

Intramural Sports- 4 v 4 Flag Football Rules

GENERAL INFORMATION

1. All participants must meet the eligibility requirements listed in the Intramural Sports Policies and Procedures handbook. Each player must be an active FIU student or FIU Wellness and Recreation Faculty/Staff Member with an active Gold Membership.
2. Participants must have their Panther ID at every game.
3. All intramural participants must personally sign the Waiver Release and are responsible for their own medical expenses.
4. Any games in which an ineligible player signs in will be considered a forfeit.
5. Teams are responsible for keeping their players and spectators under control. Misconduct of players, coaches, managers, or spectators may result in penalty, ejection, or forfeiture of the game. Spectators must also remain within the area designated by the Intramural Sports staff.
6. Alcoholic beverages, smoking, and pets are prohibited from all intramural contests.
7. Officials and Supervisors will have absolute authority during the contest and can make decisions on any matter or question not specifically covered in the rules.
8. All games will have the 2023 & 2024 NIRSA Flag & Touch Football Rules Book & Officials' Manual (21st edition) govern play, with modifications listed below.

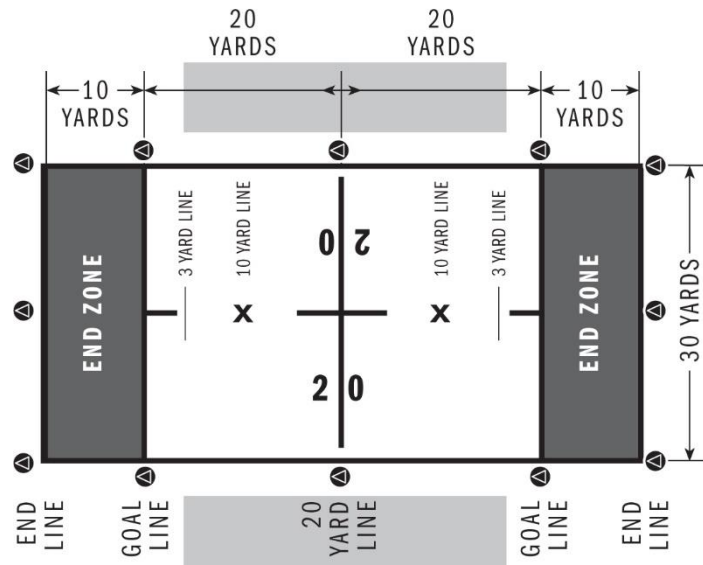
NIRSA 7 on 7 Flag and Touch Football Rules will govern play, except as modified by the following FIU rules.

4 ON 4 FOOTBALL RULES SUMMARY

1. The Game
 - a. The game shall be played between 2 teams of 4 players each. 3 players are required to avoid a forfeit.
2. Field Markings
 - a. The field measures 40 yards in length, goal line to goal line, and 30 yards in width. There shall be 1 hash mark dividing the field into halves.
3. Coin Toss
 - a. The captain winning the toss shall select offense, defense, direction, or defer the choice to the 2nd half.
4. Putting the Ball in Play
 - a. The ball shall be placed at A's 10-yard line to begin each half of a game and following a Try, touchback, or safety, unless moved by penalty.
 - i. NOTE: There are no kicks.
5. Game Time
 - a. Playing time shall be 2 halves of 12 minutes in length.
6. Game Timing
 - a. The clock will start on the snap to begin each half.
 - b. The clock will be a running clock for the entirety of the first half unless stopped by a team or Referee's time-out. It will run continuously for the first 11 minutes of the 2nd half, unless stopped by a team or Referee's time-out.
7. 1 Minute Warning

- a. Approximately 1 minute before the end of the 2nd half the Referee shall stop the clock and inform both captains of the playing time remaining in the half. The clock starts on the snap.
- 8. Last 1 Minute of the 2nd Half
 - a. A start, stop clock shall be used.
- 9. Tie Breaker- *For Playoffs*
 - a. Each team will attempt to score by passing from the 3 yard line for 1 point, from the 10 yard line for 2 points, or from the 20 yard line for 3 points.
- 10. Charged Time-Out
 - a. Each team is entitled to 1 charged time-out per game.
- 11. Series of Downs
 - a. Each team shall have 3 consecutive downs to advance the ball to the next zone by scrimmage.
- 12. A New Series of Downs
 - a. A new series of downs is awarded when a team moves the ball legally into the next zone or the opponent obtains team possession of the ball by penalty, pass interception, or failure to advance to the next zone.
- 13. Kicking the Ball.
 - a. All kicks are illegal.
 - i. Penalty: Illegal Kicking, 5 yards (S31).
- 14. Rushing the QB
 - a. Defense cannot cross their scrimmage line until the pass is released.
 - i. Penalty: Illegal Advancement, 3 yards from the previous spot (S19).
- 15. Runner
 - a. An Offensive runner cannot advance the ball through their scrimmage line (1st ball spotter–orange).
 - i. There are no restrictions for offense once:
 - 1. A: The ball has been touched by any player beyond the offense scrimmage line
 - 2. B: After a change of team possession
 - 3. C: After a legal forward pass.
 - a. Penalty: Illegal Advancement, 3 yards (S19).
- 16. Legal Forward Pass
 - a. There must be a legal forward pass each down.
 - b. Offense has 5 seconds to release the ball on a forward pass.
 - c. If Offense fails to release the ball in time, it is a loss of down and the ball is next snapped at the previous spot.
 - i. The Referee will sound their whistle at 5 seconds if the passer has possession of the football.
- 17. Mercy Rule
 - a. The Mercy Rule does not apply.
- 18. Onside Conversion
 - a. The onside conversion rule is not applicable.
- 19. Enforcement of Penalties
 - a. All 10 yard penalties are 5 yards and all 5 yard penalties are 3 yards

4 on 4 Field Diagram



7 v 7 Flag Football Rules- FOR REFERENCE

Rule 1. The Game, Field, Players, and Equipment

Section 1. General Provisions

1. Downs

- A down begins when the ball becomes live and ends when it becomes dead.
- Whether the next down will be 1st is determined at the time the ball becomes dead and after considering the effect of any act, except a nonplayer foul or unsportsmanlike conduct, that occurred during the down.
- If Team R is first to touch a punt beyond K's scrimmage line, a new series will be awarded to the team in possession at end of the down, unless there was a foul before the punt and the penalty was accepted, or there was a double foul, or there was an inadvertent whistle during the punt following the touching by Team R.
- The only defensive fouls that automatically cause a 1st down are Roughing the Passer and Illegally Tampering with the Flag Belt.
- If the penalty is accepted for a live ball foul by either team during a down in which time expires, the period must be extended by an untimed down. The exceptions are unsportsmanlike fouls, nonplayer fouls, fouls that specify a loss of down, or fouls as specified in 3-2-3A.
- No series can ever start on a down other than 1st.
- The zone line-to-gain is established when the referee blows the ready for play whistle on 1st down of a new series for Team A. The zone line-to-gain will be the 20, 40, or goal line closest to Team A's scrimmage line in the direction of Team B's end zone. During overtime, however, the zone line-to-gain will always be the goal line.

2. Passing

- All players are considered eligible receivers.

- b. Team A may throw one forward pass per down.
- c. A handed ball is not a pass.

3. Blocking

- a. Blocking other than screen blocking by either team is not permissible.
- b. Using hands, arms, elbows, legs, or body to block or displace an opponent is illegal.

4. Fouls

- a. No live ball foul causes the covering official to sound their whistle immediately.
- b. A live ball foul cannot be paired with a dead ball foul to create a double or multiple foul.

5. Penalty Measurement

- a. The distance penalty for any foul may be declined.
- b. Penalties are either 5 or 10 yards.
- c. Live ball penalties are enforced from the basic spot unless the All-But-One Enforcement Principle applies except in the following situations:
- d. Roughing the Passer when the dead ball spot is beyond the neutral zone and there has been no change of team possession.
- e. Kick Catching Interference when the offended team accepts a penalty of 10 yards from the spot of the foul.
- f. Fouls by the kicking team during a punt play when the receiving team elects to have the penalty enforced from the dead ball spot.
- g. Penalty enforcement for any dead ball foul, nonplayer foul, or unsportsmanlike conduct is from the succeeding spot unless the foul occurs on a scoring play and the scoring team chooses enforcement at the succeeding spot following the Try or onside conversion.
- h. The penalty for any one of the 5 illegal passes is a loss of 5 yards, and the down is counted, except for a forward pass following change of team possession.
- i. If the offense commits a live ball foul in their own end zone and the penalty is accepted, enforcement of the penalty results in a safety.
- j. The penalty for a live ball foul by the defensive team is administered from the basic spot.
- k. The loss of down aspect of a penalty has no significance following a change of possession or if the line-to-gain is reached after enforcement.

6. Supervision

- a. The game shall be played under the supervision of 3 to 5 officials. The officials are Referee, Back Judge, Line Judge, Field Judge and Down Box Operator

7. Referee Authority

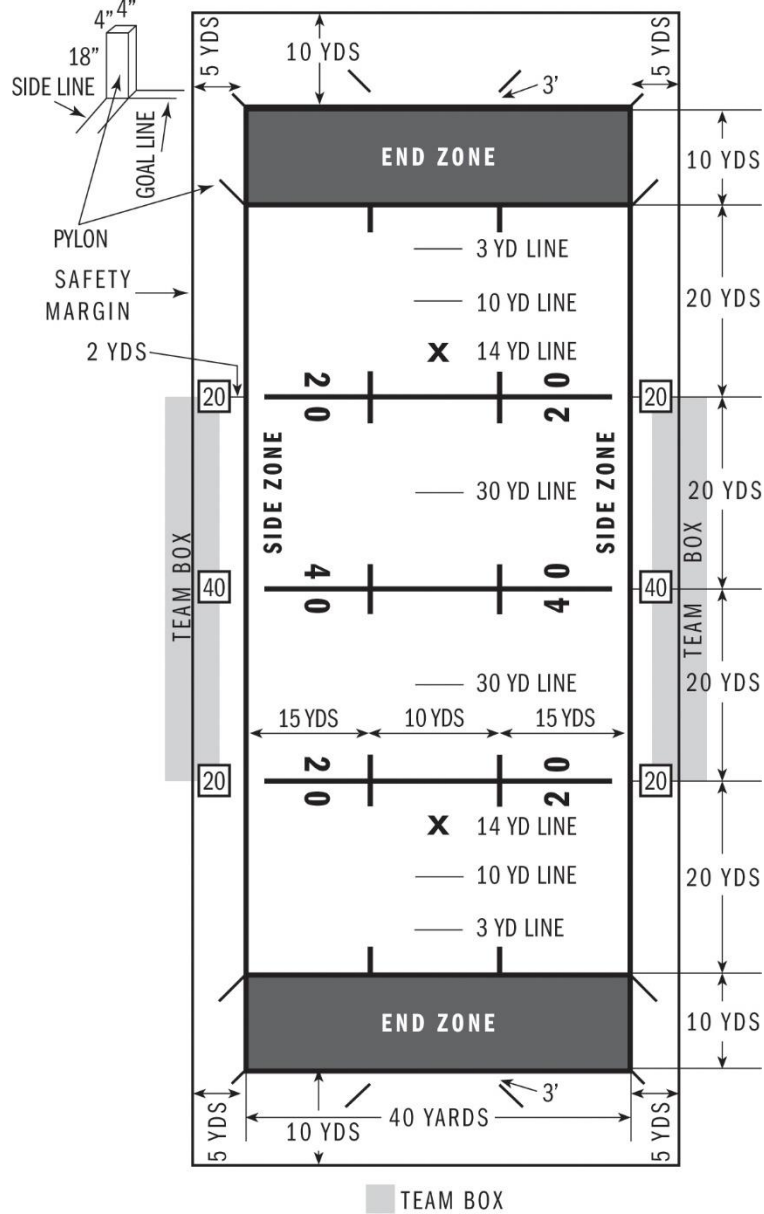
- a. The Referee shall have authority to rule promptly, and in the spirit of good sporting behavior, on any situation not specifically covered in the Rules. The Referee's decisions are final in all matters pertaining to the game.

Section 2. The Field

1. The Field of Play

- a. The field shall be 80 yards long, divided into four 20 yard zones, by 32 yards wide with two 10 yard end zones.
- b. There shall be lines at each 3, 10, and 20 yard line to designate the line of scrimmage for PAT attempts.

- c. Both 14 yard lines shall be marked with an “X”, to designate the line of scrimmage to begin the game or following a score, unless moved by penalty.
- d. An x will be marked on the 30 yard line for a restart following a safety.
- e. All players and spectators must remain in their team box (the space between the two (2) twenty yard lines.
- f. A diagram of the field can be seen below:



g.

Section 3. Player Equipment

1. Players must wear similarly colored team jerseys. If teams do not have team jerseys, pinnies will be issued.
2. All jewelry must be removed before participating.
3. Athletic footwear must be worn.
4. Hats and any other headwear that has a hard bill or creates a knot-like protrusion are not permitted.
5. Each player shall wear a one-piece quick release belt, without any knots, at the waistline with 3 flags permanently attached, 1 flag on each side and 1 in the center of the back. The flags shall be a minimum of 2" wide and 14" long when measured from the edge of the belt. The flags should be of a contrasting color to the opponent's flags. The belt must have a spring-loaded clip.
 - a. **Players may not participate** with their own flag belts. All players must play with Flag Belts issued by FIU Intramural Sport Staff.
6. SHORTS WITH POCKETS ARE NOT ALLOWED.
 - a. Players with pocketed shorts will not be issued a flag belt.
7. Players may not wear shirts or jerseys which do not remain tucked in, or jerseys which have an arm opening more than 4" below the armpit.
8. Players may not wear shorts or pants with any belt(s), belt loop(s), pockets(s) or exposed drawstrings. A player may not turn his/her shorts inside-out or tape his/her pockets in order to play.
9. Players may not wear towels attached at the waist. A towel may be brought on the field, regardless of weather conditions, but it must be kept by the offensive (orange) ball spotter during play.
 - a. The penalty for wearing illegal equipment is Unsportsmanlike Conduct, with a loss of 10 yards.

Section 4. Game Equipment

1. Teams may use a legal ball of their choice when in possession.
 - a. In men's games, only a regulation mens sized ball may be used.
 - b. In women's or Open games, regular, intermediate, or youth footballs may be used.
 - c. Game balls may be provided by the Intramural Sports Department in the case that teams do not have a game ball of their own.
2. Two ball spotters will be used to mark the scrimmage lines.
 - a. Orange will designate the offensive scrimmage line
 - b. Yellow the defensive scrimmage line.
 - c. There will always be a 1 yard neutral zone between the spotters.

Section 5. The Team

1. Roster size is limited to 45 players. Players may be added to the roster throughout the regular season. Rosters will be frozen upon completion of the regular season.
2. Teams will consist of 7 players each for all single gender leagues and 8 players for all open leagues.
3. A team must have 6 players present at game time for all single gender league games and 7 players for all open league games to begin and finish the game and avoid a forfeit.

- a. If, at the scheduled game time, a team does not have the minimum number of required players, that team will lose by forfeit.

Rule 2. Periods, Timing, Substitutions

Section 1. Starting the Game- Coin Toss

1. Before the start of the game the Referee shall instruct the visiting captain to give a “heads” or “tails” choice before the coin toss. The Referee will then toss the coin in the presence of the opposing captains.
2. The captain winning the toss shall have the 1st choice of options for the 1st half or shall defer their option to the 2nd half. The options for each half shall be as follows:
 - a. To choose whether their team will start on offense or defense.
 - b. To choose the goal their team will defend.
 - c. The captain who did not win the 1st choice of options for a half shall exercise the remaining option.

Section 2. Initial Possession and Change Periods

1. Initial Possession
 - a. The team on offense at the beginning of each half will begin at the 14 yard line with the 20 yard line to gain, unless the ball is moved by penalty.
2. Change Periods
 - a. Unless moved by penalty or field dimensions have been shortened, the ball shall be snapped on the 14-yard line to start the 1st and 2nd halves.

Section 3. Timing

1. Game time is forfeit time.
2. Playing Time
 - a. Games will consist of two 20-minute halves with a 3-minute halftime.
 - b. The clock will run continuously during each half, unless stopped by a:
 - i. Team time-out
 - ii. Officials’ time-out
 - iii. Thirty Second warning
 - iv. At the first dead ball at or inside 30 seconds before the end of the half, the Referee shall stop the clock and administer the Thirty Second Warning. The clock will restart on the next snap.
3. Time Outs
 - a. Each team is entitled to one (1) 60-second timeouts per game.

- b. If the clock is stopped for an injured player, then that player must be replaced for 1 down.

4. Delay of Game

- a. The ball must be put into play no more than 30 seconds after the ready for play signal has been given.
 - i. A team may not put the ball in play before it is declared ready for play.
 - ii. The penalty in either case is a Dead Ball Foul, Delay of Game, with a loss of 5 yards.

5. Tie Games

- a. Games in the regular season may end in a tie.
- b. Games tied at the end of regulation in the playoffs will go to overtime specific rules.

Section 4. Substitutions

- 1. Between downs, any number of eligible substitutes may replace players on the field, provided that all replaced players are off the field before the ball is snapped.
 - a. However, during the same dead ball interval, no player may leave the game and reenter as a substitute.
 - i. The penalty is Illegal Substitution with a loss of 5 yards.
- 2. Any player who exhibits signs, symptoms, or behaviors consistent with a concussion shall be immediately removed from the game and shall not return to play until cleared by an appropriate healthcare professional.
- 3. If an IM Sports participant is bleeding, he/she will be removed from the contest immediately. If an IM Sports participant has blood on his/her clothing, he/she will be removed from the contest upon detection. The blood may or may not be his/her own blood. Even a participant who has someone else's blood on their clothing will be removed from the contest. The participant is ineligible to re-enter the contest until the contaminated clothing has been removed. Before any participant re-enters the contest, all bleeding must be stopped, and any open wound or laceration covered.

RULE 3. BALL IN PLAY, DEAD BALL, AND OUT OF BOUNDS

Section 1. Ball in Play: Dead Ball

- 1. Dead Ball Becomes Live.
 - a. A dead ball, after having been declared ready for play, becomes a live ball when it is snapped legally.
- 2. Ball Declared Dead.
 - a. A live ball becomes dead and an official shall sound their whistle or declare it dead when one of the following occurs:
 - b. The ball goes out of bounds.

- c. Any part of the runner other than a hand(s) or foot (feet) touches the ground.
- d. A touchdown, touchback, safety, or successful Try is made.
- e. The ball strikes the ground following 1st touching by K.
- f. K catches a punt that is beyond the neutral zone or when an untouched punt comes to rest on the ground and no player attempts to secure it.
- g. A forward pass strikes the ground or is caught simultaneously by opposing players.
- h. A backward pass or fumble by a player strikes the ground or is caught simultaneously by opposing players. A snapped ball that hits the ground before or after getting to the intended receiver is dead at the spot where it hits the ground. NOTE: If in doubt, a snap close to the ground remains live.
- i. A forward pass is legally completed, or a loose ball is caught by a player on, above, or behind the opponent's goal line.
- j. A runner has a flag belt removed legally by an opponent.
 - i. A flag belt is removed when the clip is detached from the belt, the belt is torn into more than 1 piece, or the flag is torn off the belt (flag only). NOTE: If in doubt, the flag belt has been pulled.
- k. A runner is legally tagged with 1 hand between the shoulders and knees, including the hand and arm (touch only). A passer is deflagged/tagged prior to releasing the ball. NOTE: If in doubt, the ball is released.
- l. A muff of a punt strikes the ground.
- m. K's punt breaks the plane of R's goal line.
- n. B secures possession during a Try or overtime.
- o. An official sounds their whistle inadvertently during a down or during a down in which the penalty for a foul is declined and the status of the ball is as follows:
 - i. The ball is in player possession. The team in possession may elect to put the ball in play where declared dead or replay the down.
 - ii. The ball is loose from a fumble, backward pass, illegal kick, or illegal forward pass. The team in possession may elect to put the ball in play where possession was lost or replay the down.
 - iii. The ball is in flight during a legal forward pass or a punt. The ball is returned to the previous spot and the down replayed.

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

Section 2. Succeeding Spot

1. Placement of Dead Ball.

- a. When the ball becomes dead, play will be resumed with a spot in the middle of the two hashes.

Section 3. Out of Bounds

1. Player Out of Bounds.

- a. A player or other person is out of bounds when any part of the person is touching anything, other than another player or official, that is on or outside the sideline or end line.

2. Player in Possession Out of Bounds.

- a. A ball in player possession is out of bounds when the runner or the ball touches anything, other than another player or official, that is on or outside the sideline or end line.

3. Loose Ball Out of Bounds.

- a. A loose ball is out of bounds when it touches anything, including a player or official, that is out of bounds.

4. Airborne Player.

- a. An airborne player is considered inbounds or out of bounds based upon their location when they were last in contact with the ground.

**RULE 4. SERIES OF DOWNS, NUMBER OF DOWNS, AND TEAM POSSESSION
AFTER PENALTY**

Section 1. A Series: How Started, How Broken, How Renewed

1. A Down Is a Unit.

- a. A down is a unit of the game that starts with a legal snap and ends when the ball next becomes dead. Between downs is any period when the ball is dead.

2. Series of Downs.

- a. Offense shall have 4 consecutive downs to advance to the next zone. Any down may be repeated or lost if provided by the Rules.

3. Zone Line-to-Gain.

- a. 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 forward point of the ball, when declared dead between the goal lines, shall be the determining factor.

4. Awarding a New Series.

- a. 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 1st down; or after enforcement of a penalty against A, the ball is in advance of the zone line-to-gain; or either team has obtained legal possession of the ball as a result of a punt, touchback, pass interception, or failure to gain the zone in advance of the ball.

5. Incorrect Down.

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

Section 2. Down and Possession After a Penalty

1. Penalty Resulting in a 1st Down.

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

2. Foul Before Change of Team Possession.

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

3. Foul After Change of Team Possession.

- a. Following a distance penalty for a foul committed after team possession has changed during that down, the ball belongs to the team in possession when the foul occurred. The down and distance established by that penalty shall be 1st down with zone line-to-gain.

4. Penalty Declined.

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

5. Rule Decisions Final.

- a. A Rules decision may not be changed after the ball is next legally snapped.

RULE 5. KICKING THE BALL

Section 1. Punt

1. Legal Punt.

- a. A legal punt is a kick made in accordance with the Rules.
- b. Quick punts are illegal. Penalty: Illegal Kick, Quick Punt, 10 yards (S31).

2. Punt.

- a. Prior to marking the ball ready for play on 4th down, the Referee must ask the A captain if they want to punt. The Referee must announce this decision to all A and B players and all officials. The Offense's captain may declare a punt on any down. After such announcement, the ball must be punted.
 - i. EXCEPTION: If (a) an A or B time-out is called, (b) the period ends, (c) a foul occurs, or (d) an inadvertent whistle is blown anytime prior to or during this down after the A captain's decision that results in the kicking team having the right to repeat the down again, the Referee must ask the A captain whether or not they want to punt and communicate this decision to the B captain.
3. Crossing the Scrimmage Line.
 - a. Neither K nor R may enter the neutral zone until the ball is punted.
 - b. Penalty: Illegal Procedure, 5 yards
4. Punting the Ball.
 - a. After receiving the snap, the kicker must punt the ball immediately in a continuous motion.
 - b. Penalty: Illegal Procedure, 5 yards
5. After Being Punted.
 - a. Once the ball is punted, any R player may block the kick. If the blocked punt hits the ground, it is dead at that spot. If the punt is blocked by any R player behind K's scrimmage line and then caught by any K player behind K's scrimmage line (1st ball spotter–orange), K may run and/or throw a pass. R may advance the punt anywhere in the field of play. A K player cannot punt the ball to himself or any other K player. K may punt the ball only once per down.
 - b. Penalty: Illegal Kicking, 10 yards
6. Punt Crosses K's Scrimmage Line.
 - a. When a punt that has clearly crossed K's scrimmage line (1st ball spotter–orange), touches a player from either team and then hits the ground, the ball is dead and belongs to R. If it hits an R player and then is caught in the air, it can be advanced by R. If the ball hits an R player beyond R's scrimmage line and is then caught by K beyond R's scrimmage line, the ball is dead, belongs to K, and a new series begins for K.
7. 1st Touching.
 - a. If any K player touches a punt after it crosses K's scrimmage line (1st ball spotter–orange) and before it is touched there by any R player, it is referred to as "1st touching". R may take the ball at that spot or may choose to have the ball put in play as determined by the action that follows 1st touching. The right of R to take the ball at the spot of 1st touching by K is cancelled if R touches the punt and thereafter during the down commits a foul or if the penalty is accepted for any foul committed during the down.

8. Punt Out of Bounds Between the Goal Lines or at Rest.
 - a. If a punt goes out of bounds between the goal lines or comes to rest untouched in the field of play and no player attempts to secure it, the ball becomes dead and belongs to the receiving team at that spot.
9. Punt Behind the Goal Line.
 - a. When a punt breaks the plane of R's goal line, it is a touchback unless R chooses the spot of 1st touching by K.

Section 2. Kick 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. 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.
2. Penalty: Kick Catching Interference, 10 yards

Section 3. Signals

1. Players shall ignore any signals given by K or R. The ball remains live.
 - a. There are no fair catches in Flag Football.

RULE 7. SNAPPING, HANDING, AND PASSING THE BALL

Section 1. The Scrimmage

1. The Start.
 - a. All plays must be started by a legal snap next to the orange ball spotter, which is on or between the hash marks. The ball may be moved with approval by the Referee due to poor field conditions.
2. Ball Responsibility.
 - a. Offense's players are responsible for retrieving the ball after a down. The snapper will bring the ball from the huddle to the A scrimmage line (1st ball spotter–orange). A small towel may be placed under the ball, regardless of weather or field conditions.
3. Stances.
 - a. Players may use a 2, 3, or 4 point stance.

Section 2. Prior to the Snap

1. Encroachment.
 - a. Following the ready for play signal and until the snap, no Defensive player may encroach or touch the ball, nor may any player contact opponents or interfere with them in any other way. This includes standing in the neutral zone to give defensive signals or shifting through the zone. After the snapper has placed

their hand(s) on the ball, it is encroachment for any player to break the scrimmage line plane, except for the snapper's right to be over the ball.

- b. Penalty: Dead Ball Foul, Encroachment, 5 yards from the succeeding spot.
- c. During the interval between downs when 2 or more encroachment fouls are committed by B, the penalty will be 10 yards for the subsequent encroachment fouls.

2. False Start.

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

3. Snap.

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

4. Disconcerting Act.

- a. No defensive player shall use disconcerting acts or words prior to the snap in an attempt to interfere with A's signals. Penalty: Dead Ball Foul, Disconcerting Act, 5 yards from the succeeding spot.

Section 3. Position and Action During the Snap

1. Legal Position.

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

2. Minimum Line Players.

- a. The snapper is the only A player required to be on their scrimmage line (1st ball spotter–orange) at the snap.
- 3. Motion.
 - a. Only 1 offensive player may be in motion, but not in motion toward the opponent's goal line at the snap. Other Offensive players must be stationary in their positions without movement of their feet, body, head, or arms.
 - b. Penalty: Illegal Motion, 5 yards
- 4. Direct Snap.
 - a. The player who receives the snap must be at least 2 yards behind A's scrimmage line (1st ball spotter–orange). The distance is determined by the point at which the ball is first touched following the snap. The snapper may not snap the ball to himself.
 - b. Penalty: Illegal Formation, 5 yards
- 5. Shift.
 - a. In a snap preceded by a huddle or shift, all A players must come to a complete stop and remain stationary in legal position without movement of feet, body, head, or arms for at least 1 full second before the snap.
 - b. Penalty: Illegal Shift, 5 yards

Section 4. Handing the Ball

- 1. Any player may hand the ball forward or backward at any time.

Section 5. Running the Ball – Co-Rec Rule

- 1. An Offensive runner who is a man cannot advance the ball through A's scrimmage line (1st ball spotter–orange). There are no restrictions:
 - a. Once the ball has been touched by any player beyond the A or K scrimmage line.
 - b. During a run by a runner who is a woman.
 - c. After a change of team possession.
 - d. After a legal forward pass.
 - i. Penalty: Illegal Advancement, 5 yards

Section 6. Backward Pass and Fumble

- 1. When Legal.
 - a. A runner may pass the ball backward or lose player possession by a fumble anytime except if intentionally thrown out of bounds to conserve time.

- b. Penalty: Illegal Pass, 5 yards from the spot of the pass or fumble and loss of down
- 2. Caught or Intercepted.
 - a. A backward pass or fumble in flight may be caught or intercepted by any other player inbounds and advanced. A player may not throw an untouched backward pass to himself.
 - b. Penalty: Illegal Pass, 5 yards from the spot of the pass and loss of down if by A before possession changes during a scrimmage down
- 3. Simultaneous Catch by Opposing Players.
 - a. If a backward pass or fumble in flight is caught simultaneously by members of opposing teams inbounds, the ball becomes dead at the spot of the catch and belongs to the offensive team.
- 4. Out of Bounds.
 - a. A backward pass or fumble that goes out of bounds is dead. If the backward pass/fumble goes out of bounds between the goal lines, the ball belongs to the offensive team:
 - i. at the out-of-bounds spot if it is behind the spot of the pass or fumble, or
 - ii. at the spot of the pass or fumble if it goes out of bounds beyond the spot of the pass or fumble.
 - iii. If out of bounds behind a goal line, it is a touchback or safety.
- 5. Ball Dead When It Hits the Ground.
 - a. A backward pass or fumble that touches the ground is dead. If the backward pass/fumble touches the ground in the field of play, the ball belongs to the offensive team:
 - i. at the spot where it touches the ground if it is behind the spot of the pass or fumble, or
 - ii. at the spot of the pass or fumble if it touches the ground beyond the spot of the pass or fumble.
 - iii. If the fumble/backward pass touches the ground in either end zone, it is a touchback or safety.

Section 7. Legal and Illegal Forward Pass

- 1. Legal Forward Pass.
 - a. All players are eligible to touch or catch a pass. During a scrimmage down and before team possession has changed, a forward pass may be thrown provided the passer's feet are on or behind the plane of A's scrimmage line (1st ball spotter–orange) when the ball leaves the passer's hand. Only 1 forward pass can be thrown per down.

2. Illegal Forward Pass.

- a. A forward pass is illegal
 - i. if the passer's foot is beyond the plane of A's scrimmage line (1st ball spotter—orange) when the ball leaves their hand.
 - ii. if a passer catches their untouched forward pass.
 - iii. if there is more than 1 forward pass per down.
 - iv. if thrown after a team possession has changed.
 - v. if intentionally thrown to the ground or out of bounds to save loss of yardage or conserve time.
 - vi. Penalty: (A, B, & C) Illegal Forward Pass, 5 yards from the spot of the pass and a loss of down. (D) Illegal Forward Pass, 5 yards from the spot of the pass (E) Intentional Grounding, 5 yards from the spot of the pass and a loss of down

3. Illegal Reception – Co-Rec Rule.

- a. The term “open” means any player can complete a legal forward pass to any other player. The term “closed” means a player who is a man may NOT complete a legal forward pass to any other player who is a man. NOTE: All illegal forward pass fouls are classified as fouls during a running play. Thus, illegal forward passes do not change the open/closed status of a down.
- b. The 1st down of each half or overtime possession shall be open. The 1st down of a new series following a team change of possession shall be open.
- c. If the crew of officials erroneously indicate the open/closed status of a down, the play is nullified and the down will be repeated.
- d. During the offensive team's possession there may not be 2 consecutive legal forward pass completions from a player who is a man to a receiver who is a man. This Rule applies to the Try.
- e. If a passer who is a man completes a legal forward pass to a receiver who is a man, the next legal forward pass completion must involve either a passer who is a woman or receiver who is a woman for positive yards. The spot where the ball becomes dead by Rule must be beyond A's scrimmage line (1st ball spotter—orange). There is NO foul for a receiver who is a woman being tagged or deflagged behind A's scrimmage line. The next legal forward pass completion remains closed.
- f. A legal forward pass caught jointly by teammates who are a man and a woman is considered a reception by a woman.
- g. There are no other restrictions concerning a passer who is a man completing legal forward passes to a receiver who is a woman, or a woman to a woman, or a woman to a man.

- h. If a receiver who is a man catches a pass from a passer who is a man on a closed play, it is a foul for Illegal Reception. Whether the penalty is accepted or declined, the next down shall remain closed.
 - i. Any other foul, whether accepted or declined, shall have no effect on whether the next legal forward pass completion is open or closed.
 - j. Penalty: Illegal Reception, 5 yards from the previous spot, and a loss of down. The next down is closed.
4. After Illegal Forward Pass.
- a. When an illegal forward pass touches the ground or goes out of bounds, the ball becomes dead and belongs to the passing team at the spot from where the pass was thrown, unless a new series of downs has been created. In such a case the ball belongs to the passing team if, after enforcement of the penalty, the ball is left in advance of the zone line-to-gain, or belongs to the opponents if the ball, after the penalty, did not make the next zone line-to-gain and the foul occurred during 4th down. If a player catches an illegal forward pass, the ball continues in play until declared dead.

Section 8. Completed or Intercepted Passes

- 1. Pass Caught or Intercepted.
 - a. A forward pass is completed when caught by a member of the passing team inbounds. A forward pass is intercepted when caught by a member of the opposing team inbounds. It is counted as a completion or interception as long as the 1st part of the receiver to make contact with the ground after the catch, usually 1 foot, touches inbounds.
- 2. Simultaneous Catch by Opposing Players.
 - a. If a forward pass is caught simultaneously by members of opposing teams inbounds, the ball becomes dead at the spot of the catch and belongs to the offensive team.

Section 9. Incomplete Pass

- 1. When a forward pass touches the ground or anything out of bounds, it becomes dead.

Section 10. Forward Pass Interference

- 1. Interference.
 - a. During a down in which a legal forward pass crosses A's scrimmage line (1st ball spotter–orange), contact that interferes with an eligible receiver who is beyond A's scrimmage line (1st ball spotter–orange) 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 a forward pass thrown beyond A's scrimmage line (1st ball spotter–orange).
- 2. Offensive Pass Interference.

- a. After the ball is snapped and until the pass has been touched by any player there shall be no offensive pass interference beyond A's scrimmage line (1st ball spotter–orange).
 - b. Penalty: Offensive Pass Interference, 10 yards from the previous spot (S33).
3. Defensive Pass Interference.
 - a. After the pass is thrown and until the pass has been touched by any player there shall be no defensive pass interference beyond A's scrimmage line (1st ball spotter–orange) while the pass is in flight.
 - b. Penalty: Defensive Pass Interference, 10 yards from the previous spot. If the pass interference by either player is intentional or unsportsmanlike, their team shall be penalized an additional 10 yards.
4. Not Interference.
 - a. Contact by B that is obviously away from the direction of the forward pass is not pass interference but may be a personal foul.
5. Catchable/Uncatchable.
 - a. Whether a pass is catchable or uncatchable has no bearing on offensive and defensive forward pass interference.

RULE 8. SCORING PLAYS AND TOUCHBACK

Section 1. Mercy Rule

1. 2 Minute Warning.
 - a. If a team is 19 or more points ahead when the Referee announces 2 minutes left in the 2nd half, the game shall be over.
2. After 2 Minute Warning.
 - a. If a team scores during the last 2 minutes of the 2nd half and that score creates a point differential of 19 or more points, the game shall end at that point.

Section 2. Player Responsibility

1. The player scoring must raise their arms so the nearest official can deflag the player. If the player is not able to be deflagged and the official determines the flag belt has been secured illegally, the score is disallowed, the offending team is penalized, and the player is disqualified.
2. Penalty: Personal Foul, Tampering with the Flag Belt, 10 yards from the previous spot. If by A, loss of down. If by B, automatic 1st down.

Section 3. Touchdown Value: 6 Points

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

Section 4. Try Value: 1, 2, or 3 Points

1. Referee's Responsibility and Team's Choice.

- a. The Referee must speak to the coach or captain, asking them whether the Try shall be from the 3, 10, or 20 yard line. Once the A coach/captain makes the choice, they may change the decision only when an A or B charged time-out is taken. The value of the Try may not be changed if a dead ball foul occurs after the ready for play signal, or if a live ball foul occurs during the Try. The Referee will ask the scoring coach/captain where they would like the ball placed on or between the hash marks. Enforcement of yardage penalties does not change the value of the Try. The point(s) shall be awarded if the Try results in what would have been a touchdown.

2. 1, 2, or 3 Points.

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

3. Try Begins and Ends.

- a. The Try begins when the ball is marked ready for play. The Try ends when B secures possession, the Try is successful, or the ball becomes dead by Rule. B cannot score during the Try.

4. Next Play.

- a. After a Try, the ball shall be snapped by the opponent of the scoring team at their own 14 yard line, unless moved by penalty, to begin overtime, or if an onside conversion is elected.

Section 5. Force and Responsibility

1. Force.

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

2. Responsibility.

- a. The team responsible for a ball being on, above, or behind a goal line is the team whose player
 - i. carries the ball to or across that goal line.
 - ii. imparts to the ball an impetus that forces it to or across that goal line.
 - iii. incurs a penalty that leaves the ball on or behind the goal line.

Section 6. Momentum, Safety, and Touchback

1. Safety Value: 2 Points.

a. It is a safety when one of the following occurs:

- i. A runner carries the ball from the field of play to or across their own goal line, and it becomes dead there in their team's possession. This includes when a player's fumble or backward pass from inside their own end zone lands or goes out of bounds between the goal lines.
 1. **EXCEPTION: Momentum Rule:** When a defensive player intercepts their opponent's forward pass, fumble, or backward pass, or an R player catches or recovers a punt between their 5 yard line and the goal line and their original momentum carries them into the end zone where the ball is declared dead in their team's possession behind the goal line, the ball belongs to the defensive team at the spot where possession was gained.
- ii. A player punts, passes, fumbles, snaps, muffs, or bats a loose ball from the field of play to or across their goal line and the ball subsequently becomes dead there in their team's possession. This includes when the ball is declared dead on or behind their goal line. However, it does not apply to a legal forward pass that becomes incomplete.
- iii. A player on offense commits any foul for which the penalty is accepted and measurement is from a spot in their end zone; or throws an illegal forward pass from their end zone and the penalty is declined in a situation that leaves them in possession at the spot of the illegal pass and with the ball having been forced into the end zone by the passing team.
- iv. After a safety, the ball shall be snapped by the scoring team at their own 30 yard line, unless moved by penalty.

2. Touchback.

a. It is a touchback when 1 of the following occurs:

- i. K's punt breaks the plane of R's goal line.
- ii. The ball is out of bounds behind a goal line (except from an incomplete forward pass), when the ball becomes dead in the possession of a player on, above, or behind the player's own goal line, or when the ball becomes dead not in possession on, above, or behind the team's own goal line and the attacking team is responsible. **NOTES:** If in doubt, it is a touchback. If in doubt, the out-of-bounds punt near the goal line is a touchback.
- iii. After a touchback, the ball shall be snapped from the nearest 14 yard line, unless moved by penalty.

RULE 9. CONDUCT OF PLAYERS AND OTHERS

Section 1. Unsportsmanlike Conduct

1. Noncontact Acts.

- a. No player or nonplayer shall commit noncontact acts during a period or intermission. Examples include, but are not limited to, the following:
 - i. Refusal to comply with or abide by the request or decision of an official
 - ii. Intentionally kicking at the ball, other than during a punt
 - iii. Leaving the field between downs to gain an advantage unless replaced or with permission of the Referee
 - iv. Participate while wearing illegal player equipment
 - v. Being outside the team box, but not on the field, during a live ball.
NOTE: During a dead ball, coaches can be a maximum of 2 steps on the field for coaching purposes only.
 - vi. Penalty: Unsportsmanlike Conduct, 10 yards. If flagrant in (A), (B), and (C), the offender shall be disqualified. In (E) the 1st offense is a warning the 2nd offense is 5 yards and each subsequent offense is 10 yards

2. Dead Ball Fouls.

- a. When the ball becomes dead in the possession of a player, they shall not
 - i. intentionally kick the ball,
 - ii. spike the ball into the ground, or
 - iii. throw the ball high into the air.
 - iv. Penalty: Unsportsmanlike Conduct, 10 yards and if flagrant, the offender will be disqualified

3. Prohibited Acts.

- a. There shall be no unsportsmanlike conduct by players or nonplayers. Examples include, but are not limited to, the following:
 - i. Attempting to influence a decision by an official
 - ii. Disrespectfully addressing an official
 - iii. Indicating objections to an official's decision
 - iv. Holding an unauthorized conference, or being on the field illegally
 - v. Using profanity or taunting, insulting, or vulgar language or gestures
 - vi. Intentionally contacting a game official (DQ)
 - vii. Leaving the team box and entering the field during a fight (DQ)
 - viii. Penalty: Unsportsmanlike Conduct, 10 yards, and if flagrant, the offender shall be disqualified. In (F) and (G), the offender will be disqualified.

4. 2nd Unsportsmanlike Foul.

- a. The 2nd unsportsmanlike foul by the same player or nonplayer results in disqualification.
- 5. 3rd Unsportsmanlike Foul.
 - a. The 3rd unsportsmanlike foul by the same team results in their forfeiture of the game.

Section 2. Unfair Acts

- 1. Refusal to Play or Halving the Distance.
 - a. If a team refuses to play within 2 minutes after being ordered by the Referee, or if a team repeatedly commits fouls that can be penalized only by halving the distance to its goal line, the Referee may enforce any penalty they consider equitable, including the awarding of a score. For refusal to play or for repeated fouls, the Referee shall, after 1 warning, forfeit the game to the opponents.
- 2. Unfair Acts.
 - a. No player or nonplayer shall use verbiage or commit any act not in accordance with the spirit of fair play for the purposes of confusing the opponent. Penalty: Unfair Act, 10 yards (S38).

Section 3. Personal Fouls

- 1. Restrictions.
 - a. No player or nonplayer shall commit a personal foul during a period or an intermission. Any other act of unnecessary roughness is a personal foul. Any player or nonplayer commits a personal foul when they take any of the following actions:
 - i. Strips or attempts to strip the ball from a runner by punching, striking, or grabbing the ball. NOTE: Any player who controls a pass with both feet off the ground becomes a runner when the 1st part of the player touches the ground.
 - ii. Throws the runner to the ground
 - iii. Hurdles an opponent
 - iv. Contacts an opponent either before or after the ball is declared dead
 - v. Makes contact of any nature with an opponent that is deemed unnecessary including using fists, locked hands, elbows, or any part of the forearm or hand, except according to the Rules
 - vi. Drives or runs into an opponent
 - vii. Positions their body on the shoulders or body of a teammate or opponent to gain an advantage
 - viii. Tackles the runner by grasping or encircling with the hand(s) or arm(s) and taking the opponent toward the ground as in tackle football (DQ)

- ix. Fights an opponent (DQ). NOTE: Each player who participates in the fight will be assessed 1 flagrant personal foul for fighting.
- x. Be in the restricted area and cause unintentional contact with a game official (nonplayers only).
- xi. Penalty: Personal Foul, 10 yards, and if flagrant, the offender will be disqualified. In (H) and (I), the offender will be disqualified.

2. Roughing the Passer.

- a. Defensive players must make a definite effort to avoid charging into a passer after it is clear the ball has been thrown forward legally. No defensive player shall contact the passer who is standing still or fading back as they are considered out of the play after the pass. Roughing the passer restrictions do not apply if the forward pass is thrown from beyond A's scrimmage line (1st ball spotter–orange).
- b. Penalty: Roughing the Passer, 10 yards, automatic 1st down

3. Screen Blocking.

- a. An offensive screen block may occur anywhere on the field and shall take place without contact. The screen blocker is recommended to have their hands and arms at their sides or behind their back when screen blocking. Any use of the hands, arms, elbows, legs, or body to initiate contact that displaces an opponent during a screen block is illegal. A blocker may use their hand(s) or arm(s) to break a fall or retain their balance.
- b. Penalty: Personal Foul, Illegal Contact, 10 yards.

4. Screen Blocking Fundamentals.

- a. A player who screens shall not do any of the following:
 - i. Initiate contact when blocking a stationary opponent from any direction.
 - ii. Prevent an opponent from avoiding contact by (1) taking a position closer than a normal step when behind a stationary opponent or (2) taking a position within 1 or 2 steps of a moving opponent so that the opponent cannot stop or change direction before contact.
 - iii. After taking a legal position, move to maintain it, unless the screener moves in the same direction and path as the opponent. If a screener violates any of these provisions and contact results, they have committed a foul.
 - iv. Penalty: Personal Foul, Illegal Contact, 10 yards.

5. Interlocked Blocking.

- a. Teammates of a runner or passer may legally screen block, but they shall not use interlocked blocking such as grasping or encircling one another in any manner.

- b. Penalty: Personal Foul, Interlocked Blocking, 10 yards
- 6. Use of Hands or Arms by the Defense.
 - a. Opponents must go around the offensive player's screen block. The arms and hands may not be used as a wedge to displace the opponent. A defender may use their arms or hands to break a fall or retain their balance.
 - b. Penalty: Personal Foul, Illegal Contact, 10 yards.

Section 4. Runner

- 1. Flag Belt Removal.
 - a. Players must have possession of the ball before they can be deflagged legally by an opponent.
 - b. When a runner loses their flag belt either accidentally, inadvertently (not removed by grabbing or pulling), or on purpose, play continues. The deflagging reverts to a 1 hand tag of the runner between the shoulders and knees by an opponent.
 - c. In circumstances where a flag belt is removed illegally by a player, play should continue with the option of a penalty on the play.
 - i. Penalty: Personal Foul, Illegal Flag Belt Removal, 10 yards
 - d. An opponent intentionally pulling a flag belt from an offensive player without the ball is illegal.
 - i. Penalty: Personal Foul, Illegal Flag Belt Removal, 10 yards
 - e. Tampering with the flag belt in any way to gain an advantage, including tying, using foreign materials, or other such acts, is illegal.
 - i. Penalty: Personal Foul, Tampering with the Flag Belt, 10 yards from the previous spot, and player disqualification. If by A, loss of down. If by B, automatic 1st down.
 - f. A nonplayer deflags or interferes with a runner.
 - i. Penalty: Personal Foul, Nonplayer Deflagging/Interfering with the Runner, 10 yards. The Referee will award a touchdown and disqualify the nonplayer.
- 2. Guarding the Flag Belt.
 - a. A runner shall not flag guard by using their hands, arms, or the ball to cause contact between the runner and an opponent that denies the opponent the opportunity to pull or remove the flag belt. Examples of flag guarding include, but are not limited to, the following:
 - i. Placing or swinging the hand or arm over the flag belt

- ii. Placing the ball in possession over the flag belt
 - iii. Lowering the shoulders in such a manner that places the arm over the flag belt
 - iv. Penalty: Flag Guarding, 10 yards
- 3. Stiff Arm.
 - a. The runner shall be prohibited from contacting an opponent with extended hand or arm. This includes the use of a “stiff arm” extended to ward off an opponent attempting to deflag/tag.
 - b. Penalty: Personal Foul, Illegal Contact, 10 yards.
- 4. Help the Runner.
 - a. The runner shall not grasp a teammate or be grasped, pulled, or pushed by a teammate.
 - b. Penalty: Help the Runner, 5 yards.
- 5. Obstruct the Runner.
 - a. An opponent shall not hold, grasp, or obstruct the forward progress of a runner when in the act of removing the flag belt or making a legal tag.
 - b. Penalty: Holding, 10 yards.
- 6. Charge.
 - a. A runner shall not charge into nor contact an opponent in their path nor attempt to run between 2 opponents or between an opponent and a sideline, unless the space is such as to provide a reasonable chance for them to go through without contact. If a runner in their progress has established a straight line path, they may not be crowded out of that path, but if an opponent is able to legally establish a defensive position in that path, the runner must avoid contact by changing direction.
 - b. Penalty: Personal Foul, Illegal Contact, 10 yards

Section 5. Batting and Kicking

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

- a. A ball in player possession shall not be batted forward by a player of the team in possession.
 - b. Penalty: Illegal Batting, 10 yards.
3. Illegal Kicking.
- a. No player shall intentionally kick a ball other than a punt. NOTE: An illegal kick shall be treated like a fumble.
 - b. Penalty: Illegal Kicking, 10 yards

Section 6. Illegal Participation

- 1. The following actions are considered illegal participation:
 - a. To have 8 (Open Rule: 9) or more players participating at the snap.
 - b. To have more than the legal number of men or women participating at the snap (Open Rule).
 - c. If an injured player is not replaced for at least 1 down; unless the halftime or overtime intermission occurs.
 - d. To use a player, replaced player, or substitute in a substitution or pretended substitution to deceive opponents at or immediately before the snap.
 - e. For a disqualified player to reenter the game.
 - f. For a replaced player or substitute to hinder an opponent, touch the ball, influence the play, or otherwise participate.
 - g. If, prior to a change of possession, an A or K player goes out of bounds and returns inbounds during the down to participate, unless blocked out of bounds by an opponent. If a player is blocked out of bounds by an opponent and returns inbounds during the down, they shall return at the first opportunity. During the down, no player shall intentionally go out of bounds and return to the field, intentionally touch the ball, influence the play, or otherwise participate.
 - h. When any player, replaced player, or substitute enters during a down.
 - i. Penalty: Illegal Participation, 10 yards

RULE 10. ENFORCEMENT OF PENALTIES

Section 1. Procedure After a Foul

- 1. Definitions.
 - a. A foul is a rule infraction for which a penalty is prescribed. Types of fouls are listed below:
 - i. Dead Ball: A foul that occurs in the time interval after a down has ended and before the ball is next legally snapped.
 - ii. Live Ball: A foul that occurs during a down.

- iii. Simultaneous With the Snap: An act that becomes a foul when the ball is snapped.
- 2. Coach's/Captain's Choice.
 - a. When a foul occurs during a live ball, the Referee shall, at the end of the down, notify both coaches/captains. They shall inform the coach/captain of the offended team regarding the rights of penalty acceptance or declination and shall indicate to them 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. The coach's/captain's choice of options may not be revoked. Decisions involving penalties shall be made before any charged time-out is granted.
 - 3. Dead Ball Foul.
 - a. When a foul occurs during a dead ball either between downs or before a snap, the officials shall not permit the ball to become live. The penalty for any foul between downs, any nonplayer foul, or any unsportsmanlike foul, is enforced from the succeeding spot. If a dead ball foul occurs after time expires for any period, the penalty shall be measured from the succeeding spot. The succeeding spot is where the ball would next be snapped if a foul had not occurred.
 - 4. Live Ball/Dead Ball Foul.
 - a. When a live ball foul by 1 team is followed by a dead ball foul by the opponent, the penalties are administered separately and in the order of occurrence. When the same team commits a live ball foul followed by 1 or more dead ball fouls, all fouls may be penalized.
 - 5. Establishing the Zone Line-to-Gain.
 - a. On a live ball foul, mark off the penalty yardage first then establish the zone line-to-gain.
 - b. Penalties for fouls with succeeding spot enforcement that occur prior to the ready for play signal shall be administered before setting the zone line-to-gain down box for a new series.
 - c. Penalties for fouls with succeeding spot enforcement that occur after the ready for play signal shall be administered after setting the zone line-to-gain down box for a new series. NOTE: During overtime, the zone line-to-gain is always the goal line.

Section 2. Types of Play and Basic Enforcement Spots

- 1. Live Ball Fouls.
 - a. If a foul occurs during a down, the basic spot is determined by the action that occurs during the down. Unless the All-But-One Principle applies, this is the spot that should be used for penalty enforcement. The basic spot for a live ball foul is:

- i. The previous spot for fouls which occur simultaneously with the snap, fouls which occur during a loose ball play (other than Roughing the Passer — see Article 4 below), illegal reception (Open Rule), fouls by B when the run ends behind A's scrimmage line before a change of possession, and fouls by A that occur behind A's scrimmage line other than those listed in 10-2-1B.
- ii. EXCEPTIONS: Fouls by K during punts as in 10-3-13, Kick Catching Interference as in 6-2.
- iii. The spot of the foul for illegal batting or kicking or illegal participation as in 9-6F by A when the foul occurs behind the previous spot prior to a change of possession, an illegal forward or backward pass, and fouls by the offense in their own end zone.
- iv. The end of the run for fouls during a running play which ends beyond A's scrimmage line or which occur after a change of possession. NOTE: See 10-2-2.
- v. The succeeding spot for nonplayer fouls, unsportsmanlike fouls, and fouls by the opponent of the scoring team during a touchdown or successful Try. NOTE: The succeeding spot may, at the option of the offended team, be the spot of the snap following the Try or onside conversion as in 10-3-10, 10-3-11 or 10-3-12.

2. All-But-One Enforcement Principle.

- a. In certain situations, enforcement philosophy is based upon the premise that a team is given the advantage of the distance that is gained without the 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, which is a foul by the offense behind the basic spot, are penalized from the basic spot. This 1 foul is penalized from the spot of the foul. The All-But-One Principle applies in the following situations:
 - i. Fouls by the offense behind the end of the run on a running play which ends beyond A's scrimmage line. EXCEPTION: If A's foul is in the field of play behind A's scrimmage line, it is penalized from the previous spot.
 - ii. Fouls by the offense after a change of possession
 - iii. Post-scrimmage kick fouls behind the post-scrimmage kick spot

3. 2 Types of Plays.

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

4. Loose Ball Play.

- a. A loose ball play is action during 1 of the following:
 - i. A punt, other than post scrimmage kick fouls
 - ii. A legal forward pass
 - iii. A backward pass (including the snap), illegal kick, or fumble made by A from on or behind their scrimmage line (1st ball spotter–orange) and prior to a change of team possession
 - iv. The run or runs which precedes such legal pass, punt, or fumble
 - v. If a foul occurs during a loose ball play, the basic enforcement spot is the previous spot (2-25-7).
 - vi. EXCEPTION 1: The penalty for roughing the passer on a completed forward pass will be enforced from the dead ball spot when the run ends beyond A's scrimmage line and no change of possession has occurred.
 - vii. EXCEPTION 2: A post scrimmage kick (PSK) foul is an R foul that occurs on R's side of the neutral zone prior to the end of the kick during a punt that ends beyond the neutral zone and K does not have possession of the ball when the kick ends. The PSK spot is the spot where the kick ends. R retains the ball after penalty enforcement from the PSK spot when a PSK foul occurs. R fouls behind the PSK spot are spot fouls. The spot where the kick ends is R's 14 if the kick ends in R's end zone.
 - viii. EXCEPTION 3: Kick catching interference, 10 yards from the spot of the foul and a 1st down, or 10 yards from the previous spot and replay the down.

5. Running Play.

- a. A running play is any action that is not a loose ball play. There are 2 types of running plays:
 - i. Behind the line, it includes
 - i. a run that is not followed by a loose ball behind the line or
 - ii. a run that is followed by an illegal pass from behind the line.
 - ii. Beyond the line, it includes any run.
 - iii. If a foul occurs during a running play, the enforcement spot is determined by 10-2-1 and 10-2-2.

Section 3. Special Enforcements

1. Automatic 1st Down Fouls.

- a. Fouls by B that give A an automatic 1st down (S8) are Roughing the Passer and Tampering with the Flag Belt.

2. Dead Ball Fouls.

- a. Penalties for dead ball fouls are enforced 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. Where there are 10 yard dead ball fouls (or live ball fouls treated as dead ball fouls) committed by each team prior to penalty administration, each 10 yard foul will cancel a 10 yard foul on the other team. Any remaining 10 yard fouls will be enforced. Any 5 yard dead ball fouls will be enforced separately and in order of occurrence and would never cancel with a 10 yard foul.
3. Double Foul.
 - a. It is a double foul if both teams commit fouls (other than unsportsmanlike or nonplayer) during the same down in which
 - i. there is no change of team possession,
 - ii. there is a change of team possession and the team in possession at the end of the down fouls prior to the final change of possession, or
 - iii. there is a change of team possession and the team in final possession accepts the penalty for its opponent's foul.
 - iv. In (A), (B), and (C), the penalties cancel, and the down is replayed.
 - v. EXCEPTION 1: If each team fouls during a down in which there is a change of team possession, the team last gaining possession may retain the ball, provided its foul is not prior to the final change of team possession and it declined the penalty for its opponents foul(s) (other than unsportsmanlike or nonplayer). This exception is commonly referred to as the principle of "clean hands." NOTE: This Rule does not apply to double fouls during a Try or overtime period.
 - vi. EXCEPTION 2: PSK foul. R must decline the K fouls (other than unsportsmanlike or nonplayer).
4. Goal Line.
 - a. For a defensive team foul after a change of possession, if the basic spot is on or behind the offended team's goal line, any measurement is from the succeeding spot or goal line.
5. Half the Distance.
 - a. 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.
6. Last Play of 2nd Half or Overtime.
 - a. Succeeding spot fouls that occur: (a) during the last play of the game or (b) during the last play of an overtime period; or (c) dead ball fouls that occur after the last play of a game or overtime period can be carried over to overtime, unless a touchdown is scored on that play, in which case the penalty can only be enforced on the Try.

7. Loss of Down Fouls.

- a. Loss of down fouls by A: Illegal Backward Pass, Illegal Forward Pass, Intentional Grounding, Illegal Reception (Open Rule), Tampering with the Flag Belt, and any live-ball foul by A during an onside conversion.

8. Multiple Foul.

- a. When 2 or more live ball fouls (other than unsportsmanlike or nonplayer) are committed during the same down by the same team, only 1 penalty may be chosen by the offended team.

9. Safety.

- a. 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 on or behind its goal line, which is now the basic spot, it is a safety.

10. Touchdown.

- a. If there is a foul by the scoring team (other than unsportsmanlike or nonplayer) during a down that results in a touchdown, the acceptance of the penalty nullifies the score.
- b. If an opponent of the scoring team commits a foul (other than unsportsmanlike or nonplayer) during a down in which a touchdown is scored, and there was not a change of team possession during the down, A may accept the results of the play and then choose to have the foul enforced either on the Try or after the Try, at the succeeding spot.
- c. If an opponent of the scoring team commits a foul (other than unsportsmanlike or nonplayer) during a down in which a touchdown is scored and there was a change of team possession during the down, and such foul occurs after the change of team possession, the scoring team may accept the results of the play and then choose to have the foul enforced either on the Try or after the Try, at the succeeding spot.
- d. If either team commits an unsportsmanlike or nonplayer foul during the down in which a touchdown is scored, the opponent may accept the results of the play and then choose to have the foul enforced either on the Try or after the Try, at the succeeding spot.
 - i. NOTE: In (B), (C), and (D) above, unless moved by penalty, the succeeding spot will be the 14 yard line if an onside conversion is not elected, the 30 yard line if an onside conversion is elected, or the 10 yard line in overtime.

11. Try.

- a. If either team commits a dead ball foul following a touchdown and prior to the initial ready for play on a Try, the offended team has the option of enforcing the penalty on the Try or after the Try, at the succeeding spot.

- b. If there is a foul by A (other than unsportsmanlike or nonplayer) during a down that results in a successful Try, acceptance of the penalty nullifies the score. If the foul carries a loss of down, the Try is not replayed.
- c. If there is a foul by B during a successful Try, the penalty may be enforced at the succeeding spot.
- d. If a double foul occurs, the down is replayed.
 - i. NOTE: In (A) and (C) above, unless moved by penalty, the succeeding spot will be the 14 yard line if an onside conversion is not elected, the 30 yard line if an onside conversion is elected, or the 10 yard line in overtime.

12. Fouls by K During Punts.

- a. When K fouls during a punt (other than Kick Catching Interference or Illegally Consuming Time), R may have the penalty enforced at either the previous spot or the succeeding spot, provided K will not be next to put the ball in play