued with less than 6 players as long as the team has a chance to win.

The Ball. The regular or intermediate size football shall be used.

Minimum Line Players. The offensive team must have at least 5 players on their scrimmage line at the snap. Penalty: Illegal Procedure, 5 yards.

Male Runner. An A male runner cannot advance the ball through A’s scrimmage line. There are no restrictions (a) during a run by a male runner once the ball is beyond A’s scrimmage line, (b) during a run by a female runner, and (c) after a change of possession. Penalty: Illegal Advancement, 5 yards from the previous spot.

Male to Male Completion. During the offensive team’s possession there may not be 2 consecutive legal forward pass completions from a male passer to a male receiver. This rule applies to the try. If a male passer completes a legal forward pass to a male receiver, the next legal forward pass completion must involve either a female passer or a female receiver for positive yards. The spot where the ball becomes dead by rule must be beyond the A scrimmage line. There are no other restrictions concerning a male passer completing legal forward passes to a female receiver, or female to female, or female to male. A legal forward pass caught jointly by male and female teammates is considered a female reception. Penalty: Illegal Forward Pass, 5 yards from the spot where the second consecutive male to male completed legal forward pass is released, and a loss of down. Any foul, whether accepted or declined, shall have no effect on whether the next legal forward pass completion is "open" or "closed."

ILLEGAL FORWARD PASS. IF A FEMALE PASSER COMPLETES A FORWARD PASS TO A MALE RECEIVER BEHIND THE A SCRIMMAGE LINE AND RUNS BEYOND THIS SCRIMMAGE LINE, IT IS AN ILLEGAL FORWARD PASS. PENALTY: ILLEGAL FORWARD PASS, 5 YARDS FROM THE SPOT OF THE PASS AND LOSS OF DOWN.

Touchdown Value. If a female player scores a touchdown, or if a female throws a legal forward pass that is caught for a touchdown by any A player, prior to a change of possession, the point value is 9.

SUMMARY OF PENALTIES

Loss of 5 yards:

1. Required Equipment Worn Illegally
2. Delay of Game (Dead Ball)
3. Eligible Substitutions
4. Illegal Substitution
5. Punt Formation and Snap
6. Punting the Ball
7. Encroachment (Dead Ball)
8. False Start (Dead Ball)
9. Illegal Snap (Dead Ball)
10. Illegal Formation
11. Minimum Line Players
12. Illegal Motion
13. Illegal Snap
14. Illegal Shift
15. Illegal Advancement (CoRec Only)
16. Intentionally Throwing a Backward Pass or Fumble Out-of-Bounds (Loss of Down if by Team A)
17. Illegal Forward Pass (Loss of Down if by Team A)
18. Intentional Grounding (Loss of Down)
19. Illegal Forward Pass – 2 Consecutive Male to Male Forward Pass Completions (Loss of Down) (CoRec Only)
20. Illegal Forward Pass – Male Catches and Runs Beyond the Scrimmage Line (Loss of Down) (CoRec Only)
21. Helping the Runner
**Loss of 10 Yards:**
1. Illegal player equipment
2. Quick Kick
3. Kick Catch Interference
4. Two or More Consecutive Encroachments during Interval Between Downs
5. Offensive Pass Interference
6. Defensive Pass Interference
7. Illegally Secured Belt on Touchdown (Loss of Down if by Team A) (Automatic 1st down if by Team B)
8. Unsportsmanlike Player Conduct
9. Spiking, Kicking, Throwing, or Not Returning Ball to Official during Dead Ball
10. Unsportsmanlike Conduct by Players and Nonplayers
11. Strip or attempt to strip the ball
12. Throwing Runner to Ground
13. Hurdling Any Player
14. Contact Before or After the Ball is Dead
15. Unnecessary Contact of Any Nature
16. Drive or Run Into any Player
17. Position Upon Shoulders or Body of Teammate
18. Tackle Runner
19. Fighting an Opponent
20. Roughing the Passer (Automatic 1st Down)
21. Illegal Offensive Screen Blocking
22. Interlocked Interference
23. Defensive Use of Hands
24. Illegal Flag Belt Removal
25. Guarding the Flag Belt
26. Stiff Arm
27. Obstructing or Holding the Runner
28. Batting a Loose Ball
29. Illegal Kicking
30. Illegal Participation
31. Illegal Substitute/Replaced Player
32. Pretended, Unfair Substitution

**Disqualification Associated With Certain 10-Yard Penalties:**
1. Flagrant Unsportsmanlike Player Conduct
2. Flagrant Spiking, Kicking, or Throwing the Ball
3. Flagrant Unsportsmanlike Conduct by Players and Nonplayers
4. Intentionally Contacting an Official
5. Flagrant Personal Foul
6. Tackling the Runner
7. Fighting an Opponent
8. Intentional Tampering With Flag Belt-A (Loss of Down)
9. Intentional Tampering With Flag Belt-B (Automatic 1st Down)
4-on-4 Flag Football Rules Summary

1-1-1 The Game. The game shall be played between 2 teams of 4 players each. Three players are required to avoid a forfeit.

1-2-1 Zone Markings. The field measures 40 yards in length, goal line to goal line, and 30 yards in width. There shall be 1 hash mark dividing the field into halves.

3-1-1 Coin Toss. The captain of the winning toss shall select offense, defense, direction or defer their choice to the 2nd half.

3-1-3 Putting The Ball in Play. The ball shall be placed at the A 10 yard line to begin each half of a game and following a Try, touchback, or safety, unless moved by penalty. NOTE: There are no kicks.

3-2-1 Game Time. Playing time shall be two 12 minute halves.

3-2-5 First 11 Minutes. The clock will start at the snap to begin each half. It will run continuously for the first 11 minutes unless stopped by a team or Referee’s time-out.

3-2-6 One Minute Warning. Approximately 1 minute before the end of each half the Referee shall stop the clock and inform both captains of the playing time remaining in the half. The clock starts on the snap.

3-2-7 Last 1 Minute. A start, stop clock shall be used.

3-3-3 Tie Breaker. Each team will attempt to score by passing from the 3 yard line for 1 point, from the 10 yard line for 2 points, or from the 20 for 3 points.

3-4-3 Charged Time-Outs. Each team is entitled to 2 charged time-outs per game, including overtimes.

5-1-2 Series of Downs. A team shall have 3 consecutive downs to advance the ball to the next one by scrimmage.

5-1-4 A New Series of Downs. A new series of downs is awarded when a team moves the ball legally into the next zone or the opponent obtains team possession of the ball by penalty, pass interception, or failure to advance to the next zone.

Rule 7 Rushing QB. B cannot cross their scrimmage line until the pass is released. Penalty: Illegal Advancement, 3 yards

7-3-2 Minimum Line Players. The snapper is the only A player required to be on their scrimmage line (1st ball spotter-orange) at the snap.

7-5-1 Runner. A runner cannot advance the ball through A’s scrimmage line (1st ball spotter-orange). There are no restrictions after a change of possession or once a legal forward pass has been touched beyond A’s scrimmage line.

7-7-1 Legal Forward Pass. There must be a legal forward pass each down. The receiver must touch the ball beyond A’s scrimmage line. A has 5 seconds to release the ball on a forward pass. If not, it is a loss of down and the ball is next snapped at the previous spot. The Referee will sound his/her whistle at 5 seconds if the passer has possession of the football.

8-3-1 Mercy Rule. The Mercy Rule does not apply

Rule 10 Enforcement of Penalties. All 10 yard penalties are 5 yards and all 5 yard penalties are 3 yards.