



Cooper City Optimist

FLAG FOOTBALL RULES BOOK AND OFFICIALS' MANUAL

(Based on the NIRSA Flag & Touch Football Rules Book & Officials' Manual)

Updates shown in yellow.

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Cooper City Optimist NIRSA Flag Football Rules

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League Structure and Overview

The Cooper City Optimist Flag Football League (CCO-FFL) will utilize the current NIRSA Flag & Touch Football Rules Book & Officials' Manual referred to as the NIRSA Rules Book (NRB). Some modifications to the NRB have been made in this document to customize it to CCO-FFL; these minor changes will take precedence over the NRB.

1. Flag football is a game of skill, both offensively and defensively. Plays are to be designed, to use speed and misdirection instead of physical contact. Rough tactics are not acceptable and are not intended to be part of the game of Flag Football. Players who initiate rough physical contact or coaches who promote such activities from their players will be penalized accordingly.
2. All games will begin promptly at the designated scheduled time.
3. CCO Flag Football will utilize a modified version of the NIRSA Flag & Touch Football Rules Book and Officials' Manual. If an issue develops in the course of a game and is not covered by Rules or Penalties, the play stands as is, and the commissioner will review after the game as necessary.
4. During the season, the commissioner may modify the rules at his discretion to address issues that come up. Coaches will be notified of any modifications.
5. A game in progress may be canceled at the discretion of the commissioner, field manager or the referees. Reasons for canceling a game would include fighting, severe weather, and serious player injury. If a game is suspended after the completion of the first half and cannot be completed that day, the game will be considered final. Games suspended for which the first half has not been completed will begin from where the game left off. This includes play clock, score, Line of Scrimmage (LOS), etc. (i.e. continue in its entirety). All playoff games WILL be completed in their entirety.
6. Although the league encourages the use of Captains on the field, only the Coaches should talk to the referees regarding any issues that may arise. Coaches and players must always be courteous to the refs, they will make mistakes, and this is only a game.

Code of Conduct: Coaches, Spectators and Players

1. In the Rookie and Freshman Divisions-only one coach from each team is permitted on the field at any time. Junior Varsity Division coaches will not be allowed on the field during the season, so prepare your teams.
 - a. Offensive coaches must remain a minimum of 10 yards from the line of scrimmage. Defensive coaches must remain a minimum of 20 yards from the line of scrimmage. Coaches may not make contact with or give instructions to players once the quarterback has begun calling signals. Interference by coaches, which includes violation of the above rule, will result in a 5-yard illegal procedure penalty.
2. A maximum of 2 coaches per team will be allowed on the team bench side of the field. All others must remain on the spectator side of the field. If a violation of this rule occurs, the referees will issue a warning and request the head coach to ask the individuals not permitted on the team bench and to leave that side of the field.
 - a. Parents and Coaches are not permitted to coach from the spectator's side of the field.

- b. All second warning's, and subsequent warnings; will result in a 5-yard illegal procedure penalty to that team.
 - c. Referees will have the option to stop the game if the violations continue. The opposing team will automatically receive the win regardless of the score at the time the game is stopped.
 - d. Coaches should not encroach on the field and should stand two (2') feet behind the sideline marker and not beyond the 20-yard lines.
3. Unsportsmanlike conduct will not be tolerated from the players, coaches or spectators. The coach of each team is expected to maintain control of his/her team and its spectators at all times.
- a. In the referee's judgment, an incident of unsportsmanlike conduct will result in a 15 yard penalty. Any further incidents of undesirable behavior will result in a second 15 yard penalty. After the second penalty is assessed, ejections of any persons mentioned above will be enforced as well as a possible forfeiture of the game. All ejections of a game WILL include a next game suspension.
4. All players will have equal playing time.
- a. This means ALL players will sit out an equal amount of time and no player should sit out twice unless all the players sit out twice. (So plan accordingly)
 - b. It is expected that coaches will ensure that ALL players on their respective teams will be given an opportunity to contribute to their team in a meaningful way, including having the opportunity to handle the football. (Both offense and defense)
 - c. Situations in which coaches do not adhere to this underlying principle of the program, which includes situations in which a team relies solely on one or two players to continuously handle the football, will be addressed by the Division Coordinators or Commissioners.
 - d. Penalties in such situations may include game penalties and/or forfeiture, will be at the discretion of the commissioner.

Age Divisions

- | | |
|---------------------------------|--------------|
| 1. Rookie Division | (ages 6-8) |
| 2. Freshman Division | (ages 9-10) |
| 3. Junior Varsity (JV) Division | (ages 11-12) |
| 4. Varsity Division | (ages 13-14) |
| 5. Senior Division | (ages 15-18) |

Rainout Policy

In the case of rainouts, the commissioner will attempt to reschedule the game. There is no rainout hotline number. All teams are expected to show up at their game, rain or shine. E-mails may be sent out if the fields are closed in advance. Not all games can be made up.

- 1. The commissioner and/or representative at the field will make the determination on rainouts.
- 2. If a game is suspended due to rain or lightning after the completion of the first half, the game will be considered final.

3. Games suspended for which the first half has not been completed will begin from where the game left off. This includes play clock, score, Line of Scrimmage (LOS), etc. (i.e. continue in its entirety).
4. If the start of a game is delayed due to rain or lightning, the game will end at the start time of the next game or 15 minutes before the lights are scheduled to turn off.

OFFICIAL NIRSA FLAG FOOTBALL RULES

Rule 1. THE GAME, PLAYERS AND EQUIPMENT

General Provisions

1. The game should be played between 2 teams of 7 players each. Six players are required to avoid a forfeit. Once a game begins, teams will be allowed to finish the game even if an injury causes them to be unable to field the minimum number of players.
 - a. In some cases, due to the size of the teams, the starting lineup may be 8v8, with a minimum of 7 players to start or 6v6 with a minimum 5 for the Rookie Division.
 - i. Rookie 6v6, (May change based on Commissioners discretion and field size)
 - ii. Freshman, Junior Varsity and Adult 7v7
 - iii. Varsity and Seniors 8v8
 - b. The teams shall play with an equal number of players in the Rookie and Freshman Divisions. The officials or commissioners may allow a team to play one player up depending on the skills of the players and course of the game. We want all the kids to have fun competitive experience, win or lose.
2. The game shall be played under the supervision of 2 officials, 3 for the championship games.
3. A coach or speaking captain must be selected to make all decisions and shall be the only one who addresses the officials.
4. Team representatives, including players, substitutes, replaced players, coaches, trainers, and other persons affiliated with the team are subject to the rules of the game, and shall be governed by decisions of officials assigned to the game.

The Field

1. Senior and Varsity Field
 - a. The field should be 100 yards long by 50 yards in width and contain five (5) twenty (20) yard zones with a ten (10) yard end zone on each end.
2. Junior Varsity, Freshman and Adult
 - a. The field should be 80 yards long by 40 yards in width and contain four (4) twenty (20) yard zones with a ten (10) yard end zone on each end.
3. Rookie
 - a. The field should be 60 yards long by 30 yards in width and contain four (4) fifteen (15) yard zones with a seven (7) yard end zone on each end.
 - i. Alternate field could be 45 yards long by 25 yards in width and contain three (3) fifteen (15) yard zones with a seven (7) yard end zone on each end.
 - ii. Note: Rookie field when 15-yard increments, but we can use 20 yard markers.
4. A one (1) yard wide line should be marked at each end at the three-(3) and ten (10) -yard lines in the middle of the field. These lines shall be used for the extra point try when a team scores a touchdown.
5. An "X" should be marked to start play at the beginning of each half and after a score at the:
 - a. Senior and Varsity: 14-Yard line

- b. Junior Varsity, Freshman and Adult: 30-yard line
- c. Rookie: 10-yard line

Game and Player Equipment (Legal)

1. Football - The official ball shall be pebble-grained leather or rubber covered and shall meet the recommendations of size and shape for a regulation football.
 - a. Rookie (R) Division (ages 6-8) shall use size 6 (K2) football.
 - b. Freshman (F) Division (ages 9-10) shall use size 6 (K2) football.
 - c. Junior Varsity (JV) Division (ages 11-12) shall use size 7 (TDJ) football.
 - d. Varsity (V) Division (ages 13-14) shall use size 7 (TDJ) football.
 - e. Senior (S) Division (ages 13-16) shall use size 8 (TDY) football.
 - f. Adult (A) Division (19 & Over) shall use Adult size football.
 - g. The referee shall be the sole judge of any ball offered for play and may change the ball during play at his/her discretion.
2. Spot discs - Two ball spotters (rubber disks) are required. One, which shall mark the offensive scrimmage line. The second will mark the defensive scrimmage line, **five (5) yards** (or 5 paces) away from the offensive line of scrimmage **or half the distance to the goal line with a minimum distance of 1 yard.**
 - a. The Spot discs will be utilized for the Junior Varsity, Freshman and Rookie Divisions. The distance may be decreased to 4 yards or 4 paces for these Divisions.
 - b. The Varsity, Senior and Adult Divisions will be lined up according to the Referee to help speed up the game.
 - c. The defensive scrimmage line will be no less than 1-yard from or the first down line.
3. Pants / Shorts - Each player must wear pants or shorts, provided by league, without any belt(s), belt loop(s), pockets, or exposed drawstrings.
4. Flag belt - Each player must wear a one-piece belt at the waistline with three flags permanently attached, one flag on each side and one in the center of the back. It is the coach's responsibility to make sure all players have the correct belts. If players need a larger or smaller belt please see the league commissioner or division managers.
5. Penalty: Dead Ball Foul - Failure to have flag belt legally attached prior to the snap, 5 yards from the succeeding spot.
6. Gloves - Players may wear gloves which must consist of a soft, pliable and nonabrasive material
7. Headwear – Players are not permitted to wear bandanas. Players may wear knit stocking caps, or elastic headbands. Hats may not have a bill.
8. Shoes – Shoes with cleats must be made of soft pliable plastic or rubber. No exposed metal cleats are permitted. (See illegal player equipment). Sneakers or rubber soled shoes are allowed.
9. Mouthpiece - All players **MUST** wear a mouthpiece with a stem of at least two inches at all times while involved in the game. Players found not wearing a mouthpiece will be taken out of the game for one play and may not return until a mouthpiece has been acquired. Failure to wear a mouthpiece is also a five (5) yard illegal procedure.

Game and Player Equipment (Illegal)

1. A player wearing illegal equipment shall not be permitted to play. This applies to any equipment, which, in the opinion of the Referee, is dangerous or confusing. Types of equipment or substances which shall always be declared illegal include:
 - A. Headgear containing any hard, unyielding, or stiff material, including billed hats. Soft headgear or flag football helmets are encouraged.
 - B. Jewelry
 - C. Pads or braces worn above the waist.
 - D. Shoes with metal, ceramic, screw-in, or detachable cleats. Any team found wearing illegal equipment will be penalized 15 yards, and the second warning results in a forfeit. For shoes that have removable cleats, the "threaded stud" must come out with the cleat when it needs to be changed.
 - E. Shirts or jerseys, which do not remain, tucked in. Any hood on a coat, sweatshirt, or shirt, which does not remain tucked in.
 - F. Pants or shorts with any belt(s), belt loop(s), pocket(s) or exposed drawstring(s).
 - G. Leg and knee braces made of hard, unyielding material, unless covered on both sides and all edges overlapped, and any other hard substance is covered with at least 1/2 inch of closed cell slow recovery rubber or other material of similar thickness and physical properties. No player will be allowed to participate with a cast or metal brace on their body. Only "ace" bandages, rubber or neoprene braces/supports are allowed.
 - H. Towels attached at the player's waist (flag only).
2. An official time out shall be declared to permit prompt repair of equipment, which becomes illegal or defective through use (except for illegal shoes).

Rule 2. DEFINITIONS OF PLAYING TERMS

Definitions

Catch - A catch is an act of establishing player possession of a live ball in flight.

Clipping – Clipping is running or diving into the back, or throwing or dropping the body across the back of the leg or legs of an opponent, or pushing an opponent in the back.

Encroachment - Encroachment is a term to indicate a defensive 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.

Fair Catch – A signal made by receiving person of a punt in which the receiver cannot run after catching the ball and the ball is immediately down when caught.

Foul – A foul is a rule infraction for which a penalty is assessed.

Fumble - A fumble is a loss of player possession other than by handing passing or kicking the ball.

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

Hurdling - Hurdling is an attempt by a player to jump with one or both feet or knees foremost over a player who is on his/her feet.

Interception - A catch of an opponent's pass or fumble in flight is an interception.

Live Ball - A pass or fumble, which has not yet touched the ground, is a live ball in flight and therefore can be caught and advanced by either team.

Neutral Zone - The neutral zone is the area between the offensive and defensive line of scrimmage that has been established by the spot cone markers and extends to each sideline. It is established when the ball is ready for play.

Pass (Forward and Backward) - A forward pass is a pass thrown with its initial direction toward the opponent's end line. A backward pass is a pass thrown with its initial direction parallel with or toward 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.

Penalty – A penalty is a loss imposed by rule upon a team that has committed a foul.

Protective Scrimmage Kick – A punt in which prohibits either team from advancing beyond their scrimmage lines until the ball is kicked.

Punting - A punt is kicking the ball by a player who drops it and kicks it before it hits the ground.

Screen Blocking - Screen Blocking is legally obstructing an opponent without initiating contact with him/her with any part of the screen blocker's body.

Tagging - Tagging is placing one 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 a player trips the runner in his/her attempt to make a diving tag, it is a penalty.

Tripping – Tripping is the use of the lower leg or foot to obstruct an opponent, including the runner, below the knee.

Player and Team Designations - 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.

Rule 3. PERIODS, TIME FACTORS, SUBSTITUTIONS

1. Coin Toss – Three minutes before the start of the game the Referee shall instruct the visiting team captain to give a “heads” or “tails” choice before the coin toss. The Referee then tosses and catches the coin in the presence of the opposing captains.
 - A. The captain winning the toss shall have the choice in the first half of:
 - Offense or Defense
 - Or Goal to Defend
 - B. Whichever team chooses, the other team chooses the remaining option.

- C. The game shall start from the: R 10-yard line, F & JV 30-yard line, V & S & A 14-yard line.
 - D. The 20-yard line will be a first down.
2. Length of game - Playing Time shall be 48 minutes, divided into two halves of 24 minutes each. The intermission between halves shall be 5 minutes. When overtime is used, there will be a 3 minute intermission
 3. Shortened Periods - Before the start of the game, playing time may be shortened by mutual agreement of the field captains and the Referee. Anytime during the game, the playing time of any remaining period(s) may be shortened by mutual agreement of the opposing captains and the Referee.
 4. Extended Periods - A half may be extended by an untimed down when, during the last timed down, one of the following occurred:
 - A. If there was a foul by either team and the penalty is accepted.
 - B. If there was a double foul.
 - C. If there was an inadvertent whistle and the down is to be replayed.
 - D. If a touchdown was scored, the try is attempted unless the touchdown is scored during the last down of the second half and the point(s) would not affect the outcome of the game or playoff qualifying.
 5. Continuous Clock - The Clock will start when the ball is legally snapped. It will run continuously for the first 24 minutes unless it is stopped for:
 - A. Team time-out (clock resumes on snap of next play)
 - B. Referee's time-out (clock resumes on official's ready to play whistle)
 - C. A **water break** approx half way through the half.
 - The ref shall wait until an appropriate time to take the break. (After a score or change of possession.)
 - The Break shall be for 40 seconds and the team will have 20 seconds to start the play. This is for water only, not to talk to the players or substitutions.
 - D. 2-Minute Warning (or 1-Minute Warning at half time depending on game).
 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 that half. The Back Judge will announce to the captains the remaining time and status of the clock after every play during the final 2 minutes.
 - A. **We will NOT have a 2-minute warning at the first half**, only the last 2 min of the game. The clock shall continue for 24 minutes unless stopped for a time-out.
 - B. At the Referee or Commissioners discretion a 1- or 2-minute warning will be added into the first half.
 - C. **Referee should still give notice to the coaches of 2-minutes left in each half.**
 7. Stopped Clock - During the final 2 minutes of each half the clock will stop for the following and resume on the snap of the next play unless otherwise noted:
 - A. Incomplete Pass
 - B. Out-of-Bounds
 - C. Score (touchdown or safety)
 - D. Team time-out
 - E. Fair Catch
 - F. Penalty and administration

- G. Referee's Time-out - starts at his/her discretion
 - H. Touchback
 - I. Change of Possession
 - J. Team attempting to conserve time illegally
8. Timing Errors - 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 had officially ended.
 9. Tie Game (Overtime) - In case of a playoff game ending in a tie score, (regular season does not have over time) the officials must bring all players and coaches of both teams to the center of the field. They will discuss the tiebreaker procedures and answer all questions prior to the coin toss. After this meeting the field captains will stay while the remaining players and coaches return to their respective sidelines.
 - A. A coin will be flipped "heads" or "tails" choice by the visiting captain will determine the options as in the start of the game. The winner of the toss shall be given the options of offense, defense, or direction. The loser of the toss shall make a choice of the remaining options. Each overtime period begins with a coin toss or odd/even choice.
 - B. ALL OVERTIME PERIODS ARE PLAYED TOWARD THE SAME GOAL LINE.
 - C. Unless moved by penalty, each team will start 1st and goal from the 10 yard line. The object will be to score a touchdown. An overtime period consists of one possession by each team. If the score is still tied after one period, they go to a second period or as many as needed to determine a winner. If the first team which is awarded the ball scores, the opponent still has a chance to win the game.
 - If the defense intercepts the pass or fumble and returns it for a touchdown, they win the game.
 - If they do not return the interception for a touchdown, the ball will belong to the defense, as the offense did not convert their chance.
 - They must convert to win, or another period starts. Each team is entitled to one time-out per overtime period.
 - D. Penalties - The offense should be awarded a new series of 4 downs when the penalty for defensive pass interference or roughing the passer is accepted. Dead ball fouls following a successful try will be penalized from the succeeding spot.
 10. Time-Outs – Each team is entitled to 2 charged (1 minute) timeouts per game.
 - A. The Referee shall declare time-out when he/she suspends the play for any reason. Each time-out shall be charged either to the Referee or one of the teams.
 - B. The Referee shall declare an official's time-out when a team is illegally conserving time and administer a five-yard penalty.
 - C. The Referee may declare an official's time-out for any contingency not covered elsewhere by the Rules.
 - D. Coach-Referee Conference - When a team requests a charged time-out for a misapplication or misinterpretation of a rule, the Referee will confer with the Coach and a league coordinator if available. The request must be made prior to the time the ball becomes alive following the play to be reviewed unless the period has officially ended. At the end of the half the team has until the first snap of the second half to protest. The referee and coach may contact the league coordinator after the game if the issue is still in question.

- E. The Referee shall declare an official's time-out when an excess time-out is allowed for an injured player.
 - F. 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 one down unless the halftime or overtime intermission occurs. A player who is bleeding, has an open wound, or has blood on the uniform shall be considered injured.
 - G. Any player who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, 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.
11. **Delays** **Penalty:** Delay of Game, 5 yards from previous spot.
- A. **Delay of 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 a delay of game. This includes:
 - Failure to snap or free kick within **25** seconds after the ball is ready for play.
 - **40** seconds for Rookie and Freshman Divisions.
 - Putting the ball in play before it is declared ready for play.
 - Deliberately advancing the ball after it has been declared dead.
 - B. **Unfair Tactics** - 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.
12. **Substitutions** - No substitute shall enter during a down. All substitutions must enter the game during a dead ball.

Rule 5. SERIES OF DOWNS, NUMBER OF DOWN, & THE TEAM POSSESSION AFTER PENALTY

1. Each team receives four (4) downs to pass the zone-line-to-gain or endzone.
2. 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.
3. 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 either team has obtained legal possession of a ball as a result of a penalty, free kick, protected scrimmage kick, touchback, pass interception, or failure to gain the zone in advance of the ball.
4. If offsetting fouls occur during a down, that down shall be repeated.
5. Exception: 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 was not prior to the final change of possession and it declines all penalties for its opponent's fouls, other than unsportsmanlike.

Rule 6. KICKING THE BALL

Punting

1. Divisions handle Punts differently:
 - A. Rookie Division: Ball is moved 2 lines or 20 yard maximum
 - B. Freshman Division: Ball is moved 2 lines or 20 yard maximum
 - C. Junior Varsity Division: Ball is moved 2 lines or 20 yard maximum
 - D. Varsity Division: Punt
 - E. Senior Division: Punt
 - F. Adult Division: Punt
2. Prior to making the ball ready for play on fourth down, the Referee must ask the offense if he/she wants a protected kick (punt). The Referee must communicate this decision to the defensive captain and the other officials.
3. The offense must have all field players (typically 6) except the punter on the line of scrimmage. All players on the line of scrimmages must remain motionless until the kick is made. No player may enter the neutral zone until the ball is punted.
 - A. Penalty: Illegal Procedure, 5 yards from the previous spot.
4. After receiving the snap, the kicker must kick the ball immediately and in a continuous motion.
5. Any kick caught by the kicking team behind the line of scrimmage cannot be advanced.

Kick Catching Interference

1. While any punt is in flight beyond K's scrimmage line (1st ball spotter—orange), K shall not touch the ball or R, nor obstruct R's path to the ball, unless the punt has been touched by R.
2. 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 Catching Interference, 10 yards (S33).
3. Players shall ignore any signals given by K or R. The ball remains live.

Rule 7. SNAPPING, HANDLING, PASSING, RECEIVING, RUNNING THE BALL

Prior to the Snap

1. Following the ready for play and until the snap, no player on defense may encroach, touch the ball, nor may any player contact opponents or in any other way interfere with them. This includes standing in the neutral zone to give defensive signals, or shifting through the zone. After the snapper has placed his/her hands 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.
 - A. Penalty: Dead Ball Foul, Encroachment, 5 yards from the previous spot.
2. The snapper, after assuming 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 between centers legs. An infraction of this provision may be penalized, whether or not the ball is snapped, and the penalty for any resultant encroachment or contact foul by an opponent shall be cancelled.

Position and Action during the Snap

1. The offensive team must have at least 1 player on their scrimmage line at the snap.
 - A. Penalty: Illegal Procedure, 5 yards from previous spot

2. All offensive players must be within 15 yards of the ball.
 - A. Penalty: Illegal Procedure, 5 yards from previous spot
3. One offensive player may be in motion, but not in motion toward the opponent's goal line.
 - A. Penalty: Illegal Motion, 5 yards from previous spot
4. The player who receives the snap **may be within two yards** behind the offensive scrimmage.
5. In a snap preceded by a huddle or shift, all offensive players must come to a complete stop and remain stationary in legal position without movement of feet, body, head, arms for at least one full second before the snap.
 - A. Penalty – Illegal Motion, 5 yards from previous spot

Passing and Receiving

1. There is no diving while running with the ball.
 - A. A receiver may dive to catch a ball. A defensive player may dive for to try to remove a flag.
2. A runner may pass the ball backward or lose player possession by a fumble at any time except if intentionally thrown out-of-bounds to conserve time or to avoid being deflagged/tagged.
3. **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 last team in possession unless lost on downs.**
4. A backward pass or fumble that 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.
5. If an offensive player fumbles the ball prior to reaching the end zone and the ball lands in the end zone, the offensive team shall retain possession at the spot of the fumble.
6. All players are eligible to catch a pass.
7. A forward pass is illegal:
 - A. If the passer's foot is beyond the line of scrimmage.
 - B. If intentionally thrown to the ground or out-of-bounds to save loss of yardage.
 - C. If there is more than one forward pass per down.
8. The line of scrimmage remains throughout the play. A team may advance the ball across the line of scrimmage by laterals or runs, and then lateral the ball behind the line for a forward pass attempt.
9. If a player attempts a catch or intercept while in the air, the player must contact the ground inbounds with the ball in his/her possession prior to touching out-of-bounds, unless an opponent's contact causes him/her to first touch out-of- bounds.
 - A. If one foot first lands in-bounds and the receiver has possession and control of the ball, it is a catch or interception although a subsequent step or fall takes the receiver out-of-bounds.
 - B. A loss of ball simultaneously with returning to the ground is not a catch or interception.
10. A player may, while jumping in the air to attempt a catch, may pass (tip) the ball forward provided he/she has not touched the ground yet.
11. Pass Interference - Contact that interferes with an eligible receiver who is beyond the line of scrimmage is pass interference unless it occurs when 2 or more eligible receivers make a simultaneous and bona fide attempt to reach, catch, or bat a pass. It is also pass interference if an eligible receiver is deflagged/tagged prior to touching the ball on a pass thrown beyond the line of scrimmage.

- A. Offensive Pass Interference - after the ball is snapped, and until a receiver has touched it, there shall be no offensive pass interference beyond the line of scrimmage.
Penalty: Offensive Pass Interference, **10** yards from previous spot, loss of down
- B. Defensive Pass Interference - after the pass is thrown, and until it is touched, there shall be no defensive pass interference beyond the line of scrimmage while the ball is in flight.
Penalty: Defensive Pass Interference, **10** yards from previous spot, automatic first down
- 12. Roughing the passer – Defensive players must make a definite effort to avoid charging into the passer after it is clear the ball has been thrown, also there should be no attempts to hit the player’s arm during a throwing motion.
 - A. Penalty: Roughing the Passer, **10** yards, automatic first down
- 13. Interceptions may be run back for yardage or scoring by the defensive team.

Running and Flag Belt Removal

- 1. Flag Belt Removal - When the flag belt is clearly taken from the runner in possession of the ball, the down shall end and the ball is declared dead. A player who removes the flag belt from the runner should immediately hold the flag belt above his/her head to assist the official in locating the spot where the capture occurred.
 - A. Players must have possession of the ball before they can legally be deflagged.
 - B. When a runner loses his/her flag belt either accidentally, inadvertently (not removed by grabbing or pulling), or on purpose, play continues. The deflagging reverts to a one-hand tag of the runner between the shoulders and knees.
 - C. If a runner continues to lose his/her flag that player will be removed from the game until the flag can be fixed.
 - D. In circumstances where a flag belt is removed illegally, play should continue with the option of the penalty or the play.
 - E. A defensive player intentionally pulling a flag belt from an offensive player without the ball is illegal. The official shall warn the team, any further penalty will result in an unsportsmanlike conduct.
 - F. Tampering with the flag belt in any way to gain an advantage including tying, using foreign materials, or other such acts is illegal.
 - G. A player may leave his/her feet when trying to remove the flag.
- 2. Contact - In an attempt to remove the flag belt from a runner, defensive players may contact the body and shoulders, but not the face, neck or any part of the head of an opponent with their hands. A defensive player may not hold, push, or knock the runner down in an attempt to remove the flag belt.
 - A. Penalty: Defensive Holding, 10 yards from spot
- 3. Flag Guarding - A runner 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. A player **may NOT use a spin move in any instance.**
 - A. Penalty: Flag guarding, 10 yards from the spot of the penalty and repeat down.
 - Flag guarding is spinning, hitting the defense hand or the flag to defend the flag.
 - A hand swipe when the defender is not close will typically not be called; it is left to the discretion of the referee.

4. Face Guarding – A defensive player may not use their arms and hands to intentionally obstruct the receiver’s view of the ball.
 - A. Penalty: Face guarding, 10 yards, automatic first down.
5. Stiff Arm – A runner shall be prohibited from contacting an opponent with an extended hand or arm which includes the use of a “stiff arm” to flag guard
 - A. Penalty: Stiff Arm, 10 yards from the spot of the penalty
6. Helping the runner – A player shall not grasp, pull, push or aid any teammate runner.
 - A. Penalty: Helping the Runner, 5 yards from spot of the penalty.
7. Diving – A player running with the ball may not dive.
 - A. Penalty: Diving, 5 yards from the spot of the penalty.
8. Spinning – A player running with the ball may not spin 360 degrees to avoid a flag pull.
 - A. Note: This is a judgement call and expect anything remotely close or over 270 degrees to be called.
 - B. No Offensive contact is allowed when spinning less than 360 degrees.
 - C. Penalty: Spinning, 5 yards from the spot of the penalty.
9. Jumping/Shifting – A player is not allowed to jump to avoid a flag pull.
 - A. Shifting sideways or changing direction is not jumping.
 - B. No Offensive contact is allowed when Shifting.
 - C. Penalty: Jumping, 5 yards from the spot of the penalty.

Rule 8. SCORING PLAYS AND TOUCHBACKS

Mercy Rule

1. If a team is 19 or more points ahead at the two minute warning in the second half, the game shall be officially called.
2. If a team scores during the two minute warning period of the second half and that score creates a point differential of 19 or more the game shall end at that point.

Touchdown

1. All touchdowns are 6 points.
 - A. Adult Co-ed League will be awarded 7 points if a Female scores a touchdown.
2. A touchdown shall be scored when a legal forward pass is completed or a fumble or backward pass is caught behind the opponent's goal line or when a player is legally in possession of the ball and penetrates the vertical plane of the opponent's goal line.

Extra Point Try = 1 or 2 Points

1. An opportunity to score 1 point from the 3-yard line or 2 points from the 10 yard line shall be granted to the team scoring a touchdown. While time is out there shall be one scrimmage play, unless changed by penalty.
2. Varsity and Seniors shall have the option to kick the ball from the 3-yard line for one point, or run a play from the 10-yard line for 2 points.
 - A. The kick will be from the 3-yard line and will be held on the grass by one player. No Tee.
 - B. All other players from both teams shall lineup quietly behind the 20-yard line. Any disruption will result in a re-kick at the discretion of the referee.

3. The Referee must speak to the field captain, asking him/her whether the try shall be from the 3 or 10-yard line. Once the scoring team makes the choice, he/she may change the decision only by taking a charged team time out.
4. If a double foul occurs during the down, the down shall be replayed. When a distance penalty is incurred by the offense during a successful try, the down will be repeated, if accepted. However, if the offense penalty carries a loss of down, the try has ended and will not be repeated.

Safety = 2 points

1. It is a safety when 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.
2. Exception: Momentum Rule
3. A safety is also when an offensive player commits a foul for which the penalty is accepted and the measurement is from the spot of the foul that is in the end zone.
4. When a safety is scored, the ball belongs to the defending team, and they shall put the ball in play from the 20-yard line.

Field Goal = 3 points

1. Seniors may elect to kick a field goal on any down. The Field Goal attempt will be made from the spot of the ball. A tee will be used to hold the ball. A player may hold the ball if needed. If field goal is not successful, the other teams takes over at the line of scrimmage.

Rule 9. CONDUCT OF PLAYERS AND OTHERS

Unsportsmanlike Conduct

1. No player shall commit non-contact acts during a period or intermission. Examples include, but are not limited to:
 - A. Any acts of unfair play.
 - B. Using disconcerting acts or words prior to the snap in an attempt to interfere with the offense's signals or movements.
 - C. Intentionally kicking at any opposing player.
 - D. Intentionally swinging an arm, hand or fist at any opposing player.
2. Dead Ball Player Fouls
 - A. Intentionally kicking the ball.
 - B. Spike the ball into the ground.
 - C. Throw the ball high into the air.
3. Prohibited Acts - There shall be no unsportsmanlike conduct by players, substitutes, coaches or others subject to the Rules. 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 physically during the game by persons subject to the rules.

Personal Fouls

1. No player shall commit a personal foul during a period or an intermission. Any act prohibited hereunder or any other act of unnecessary roughness is a personal foul. No player shall:
 - A. Punch, strike, strip, steal, or attempt to steal the ball from a player in possession.
 - B. Trip an opponent.
 - C. Contact an opponent who is on the ground.
 - D. Throw the runner to the ground.
 - E. Hurdle any other player.
 - F. Contact an opponent either before or after the ball is declared dead.
 - G. Make any contact with an opponent that is deemed unnecessary of any nature including using fists, locked hands, elbows, or any part of the forearm or hand, except according to Flag Rules.
 - H. Deliberately drive or run into a defensive player.
 - I. Clip an opponent.
 - J. Tackling the runner.

BLOCKING

1. Offense Blocking – The offensive blocking shall take place without contact. The line blocker shall have his/her hands and arms at his/her side or behind his/her back. Any use of the hands, arms, elbows, hips, legs, or body to initiate contact during an offensive block is illegal.
 - A. Penalty: Personal Foul, 10 yards from the spot of the penalty
2. 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 his/her 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 to 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 as his/her opponent**. (ie: they can move backward to screen/block on passing play) If the screener violates any of these provision and contact results, he/she has committed a personal foul.
 - Penalty: Personal Foul, 10 yards
3. Interlock Blocking - 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.
4. Defensive Rush and Use of Hands – Defensive players must attempt to go around the offensive blocker. Defensive players must not use any part of his/her arms, hands, elbows, or any part of the body to contact the offensive player. If the offensive blockers lineup foot to foot at shoulder length apart, the defense may not rush between the blockers.
 - A. Penalty: Personal Foul, 10 yards from previous spot

Rule 10. ENFORCEMENT OF PENALTIES

Definitions

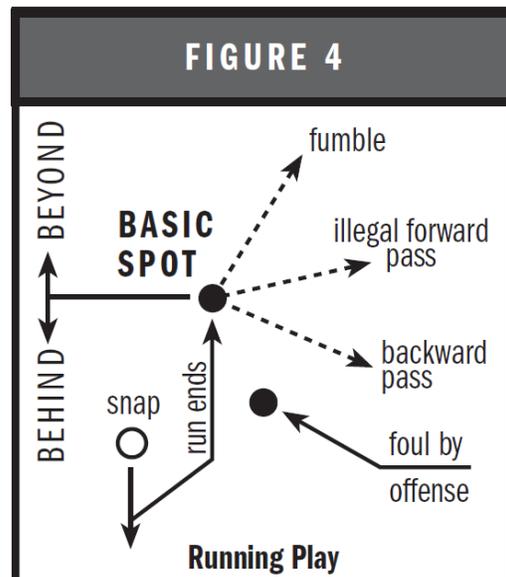
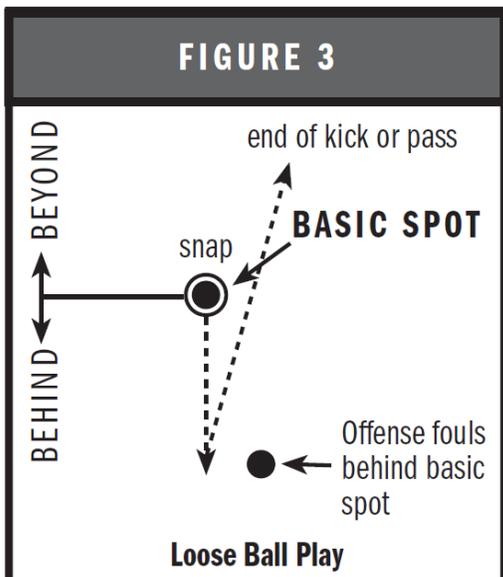
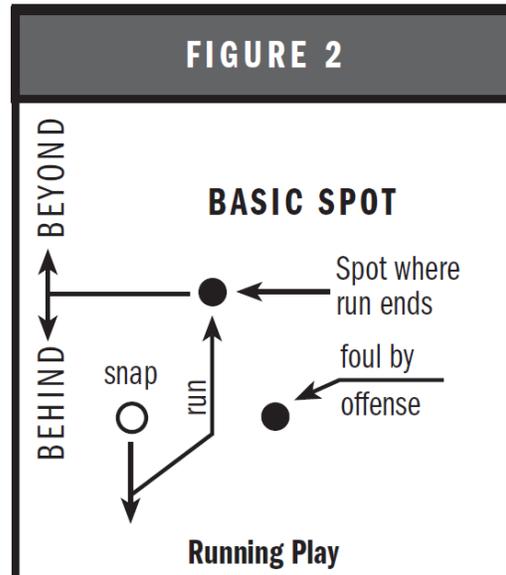
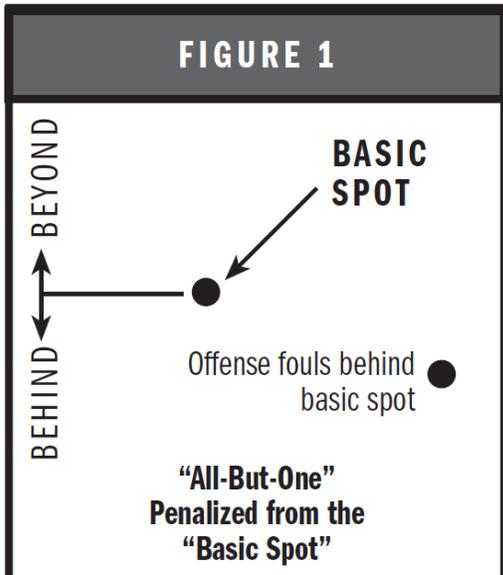
1. Captain's Choice - When a foul occurs during a live ball, the referee shall, at the end of the down, notify both captains. The referee shall inform the captain of the offended team regarding the rights of penalty acceptance or declination and shall indicate to him/her the number of the ensuing down, 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.
2. Live Ball Fouls – Any live ball foul is penalized according to the all-but one enforcement principle, except:
 - A. A foul that occurs simultaneously with the snap or free kick is penalized from the previous spot.
 - B. A non-player foul, unsportsmanlike foul, or dead ball foul is penalized from the succeeding spot.
3. Dead Ball Fouls – When a foul occurs during a dead ball either between downs or before a snap or free kick, the officials shall not permit the ball to become live.
4. Establish Zone-line-to-gain - On a live ball foul mark off the penalty yardage first, then establish the zone line to gain. However, with a dead ball foul, establish the zone line to gain first, and then mark off the penalty yardage.
5. All-But-One Principle - Enforcement philosophy is based on the fact 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 that 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. This one foul is penalized from the spot of the foul.
6. Loose Ball Play – If a foul occurs during a loose ball play, the basic enforcement spot is the previous spot either the spot of the snap or the free kick.
7. Running Play – If a foul occurs during a running play, the basic enforcement spot is the spot where the related run ends.
8. 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 between the enforcement spot and the goal line.
 - A. Example: If the ball is on the 18-yard line and the defense receives a 10-yard penalty, the ball will be placed at the 9-yard line, or a maximum of $\frac{1}{2}$ the distance to the goal line.
 - B. Example: If the ball is on the 18-yard line and the defense receives a 5-yard penalty, the ball is placed on the 13-yard line.
9. Safety / Goal Line - If the offensive team throws an illegal forward pass from its end zone or commits any other foul for which the penalty is accepted and measurement is from or behind its goal line which is now the basic spot, it is a safety. For a defensive team foul, if the enforcement spot that is now the basic spot is on or behind the offended team's goal line any measurement is from the goal line.
10. Foul on a Score - If there is a player foul by the offensive team other than unsportsmanlike or nonplayer, during a down which results in a successful touchdown or try, the acceptance of the penalty nullifies the score. If there is a player foul by the defensive team, other than

unsportsmanlike or non-player, during a down which results in a successful touchdown or try, the penalty is automatically declined.

11. Foul Prior to a Try - When a foul occurs after a touchdown and before the ball is ready for play for the try, the enforcement is at the succeeding spot where the ball will be next snapped for the try, usually the 3 or 10 yard line.
12. Double Foul - 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 possession.
 - B. There is a change of possession, and the team in possession at the end of the down fouls prior to 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 all three the penalties cancel and the down is replayed.
EXCEPTION: 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.
13. Multiple Live Ball Fouls - When 2 or more live ball fouls are committed by the same team, only one penalty may be chosen except when a foul(s) for unsportsmanlike or nonplayer conduct occurs. In such cases, the penalty/penalties for the unsportsmanlike conduct or nonplayer fouls are administered from the succeeding spot as a dead ball foul.
14. Multiple Dead Ball Fouls - 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. Penalize all unsportsmanlike and nonplayer fouls separately.

BASIC ENFORCEMENT SPOTS



PART I. GENERAL PRINCIPLES AND DUTIES

Section 1. Between Halves

- BJ When the clock expires, start your watch immediately and time the halftime.
- ALL Meet the captains at midfield near the end of the halftime, obtain and signal their choices.

Section 2. between periods

- ALL Note and record down, distance, and yard line nearest foremost point of ball.
- R Measure distance from the nearest yard line to foremost point of ball and estimate distance from nearest hash mark.

Section 3. Coin Toss

- R Wait for the captains at the center of the field. Introduce the captains to each other. Ask the visiting captain to call the toss. The R shall catch the toss.
 - A. Indicate the winner of the toss by placing your hand on that captain's shoulder.
 - B. Turn to the sidelines and signal "choice deferred," if applicable (S10).
 - C. Request the 1st choice from captain with the option for the 1st half.
 - D. Obtain the remaining choice from the other captain.
- R Place the captains with their backs to the goal they will defend. Signal winner's choice only, unless winner elects to defend a goal; then give the appropriate signal for the choice of the other captain.
- ALL Meet and record the winner of the toss and options they have selected. Hustle to your position. See that all nonplayers are in their respective team boxes.

Section 4. Communication

- ALL Teamwork is important among officials. Continuous communication between all officials during the game is essential for effective game administration.

Section 5. Do Not Discuss

- ALL Do not discuss with a team the play or players of his/her opponents in a game which you will officiate or are officiating. Do not get mad or even with coaches or players who disagree verbally with your calls.

Section 6. Down box OPERATION

- R The down box is on the R's side of the field in a 2 Person crew. Verify each down prior to declaring the ball ready for play. Signal to move the down box on 1st downs and punts. The down box will be operated on the same side of the field for the entire game unless moved by the R due to special circumstances.
- LJ The down box is on the L J's side of the field in a 3 and 4 Person crew.
- ALL The down box will be positioned on the zone line-to-gain for every down, including the Try. Know the down and distance on each down. Be cognizant of live ball fouls which carry a loss of down or automatic 1st down and dead ball fouls. Verify the preceding down before changing the down box.
- ALL During the Try the down box will display the point value (1, 2, or 3) declared by A.
- R-L J Instruct the down box operator to anticipate the play. If there is any chance of the play coming near him/her, move the down box back quickly. Remember, the safety of players and officials is important. Do not drop the down box. Locate the down box a minimum of 6' off the sideline.

Section 7. Duties: GAME

- ALL Each official must have a thorough knowledge of the duties of his/her position and be fully informed concerning the duties of the other officials. He/she must:
 - A. Know the down and distance prior to each snap.
 - B. Be ready to assist any official who is temporarily out of position.
 - C. Observe incorrect rulings by other officials and attempt to prevent and correct.
 - D. Know the prescribed signals and when and how they are used.

- E. Be alert to action away from the ball when the play has left your immediate area.

Section 8. Duties: Pre-Game

- ALL Attendance at the pre-game conference at the time and place designated is mandatory. It is recommended that a period of at least 15 minutes prior to game time be allocated for this purpose. If the R is detained, he/she must notify the L J and request him/her to conduct the meeting.
- ALL Coordinate watches, review rule changes, and check officiating equipment. Check the playing field and player equipment.
- ALL The R will ask the captains and/or head coaches of each team, “Are your players legally equipped according to the rules?”
- R Discuss the following with the captains:
 - A. Unusual plays.
 - B. Captains report to 40 yard line for the toss 3 minutes prior to game time.
 - C. Sportsmanship.
- BJ Have correct time of day and an extra stopwatch. Time game and intermission.

Section 9. Enforcement of PENALTIES

- BJ Corec penalty only: BJ has primary responsibility for “open” or “closed” status.
- ALL Throwing the flag: Spot fouls — throw your flag on the corresponding yard line, not toward the players near the spot. Fouls that have no spot — throw your flag high into the air to give the R and the Down Box Operator a chance to see it. If more than 1 flag is thrown, officials must get together.
- ALL Signal time-out (S3) 2 times when ball is declared dead the last 2 minutes of each half. When the ball is declared dead and a foul has occurred, the calling official should give several short, rapid blasts of the whistle to alert players and officials that a foul has occurred, if the R does not see you immediately or you are a distance from the dead ball spot.
- ALL Signal the R the type of foul using the Code of Official Football Signals as you jog to the R to report the foul.
- ALL The official calling the foul reports to the R using the 4 W’s:
 - A. What: Type of foul. Dead ball or live ball. Describe the foul.
 - B. Who: Offense or defense — except in a punting situation. Then report K or R. Give the number and position of the player who fouled.
 - C. When: Status of the ball — loose, in possession or after a change of team possession.
 - D. Where: The spot where the run ends or the spot of the foul.
- ALL Do not place a hand on or point to the offending player. Assist each other in holding the dead ball spot and the spot of foul. Cover the foul markers whenever possible for each other.
- ALL Make sure the down box is not moved. The R steps off the correct yardage and places the ball spotters on the ground 1 yard apart. Both the L J and FJ should “walk off” the penalty yardage independent of the R. Upon reaching the succeeding spot, turn and look at the spot that the R has walked off. If different, communicate to the R. The BJ needs to communicate “half the distance, automatic 1st down, loss of down,” and so on to the R. Correct any mistakes immediately.
- ALL Communicate to the R on penalties enforced half-distance to the goal line.
- ALL Dead ball fouls – immediately think about the down number and yardage for a 1st down.
- R The R notifies the coach and escorts the player to the sideline on all disqualifying fouls (S47).
- ALL The nearest official will notify the coach of fouls by his/her team. Report the position and number.

- R When fouls are reported, give the preliminary signal while standing still before explaining the options to the captain. If the choice is obvious, announce it and proceed with enforcement or declination. Otherwise explain the options to the captain. State options briefly, correctly, clearly, and courteously. Repeat the options if the captain is unsure.
- R Give a preliminary signal only for delay of game, encroachment, and false start fouls. For all other fouls, give a preliminary and final signal.
- R After the penalty is completed, take a position clear of the players and stand still. Give the signal to the BJ’s side in 2 person and to the L J’s side in 3/4 person.
 - A. If a penalty is accepted, signal the foul and extend 1 arm in a pointing fashion, horizontally in the direction of the offending team.
 - B. If a penalty is declined, signal the foul, extend 1 arm in a pointing fashion, horizontally in

- the direction of the offending team and then give the penalty declined signal (S10).
- C. If the penalties offset, signal 1 foul, extend 1 arm in a pointing fashion, horizontally in the direction of the offending team. Repeat this procedure for a foul by the other team, then give the penalty declined signal (S10).
- D. If there was no foul, signal disregard flag (S13).
- E. Start the clock after a penalty is completed, if it was not otherwise stopped by Rule.

Section 10. 1st Downs

- ALL If you are certain the play results in a 1st down, stop the clock (S3) 2 times during the last 2 minutes of each half. Assist the R as to whether to start the clock after awarding A a 1st down.
- ALL When the ball becomes dead near the zone line-to-gain, sell the call by loudly saying “short, short” or “1st down, 1st down.” Communicate after each play about the down and distance, especially when the zone line-to-gain is more than 20 yards. Use the “thumb’s up” signal with both hands to indicate 2 zone lines-to-gain must be gained for a 1st down. Remind both teams after each play of the necessary yardage needed for a 1st down.
- ALL When the play results in a 1st down, the covering official will raise 1 arm only straight up indicating 1st down.

Section 11. Forward Progress

- ALL When marking forward progress, keep all players in view.
- ALL Use your downfield foot to signal forward progress to the R.
- R If forward progress is located between the hash marks, hustle to the approximate dead ball spot with the ball spotters. If the dead ball spot is located between the sideline and a hash mark, hustle to the nearest hash mark. Align the orange spotter on the downfield foot of the covering official. After placing the orange ball spotter on the ground, take 1 step forward (1 yard) and place the gold ball spotter on the ground. If the play loses yardage, the L J will obtain forward progress from the R. The R will then get the ball spotters and align them on forward progress.

Section 12. Game Pacing and Tempo

- R
 - A. To encourage an appropriately-paced contest, the R shall mark the ball ready as soon as A players are behind their scrimmage line and all officials are in proper position.
 - B. The R shall mark the ball ready for play then answer any questions.
 - C. Unless the offense is in a hurry-up, it is not necessary for the R to be behind the deepest offensive back when marking the ball ready, provided he/she can obtain this position well before the snap.

Section 13. Helpful Hints

- ALL
 - A. Your actions on and off the field must be above reproach.
 - B. Be impartial.
 - C. Be courteous, but firm and fair, when dealing with players and nonplayers.
 - D. Enter the field with a relaxed and confident attitude.
 - E. Do not get upset when people criticize you. Just make the call and enjoy the thrill.

Section 14. Hurry-Up Offense

- R The Referee will increase the tempo when A is in “hurry-up.” Hustle, but do not hurry. If A is ready to snap, do not mark the ball ready for play until you have hustled behind the deepest back. Backpedal quickly, keeping your eyes on the players and the ball. Check with the other officials to make sure they are ready as you move back. Emphatically inform the center and QB to “wait for my whistle.” Mark the ball ready for play, then announce down and zone line-to-gain, if time allows. Do not delay A snapping the ball in order to announce down and distance. Do not announce down and distance if A has started its cadence. Simply signal the down with your hand. Maintain your poise.

Section 15. Hustle

- ALL Keep the game moving smoothly from start to finish. Hustle, but do not hurry! Do not move too fast. It is better to let the play come to you.

Section 16. Incomplete Pass

- ALL Only the covering official(s) signal incomplete pass. Stand erect and repeat the signal (S10) 2 times deliberately at shoulder height level.

Section 17. Judgement

- ALL Decisions must be instantaneous and a ruling announced with minimal delay. Ensure improved instinctive reactions to play situations by reviewing all possible combinations of circumstances before each game. Let your mind digest what your eyes have seen.
- ALL Do not look for fouls. Always be sure of a foul. Never guess, as there are no phantom fouls. Pick Up your flag if you realize the foul was not there. If you think it is a foul, it is not! You must know it was a foul.

Section 18. Last 2 Minutes Of Each Half

- ALL Officials should vocally communicate the status of the clock including the time remaining, “clock running or stopped,” and “wind on the snap or the ready” throughout the last 2 minutes of each half. Signals are important, but vocalization also keeps the players informed.
- ALL Use the time-out signal on out-of-bounds plays, penalties, change of team possession, time-outs, and 1st downs. The touchdown, touchback, safety, and incomplete pass signals automatically stop the clock. All officials must not signal time-out after one of these 4 are signaled. After a 3rd down play, utilize the following signal to indicate stop the clock after 4th down: “Cross your arms against your chest” (S21). Communicate to the other officials.
- R Give the 2 minute warning verbally to both captains. Other officials should communicate verbally to the sidelines.
- BJ Announce loudly the remaining time and whether the clock is running or stopped after each play.
- ALL When the ball becomes dead inbounds near the sideline, give the start clock signal (S2) using only 2 turns of your arm. This signal is a sideline mechanic only and must be used when the runner has been deflagged/tagged inbounds near the sideline.
- ALL When the runner advances beyond the zone line-to-gain for a 1st down and is then tagged/ deflagged inbounds near the sideline, stop the clock for the 1st down. Remind the R whether the ball became dead inbounds by winding your index finger, or out-of-bounds by snapping your fingers.
- R When time expires in each period, give the signal to indicate that the period is over (S14).

Section 19. Officiating Uniform

- ALL Officials who wear great looking uniforms send a positive message to players and coaches. Take pride in yourself and your profession!
- ALL The officiating uniform is:
- Black and white vertically striped, long or short-sleeved knit shirt with 1" vertical stripes, black knit cuff, and Byron collar.
 - Predominantly black athletic pants or black pants with 1-1/4" white stripes only with black socks, or black shorts with black ankle socks, and solid black football shoes with black laces. Shoes need to be shined before each game.
 - A black baseball cap with white piping. EXCEPTION: Sponsorships.
 - Additional essential equipment includes a plastic whistle, penalty marker, blue bean bag, flipping coin, game card, pencil, and down indicator. The penalty marker shall be a light gold flag (15" x 15") with a middle pouch weighted with soft material—sand, beans, etc.
NOTE: Penalty flags worn by each official should be virtually hidden from view.

Section 20. Physical Condition

- ALL Football officiating is difficult and requires 100 percent concentration.
- Section 21. Rules Knowledge
- ALL Knowledge of the rules must be perfect and supplemented by the ability to interpret them correctly through much time and study. All rules should be enforced fairly and consistently. Enforce the “spirit of the rule” by exercising good common sense.

Section 22. Signals

ALL All signals should be given promptly and distinctly. The number of fingers indicate the down, while a closed fist is 4th down. Signal the next down immediately with 1 hand once the ball is dead. On a tough sideline or end line catch or no catch call, give the “catch,” “juggle,” or “out-of-bounds” signal to “sell” the call. Repeat the signal 2 times. If appropriate, give the time-out signal or incomplete signal first. Do not give a catch signal into the field of play, only on a boundary line. Remember, the only part of officiating to over emphasize is your signaling. Do not mirror touchdown signals. Study the Code of Official Football Signals in the back of this manual.

Section 23. Time-Out: referee

R Signal the time-out 2 times (S3) and tap your chest with your hands. Declare the ball ready for play as soon as the need for the time-out has been met.

ALL Injury: Do not stop the clock immediately if in doubt about the nature of an injury. Ask the player if he/she can continue; wait for a response, then assess the situation. Be deliberate. Permit as much time as is necessary. The safety of the injured player is important.

ALL When either team is awarded a 1st down during the last 2 minutes of each half, all officials signal a time-out 2 times (S3). If the game is disrupted for any reason, record down, distance, position of ball, score, and time remaining in the game.

ALL Know the status of the clock — whether to start on the snap or the ready. Communicate this information to the R. Snap your fingers to signal “do not start the clock” or “the clock will start on the snap.” Use a winding motion of your index finger to signal “start the clock” when marking the ball ready for play.

Section 24. Time-Out: TEAM

ALL Any official may recognize the team time-out and stop the clock. All officials repeat the time-out signal 2 times (S3). Know the team and player’s number or head coach before signaling. Repeat time-out signal 2 times (S3). Then inform the R.

L J-FJ-BJ After signaling a time-out 2 times (S3), turn to the requesting team with both arms extended and give 2 chucks.

R Indicate a charged time-out by pointing to the requesting team, both arms extending, giving 2 chucks. Notify the captain and/or head coach when charged time-outs have been taken. When 55 seconds have expired, go to the ball, get ready signal from each captain, and sound the whistle declaring the ball ready for play.

ALL Record time-outs including the game time and team. Verbalize and signal with each other during each time-out as to the number remaining for each team. Verbalize to both captains and sidelines the number of time-outs remaining. Do not huddle in a group.

Section 25. untimed down

ALL Know the extension of period, especially the differences between live ball and dead ball fouls.

BJ Communicate verbally with the Referee at the end of each period whether the period must be extended. You have primary responsibility.

Section 26. Whistle Mechanics

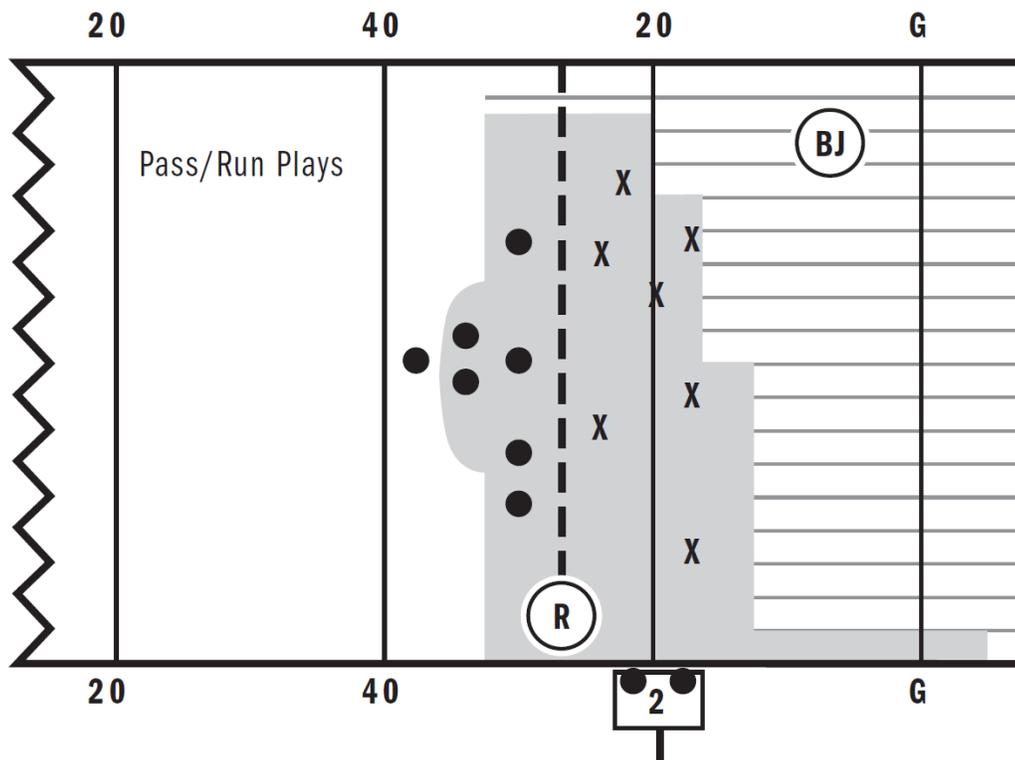
ALL It is mandatory to keep the plastic whistle in your hand until the ball becomes dead by Rule. Let the play kill itself. Do not be in a hurry to sound your whistle.

Part II. 2 Person Crew Mechanics

SECTION 1. PASSING AND RUNNING PLAYS - POSITIONS AND RESPONSIBILITIES

Article 1. Initial Positions.

- R A. Take a position in the neutral zone and near the sideline. Be at least 7 yards outside the widest player. If a receiver lines up near the sideline, take 2 steps backward and out-of-bounds. Move to a final position to see the ball and all players on or near the scrimmage lines.
- BJ B. Take a position on the side opposite the R. The position will be 17 yards beyond the scrimmage line and 5 yards from the sideline. Being behind the deepest defensive back and avoiding a position which will interfere with them takes priority.
- ALL C. Basic positions may vary depending upon play situations, team formations, field, and weather conditions. Always “box in” the play. Avoid positions which may cause scrambling to avoid interference with players. **STAY WIDE!** Remember, it is always easier to move in than back pedal.



Article 2. Responsibilities Before the Ball is Snapped.

- R A. Set the ball spotters on or inside the hash marks; check with the BJ for the correct down by raising your arm straight above your head and signal (closed fist for 4th down); communicate verbally to the down box operator; announce the down and distance; sound your whistle sharply and mark the ball ready for play; start your stopwatch for the 25 second count; move the down indicator on your hand to the next finger; back pedal

to the sideline; and keep people on the sidelines back at least 6'. NOTE: When a team is using a hurry-up offense, maintain a consistent tempo throughout the game. Inform the QB and center **not** to snap the ball until your whistle is sounded. Back pedal to your position quickly and visually check that the BJ is ready. Maintain your poise and control. Hustle, but do not hurry.

- R B. **Preventive Officiating Recommendations:** 1. Communicate with the QB when 10 seconds and 5 seconds remain on the 25 second count. If the ball has not been snapped with 5 seconds remaining, count down 5-4-3-2-1 so the QB can hear you; 2. If an A player, usually the QB, is positioned within 2 yards of the center snap, inform him/her to move back; 3. Thrust your backfield foot forward to help the line players position themselves; 4. Communicate verbally to A and B players along the neutral zone to check with you. Move them backward if they are in the neutral zone. 5. Check legality of the players' equipment; 6. If a team is shifting, inform them to "get set"; 7. **Remind the players to tuck in their jerseys and adjust their flag belts if necessary.**
- R C. Basic responsibilities include watching for dead ball fouls, delay of game, legality of the defensive signals, illegal shift-motion-snap, counting the 7 (**Corec-8**) A players (**Flag-count flag belts**) (S12), encroachment, and false start. Take responsibility for any player in motion.
- BJ D. Assist the R lining up the ball spotters relative to the nearest hash mark. This is important on plays that gain 10 or more yards. Thrust your downfield foot ahead on forward progress; raise your arm straight above your head and indicate the next down, (closed fist for 4th down); communicate verbally down and distance to the R; move the down indicator on your hand to the next finger; **Corec game – Communicate verbally and signal to the R whether the next play is "open" (S40) or "closed" (S41)**; back pedal to your initial position before A breaks the huddle; check the offensive formation to determine how close A players are positioned near the sideline. Adjust to a position at least 2 yards outside the widest receiver. Check your stop watch and inform players, coaches, and officials of the remaining time.
- BJ E. **Preventive Officiating Recommendations:** 1. Remind defensive players that contact is illegal – do not "chuck" the receivers; 2. Count the 7 (**Corec-8**) B players (**Flag-count flag belts**) – communicate if they have too many or not enough. Use (S12) for the correct number of players; 3. **Remind the players to tuck in their jerseys and adjust their flag belts if necessary.**
- BJ F. Basic responsibilities include counting the number of B players and assisting the R on illegal shifts, illegal formations, false starts, and legality of defensive signals.

Article 3. Responsibilities After the Ball is Snapped.

- R A. **The R's mental checklist is: Snap, Ball, QB, Rush, and Pass.** Watch the snap striking the ground either before or after touching a player. If so, sound the whistle sharply. Observe B as they rush the passer and move toward the screen blockers. Adjust your position to see through the play and call illegal contact. Read your "keys" after the snap. Do the receivers move downfield and run pass patterns? Do the line players start screen blocking and the backs begin running? Most of the plays are passes. Many runs develop off the pass. If you read run, hold at the neutral zone and observe the screen blockers and defenders ahead of and around the runner. Follow the runner toward your sideline watching for illegal contact and flag guarding. Be careful of the agile runner who changes directions quickly. Mark forward progress with your downfield foot when the runner is deflagged/tagged.
- R B. If the runner moves away from you, continue to officiate. Observe action in the offensive backfield, along the neutral zone and screen blocks around the runner. Move down the scrimmage line, then drift downfield, keeping players in front of you. Try to get the big picture.
- R C. Exciting parts of this game are the many backward passes thrown, especially beyond the neutral zone. Work hard for a position which parallels the runner, especially from the snap to 8 to 10 yards downfield. By staying wide and running parallel with the runner, your position will be excellent to rule on the legality of the pass. When a pass is thrown backward, immediately extend your arm with a closed fist at a 90° angle toward the passing team's end line and yell "back" (S17). If thrown forward beyond A's scrimmage line (1st ball spotter-orange) or after a change of team possession, drop your flag on the corresponding yard line where the pass was thrown.
- R D. If you read pass, move 2 to 3 yards toward the offensive backfield. Remember to stay wide and keep your shoulders parallel to the sideline. Shuffle your feet similar to a defensive basketball player, keeping in mind not to cross your feet. This will allow you to move in either direction quickly. Take a position to determine whether a pass thrown behind the A scrimmage line is forward or backward. If the pass is backward, extend your arm with a closed fist at a 90° angle toward the passing team's end line (S17), yell "back" and "sell" the call. If intended to be thrown backward, but the pass goes forward, extend your arm with an open hand forward and yell "forward" (S45). Remember, if in doubt, the pass is backward. Protect the quarterback. Once the pass is released, yell "ball's away." This will help the defense avoid roughing the passer. When the pass is released and a defender is close to the passer, keep your eyes there a few seconds to rule on legality of any contact. Do not be a "head wagger" and miss this important call.
- R E. When the passer moves toward the A scrimmage line (1st ball spotter-orange), follow him/her and stay wide. If a forward pass is thrown near the 1st ball spotter-orange, hustle to the spot where the ball was released. Check the spot of the pass with the ball spotter. Remember, if in doubt, the pass is legal.
- R F. You are solely responsible for calling intentional grounding. If necessary, seek information from the BJ concerning A players in the area where the pass was thrown.

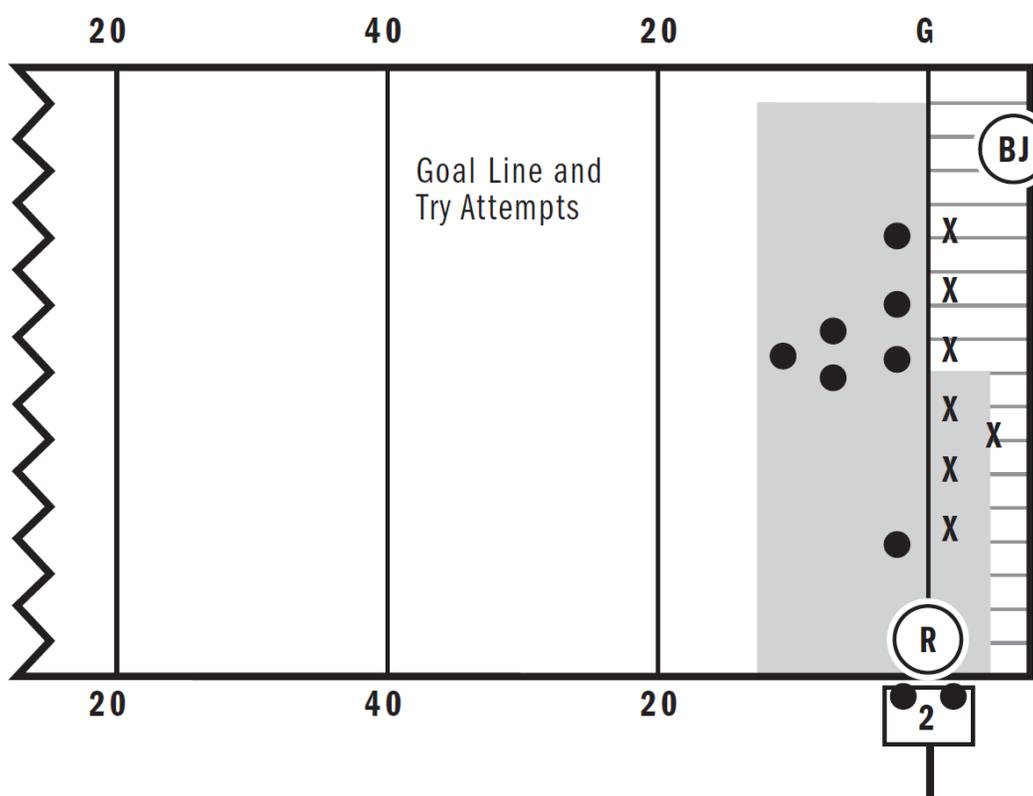
- R G. Once the pass is thrown, move quickly to the most advantageous position to see between the receiver and defender. Adjust your position for the angle. This will place you in the proper position to help the BJ rule on pass interference by either player. Stay wide. Always be in a position to cover any pass near the sideline.
- R H. A large percentage of the passes are designed for short or intermediate yardage. Therefore, you are responsible for forward progress to approximately 8 to 10 yards beyond the neutral zone. Constantly be aware of the zone line-to-gain and the goal line. Sell the close call by hustling to the dead ball yard line. Hustle and stay parallel to the sideline until you reach the yard line where the ball becomes dead. Then “square off” and move toward the ball 2 or 3 steps. Keep all players in front of your view. Thrust your downfield foot forward to mark the foremost point of the ball. Remind A players to take the ball back to their huddle.
- BJ I. **The BJ’s mental checklist is: Snap, Players, Passer, Zone, and Ball.** When the ball is snapped, your 1st couple of steps are always backward. Read your “keys” for pass versus run. If a run develops, watch for screen blocking ahead of and around the runner. If the runner or receiver moves toward your sideline, hustle to that sideline for an “outside looking in” angle. This is the “boxing-in” principle. Do not get caught on the inside. If the runner moves toward the R’s side, do not overcommit too fast. Throwbacks and cutbacks are very common. Let the flow of the play dictate your movement.
- BJ J. As the ball is snapped, observe any illegal contact by players on and beyond the neutral zone. Use your peripheral vision to watch all the receivers coming off the scrimmage line. The R cannot help because he/she will be observing the line and backfield play. Continue to move backward as the receivers establish their patterns. Let the play come to you. Do not allow any receivers behind you. The end line is your responsibility. Take a quick look at the passer’s eyes. In most cases, he/she will show you where the pass is going. Your objective is moving to a position to obtain an angle which allows you to see between the receiver and the defender as the ball arrives.
- ALL K. Rule on all forward passes thrown in or near your area. This is especially true on button hooks, traps, and muffs. If in doubt on a pass being complete or incomplete, concede the call to the official facing the receiver. Do not give the catch signal into the field of play. If you think it is a catch, move toward the forward progress spot when the ball becomes dead and look for help.
- ALL L. The pass thrown toward the sideline is a challenging call. Read the “keys” at the snap. Be aware of the receiver who moves toward the sideline. Once the passer releases the ball, begin adjusting your position to the receiver. Most calls are missed because the official is either too close to the receiver or not straddling the sideline. Adjust your position so you are at least 5 yards away from the receiver, standing still. Watch the feet 1st and then the ball. Pause an instant. “Let your mind digest what your eyes have seen.” Remember, you have responsibility for the A player who goes out-of-bounds and returns to participate. Throw your hat and say the player’s number. Take responsibility for your sideline-end line to end line. Be ready to move quickly downfield on a long pass.

- ALL M. When the runner steps out-of-bounds, move to the spot and hold it. Do not drop your bean bag on the spot unless the play gets rough out-of-bounds. Keep your eyes on the players out-of-bounds until all action has stopped and they have returned inbounds. This may mean pivoting and facing out-of-bounds. Be deliberate and take your time for 3 to 4 seconds. If there is a late hit, it must be penalized. Signal time-out immediately during the last 2 minutes of either half. Repeat the signal 2 times. Look professional by giving good sharp signals.

SECTION 2. GOAL LINE AND TRY PLAYS – POSITIONS AND RESPONSIBILITIES

Article 1. Initial Positions.

- BJ A. Whenever the ball is snapped on or inside the 5 yard line, stand on the end line, 5 yards from the sideline. The end line is your responsibility. Watch the wide receivers as they break the huddle. If they are positioned near the sideline, move closer to the sideline.



Article 2. Responsibilities.

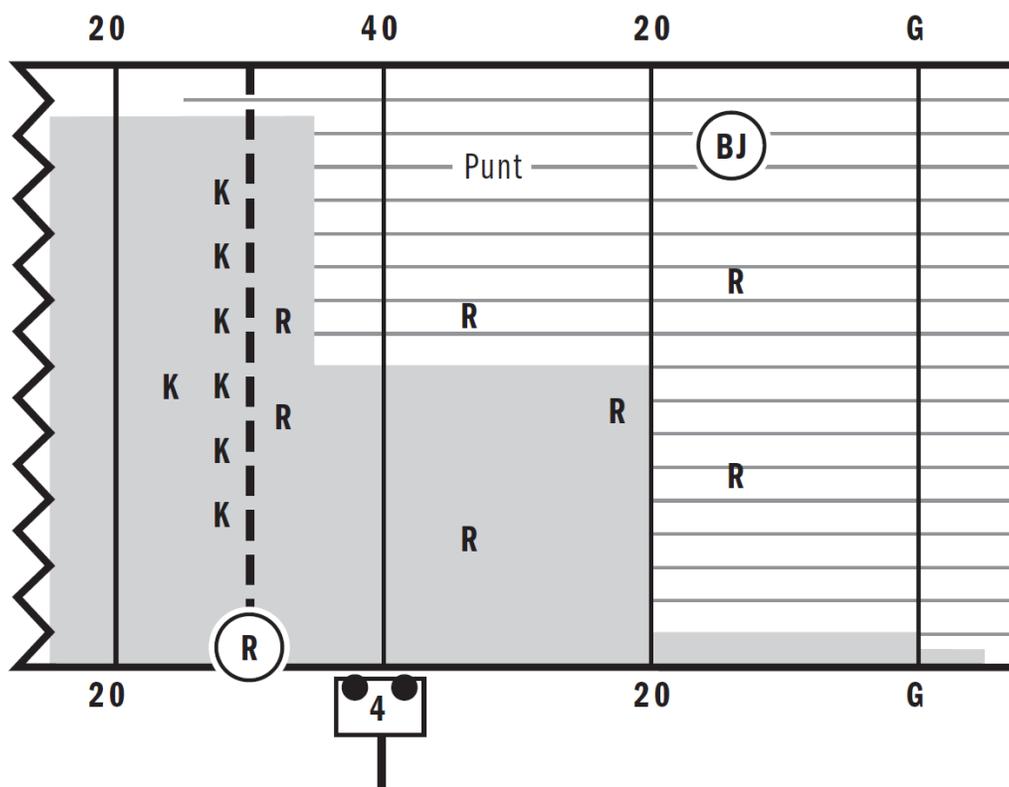
- R A. Do not signal a touchdown until all requirements have been met. Stay on the scrimmage line. Do not move toward the backfield. You must be in a position to rule forward progress or touchdown inside the 10 yard line. Always know where the goal line is. Your objective is to be straddling the goal line before the ball breaks the plane in possession. If the runner or receiver is near your sideline, move out-of-bounds 2 yards. If the runner or pass goes toward the opposite sideline, hustle down the goal line for a better look.

- R B. Reverse mechanics: When A is near their goal line, on or inside their 8 yard line, move toward the goal line after the snap. This will put you in great position to rule on a possible safety.
- BJ C. Stay on the end line and let the play develop. Do not overcommit and risk getting trapped.
- ALL D. Indicate the score using a sharp touchdown signal only when in a position to see possession by the offense in the opponent's end zone. You must see the football! Do not mirror another official's touchdown signal. If you see a touchdown, then signal it. After signaling, the closest official must then remove the player's flag belt to insure the belt was secured legally.
- R E. After the touchdown, explain the Try options to the captain. Secure the choice and announce it to the players and officials. Set the orange ball spotter on the 3, 10, or 20 yard line.

SECTION 3. PUNTS - POSITIONS AND RESPONSIBILITIES

Article 1. Initial Positions and Responsibilities Before the Ball is Snapped.

- R A. Positions are the same as run/pass plays. Count the K players (**Flag-count flag belts**) (**S12**). Prior to all 4th down plays, ask the A captain if he/she wants to punt. Communicate this decision to all A and B players. If there is a charged team time-out, end of period, or penalty, again ask the A captain if he/she wants to punt. Then inform the B captain of this decision. If A wants to punt, announce it to all players and officials (S43). Inform both teams to stay out of the neutral zone until the ball is kicked. Backpedal to the sideline and check for correct positioning of the BJ. Do not allow the ball to be snapped until everyone has met the punt requirements. Penalize any encroachment, false start, or illegal snap as a dead ball foul.



- BJ B. Take a position parallel to the deepest receivers and at least 10 yards wide of the nearest receiver. Do not get caught inside. Count the R players **(Flag-count flag belts)** (S12).

Article 2. Responsibilities After the Ball is Snapped.

- R A. Watch for the snap hitting the ground, the kicker punting the ball, the ball crossing the A scrimmage line, and the players staying out of the neutral zone until the punt. After the kick, stay near the K scrimmage line and sideline, watching for illegal contact. Know where the runner is by using your peripheral vision, but do not concentrate on him/her. Remember, the screen blocking ahead of the runner is your primary responsibility.
- BJ B. Once the punt is caught, drop your bean bag where the kick ends, then move with the flow watching for illegal contact. You are responsible for the B goal line and end line. If punted near the goal line, stay wide and straddle the goal line. Know whether the punt breaks the plane. For long punts out-of-bounds on your sideline, mark the out-of-bounds spot. Coordinate this coverage with the R.
- ALL C. Be alert for kick catching interference, fumbles, muffs, and backward passes. If the runner moves into your area, move toward a position to rule on backward passes. Stay parallel with the runner.

OFFICIAL'S SIGNALS

PART V. CODE OF OFFICIAL FOOTBALL SIGNALS

<p>1</p>  <p>Ball ready for play *Untimed down</p>	<p>2</p>  <p>Start clock</p>	<p>3</p>  <p>Time-out; Discretionary or injury time-out (follow by tapping hands on chest)</p>	<p>4</p>  <p>TV/Radio time-out</p>
<p>5</p>  <p>Touchdown Point(s) after touchdown</p>	<p>6</p>  <p>Safety</p>	<p>7</p>  <p>Dead ball foul; Touchback (move side to side)</p>	<p>8</p>  <p>First down</p>
<p>9</p>  <p>Loss of down</p>	<p>10</p>  <p>Incomplete forward pass; Penalty declined; No play, No score; Toss option delayed</p>	<p>11</p>  <p>Legal touching of forward pass or punt</p>	<p>12</p>  <p>Inadvertent whistle (face press box)</p>
<p>13</p>  <p>Disregard flag</p>	<p>14</p>  <p>End of period</p>	<p>15</p>  <p>Sideline warning</p>	<p>16</p>  <p>First touching</p>
<p>17</p>  <p>Backward Pass</p>	<p>18</p>  <p>Encroachment</p>	<p>19</p>  <p>Illegal advancement/formation/ procedure/snap; False start</p>	<p>20</p>  <p>Illegal shift - 2 hands; Illegal motion - 1 hand</p>

<p>21</p>  <p>Delay of game</p>	<p>22</p>  <p>Illegal substitution</p>	<p>23</p>  <p>Failure to wear required equipment</p>	<p>24</p>  <p>Flag guarding</p>
<p>27</p>  <p>Unsportsmanlike conduct; Noncontact foul</p>	<p>28</p>  <p>Illegal participation</p>	<p>29</p>  <p>Sideline interference</p>	<p>31</p>  <p>Illegal batting/kicking (followed by pointing toward toe for kicking)</p>
<p>33</p>  <p>Forward pass interference; Kick catching interference</p>	<p>34</p>  <p>Roughing the passer</p>	<p>35</p>  <p>Illegal pass</p>	<p>36</p>  <p>Intentional grounding</p>
<p>38</p>  <p>Personal foul</p>	<p>40</p>  <p>Open (Corec only)</p>	<p>41</p>  <p>Closed (Corec only)</p>	<p>42</p>  <p>Holding/obstructing</p>
<p>43</p>  <p>Declared punt</p>	<p>44</p>  <p>Help the runner</p>	<p>45</p>  <p>Forward pass</p>	<p>47</p>  <p>Player disqualification</p>

FOULS AND PENALTIES SUMMARY

<u>Loss of 5 Yards</u>	<u>Rule</u>
1. Failure to Wear Required Player Equipment (Liveball Foul unless mouthpiece of safety issue)	1
2. Delay of Game (Dead Ball)	3
3. Eligible Substitutions	3
4. Illegal Substitution	3
5. Punt Formation and Snap	6
6. Punting the Ball	6
7. Encroachment (Dead Ball)	7
8. False Start (Dead Ball)	7
9. Illegal Snap (Dead Ball)	7
10. Minimum Line Players	7
11. Illegal Motion	7
12. Illegal Snap	7
13. Illegal Shift	7
15. Intentionally Throwing a Backward Pass or Fumble Out-of-Bounds (Loss of Down if by Offense)	7
16. Illegal Forward Pass (Loss of Down if by Offense)	7
17. Intentional Grounding (Loss of Down)	7
18. Diving, Spinning, Jumping (5yd Loss of down)	7
20. Help the Runner	9

<u>Loss of 10 Yards</u>	<u>Rule</u>
1. Illegal Player Equipment	1
2. Quick Punt	6
3. Kick Catching Interference	6
4. Two or More Encroachment Fouls During the Interval Between Downs	7
5. Offensive Pass Interference (10 yds, repeat down if accepted)	7
6. Defensive Pass Interference (10 yds, repeat down if accepted)	7
7. Illegally Secured Flag Belt on a Touchdown or Try (Loss of Down if by Offense) (Automatic 1st Down if by Defense)	8
8. Unsportsmanlike Player Conduct	9
9. Spiking, Kicking, or Throwing the Ball During a Dead Ball	9
10. Unsportsmanlike Conduct by Players and Nonplayers	9
11. Strip or Attempt to Strip the Ball	9
12. Throw Runner to the Ground	9
13. Hurdle any Player	9
14. Contact Before or After the Ball is Dead	9
15. Unnecessary Contact of any Nature	9
16. Drive or Run into an Opponent	9
17. Position Upon Shoulders or Body of a Teammate	9
18. Tackle the Runner	9
19. Fight an Opponent	9
20. Roughing the Passer (Automatic 1st Down)	9
21. Illegal Offensive Screen Blocking	9
22. Interlocked Interference	9
23. Defensive Use of Hands	9
24. Illegal Flag Belt Removal	9
25. Guarding the Flag Belt (10 yds, repeat down if accepted)	9
26. Stiff Arm	9
27. Obstruct or Hold the Runner	9
28. Batting a Loose Ball	9
29. Illegal Kicking	9
30. Illegal Participation (10yd, Loss of Down)	9
31. Illegal Substitute/Replaced Player	9
32. Pretended, Unfair Substitution	9

<u>Disqualification Associated With Certain 10 Yard Penalties</u>	<u>Rule</u>
1. Flagrant Unsportsmanlike Player Conduct	9
2. Flagrant Spiking, Kicking, or Throwing the Ball	9
3. Flagrant Unsportsmanlike Conduct by Players and Nonplayers	9
4. Intentionally Contacting an Official	9
5. Flagrant Personal Fouls	9
6. Tackle the Runner	9
7. Fight an Opponent	9
8. Intentional Tampering With Flag Belt—Offense (Loss of Down)	9
9. Intentional Tampering With Flag Belt—Defense (Automatic 1st Down)	9

