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Friday Night Flag FLEX Football Rulebook

GAMES

- At the start of each game, player equipment is checked by referees at the 40 yard line. Captains from both teams shall meet at the 40 yard line for the coin toss to determine who shall start with the ball. The visiting team shall call the toss. Both teams go the same way.
- The winner of the coin toss gets to choose to take the ball in the first or second half. The other team gets possession in whatever half the coin toss winner doesn't select.
- The offensive team takes possession of the ball at the 40 yard line (going in) and has four (4) plays to gain 15 yards (25 yard Line) to earn a first down. Once a team earns a first down and crosses the 25, it has 4 plays to get to the 10 yard line and from there 4 plays to score.
- If the offense fails to score, or has a turnover on downs the ball changes possession and the new offensive team takes over on the 40 yard line (going in).
- All possession changes start on the 40-yard line. Interceptions result in possessions that start at the 40 yard line. Pick sixes result in 6 points and a PAT.
- Substitutions may be made at any time, however, if the offense substitutes the defense must be given time also to substitute.

EQUIPMENT

- The League provides each player with a jersey, black shorts, and flag belts. The league will provide balls for games. Teams must provide their own ball for practice use.
- Players must wear shoes. Cleats are allowed, however cleats with exposed metal are not allowed and must be removed.
- Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads, and kneepads. Braces with exposed metals are not allowed.
- Players must remove all watches, earrings and any other jewelry that the officials deem hazardous.
- Official NFL FLAG jerseys must be worn during play.
- Players' jerseys must be tucked into the pants if they hang below the belt line.
- Pants or shorts with belt loops or pockets should not be worn.
- Mouth guards are mandatory for all players. No exceptions.
- Players must wear flex soft shoulder pads and a soft shell helmet.

FIELD

- The field size is 50 yards by 50 yards with one 10-yard end zone with each possession beginning at the 40 yard line, as well as first down lines at the 25 and 10 yard lines.
- Stepping on the boundary line is considered out of bounds.



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COACHES

- Coaches are typically volunteer parents or family members helping the players learn and enjoy the game. Parents are encouraged to support the coach at all times.
- Coaches are allowed on the field to direct players according to need and Division.
 - For all grades a maximum of 1 coach per team is allowed on the field on the offensive side of the ball only. a) Unless helping a younger, inexperienced athlete into proper position, these coaches shall remain a minimum of 10 yards behind all participating players after approaching the line of scrimmage. Once the ball is snapped, coaches cannot interfere by touching players and they must get out of the way from gameplay. Interference penalty will be enforced. This includes boosting the blitzing player on Defense or grabbing any ball carrier. b) Once the team has broken the huddle, -This rule does not apply to coaches on the sideline defensive coaches can be on the field before the snap, but must be on the sideline at the snap.
- Coaches are expected to adhere to NFL FLAG philosophies, coaching guidelines and codes of conduct.
- Only three coaches per team are allowed on the sidelines
- Only Head Coaches (identified at the beginning of the game) may speak with game referees.

ROSTERS

- Home teams wear dark jerseys, visiting teams wear light jerseys.
- The Number of Players allowed on the field is based upon division:
- 3rd and 4th Grade – 9 on 9
 - 5th, 6th Grade – 9 on 9
- Teams must field a minimum of 9 players at all times. The league allows an opposing team to “loan” a player to a team lacking enough players to field a full team. This is not mandatory but at the discretion of the coaches involved.

TIMING AND OVERTIME

1. Games are played in 2, 22 minute halves with a 2 minute half time. Game clock is controlled by the referee and will be a continuous clock only stopping for injuries and timeouts.
2. Halftime is two minutes long.
3. Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
4. Each team has two 60-second timeouts per game.
5. Officials can stop the clock at their discretion.
6. In the event of an injury the clock will stop and then restart when the injured player is removed from the field of play.
7. Clock will stop inside of 2 minutes left in the 2nd half when there is:
 - An incomplete pass
 - A turnover
 - A Penalty
 - Ball Carrier goes out of bounds
 - After a Score (Conversions will be untimed downs)



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NOTE: Games not within 2 possessions (16 Points) will still have a running clock

8. During the regular season games, if the score is tied at the end of 40 minutes, the game will be determined a tie.

9. In playoff situations, an Overtime (OT) Period will be used to determine a winner. OT format is as follows:

- a. Each team gets one series of four plays (and possibly more pending penalty enforcement) starting from the ten yard line.
 - i. First possession choice goes to the winner of regulation coin toss.
 - ii. There is no Sudden Death; each team gets a minimum of one possession.
- b. All regulation period rules and penalties are in effect.
- c. There are no time-outs.
- d. Each team will be scored based on points scored (or yardage gained, see below):
 - i. If both teams score touchdowns and complete the same amount of points in conversions, the process is repeated in a subsequent OT period.

1. In the case of an interception, the ball will be marked at the 40 yard line, unless:

2. If Team B intercepts the ball and returns it for a touchdown, Team B wins.

ii. Scoring – Same as regulation.

e. Change of Possession:

i. Change of possession takes place when Team A's forward progress is halted on downs, scores a touchdown, or is intercepted.

ii. Team B takes possession at the 40 yard line and advances in the same direction.

f. If no team scores in an OT period:

i. Yardage gained – each team will be given one complete series to drive the field to score during a touchdown; if neither team scores, then whoever gains the most yards in that OT period wins. The yardage gained will be noted by the official. The team with the most yards gained wins.

1. Winning through yardage is equivalent to winning by 6 points for tie breaker purposes.

SCORING

- Touchdown: 6 points

- PAT (Point After Touchdown) 1 point (5-yard line) or 2 points (10-yard line). Note: Unlike Flag Football, Both 1 Point or 2 Point Conversions may be either a Run Play or a Pass Play.

- Safety: There are no safeties in the 1/2 field style of play, any play that begins at the 40-yard line and loses yardage will be spotted at the 40-yard line for the next play, no additional yardage will be added unless a penalty has been called.

- A team that scores a touchdown must declare whether it wishes to attempt a 1-pt. conversion (from the 5-yard line) or a 2-pt. conversion (from the 10-yard line). Decision cannot be changed after a penalty. Interceptions on conversions cannot be returned.

- A touchdown is scored when the ball carrier's forward foot crosses the end zone line.



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- A defensive return of PAT will result in 2 points regardless of whether the offensive team was going for one or two points.

LIVE BALL / DEAD BALL

- The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
- The official will indicate the neutral zone and line of scrimmage. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. In regards to the neutral zone, the official may give both teams a "courtesy" neutral zone notification to allow their players to move back beyond the line.
- A player who gains possession in the air is considered in bounds as long as one foot comes down in the field of play.
- The defense may not mimic the offensive team signals, by trying to confuse the offensive players, while the quarterback is calling out signals to start the play.
- Any official can whistle the play dead.
- Play is ruled "dead" when:
 - o The ball hits the ground. **EXCEPTION: QB Scoop Rule (See QB Scoop Rule).**
 - o The ball carrier's flag is pulled.
 - o The ball carrier steps out of bounds.
 - o A touchdown or PAT is scored.
 - o The ball carrier's knee or arm hits the ground.
 - o The ball carrier's flag falls out.
 - o The receiver catches the ball while in possession of one flag.
 - o An inadvertent whistle is performed (at the spot where the ball was whistled dead).
 - In the case of an inadvertent whistle, the offense has two options:
 - o Take the ball where it was when the whistle blew and down is consumed, or
 - o Replay the down from the original line of scrimmage.

NOTE: There are NO FUMBLES. NO STRIPPING OF THE BALL. The ball is spotted where the ball hits the ground. Dropped snap or handoff behind the 40 Yard line leads to the ball being spotted at the 40 Yard Line and the down will be moved to the next down.

Exception #1: Ball snapped over the QB's head and blown dead will be re-spotted at the 40 and moved to the next down. Exception #2: QB sack resulting in a loss of 5 yards. The ball is spotted once again at the 40-yard line, with the line to gain remaining the 25-yard line, and the next down is played.

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

FLAG PULLING

- A legal flag pull takes place when the ball carrier is in full possession of the ball.
- Defenders can dive to pull flags, but cannot tackle, hold or run through ball carrier when pulling flags.



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- It is illegal to attempt to strip or pull the ball or pull from the ball carrier's possession at any time.
- If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends.
- A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
- Flag guarding is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff arming, dropping of head, hand, arm or shoulder, or intentionally covering flags with the football or jersey.

OFFENSIVE GAMEPLAY

FORMATIONS

OFFENSIVE PRE-SNAP ALIGNMENT (9 on 9)

1. The offensive team must have:

- At least five (5) players on the line of scrimmage (LOS) at the point of the snap
 - Three ineligible linemen and
 - one eligible receiver lined up outside the far shoulder of the guard/tackle on the line of scrimmage on each side of the formation. (See Example 1a-c).
 - A player is considered off the LOS if he is at least one (1) yard behind the line of scrimmage
 - EXCEPTION: A Quarterback under center is considered OFF the LOS even if he is technically within one yard of the LOS.
 - All Players off of the LOS must be eligible receivers

2. Both Tackles must line up within both players' outstretched arms' reach of the center.

3. Eligible receivers can be tight or split at the coach's decision. (See Example 1a-c)

- NOTE: Any eligible receiver lined up on the line of scrimmage must be the closest player to the sideline that is lined up on the LOS.
 - This is known as "Covering Up" a receiver. When an otherwise eligible receiver is covered up, they are no longer considered eligible. If an ineligible receiver is downfield (i.e. 3 yards beyond the LOS) while attempting a pass, the offense will be called for Ineligible man downfield and assessed a 5 yard penalty from the previous spot and replay the down. (See Example 1c)

4. SHIFTS— Formation shifts are allowed, but all players must be set for 1 second before a player goes in motion or the ball is snapped.

5. Unbalanced lineman formations are not allowed. One Guard/Tackle must be on either side of the center (See Example 2a).

- Tight Ends or other eligible receivers lined up tight (close to the Guard/tackle) do not cause an unbalanced line.

OFFENSIVE PRE-SNAP ALIGNMENT (7 on 7)

1. The offensive team must have:

- At least 4 players on the line of scrimmage (LOS) at the point of the snap



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- o Three ineligible linemen and
- o one eligible receiver lined up outside the far shoulder of the guard/tackle on the line of scrimmage. (Note: Unlike 9 on 9, there only needs to be one receiver on the line) (See Example 3a-b).
- o A player is considered off the LOS if he is at least one (1) yard behind the line of scrimmage
 - EXCEPTION: A Quarterback under center is considered OFF the LOS even if he is technically within one yard of the LOS.

All other Alignment and shift rules from 9 on 9 apply.

RUNNING

- The ball is spotted where the runner's feet are when the flag is pulled, not where the ball carrier has the ball. If one foot precedes the other, the forward foot marks the spot.
- The quarterback can directly run with the ball regardless of how many rushers or what yard line the ball is placed.
- Direct handoffs behind the line of scrimmage are permitted. Offense may use multiple handoffs.
- Laterals or pitches are allowed similar to NFL rules, including those beyond the line of scrimmage.
- The player who takes the handoff can throw the ball from behind the line of scrimmage. Any other player may also make a forward pass from behind the line of scrimmage if a subsequent handoff or pitch has been made behind the line of scrimmage.
- Once the ball has been handed off in front or behind the quarterback, all defensive players are eligible to rush.
- Runners may not leave their feet to advance the ball forward. Diving, leaping or jumping in a manner that is obvious to be flag guarding will result in a penalty. Jump cuts are allowed. This is at the discretion of the referee to determine if the action is blatant flag guarding; for example shuffling sideways is typically not flag guarding, but leaping while in a forward motion would be considered flag guarding.
- Runners may leave their feet if there is a clear indication that he/she has done so to avoid collision with another player without a flag guarding penalty enforced..
- Flag Obstruction – All jerseys MUST be tucked in before play begins. The flags must be on the player's hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.

PASSING

- All forward passes must be from behind the line of scrimmage.
- Only one forward pass is allowed per play.

RECEIVING

- All skill players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line) provided they are not "covered up" i.e. lined up on the line of scrimmage with another eligible receiver lined up outside of them, also on the line of scrimmage. .
- Only one player is allowed in motion at a time. All motion must be parallel to the line of



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Scrimmage or backwards and no motion is permitted towards the line of scrimmage.

SHIFTS– Formation shifts are allowed, but all players must be set for 1 second before a player goes in motion or the ball is snapped.

- A player must have at least one foot inbounds when making a reception.
- In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
- Interceptions change the possession of the ball. Possession by the intercepting team begins at the 40 yard line.
- Interceptions are returnable. **Pick sixes result in 6 points and a PAT.** Returns of conversions after touchdowns, will be worth 2 points regardless of whether the team was going for 1 or 2. Conversions returned for a score by the defense result in the defense starting possession at the 40 yard line.

BLOCKING

1. Lead blocking on all runs is allowed.
2. Pulling offensive linemen is allowed, and all blocking rules apply.
3. When engaging a block, the blocker must come to balance, and all initial contact must be made with the hands.
4. Landing on, piling, or “pancaking” any player on the ground results in an unsportsmanlike
5. Blocking by initiating or leading with head, elbows, forearms, knees or shoulders – anything but the hands will result in a charging penalty.
6. Blocking below the waist, cut blocks, clipping and any blindside crack back blocks – by the offense or defense – are assessed appropriate penalties and result in an automatic ejection as determined by the game officials. A player who is blocked into a low block may continue to play in the game if the officials see extenuating circumstances.

DEFENSIVE GAMEPLAY

DEFENSIVE PRE-SNAP ALIGNMENT

1. The two defensive linemen must be aligned reasonably within the outstretched arms (to the side) of the furthest offensive lineman/tight end. For example, a defensive lineman can line up from the outside shoulder of the blocker but cannot unreasonably line up extremely wide. If the DE were to stand with arms outstretched like a “T” he should be able to touch the OLs shoulder if on the same horizontal plane.
2. The defensive team must have two players on the line of scrimmage (the DEs)
3. One DE must be on each side of the center.
4. Defensive ends may NOT line up in the A-gap, they must be aligned shaded outside of the tackles (not the center), and may slant inside.
5. The protected A gap zone: extending laterally from the Center to the Inside half of the Tackles and extending 4 yards directly in front of the center, no defensive player may align in this protected A gap zone.
6. Linebackers or safeties with the intent to blitz MUST align a minimum of 5 yards from the line of scrimmage (they can’t align on the LOS). A blitz is defined as rushing the QB while in the tackle box. Once the QB hands the ball off, pitches the ball, or attempts a forward pass OR



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leaves the tackle box, any defender may cross the LOS and attempt to make a play. This player would count towards the three rusher rule inside the 10 Yard line.

A – GAP RULES

(see also Example 5a-c)

1. The A-gap is the area between the center and the Tackles.
2. Defenders on the line of scrimmage cannot line up directly over the center and may not immediately engage the center.
4. Linebackers and defensive backs can blitz the A gap as long as they are a minimum of 5 (5) yards from the LOS on the snap.

EXCEPTION: When the Offense is at or inside the 5 Yard line, the Linebackers can line up and blitz from the Goal Line. (See Example 5c)

5. Defensive ends may NOT line up in the A-gap,
 - However, they can align outside shoulder on the attached lineman (not the center), and slant inside.

6. There is a protected A gap zone: extending laterally from the Center to the Inside half of the Tackles and extending 5 yards directly in front of the center, no defensive player may align in this protected A gap zone. EXCEPTION: When offense is less than 5 yards away from the first down marker or end zone the linebacker can make up the difference. If offense is 3 yards from first down or end zone the linebacker can line up 3 yards off the line of scrimmage. If offense is 1 yard from first down or end zone the linebacker can line up 1 yard off the line of scrimmage.

BLITZING DEFENSIVE ENDS, BLITZ RUSHING RULES

BLITZING RULES

1. Blitzing is defined as any predetermined penetration by a linebacker or defensive back while the Quarterback is still in the Tackle Box. (see formation rules)
2. Blitzing/rusher must engage the blocker with hands and arms, using feet and speed to defeat the block to either side of the blocker.
3. Linebackers and defensive backs can blitz the A-gap as long as they are a minimum of 5 yards from the ball when it is snapped.

EXCEPTION: When the Offense is at or inside the 5 Yard line, the Linebackers can line up and blitz the A Gap from the Goal Line. (See Example 5c)

- There is no “timing” up a blitz from 5 yards and hitting the LOS on the snap.
- Any player can Line up within 5 yards of the LOS (Except in Protected A Gap zone) (See Example 6b). However, These players cannot cross the LOS until:
 - o QB releases the ball (i.e. makes a forward pass)
 - o Gives the ball to another teammate (Handoff, pitch, etc.) or
 - o QB scrambles out of the pocket (See Example 6c)



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- NOTE: When this defender crosses the LOS, he is considered a rusher and counts toward the QB 3 Rusher rule. (See QB Rush rule)

BLITZ MERCY RULE

1. If a team is winning by 21 points or more, the "blitz mercy rule" goes into effect where the leading team can no longer blitz until the score is less than a 21 - point spread.
2. If a blitz occurs during the mercy rule period, the defensive team is assessed a 10-yard unnecessary roughness penalty, resulting in an automatic first down for the offensive

RUSHING THE PASSER

• DEFENSIVE ENDS- There is no bull rushing

- . The rusher must rush the inside or outside part of a blocker's body and is not allowed to rush through the centerline of any blocker. Spin Moves and other jukes are allowed, as long as the move goes towards the inside/outside part of the body.
- Blitzers/rusher cannot throw or purposefully push blocker into the ground or into the ball carrier.
- The defensive act of "rushing" should be initiated by the hands and arms. Use of the shoulders, chest, or head are strictly prohibited.
- Players rushing the Quarterback may attempt to block a pass. However, NO contact can be made with the quarterback in any way.
- Blocking the pass and then striking the passer will result in a 10-yard penalty.
- A Sack occurs if the QB's flags are pulled or drops the ball behind the line of scrimmage. The ball is placed where the QB's feet are when the flag is pulled or where the ball hits the ground.

BLITZ MERCY RULE –

1. If a team is winning by 21 points or more, the "blitz mercy rule" goes into effect where the leading team can no longer blitz until the score is less than a 21 - point spread.
2. If a blitz occurs during the mercy rule period, the defensive team is assessed a 10-yard illegal rush penalty, resulting in an automatic first down for the offensive team

TURNOVERS, FUMBLES, DEAD BALLS, AND INTERCEPTIONS

1. All fumbles are considered dead balls as soon as the ball hits the ground
2. Except for the following: "QB Scoop rule" – The QB has a chance to scoop the ball after a poor snap (rolled or hiked overhead) AS LONG AS there is no defensive player in the immediate vicinity as the QB is fielding the ball while staying up. This is a judgment call by the referee to maintain SAFETY and keep players from diving on a DEAD ball.
 - a) No diving on the ball
 - b) ONLY the QB can pick up the muffed snap

PENALTIES

General



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1. The referee will call all penalties.
2. Referees determine incidental contact that may result from normal run of play.
3. All penalties will be assessed from the line of scrimmage, except as noted (spot fouls).
4. Only the Head Coach may ask the referee questions about rule clarification and interpretations.

Players cannot question judgment calls.

5. Games cannot end on a defensive penalty, unless the offense declines it.
6. Penalties are assessed Live Ball then Dead Ball. Live Ball penalties must be assessed before play is considered completed.
7. Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.

5 Yard Penalties

- Illegal Equipment
- Offside
- Illegal motion (more than one person moving, false start, etc.)
- Illegal forward pass (throwing a pass beyond the line of scrimmage)
- Offensive pass interference (illegal pick play, pushing off/away defender)
- Screening, Blocking or Running with the ball carrier
- Delay of game
- Defense Illegal contact (holding, blocking, etc.)
- Defense Illegal flag pull (before receiver has ball)
- Defense Illegal rushing (starting rush from inside 10-yard marker)

10 Yard Penalties

- Roughing the passer
 - Taunting
 - Unsportsmanlike conduct.
- o After scoring and touchdown is good, offense receives a 10 yard penalty from the yard line of PAT attempt after touchdown (one warning to the player and team before ejection)

Spot Fouls

Flag guarding, jumping, diving on offense –10 yards from spot of foul (SOF) & loss of down
Offensive Charging (ball carrier) -10 yards from SOF & loss of down
Defensive Pass Interference– first down at SOF
Stripping the ball +10 yards from SOF & first down
Offensive Unnecessary Roughness -10 yards from SOF & loss of down
Defensive Unnecessary Roughness +10 yards SOF & first down

ILLEGAL FORMATION Offense / Defense, 5 yards, replay down

1. Fewer than five players on the line of scrimmage for offense on nine on nine. Fewer than four players on the line for 7 on 7.



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These five players must be contiguous with the center. There must be one player on each side of the center (within both players arm's length of the center) and one eligible receiver on each side of the center.

2. Fewer than two players on the line of scrimmage for the defense.
3. Showing blitz directly over the center or aligning any defensive player directly over the center on the LOS.
4. Unbalanced LINES are not allowed – a Tackle/Guard must be on each side of the center.
5. A Tight End can align next to a Tackle as long as there is no eligible receiver "covering" him up.
6. Unbalanced receiver formations are allowed (3x2, 3x1).

ILLEGAL SHIFT Offense, 5 yards, replay down

- Two or more players cannot be in motion at the time of the snap.
- Only Players off the line can go in motion. If a player on the line wants to motion, he has to move into the backfield and come to a complete stop for 1 second.
- A Player in Motion at the snap cannot move towards the line of scrimmage before the snap.

INTENTIONAL TACKLING (FLAGRANT FOUL) DEFENSE Defense, 10 Yards from previous spot, automatic 1st down

1. If deemed excessive or with intent to hurt an opposing player, referees may eject the offending player.
2. Intentional tackling defined: Intentionally wrapping up to stop forward progress while taking the ball- carrier to the ground; shoulder checking/hit with the intent of knocking the ball-carrier to the ground. It is the game officials' discretion on any other attempt to use excessive force by a player to initiate a tackle.
3. An automatic touchdown will be given to the team if a player is running and judged to be free with no other defenders between him/her and the end zone and is deliberately tackled, tripped or restrained by clothing grab by a pursuing player or by an individual associated with the defensive team who comes onto the field.

UNNECESSARY ROUGHNESS - FLAGRANT FOUL Offense 10 yards from previous spot, loss of down

Defense – 10 yards from previous spot, automatic first down.

1. The safety of all players is the primary concern. Game officials will call unnecessary roughness when any player uses excessive force or violence during a play, even if the play is technically within the rules.
2. All players are expected to play "in control" at all times. Players are in violation of the unnecessary roughness rule when they risk injury to themselves or to other players because of unsafe or out-of-control conduct on the field.
3. Examples include but are not limited to: head butting, head slapping, throwing elbows or forearms and intentionally hitting, kicking, or tripping other players. It is the game officials'



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discretion on whether these fouls elevate to flagrant fouls. Repeated or flagrant violations may result in the player being ejected from the game.

4. A player may never lead with his or her head or initiate contact to the head.
5. Unnecessary and overly violent contact that includes charging, bull rushing, and purposefully shoving a player to the ground will be considered unnecessary roughness.
6. "Hammer fist" and/or any overly physical contact in knocking down a blockers hands is subject to be interpreted as Unnecessary roughness. While a player can "swipe" and knock down a blockers hands –the referee can make a judgment call to uphold player safety.

CHARGING (OFFENSE) – UNNECESSARY ROUGHNESS – FLAGRANT FOUL Offense, 10 yards from previous spot, loss of down

1. When a ball-carrier intentionally runs into a defender, lowers his/her shoulder or makes unnecessary contact with defender in an attempt to cause bodily harm.
2. When an offensive player intentionally runs through or over a defensive player with a running start.
3. When an offensive player intentionally engages a block with his shoulder with no attempt to come to balance and initiate the block first with open hands.

BULL RUSHING (DEFENSE) – UNNECESSARY ROUGHNESS – FLAGRANT FOUL Defense, 10 yards

from previous spot, automatic first down

1. When a defender intentionally uses his/her momentum or excessive force to bull rush through the centerline of an offensive player. Defender must make the appropriate effort to go around or to a leveraged side of the blocker.

ILLEGAL BLOCKING (OFFENSE) – UNNECESSARY ROUGHNESS – FLAGRANT FOUL Offense – 10 yards & loss of down

1. Landing or piling on a defender/player on the ground, chip blocking, elbowing and knee blocking.
2. Blocking by initiating or leading with elbows, forearms or shoulders - severity may result in a charging penalty or flagrant foul/unnecessary roughness.
3. A crack back or any block on a defenseless defender falls under unnecessary roughness and can result in ejection if determined as intentional.
4. Chop Blocks of any kind are strictly prohibited and will result in unnecessary roughness and flagrant foul.
5. Any Block to the back of a defender is prohibited.

ROUGHING THE PASSER – UNNECESSARY ROUGHNESS – FLAGRANT FOUL Defense – 10 yards, automatic 1st down

Defenders may raise arms while rushing the passer, so long as no contact is made with the passer – the only contact that is allowed would be an attempt to down the ball carrier (the QB) by a 2 hand touch below the neck but NOT to the QB's throwing arm.



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Excessive contact with passer before, during or after throwing the ball including but not limited to:

1. Running into the QB
2. Making contact with the passer's head and/or shoulders/throwing arm
3. Pushing the passer to the ground

DEFENSIVE PASS INTERFERENCE Defense, 10 yards from previous spot, automatic 1st down for offense

1. Defined as any illegal use of the hands, or body to keep an eligible player from having the ability to make a play to attempt to catch the football.
2. Legal Contact by the defense is allowed for the first 5-yards after the ball is snapped, once the ball is in the air, defensive players must make an attempt to play the ball. Face guarding an offensive player or running in to an offensive player without looking for the ball are both pass interference.
3. Once a ball is tipped by a defensive player, pass interference is no longer applicable.
4. Pass interference is only eligible on forward passes. Lateral passes or passes behind the line of scrimmage are not eligible for pass interference rules.

OFFENSIVE PASS INTERFERENCE Offense, 10 yards from previous spot, replay down

1. Defined, as any illegal contact by an offensive player past 5 yards or once the ball is in the air.
2. Pushing or using the hand, arm, or elbow to create separation from a defender is not allowed.
3. A pick by an offensive player against a defender is classified as pass interference and is not allowed.
4. Blocking by an eligible receiver against a defender is not allowed during a forward pass while the ball is in the air. If the ball is thrown laterally, behind the line of scrimmage an eligible offensive player can continue to block throughout the entirety of the play.

HOLDING Offense, 5 yards from previous spot, replay down Defense, 5 yards from previous spot, replaydown

1. Offensive Holding is defined as any illegal use of the hands, or arms to inhibit a defender from running towards a ball carrier.
2. Use of the hands to grab the shoulder pads inside of the armpits within the frame of the body is allowed.
3. Once the grab of the jersey/shoulder pad gets outside the frame of the body, or defensive player has disengaged, an offensive holding infraction will apply.
4. Defensive Holding is defined as any grabbing of body parts, or clothing to slow down or inhibit a receiver from running down field.
5. Defensive players may engage offensive players at the line of scrimmage with hand placement inside the frame of the body and grasping the shoulder pads just under the armpit area. Once the ball carrier has committed, they must disengage and work to down the player
 - Defenders may not pull on the jersey or any other articles other than the ball carriers flags.
 - If the last defender pulls on clothing, jerseys or other clothing to slow down the ball carrier or tackles the ball carrier, this will result in an automatic touchdown for the offense.



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FLAGRANT FOULS Offense, 10 yard penalty, loss of down Defense, 10 yard penalty, automatic 1st down

1. A player committing a flagrant foul – including an unsportsmanlike conduct, intentional tackling or unnecessary roughness penalty with malice – will receive a penalty and a warning from the head game official on their first offense. A second unnecessary roughness penalty will result in player ejection from the contest. If the first act is determined to be severe, the head game official has the option to eject the player without the warning.
2. All flagrant fouls that do not result in an ejection will be accompanied by a substitution from the field for at least one play to allow the coaches to address the situation and calm down involved player(s). If additional support is needed, a game official or league director may take an official timeout to explain and diffuse the situation.
3. It is recommended that the league track players who commit flagrant fouls on a per game basis. The head game official will mark down on paper the guilty player (by name, number and/or team) and will turn in the information to the league director, commissioner or appropriate staff member.
4. The head game official's decision on flagrant fouls are final.
5. The safety of all players is the primary concern of the league. Game officials shall call unnecessary roughness when any player uses excessive force or violence during a play – even if the play is technically within the rules.
6. NOTE: All flagrant fouls carry with them automatic first downs or loss of downs in addition to the penalty yardage.

UNSPORTSMANLIKE CONDUCT

- If the field monitor or referee witnesses any acts of intentional tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. The decision is made at the referee's discretion. No appeals! FOUL PLAY WILL NOT BE TOLERATED.
- Offensive or confrontational language is illegal. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.
- Players may not physically or verbally abuse any opponent or official.
- Ball carriers MUST make an effort to avoid defenders with an established position.
- Defenders are not allowed to run through the ball carrier when pulling flags.
- Coaches must play all eligible players equal time, or as close to equal time as possible with number of eligible players during a game. Referee will give one warning before assessing a penalty.
- Fans must also adhere to good sportsmanship:
 - o Yell to cheer on your players, not to harass officials or other teams; Keep comments clean and profanity free; Compliment ALL players, not just one child or team; Keep younger kids and equipment such as coolers, chairs and tents at least 3 feet away from the sidelines; Fans are allowed on sidelines, but leave adequate room for play and for.



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EJECTIONS

Any two (2) flagrant foul infractions by an individual player in one game or multiple single infractions across several games may result in further action, including suspension from future games or ejection from the league, subject to the league's discretion.

1. The ejection process will also apply to coaches and any parents/spectators on the field or in the stands who encourage players to act in an unsportsmanlike manner.
2. Any player who strikes another player or is involved in a fight will be immediately ejected from the game and be suspended indefinitely pending a ruling from the league president.
3. Before a player can be ejected from a game, all game officials must confer and unanimously agree.

NOTE: Only the head coach or coach on the field may speak to the game officials. If a player or coach contests a call or says anything to a game official that the head game official feels is inappropriate, an unsportsmanlike conduct penalty will be called. The game officials are empowered to eject any coach if the foul is deemed excessive.

4. If a coach is ejected, the individual cannot enter the field of play for the rest of the game. The individual may be required to leave the premises if he or she becomes disruptive.
5. Depending on the situation, the on-field staff has full discretion to take up the chain of command and may request for the LD/commissioner/president or higher-level staff member to be involved.

5 Yard Penalties

- Illegal Equipment
- Offside
- Illegal motion (more than one person moving, false start, etc.)
 - Ineligible man downfield
- Illegal forward pass (throwing a pass beyond the line of scrimmage)
- Offensive pass interference (illegal pick play, pushing off/away defender)
- Screening, Blocking or Running with the ball carrier
- Delay of game
- Defense Illegal contact (holding, blocking, etc.)
- Defense Illegal flag pull (before receiver has ball)
- Defense Illegal rushing (starting rush from inside 10-yard marker)

10 Yard Penalties

- Roughing the passer
- Taunting
- Unsportsmanlike conduct.
 - o After scoring and touchdown is good, offense receives a 10 yard penalty from the yard line of PAT attempt after touchdown (one warning to the player and team before ejection)



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Spot Fouls

Flag guarding, jumping, diving on offense –10 yards from spot of foul (SOF) & loss of down

Offensive Charging (ball carrier) -10 yards from SOF & loss of down

Defensive Pass Interference– first down at SOF

Stripping the ball +10 yards from SOF & first down

Offensive Unnecessary Roughness -10 yards from SOF & loss of down

Defensive Unnecessary Roughness +10 yards SOF & first down