



INTERNATIONAL FLAG FOOTBALL RULES 2019

5 on 5 / non-contact
including **BEACH FLAG**
and **INDOOR FLAG**

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Word from the editor

The 2019 Flag Football rule book is the fifth revised edition after starting in 2009. The International Rules Group will continue to amend the rules in response to developments in the game at all levels.

Important changes for 2019 are:

- Beach Flag rules are added and Indoor Flag will be played like Beach Flag
- Dashed line to mark the no-running zone is now optional. Where its absent, 5-yard markers are mandatory
- Maximum game day squad size increased from 12 to 15 (5 on the field with 10 substitutes)
- Mouthpiece now recommended equipment rather than mandatory
- Definition of blitz is restricted to players asking for right of way, but all Players > 7 yd can still rush the QB
- A drop (intentional fumble) deemed as intentional act and to be treated as a pass
- Definition of dipping added
- Clock will be stopped for the 2 minute warning
- 2-point-try is now from 10 yards
- Simulated replacements to be penalized as Unsportsmanlike, all substitution penalties are now dead ball fouls
- A second Unsportsmanlike act requires disqualification

In addition, a lot of editorial changes have been made for better english and interpretations added in order to help the rules be understood better and interpreted more consistently.

All changes, even the small ones, are highlighted in yellow, so you can find all the changed wording.

Thanks for assistance to Markus Agebrink (SWE), Lucas Albury (BAH), Tiberiu Anghelina (ROM), Jim Briggs (GBR), Cédric Castaing (FRA), Martin Cockerill (GBR), Elizabeth Faust (USA), Danny Joseph (PAN), Magnus Lauesgaard (DEN), Mika Lindholm (FIN), Tim Ockendon (GBR), Giane Pessoa (BRA), Vladimir Platonov (RUS), Alen Potočnik (SLO), Dov Rabinowitz (ISR), Balázs Ragályi (HUN), Alexandre Roger (FRA), Erick Saenz (MEX), Luca Scignani (ITA), Robert StPierre (CAN), Sebastian Sudholt (GER), Peter Truzla (AUT), Mariano Viotto (ARG) and Stephen Wouter (NED). A special thank goes to Alexandre, Magnus, Tim and Tiberiu for their extra work.

If you have questions about the rules or interpretations, feel free to contact me and the Interpretations Club.

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Flag Football

IFAF Flag Football Rules are based on Tackle rules, but kept short and simple. The structure will follow Tackle Rules, but the content and numbering will not always correspond. The Flag Football Rules Book covers everything needed to play Flag Football without reference to the Tackle Rules. All important or special things have been determined and ruled. Some information (e.g. ball specifications) is not covered explicitly. If there is a need for such information please refer to look in the Tackle Rules Book (e.g. R 1-3-1). As a coach or official you will need to know and understand all rules pertaining to Flag Football.

The Football Code of the IFAF Tackle Football Rules is an integral part of the Flag rules.

Flag football is non-contact. Blocking, tackling and kicking are not allowed.

The most important aspect of Flag Football is to avoid contact.

First basis is to make the flags an easy target. The runner is restricted from using anything other than legal flags and legal tactics (e.g. spinning) to restrict an opponent's access to their flags. In return the flag puller must take all reasonable steps to minimize contact during the act of removing the flag from an opponent.

Second basis are right of place and right of way, which determine who is in charge to avoid contact. As a general rule, priority is given to the offense up to the point before the ball is passed or handed off and to the defense thereafter. But these rights must not be abused to provoke contact. Intentionally contacting an opponent, even with Right of Way priority, will be penalized.

Beach Flag

Beach Flag games shall be played under the same rules as Flag Football with changes as follows:

- R 1-1-1 Field of play length is reduced to 25 yards with no middle line.
- R 1-1-1 Teams consists of not more than 4 players. Team rosters consist of a maximum of 10 players.
- R 1-3-2 Any kind of shoes are illegal.
- R 3-1-1 Ball will be put in play first by a snap at its own 1-yard line.
- R 3-2-1 Total playing time shall be 30 minutes, divided into 2 halves of 15 minutes each.
- R 3-3-4 A charged team timeout shall not exceed 60 seconds.
- R 8-3-3 After a try, the ball shall be put in play by the opponent on its own 1-yard line.
- R 8-4-2 After a safety, the ball shall be put in play by the scoring team at its own 1-yard line.
- R 8-5-2 After a touchback, the ball shall be put in play by the defending team at its own 1-yard line.

Indoor Flag

Indoor Flag games shall be played under the same rules as Flag Football with changes as follows:

- R 1-1-1 Field dimensions to be altered to fit the game site with no middle line. Safety areas are still needed.
- R 1-1-1 Marking of the field will be made only with pylons or disk markers.
- R 1-1-1 Teams to consists of not more than 4 players. Team rosters to consist of a maximum of 10 players.
- R 1-3-1 Shoes must have flat, not colored, non-marking soles.
- R 3-1-1 Ball will be put in play first by a snap at its own 1-yard line.
- R 3-2-1 Total playing time shall be 30 minutes, divided into 2 halves of 15 minutes each.
- R 3-3-4 A charged team timeout shall not exceed 60 seconds.
- R 8-3-3 After a try, the ball shall be put in play by the opponent on its own 1-yard line.
- R 8-4-2 After a safety, the ball shall be put in play by the scoring team at its own 1-yard line.
- R 8-5-2 After a touchback, the ball shall be put in play by the defending team at its own 1-yard line.

National Changes (options)

If there is a need to adapt one or more specific points of the rules for national competition games, the organizer of a game/tournament/championship may change one or more rules as follows:

Flag Football:

- R 1-1-1 Field dimensions can be changed due to game site or age.
Length (excluding end zones) may be shortened to a minimum of 40 yd (36,60 m) or lengthened to a maximum of 60 yd (54,90 m), end zones may be shortened to a minimum of 8 yd (7,30 m) and width may be narrowed to a minimum of 20 yd (18,30 m) or widened to a maximum of 30 yd (27,45 m).
Safety area may not be altered.
It is possible either to reduce length and/or end zones and/or width or to extend length (end zones 10 yd) and/or width. It is not allowed to reduce length and extend width or reverse.
It is recommended that if the field length is altered then the field width should be altered by half the amount by which the length is altered in order to maintain the relative field dimensions.
- R 1-1-1 Minimum field markings are side lines, goal lines and end lines.
- R 1-1-1 Pylons or disk markers are only recommended.
- R 1-1-1 Down indicator is only recommended.
- R 1-1-1 Score board is only recommended.
- R 1-1-1 Team rosters can consist of more than 15 players.
- R 1-1-1 Teams can have players of different sex.
- R 1-1-4 Officials only recommended.
- R 1-2-1 Game balls need not be leather.
- R 1-3-1 Flags need not be pop-flags in youth games.
- R 1-3-1 Mouthpiece may made be mandatory.
- R 1-3-2 Head wear may be legal, provided it does not endanger or offend other players.
- R 3-2-1 Playing time may be altered due to competition or age.
- R 3-2-5 Period where the timing restrictions of Rule 3-2-5 are in effect may be reduced from 2 to 1 minute.
- R 3-3-2 Number of Timeouts may be changed.

Beach Flag (in addition to Flag Football changes):

- R 1-1-1 Field dimensions may be altered due to game site or age.
Length (excluding end zones) may be shortened to a minimum of 20 yd (18,30 m), end zones may be shortened to a minimum of 8 yd (7,30 m) and width may be narrowed to a minimum of 20 yd (18,30 m).
It is recommended that if the field length is altered then the field width should be altered by half the amount by which the length is altered in order to maintain the relative field dimensions.
- R 1-1-1 Marking of the field may be done with pylons or disk markers.
- R 5-1-1 Number of downs may be reduced to 3.

Indoor Flag (in addition to Flag Football changes):

- R 5-1-1 Number of downs may be reduced to 3.

Other rules may not be altered.

Non-competition games:

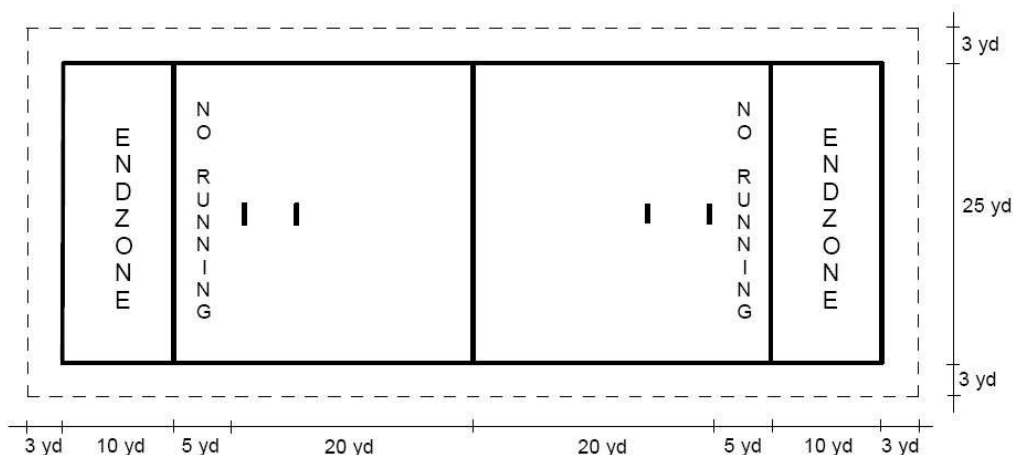
It is strongly recommended not to alter these rules and play a different game.

Diagrams of Fields

The field shall be a rectangular area with dimensions and lines as indicated in the diagram. Measurements shall be from the inside edges of the lines, goal line is part of end zone.

Flag Football:

Field of play: length 50 yd (45,75 m), additional end zones 10 yd (9,15 m), width 25 yd (22,90 m).
 Total required space for one field including safety area: 76 yd (69,55 m) x 31 yd (28,40 m).
 Width of lines: 4 inches (10 cm).



The 1 and 2-point-try marks should be 1 yd (0,90 m) long with the mid-point 5 yd (4,57 m) and accordingly 10 yd (9,15 m) from the middle of the goal line. The no-running zones must either marked with disc markers at the side line or with a dashed line.

Pylons or disk markers shall be placed at the 8 intersections of the side lines with the goal lines and end lines. Disk markers may be placed at the intersections of the side lines with the middle line.

Safety area is 3 yd (2,75 m) outside the side lines and end lines, and needs to be on same level as the field of play and in equally condition. The safety area need not to be marked. If two fields are next to each other the minimum distance in between is 6 yd (5,50 m). If in conflict the team areas have to be moved somewhere else.

A down indicator shall be operated 2 yards outside of one side line opposite the main stands.

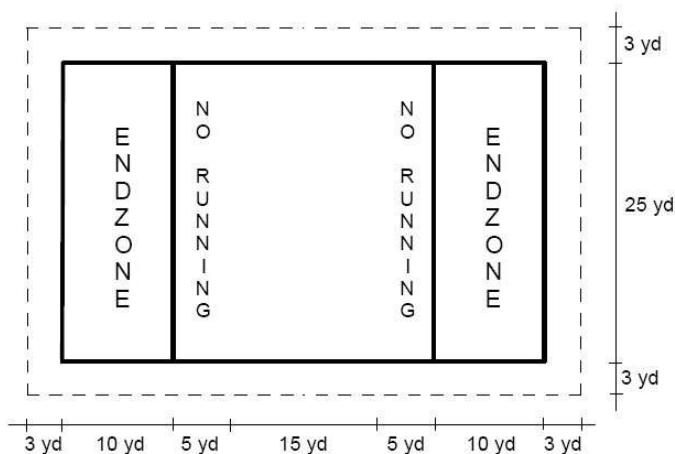
A visible score board shall be operated near the field.

Beach Flag:

Field of play: length 25 yd (22,90 m), additional end zones 10 yd (9,15 m), width 25 yd (22,90 m).

Total required space for one field including safety area: 51 yd (46,70 m) x 31 yd (28,40 m).

Width of lines: 2 inches (5 cm). No-running zone marked with cones. Safety area as in Flag Football.



Indoor Flag:

Field dimensions and marking for Indoor Flag shall be as similar as possible to Beach Flag.

RULE 1**Game, Field, Ball and Equipment****SECTION 1. General Provisions****ARTICLE 1. The Game**

The game shall be played between 2 teams of not more than 5 players each, on a rectangular field and with a regulation ball. For details see Diagram of Field.

Team rosters consist of a maximum of 15 players (5 on the field with 10 substitutes). Teams may play with a minimum of 4 players. If fewer than 4 players are available, the game is forfeited by the side that is unable to field a team.

Teams can have only players of the same sex.

ARTICLE 2. Winning Team and Final Score

Each team shall be allowed opportunities to advance the ball across the other team's goal line by running or passing it. The teams shall be awarded points for scoring according to rule and the team having the higher score at the end of the game, including extra periods, shall be the winner.

ARTICLE 3. Supervision

The game shall be played under the supervision of 2 or more officials.

ARTICLE 4. Team Captains and Coaches

Each team shall designate to the Referee no more than 2 players as its captains and no more than 2 coaches.

SECTION 2. The Ball**ARTICLE 1. Specifications**

The ball shall be made of leather, new or nearly new, of regulation size, weight and pressure with no alterations. Each team may use its own legal ball.

ARTICLE 2. Special Sizes

For women's games, youth size balls (e.g. TDY) shall be used.

For youth games aged under-16, youth size balls (e.g. TDY) shall be used. Balls need not be leather.

For youth games aged under-13, junior size balls (e.g. TDJ) shall be used. Balls need not be leather.

SECTION 3. Equipment**ARTICLE 1. Mandatory Equipment**

Players of opposing teams shall wear jerseys of contrasting colors. If the teams are using similar jerseys, the home team has the option which team has to change jerseys.

- a. Players of a team shall wear jerseys of the same color, cut and style. The jerseys must be full-length and tucked into the pants with contrasting Arabic numerals at least 6 inches (15 cm) in height on the back. All players of a team must have different whole numbers from 1 to 99. Jerseys must not be taped or tied in any manner.
- b. Players of a team shall wear shorts or pants of the same color, cut and style without pockets, press studs or clips. Players cannot tape or secure their shorts or pants to meet this regulation. *AR 1-3-1-1*
- c. Players of a team shall wear tightly fixed flag belts with sockets and 2 pop-flags. Every effort must be made to keep one flag on each hip of the player. These flags must measure 2 inches (5 cm) x 15 inches (38 cm) must not be altered in any way. The sockets must not be glued or altered in any way and placed facing outwards and downwards. The flags must be clearly visible, hang down freely and must not be covered in any way by the player's uniform. The flags of each team must be of the same single color and must be contrasting with all colors on the pants. Players, who deliberately manipulate their flags shall be disqualified.
- d. If an intra-oral mouthpiece is worn it must be of a visible, non-white color and with no part extending more than 0,5 inch (1,25 cm). The use of a mouthpiece is strongly recommended.

ARTICLE 2. Illegal Equipment

- a. Shoes with cleats longer than 0,5 inch (1,25 cm), sharp pointed as spikes or made of any metallic material.
- b. Any kind of shoulder pads, helmets or head wear (caps, hoods, bandannas, headbands or similar).
- c. Any kind of protectors which endanger other players (e.g. sharp edged knee braces).
- d. Glasses not medically prescribed or not made out of non-breaking material.
- e. Jewelry must be removed or covered up completely.
- f. Uniform attachments like towels or hand warmers.
- g. Adhesive material, paint, grease or any other slippery substance applied to equipment or on a players person, clothing or attachment that affects the ball or an opponent.
- h. Any electronic, mechanical or other signal devices for the purpose of communicating with a coach.

ARTICLE 3. Coaches Certification

Before the game the Head Coach shall give a roster to the Referee and certify that all players have the mandatory equipment and have been informed what constitutes illegal equipment.

RULE 2**Definitions**

SECTION 1. Areas and Lines**ARTICLE 1. The Field**

The field is the area within the safety area and the space above.

ARTICLE 2. Field of Play

The field of play is the area within the boundary lines (side lines and end lines) other than the end zones.

ARTICLE 3. End Zones

The end zones are the 10-yard areas at both ends of the field between the end lines and the goal lines.

ARTICLE 4. No-Running Zones

The no-running zones are the 5-yard areas at both ends of the field in front of the goal lines.

ARTICLE 5. Goal Lines

Goal lines, one for each team, shall be established at opposite ends of the field of play. The goal lines and goal line pylons are in the end zone. Each goal line is part of a vertical plane separating an end zone from the field of play, which extends beyond the side lines. A team's goal line is the one it is defending.

ARTICLE 6. Middle Line

Midway between the goal lines is the middle line. The middle of the middle line is the line to gain for a new series of downs and is hereafter called middle for short.

ARTICLE 7. In Bounds, Out of Bounds

The area enclosed by the side lines and end lines is in bounds and everywhere else (including the side lines and end lines themselves) is out of bounds.

ARTICLE 8. Team Area

The team area is outside the safety area (3 yards away from the side line) and between the no-running zones along the side line with a depth of 5 yards (4,58 m). The use of electronic devices (headsets, video recorders, smart phones etc.) in the team area is legal.

SECTION 2. Team and Player Designations**ARTICLE 1. Offense and Defense**

The offense is the team which puts the ball in play by a snap. The defense is the opposing team.

ARTICLE 2. Snapper

The snapper is the offensive player who snaps the ball.

ARTICLE 3. Quarterback

The quarterback is the offensive player who first gets possession of the ball after the snap.

ARTICLE 4. Passer

The passer is the offensive player who throws a legal pass.

ARTICLE 5. Runner

The runner is a player in possession of a live ball.

ARTICLE 6. Blitz

The blitz is a defensive player who lines up with all parts of the body more than 7 yards away from the scrimmage line at the snap and gives a legal signal for the right of way by raising one hand clearly above the head at least during the last second prior to the snap.

The rush of a blitz has to be immediately after the snap, quick and straight towards the point where the quarterback receives the snap in order to retain the right of way. If a blitz is rushing late, slowly, aiming at another spot, changing direction during the rush or just does not rush the quarterback, the player loses the right of way but still can participate as any other defense player.

ARTICLE 7. Out of Bounds

A player is out of bounds when any part of the body touches anything out of bounds. The ball is out of bounds when it touches anything out of bounds.

ARTICLE 8. Disqualified Player

A disqualified player is one who has been declared ineligible from further participation in the game.

ARTICLE 9. Home Team

If neither team is at its home venue or at tournaments (more than 2 teams) then the team listed first shall be designated the home team. The second listed team will be the visiting team.

SECTION 3. Down, Scrimmage and Play Classification

ARTICLE 1. Down

A down is a unit of the game that starts with a legal snap after the ball is ready for play and ends when the ball next becomes dead. Between downs is the interval during which the ball is dead. A play is the action between the 2 teams during a down.

ARTICLE 2. Scrimmage Line

When the ball is made ready for play the scrimmage line for each team is the vertical plane that passes through the point of the ball closest to its own goal line and extends to the side lines.

A player has crossed the scrimmage line if one part of the body has been beyond the scrimmage line.

ARTICLE 3. Forward Pass Play

A legal forward pass play is the interval between the snap and when a legal forward pass beyond the scrimmage line is completed or intercepted. Also any forward pass from behind the scrimmage line becoming incomplete or touched by the defense is considered as forward pass play.

ARTICLE 4. Running Play

A running play is any live ball action other than that during a legal forward pass play.

Passes completed behind the scrimmage line are legal and are running plays.

SECTION 4. The Ball Live or Dead

ARTICLE 1. Live Ball

A live ball is a ball in play. A pass that has not yet touched the ground is a live ball in flight.

ARTICLE 2. Dead Ball

A dead ball is a ball not in play.

ARTICLE 3. When Ball Is Ready for Play

A dead ball is ready for play when the ball is placed on the ground and the Referee blows the whistle.

SECTION 5. Forward, Beyond and Forward Progress

ARTICLE 1. Forward, Beyond

Forward, beyond or in advance of denotes the direction toward the opposing team's end line. Backward or behind denotes the direction towards a team's own end line.

ARTICLE 2. Forward Progress

Forward progress is a term indicating the end of advancement by the ball carrier or airborne pass receiver of either team and applies to the most forward point of the ball when it becomes dead by rule between the end lines (dead ball spot).

SECTION 6. Spots

ARTICLE 1. Enforcement Spot

An enforcement spot is the point from which the penalty for a foul is enforced.

ARTICLE 2. Dead Ball Spot

The dead ball spot is the point at which the ball becomes dead.

ARTICLE 3. Spot of the Foul

The spot of the foul is the point at which that foul occurs. If out of bounds, it shall be transmitted to the side line. If behind the goal line, the foul is in the end zone.

ARTICLE 4. Out-of-Bounds Spot

The out-of-bounds spot is the point at which the ball becomes dead due to of being out of bounds.

SECTION 7. Foul, Penalty and Violation

ARTICLE 1. Foul

A foul is a rule infraction for which a penalty is prescribed. A flagrant foul is a rule infraction that places an opponent in danger of injury.

ARTICLE 2. Penalty

A penalty is a result imposed by rule against a team that has committed a foul and may include one or more of the following: loss of yardage, loss of down, automatic first down or disqualification. If the penalty involves loss of a down, the down shall count as 1 of the 4 in that series.

ARTICLE 3. Violation

A violation is a rule infraction for which no penalty is prescribed, it does not offset a foul.

ARTICLE 4. Loss of a down

“Loss of a down” is an abbreviation meaning “loss of the right to repeat a down”.

SECTION 8. Shift, Motion

ARTICLE 1. Shift

A shift is a simultaneous change of position by 2 or more offensive players after the ball is made ready for play and before the snap.

ARTICLE 2. Motion

A motion is a change of position by one offensive player after the ball is ready and before the snap.

SECTION 9. Handling of the ball

ARTICLE 1. Hand-off

A hand-off is a successful transfer of possession from one teammate to another that does not involve a pass. A fake hand-off is any movement of the runner with the hands towards a nearby teammate that simulates a transfer of possession. A faked pass (pump or simulated pitch) or the runner turning the body towards a teammate without movement of the hands is not a fake hand-off.

ARTICLE 2. Pass

A pass is any intentional act to throw the ball in any direction or drop it to the ground. A pass is identified by a short or longer period of no possession by anybody. A pass starts with the final release after firm control during an intentional movement of the hand or arm. A pass continues to be a pass until it is completed to a player or the ball becomes dead.

ARTICLE 3. Fumble

A fumble is any act other than passing or successful handing that result in loss of player possession. A fumble can only occur after a player gains possession of a ball.

ARTICLE 4. Possession

Possession means firmly holding or controlling a live ball.

ARTICLE 5. Batting

Batting the ball is intentionally striking it or intentionally changing its direction with the hands or arms.

ARTICLE 6. Kicking

Kicking the ball is intentionally striking the ball with the knee, lower leg or foot and is illegal.

SECTION 10. Passes

ARTICLE 1. Forward and Backward Pass

A pass is forward if the ball first touches anything beyond the spot where the ball is released. All other passes are backward passes, even if it is lateral (parallel to the scrimmage line).

A snap becomes a backward pass when the snapper releases the ball, even if it slips from the hand of the snapper.

ARTICLE 2. Crosses Scrimmage Line

A legal forward pass has crossed the scrimmage line when it first touches anything beyond the scrimmage line in bounds.

ARTICLE 3. Catch, Interception

A catch is the act of firmly establishing and maintaining player possession of a live ball in flight. A catch of an opponent's pass is an interception. A player who leaves the ground to make a catch or interception must have the ball firmly in possession when first returning to the ground with any part of the body touching the ground in bounds and then maintain complete and continuous control of the ball throughout the process of contacting the ground to complete the pass. If the player loses control of the ball and the ball touches the ground before the process of the catch is complete then it is not a catch.

ARTICLE 4. Sack

A sack is the removal of a flag (flag pull) from the quarterback behind the scrimmage line who is in possession of a live ball. A player is in possession of the ball until the ball is completely released.

SECTION 11. Holding, Blocking, Contact and Flag pulling

ARTICLE 1. Holding

Holding is grasping an opponent or the equipment and not releasing it immediately.

ARTICLE 2. Blocking

Blocking is obstructing an opponent without contact by moving into their path. A moving player without right of way who impedes an opponent from running a pass route, getting to the runner or impedes a legal blitz is guilty of blocking. A player standing still (with the right of place) is not blocking, even if the player is in between the runner and the opponent or in the way of a blitz.

ARTICLE 3. Contact

Contact is touching an opponent with impact. Touching with no impact is not a foul.

ARTICLE 4. Flag Pull

A flag pull is the removal of one or more flags from an opponent with one or more hands.

ARTICLE 5. Flag Guarding

Flag guarding is an attempt by the runner to avoid a flag pull by covering the flag with any part of the body (hand, arm or leg) or with the ball. Flag guarding is also leaning the upper body forward (diving) or stretching out a hand, with or without the ball, towards the opponent to make it more difficult for the defender to reach the flag.

SECTION 12. Jumping, Dipping, Spinning, Diving

ARTICLE 1. Jumping

Jumping is an attempt by the runner to avoid a flag pull by push off the ground and thus raising the height of the flags significantly compared to regular running. Jumping is a type of flag guarding and illegal.

ARTICLE 2. Dipping

Dipping is an attempt by the runner to avoid a flag pull by extra bending of the knees and lowering the height of the flags significantly compared to regular running. Dipping is legal.

ARTICLE 3. Spinning

Spinning is an attempt by the runner to avoid a flag pull by rotation of the body along the vertical axis. Spinning is legal if the height of the flags is not significantly raised. Spinning combined with dipping is legal, combined with jumping it is illegal.

ARTICLE 4. Diving

Diving is an attempt by the runner to avoid a flag pull by leaning the upper body forward, with or without jumping, dipping or spinning. Diving is a type of flag guarding and is illegal.

SECTION 13. Right of Place (RoP), Right of Way (RoW)

ARTICLE 1. Right of Place

Right of place is given to a stationary player who maintains normal player posture and make no lateral movement. Jumping vertically in order to throw or catch a pass or pull a flag does not mean that a previously established right of place has been lost.

Right of place supersedes right of way when determining who is guilty of a foul.

ARTICLE 2. Right of Way

Right of way is given to a player who has established a direction of movement with normal player moves and does not alter that direction.

A player with right of way has a higher privilege when determining who is guilty of committing a foul than all players except those with right of place.

RULE 3**Periods and Timing****SECTION 1. Start of Each Period****ARTICLE 1. First Half**

Prior to the start of the game each team must announce a maximum of 2 coaches and a maximum of 2 captains to the Referee.

3 minutes prior to the scheduled start time, the Referee shall toss a coin at midfield in presence of the captains from each team, first designating the captain of the visiting team to call the coin toss.

The winner of the toss will have the option to put the ball in play first by a snap at its own 5-yard line in the first half or in the second half. If the winner chooses the first half, the other team will elect which side to defend. If the winner chooses the second half then will elect which side to defend and the other team will put the ball in play in the first half. There are no kickoffs.

ARTICLE 2. Second Half

In the second half, the teams shall defend the opposite goal line to the one they defended in the first half. The team who did not first put the ball in play in the first half, shall put the ball in play by a snap at its own 5-yard line.

ARTICLE 3. Overtime (Tiebreaker)

The tiebreaker system will be used when a game is tied after 2 halves and the competition mandates a winner must be determined.

- a. After a 2 minute intermission, the Referee shall toss a coin at midfield as at the beginning of the game.
- b. The winner of the coin toss will choose to start each following period as offense or as defense. If the winner chooses to start with offense, the other team will elect which end of the field they will defend. If the winner chooses to start with defense then will elect which end of the field they will defend.
- c. No charged team timeouts will be granted.
- d. The first extra period shall consist of 2 series with each team putting the ball in play by a snap at the middle line for one series of downs (no first down at middle). Should the defense score during the first series, other than on the try, then the extra period is over.
- e. Each team retains the ball during its series until it scores (including try downs for 1 or 2 points) or exhausts its series of downs. The ball remains alive after a change of team possession until it is declared dead. The series is then ended even if there is a second change of possession during that down.
- f. If after the first period (with 2 series including tries) the score is still tied, the second and following periods consist of series with each team playing a 1-point-try from the 5-yard line.
The overtime ends when the score after a period is no longer a tie or the defense scores during the first series of a period.
- g. The team scoring the greater number of points during overtime shall be declared the winner.

ARTICLE 4. Tournament Tie breaker system

If 2 or more teams in a tournament have the same total percentage (win-tie-loss), the following procedure will decide the order of the teams step by step:

1. Head to head percentage, if all teams played each other.
2. Head to head net point differential, if all teams played each other.
3. Head to head points scored, if all teams played each other.
4. Total net point differential.
5. Total points scored.
6. Coin toss.

The organizer of a tournament has the right to decide the order of teams if the tie breaker system is not deemed appropriate.

SECTION 2. Playing Time**ARTICLE 1. Length of Play and Intermission**

The total playing time shall be 40 minutes, divided into 2 halves of 20 minutes each, with a 2 minute intermission between halves.

ARTICLE 2. Extension of Periods

A period shall be extended until a down has been played which is free from live ball fouls (without loss of down) for which the penalty is accepted. If offsetting fouls occur during a down in which time expires, the down will be repeated. No period shall end until the ball is dead and the Referee declares the period ended. [S14]

ARTICLE 3. Timing Devices

The game clock and the 25-second-clock shall be kept by either a stop watch operated by an official or by a visible clock operated by an assistant under the direction of the appropriate official.

ARTICLE 4. When Clock Starts

When the game clock has been stopped by rule it shall be started when the ball is next legally snapped.

Exception: The game clock will start at the ready for play when it was only stopped at the Referee's discretion.

AR 3-2-4-I to III

ARTICLE 5. When Clock Stops

The game clock shall be stopped when each half ends, for a charged team timeout, for an injury timeout or at the Referee's discretion.

Within the last 2 minutes of each half the clock shall stop:

1. To award a first down, also after a change of possession.
2. To complete a penalty.
3. When the ball or the runner goes out of bounds.
4. When a pass or fumble (forward or backward) strikes the ground.
5. When a teammate of the fumbler touches the ball.
6. When a score is made.
7. When a charged timeout is granted.

The game clock shall not run during a try within the last 2 minutes, during an extension of a half or during an extra period.

SECTION 3. Timeouts

ARTICLE 1. How Charged

The Referee shall declare a timeout when the play is suspended for any reason. Each timeout shall be charged to one of the teams or designated as an official timeout. [S3]

ARTICLE 2. Charged Team Timeouts

An official shall allow a charged team timeout when requested by any coach or inbound player when the ball is dead. Each team is entitled to 2 charged team timeouts per half. Unused timeouts may not be carried over to a subsequent period.

ARTICLE 3. Injury Timeout

In the event of an injured player any official may declare an official timeout, provided the player for whom the timeout is taken is removed from the game for at least one down.

ARTICLE 4. Length of Timeouts

A charged team timeout shall not exceed 90 seconds (this includes the 25 seconds after the ready for play).

The Referee shall notify both teams 30 seconds before a charged timeout is due to expire and 5 seconds later shall declare the ball ready for play (R 3-3-5).

Other timeouts shall be no longer than the Referee deems necessary to fulfill the purpose for which they are declared.

ARTICLE 5. Referees Notification

Unless a visual game clock is the official timepiece, the Referee shall inform all coaches when the ball next becomes dead and 2 minutes or less of playing time remain in a half. The game clock will be stopped for this purpose.

AR 3-3-5-I to II

RULE 4**Live Ball, Dead Ball**

SECTION 1. Live Ball - Dead Ball**ARTICLE 1. Dead Ball Becomes Alive**

For the next down the ball shall be put in play at the spot midway between the side lines, laterally in line with the spot where the ball was when it became dead by rule, or at the spot where the ball has been placed following completion of an accepted penalty or to award a new series.

After a dead ball is made ready for play it becomes a live ball when it is legally snapped.

A ball snapped before it is made ready for play or is illegally snapped remains dead.

A foul before the ball is snapped (delay of game, encroachment, false start, disconcerting signal, illegal blitzer signal) will cause the ball to remain dead.

ARTICLE 2. Live Ball Becomes Dead

A live ball becomes dead by rule and an official shall sound a whistle when:

- a. The ball touches anything out of bounds.
- b. The runner goes out of bounds.
- c. Any part of the runner's body except their hand or foot touches the ground.
- d. A runner simulates placing the knee on the ground.
- e. A pass or fumble (forward or backward) strikes the ground.
- f. A teammate of the fumbler touches the ball.
- g. A player with fewer than 2 flags is in possession of the ball.
- h. A player with flags not positioned correctly, and the player themselves is responsible, is in possession of the ball.
- i. A touchdown, touchback, safety or successful try occurs.
- j. A foul which causes the ball to become dead (e.g. illegal kick or delay of pass) occurs.

On an inadvertent whistle by an official, the ball becomes dead and the team in possession may elect either to put the ball next in play where it was declared dead or to replay the down.

RULE 5**Series of Downs**

SECTION 1. A Series: Started, Broken, Renewed**ARTICLE 1. When to Award Series**

A series of 4 consecutive scrimmage downs shall be awarded to the team that is next to put the ball in play by a snap at the beginning of each half and after a score, safety, touchback or change of team possession. [S8]

A new series shall be awarded to the offense if:

- a. It is in legal possession (following the application of any accepted live ball penalty) of the ball beyond the middle when the ball is declared dead and it is the first time in this series that has happened. If a subsequent play or penalty brings the ball back behind the middle and the ball is then advanced across the middle line for a second time during the same series, no new first down shall be awarded. *AR 5-1-1-I to II*
- b. An accepted penalty results in or mandates a first down.

A new series shall be awarded to the defense on its own 5-yard line if the offense following 4th down has failed to score or earn a new first down.

A new series shall be awarded to the defense at the dead ball spot after an interception.

SECTION 2. Down and Possession after a Penalty**ARTICLE 1. Foul Before Change of Team Possession**

If a penalty is accepted for a foul that occurred during a down before any change of team possession, the ball belongs to the offense and the down shall be repeated, unless the penalty involves loss of a down, mandates a first down or leaves the ball beyond the middle.

ARTICLE 2. Foul After Change of Team Possession

If a penalty is accepted for a foul that occurred during a down after change of team possession, the ball belongs to the team in possession when the foul occurred. The next down shall be a first down after enforcement of the penalty.

ARTICLE 3. Penalty Declined

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

ARTICLE 4. Foul Between Downs

If a foul occurs between downs, the number of the next down shall be the same as that established before the foul occurred, unless enforcement of the penalty leaves the ball beyond the middle or the penalty mandates a first down.

ARTICLE 5. Fouls by Both Teams

If offsetting fouls occur during a down, the previous down shall be repeated.

RULE 6

Kicks

SECTION 1. Kicking

ARTICLE 1. Illegal Kick

The runner may not intentionally kick the ball. This foul causes the ball to become dead. *AR 6-1-1-1*

PENALTY - 5 yards enforced from the spot of foul, administer as dead ball foul. [S19]

RULE 7**Snapping and Passing the Ball****SECTION 1. The Scrimmage****ARTICLE 1. Ball Ready for Play**

- a. No player shall put the ball in play before it is ready for play. [S1]

Note: If the ball is snapped after the ball declared ready but before all the officials are ready, any official shall stop the play immediately without penalty and the Referee will order the down to be replayed. The Referee must take care only to declare the ball ready for play if all officials are ready and in their position.

PENALTY - Ball remains dead, 5 yards, enforced from the dead ball spot. [S19]

- b. The ball shall be put in play within 25 seconds after the Referee has declared the ball ready for play.

PENALTY - Ball remains dead, 5 yards, enforced from the dead ball spot. [S21]

ARTICLE 2. Starting With a Snap

After the snapper touches the ball, the snapper may not lift the ball, move it forward or simulate the start of the snap. Before the snap, the long axis of the ball must be at right angles to the scrimmage line.

A legal snap is handing or passing it backward from its position on the ground with a quick and continuous backward motion of the hand or hands that results in losing possession of the ball. The snap need not be between the snapper's legs.

PENALTY - Ball remains dead, 5 yards, enforced from the dead ball spot. [S19]

ARTICLE 3. Offensive Team Requirements

There is no minimum number of players at the scrimmage line at the snap.

- a. After the snapper touches the ball and before the ball is snapped all offensive players must be in bounds and behind their scrimmage line.
- b. No offensive player shall make a false start or make a movement that simulates the beginning of a play.

PENALTY - Ball remains dead, 5 yards, enforced from the dead ball spot. [S19]

- c. All offensive players must come to an absolute stop and remain stationary in their positions for at least 1 full second before the ball is snapped or a motion starts.
- d. When the snap starts, one offensive player may be in motion, but not in motion toward the opponent's goal line.
- e. The quarterback cannot run with the ball past the scrimmage line, unless the ball has been clearly visible released and touched by another player. *AR 7-1-3-I to VI*
- f. When the ball is snapped on or inside the 5-yard line going towards the opponent's end zone (no-running zone), the offense has to make a forward pass play. If the quarterback or runner gets deflagged behind the scrimmage line before a forward pass play has happened there, it is no penalty for an illegal run play. *AR 7-1-3-V*

PENALTY - 5 yards, enforced from the scrimmage line. [S19]

- g. The quarterback has 7 seconds to pass or hand-off the ball after the snap. If this limit is exceeded the ball becomes dead at the scrimmage line.

PENALTY - Loss of down at the scrimmage line. [S21 + S9]

ARTICLE 4. Defensive Team Requirements

- a. Before the ball is snapped all defensive players must be in bounds and behind their scrimmage line. *AR 7-1-4-I*
- b. After the ball is declared ready for play no defensive player may touch the ball until after the snap is complete.
- c. No defensive player shall use words or signals that disconcert opponents when they are preparing to put the ball in play.
- d. A maximum of 2 blitzers can ask for the unimpeded right of way. If a blitzer is giving an invalid signal or if more than 2 players simultaneously keep their hand raised it is a foul for an illegal signal. A player who is less than 7 yards away from the scrimmage line cannot raise the hand to simulate being a blitzer. *AR 7-1-4-II to VI*

PENALTY - Ball remains dead, 5 yards, enforced from the dead ball spot. [S18]

- e. Any defensive players who is with all parts of the body more than 7 yards away from the scrimmage line at the snap may cross the scrimmage line multiple times until the ball is dead. There is no requirement for a player requesting right of way to establish as blitzer and any player (> 7 yards) may rush the quarterback during the play.
- f. All defensive players less than 7 yards away from their scrimmage line at the snap must stay behind their scrimmage line until the ball has been handed off, fake handed off or passed from the quarterback.

PENALTY - 5 yards, spot of foul is the scrimmage line, enforced from the scrimmage line. [S18]

ARTICLE 5. Handing the Ball

The offense may hand the ball off multiple times behind the scrimmage line.

- a. No player may hand the ball to a teammate except an offense player who is behind the scrimmage line.
- b. No snapper may receive a forward hand-off

PENALTY - 5 yards, enforced from the basic spot. [S19]

SECTION 2. Passes and Fumbles

ARTICLE 1. Backward pass

A runner may pass the ball backwards provided they are behind the scrimmage line when they do so and it is prior to any change of possession. *AR 7-2-1-1 to III*

PENALTY - 5 yards, also loss of down if by offense prior to change of possession, enforced from the spot of foul. [S35]

ARTICLE 2. Complete Pass

Any pass caught by an eligible player touching the ground in bounds is completed and the ball continues in play unless completed in the opponent's end zone. *AR 7-2-2-1 to VI*

ARTICLE 3. Incomplete Pass

Any pass is incomplete if the ball touches the ground when not firmly controlled by a player. It also is incomplete when a player jumps and receives the pass but first lands on or outside a boundary line. [S10]

When a forward pass is incomplete, the ball belongs to the passing team at the previous scrimmage line, this is the dead ball spot.

When a backward pass is incomplete, the ball belongs to the passing team at the spot of the last possession, this is the dead ball spot.

ARTICLE 4. Fumble

When a fumble hits the ground or is touched by a teammate of the runner (fumbler), the ball is dead and belongs to the fumbling team at the spot where the runner lost possession, this is the dead ball spot. If the runner or an opponent regains possession before the ball becomes dead, the ball continues in play. *AR 7-2-4-1 to II*

ARTICLE 5. Illegal Touching

All inbound players are eligible to touch, bat or catch a pass. The quarterback is only allowed to catch a pass after it has been touched by another player.

No offense player who goes out of bounds voluntary during a down shall touch a pass in bounds or while airborne.

If an offense player is forced out of bounds and immediately returns to the field of play or end zone, the player is still eligible.

PENALTY - Loss of down at the scrimmage line. [S9]

SECTION 3. Forward Pass

ARTICLE 1. Legal Forward Pass

A team may make one forward pass during each scrimmage down before team possession changes, provided the pass is thrown from a point behind the scrimmage line. *AR 7-3-1-1 to IV*

ARTICLE 2. Illegal Forward Pass

A forward pass is illegal:

- If thrown by an offense player who is beyond the scrimmage line when the ball is released.
- If thrown after a runner has gone beyond the scrimmage line.
- If it is the second forward pass by the offense during the same down.
- If thrown after team possession has changed during the down.

PENALTY - 5 yards, also loss of down if by offense prior to change of possession, enforced from the spot of foul. [S35]

ARTICLE 3. Pass Interference

Pass interference rules apply only during a legal forward pass play up to the point where the pass is touched by a player or falls incomplete. Physical contact is required to establish interference.

Pass interference is contact that interferes with an opponent whilst the ball is in the air. It is the responsibility of the defensive players to avoid the opponents.

It is not pass interference when 2 or more eligible players are making a simultaneous and fair attempt to touch, bat or catch the pass. Eligible players of either team have equal rights to the ball, but it is the responsibility of the player in a disadvantage position to avoid the opponent.

PENALTY - 10 yards, enforced from the basic spot. Loss of down for fouls by offense. [S33] Automatic first down for fouls by defense. [S33]

Note: Contact on a pass play before the pass has been thrown or if the pass does not cross the scrimmage line, is a foul for illegal contact (R 9-1-1).

RULE 8**Scoring****SECTION 1. Value of Scores****ARTICLE 1. Scoring Plays**

The point value of scoring plays shall be:

Touchdown 6 points. [S5]

Successful try from 5 yd - 1 point. [S5]

Successful try from 10 yd - 2 points. [S5]

Defense touchdown on a Try - 2 points. [S5]

Safety - 2 points (points awarded to opponent). [S6]

Safety on a try - 1 point (point awarded to opponent). [S6]

SECTION 2. Touchdown**ARTICLE 1. How Scored**

A touchdown shall be scored when:

- a. The ball in possession of a runner advancing from the field of play penetrates the plane of the opponent's goal line.
- b. A player catches a pass in the opponent's end zone.

SECTION 3. Try Down**ARTICLE 1. How Scored**

The points shall be scored according to the point values if the try results in what would be a touchdown or safety.

ARTICLE 2. Opportunity to Score

A try is an extra down with the opportunity for either team to score 1 or 2 points.

- a. The ball shall be put in play by the team that scored a 6-point touchdown. If a touchdown is scored during a down in which time expires the try shall be attempted. The scoring team has to decide if it will go for 1 or 2 points before the try starts.
- b. The try begins when the ball is made ready for play.
- c. The snap will be midway between the side lines on the opponent's 5-yard line (1 point) or 10-yard line (2 points).
- d. The try ends when either team scores or the ball becomes dead by rule.
- e. Penalties will require either repeating the try or the try results in a score or the end of the try.
If the try will be repeated after a penalty, it is still worth the same value as before. No change of decision (1 or 2 points) is possible before the try ends.

AR 8-3-2-I to IV

ARTICLE 3. Next Play

After a try, the ball shall be put in play by the opponent on its own 5-yard line.

SECTION 4. Safety**ARTICLE 1. How Scored**

It is a safety when:

- a. The ball becomes dead with any part on or behind the goal line, except for an incomplete pass or fumble from outside the end zone, and the team defending this goal line is responsible for the ball being there.
- b. An accepted penalty for a foul leaves the ball on or behind the offending team's goal line. *AR 8-4-1-I to IV*

ARTICLE 2. Snap After a Safety

After a safety, the ball shall be put in play by the scoring team at its own 5-yard line.

SECTION 5. Touchback**ARTICLE 1. When Declared**

It is a touchback when:

- a. The ball becomes dead with any part on or behind the goal line, except for an incomplete pass or fumble from outside the end zone, and the team attacking this goal line is responsible for the ball being there.
- b. A defense player intercepts a pass between the own 5-yard line and the goal line and the original momentum carries the player into the end zone and the ball remains in the end zone where it becomes dead.

ARTICLE 2. Snap After a Touchback

After a touchback, the ball shall be put in play by the defending team at its own 5-yard line.

RULE 9**Conduct of Players****SECTION 1. Contact Fouls****ARTICLE 1. Initiating Contact**

- a. No player shall intentionally contact an opponent or **an** official.
- b. No player may step, jump or stand on another player.
- c. No player may hold another player.
- d. All stationary players have the right of place and opponents must avoid contact.
- e. The runner has no right of way and is charged with avoiding contact with opponents.
- f. All offense players have the right of way as long as a legal forward pass is still possible and defense players must avoid contact. When the forward pass is in the air all players have the right to play the ball, but not by targeting (playing through) **an** opponent.
- g. All eligible **blitzers have** the right of way and offense players **must** avoid contact.

Note: If there is no contact, it still could be a block by the offense player.

PENALTY - 10 yards, enforced from the basic spot. Automatic first down for fouls by defense. [S38]

AR 9-1-1-R-1 to VIII, AR 9-1-1-B-1 to XV

ARTICLE 2. Targeting an Opponent

- a. Even with the right of way no player shall target an opponent and **seek contact**.
- b. No player shall try to attack a ball in possession or take away the ball from the runner.

PENALTY - 10 yards, enforced from the basic spot. Automatic first down for fouls by defense. [S38]

ARTICLE 3. Game Interference

No substitute or coach may contact or interfere in any way with the ball, a player or an official during the game.

PENALTY - 10 yards, enforced from the basic spot. Automatic first down for fouls by defense. [S38]

SECTION 2. Non-contact Fouls**ARTICLE 1. Unsportsmanlike Acts**

- a. Use of abusive, threatening or obscene language or gestures, or engaging in such acts that provoke ill will or are demeaning. *AR 9-2-1-1*
- b. If a player is neither returning the ball to the next spot nor leaving it near the dead ball spot.
- c. If a player is neither immediately returning a pulled flag to the opponent nor leaving it near the spot where it has been pulled. The players should prefer to return the flag to the opponent.

PENALTY - 10 yards, enforced from the dead ball spot, administer as dead ball foul. [S27]

ARTICLE 2. Unfair Acts

- a. No player shall block an opponent.

PENALTY - 5 yards, enforced from the basic spot. [S43]

- b. No runner shall **make jumping or diving**.

PENALTY - 5 yards, also loss of down if by offense prior to change of possession, enforced from the spot of foul. [S51]

- c. No runner shall commit flag guarding. *AR 9-2-2-1 to IX*

PENALTY - 5 yards, also loss of down if by offense prior to change of possession, enforced from the spot of foul. [S52]

- d. No player shall pull a flag from an opponent other than the runner or an opponent who simulates being the runner. *AR 9-2-2-X to XII*

PENALTY - 5 yards, enforced from the basic spot. [S52]

- e. No player shall intentionally kick a pass **or a fumble**. This foul does not change the status of the **ball**.

PENALTY - 5 yards, enforced from the basic spot. [S19]

- f. Participation by 6 or more players is illegal.

PENALTY - 5 yards, spot of foul is the scrimmage line, enforced from the basic spot. [S22]

- g. Coaches and substitutes may not be outside the team area during a down.

PENALTY - 5 yards, spot of foul is the scrimmage line, enforced from the scrimmage line. [S27]

- h. No player wearing illegal equipment or missing mandatory equipment shall be permitted to play. A player with a bleeding wound must leave the field. Players have to leave the field immediately after being ordered to do so by an official.

VIOLATION - Charged timeout for the offending team. [S3] Penalty - 5 yards, if no timeouts remain. [S21]

SECTION 3. Substitutions

ARTICLE 1. Substitution Procedures

- a. Any number of legal substitutes for the offense team may enter the game to replace a teammate after the ball is dead and before the snapper touches the ball.
- b. Any number of legal substitutes for the defense team may enter the game to replace a teammate after the ball is dead and before the ball is snapped.

PENALTY - Ball remains dead, 5 yards, enforced from the dead ball spot. [S22]

- c. No simulated replacements or substitutions may be used to confuse opponents. No tactic associated with substitutes or the substitution process may be used to confuse opponents. *AR 9-3-1-1*

PENALTY - Ball remains dead, 10 yards, enforced from the dead ball spot. [S22]

RULE 10**Penalty Enforcement****SECTION 1. General****ARTICLE 1. Flagrant Fouls**

A flagrant foul is a foul which endangers a player to injury and requires disqualification. [S47]

Any player or coach who commits a second Unsportsmanlike act during the same game shall be disqualified.

A disqualified player or coach has to leave the team area and remain out of view of the field.

ARTICLE 2. Unfair Tactics

If a team refuses to play or repeatedly commits fouls that can be penalized only by halving the distance or commits an obviously unfair act not specifically covered by the rules, the Referee may take any action considered equitable, including assessing a penalty, disqualify a player or coach, awarding a score, or suspending or forfeiting the game.

SECTION 2. Penalties Completed**ARTICLE 1. How and When Completed**

- a. A penalty is completed when it is accepted, declined or canceled.
- b. Any penalty may be declined by a team captain or coach of the offended team, but a disqualified player must leave the game.
- c. When a foul is committed, the penalty shall be completed before the ball is declared ready for play for the next down.
- d. Only team captains and coaches may ask the Referee questions about rule clarification.

ARTICLE 2. Simultaneous With Snap

A foul that occurs simultaneously with a snap is considered as occurring during that down. The spot of foul is the scrimmage line.

ARTICLE 3. Live Ball Fouls by the Same Team

When 2 or more live ball fouls by the same team are reported, the Referee shall explain the alternative penalties to a field captain or coach of the offended team, who then may elect one of these penalties to be enforced.

ARTICLE 4. Offsetting Fouls

If live ball fouls by both teams are reported, the fouls offset and the down is replayed.

Exceptions:

1. When there is a change of team possession during a down and the team last gaining possession had not fouled before last gaining possession, it may decline offsetting fouls and thereby retain possession after completion of the penalty for its foul.
2. When a live ball foul is administered as a dead ball foul it does not offset and is enforced in order of occurrence.

AR 10-2-4-I to IV

ARTICLE 5. Dead ball Fouls

Penalties for dead ball fouls are administered separately and in order of occurrence.

ARTICLE 6. Interval Fouls

Penalties for fouls that occur between periods are enforced from the start of the next series.

SECTION 3. Enforcement Procedures**ARTICLE 1. Basic Spot**

The basic spot is the scrimmage line.

Exceptions:

1. For offense fouls behind the scrimmage line, the basic spot is the spot of the foul.
2. For defense fouls when the dead ball spot is beyond the scrimmage line, the basic spot is the dead ball spot.
3. For fouls after a change of possession the basic spot will be the dead ball spot. If the foul is on the last related run from the team ending with possession and the foul is behind the dead ball spot, the basic spot is the spot of foul.

AR 10-3-1-O-I to VI, AR 10-3-1-D-I to VIII, AR 10-3-1-C-I to VI

ARTICLE 2. Procedures

The enforcement spot for live ball fouls is the previous scrimmage line if not otherwise stated in the penalty.

The enforcement spot for dead ball fouls is the next scrimmage line.

Dead ball fouls by both teams offset and the down counts.

Fouls during or after a touchdown or try:

1. Fouls with 10 yard penalty by the non scoring team during a touchdown are enforced on the try. Other fouls are declined by rule.
2. Fouls after a touchdown and before the ball is ready for play on the try are enforced on the try.
3. Fouls with 10 yard penalty by the non scoring team during a try are enforced on the next snap. Other fouls are declined by rule.
4. Fouls after a try are enforced on the next snap.

AR 10-3-2-I to VIII

ARTICLE 3. Half-Distance Enforcement

No distance penalty, including tries, shall exceed half the distance from the enforcement spot to the offending team's goal line. *AR 10-3-3-I to II*

Philosophy of Enforcement

A quick guide to help to understand the rules. The exact enforcement must be done according to rule.

Fouls prior to the snap mean the ball remains dead and are enforced from the dead ball spot (scrimmage line).

Illegal snap, delay of game, encroachment, false start, offside, disconcerting signal, illegal blitzer signal, illegal substitution

Technical fouls are enforced from the scrimmage line.

Delay of pass, illegal touching, illegal motion, illegal run (play), illegal blitz, side line interference

Fouls which can be committed only by the runner are spot fouls and include loss of down.

Illegal (forward and backward) pass, jumping, diving, flag guarding

Illegal kick causes the ball to become dead and the penalty is enforced as dead ball foul

Fouls during the play will be enforced from the basic spot.

Illegal hand-off, blocking, illegal flag pull, intentionally kicking a pass, pass interference, illegal contact, targeting, game interference, illegal participation.

The basic spot will be the worst of the scrimmage line and the spot of foul for offense fouls and the worst of the scrimmage line and the dead ball spot for defense fouls.

Unsportsmanlike acts will be enforced as dead ball fouls.

Live ball fouls by both teams during the play will offset and the down will be replayed.

Exception: The team last in possession can decline offsetting penalties and keep the ball if it has not fouled before getting the ball. The foul of the team last in possession will be enforced. ("clean hands principle")

Fouls after a change of possession will be enforced from the dead ball spot. The worst spot principle between spot of foul and dead ball spot will be used only for fouls during the last run.

RULE 11**Officials' Duties**

SECTION 1. General Duties**ARTICLE 1. Jurisdiction of Officials**

The officials' jurisdiction begins with the coin toss and ends when the Referee declares the score final. [S14]

ARTICLE 2. Number of Officials

The game shall be played under the supervision of 2 (R and FJ), 3 (R, FJ and LM) or 4 (R, FJ, LM and SJ) officials.

ARTICLE 3. Responsibilities

- a. Each official has specific duties as prescribed in the IFAF Flag Football Officials Manual but each has equal responsibility and jurisdiction in matters of judgment.
- b. All officials shall wear a uniform and equipment prescribed in the IFAF Flag Football Officials Manual.

SECTION 2. Referee (R)**ARTICLE 1. Position**

The initial position of the Referee is behind and to the side of the FJ in the offensive backfield.

On a 2-man crew, the Referee is positioned and working like Linesman.

ARTICLE 2. Basic Responsibilities

- a. The Referee has general oversight and control of the game, **has final** authority for the score and **his/her** decisions upon rules and other matters pertaining to the game are final.
- b. The Referee shall inspect the field and report **any** irregularities to game management, coaches and other officials.
- c. The Referee has jurisdiction over player equipment.
- d. The Referee shall indicate that the ball is ready for play, shall direct the clock, shall time the 25-second-count, **monitor** the number of charged timeouts, award new series of downs and administer penalties.
- e. The Referee shall notify both head coaches of any disqualifications.
- f. The Referee shall count the number of offense players.
- g. After the snap, the Referee shall be responsible for ruling on the play behind the scrimmage line around the ball. The Referee is responsible for coverage of the quarterback.

SECTION 3. Linesman (LM)**ARTICLE 1. Position**

The initial position of the Linesman is on the scrimmage line at the side line with the down indicator.

ARTICLE 2. Basic Responsibilities

- a. The Linesman is responsible for the operation of the down indicator.
- b. The Linesman shall count the number of offense players and **keep** count of the downs.
- c. The Linesman has jurisdiction over the scrimmage line and **his/her** side line.
- d. Once the ball has crossed the scrimmage **line**, the Linesman shall be responsible for ruling on the play around the ball **on his/her side of the field**. The Linesman indicates forward progress on **his/her** side to the Referee.

SECTION 4. Field Judge (FJ)**ARTICLE 1. Position**

The initial position of the Field Judge is 7 yards deep at the side line opposite to the down indicator.

ARTICLE 2. Basic Responsibilities

- a. On a **2 or 3**-man crew the Field Judge is responsible for timing the game or supervising the game clock operator.
- b. The Field Judge shall count the number of defense players.
- c. The Field Judge has jurisdiction over **his/her** side line.
- d. Once the ball has crossed the scrimmage **line**, the Field Judge shall be responsible for ruling on the play around the ball **on his/her side of the field**. The Field Judge indicates forward progress on **his/her** side to the Referee.

SECTION 5. Side Judge (SJ)**ARTICLE 1. Position**

The initial position of the Side Judge is 7 or more yards deep at the side line with the down indicator.

ARTICLE 2. Basic Responsibilities

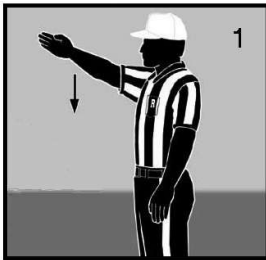

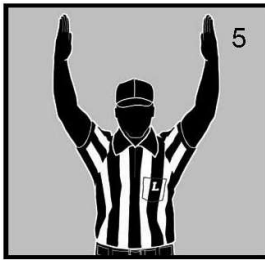
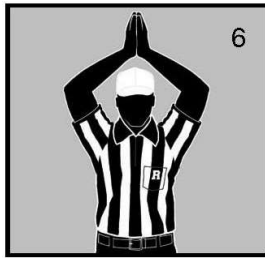
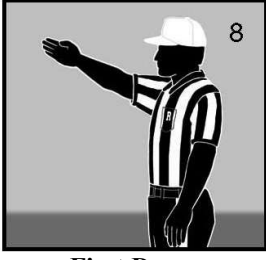
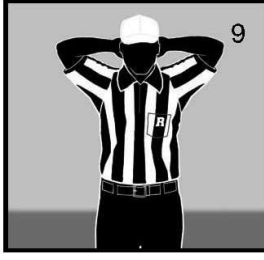
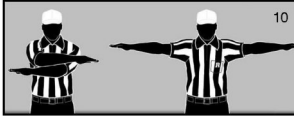
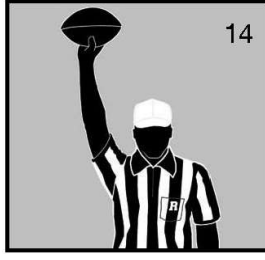
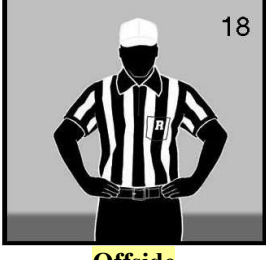
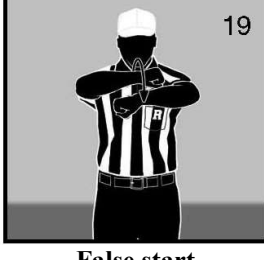
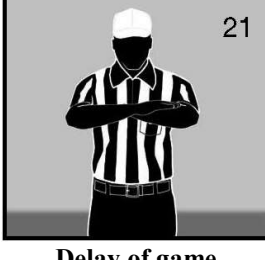
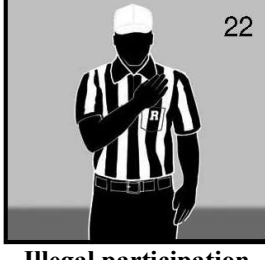
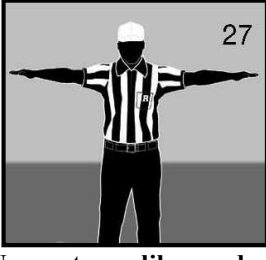
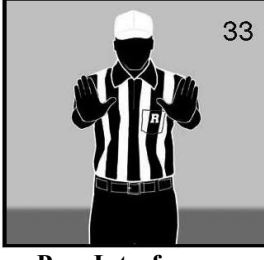
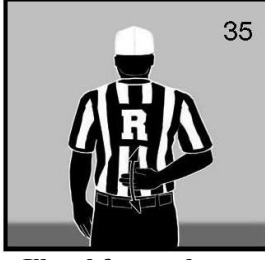

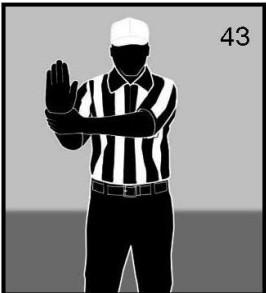
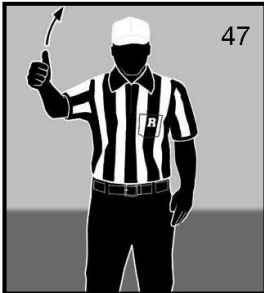
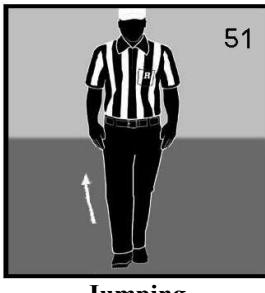
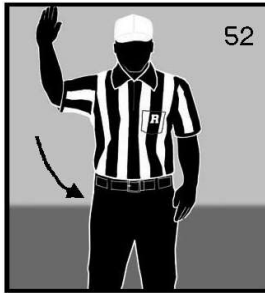
- a. The Side Judge is responsible for timing the game or supervising the game clock operator.
- b. The Side Judge shall count the number of defense players.
- c. The Side Judge shall be responsible for observing receivers on deep **routes for** ruling on long passes and the status of the ball in **his/her** area. The Side Judge indicates forward progress on deep plays to the Referee.

Summary of Penalties

LEGEND: “O” refers to officials signal number; “R-S-A” is the rule with section and article number, “E” refers to the enforcement spot.

	O	R-S-A	E
AUTOMATIC FIRST DOWN (AFD)			
Defensive pass interference [also 10 yards]	33	7-3-3	BS
Illegal contact by defense [also 10 yards]	38	9-1-1	BS
Targeting by defense [also 10 yards]	38	9-1-2	BS
Game interference by defense [also 10 yards]	38	9-1-3	BS
LOSS OF A DOWN (LOD)			
Delay of pass	21	7-1-3	SL
Illegal backward pass [also 5 yards]	35	7-2-1	SF
Illegal touching	9	7-2-4	SL
Illegal forward pass [also 5 yards]	35	7-3-2	SF
Offensive pass interference [also 10 yards]	33	7-3-3	BS
Jumping or diving [also 5 yards]	51	9-2-2	SF
Flag guarding [also 5 yards]	52	9-2-2	SF
LOSS OF 5 YARDS			
Illegal kick by runner	19	6-1-1	DB
Illegal snap	19	7-1-1	DB
Delay of game	21	7-1-1	DB
Illegal snap	19	7-1-2	DB
Encroachment, false start	19	7-1-3	DB
Illegal shift, illegal motion, illegal run, illegal run play	19	7-1-3	SL
Offside, disconcerting signals, illegal blitz signal	18	7-1-4	DB
Illegal blitz	18	7-1-4	SL
Illegal hand-off	19	7-1-5	BS
Illegal backward pass [also LOD]	35	7-2-1	SF
Illegal forward pass [also LOD]	35	7-3-2	SF
Blocking	43	9-2-2	BS
Jumping or diving [also LOD]	51	9-2-2	SF
Flag guarding [also LOD]	52	9-2-2	SF
Illegal flag pull	52	9-2-2	BS
Illegal kicking a pass	19	9-2-2	BS
Illegal participation	22	9-2-2	BS
Side line interference	27	9-2-2	SL
Illegal substitution [also 10 yards]	22	9-3-1	DB
LOSS OF 10 YARDS			
Offensive pass interference [also LOD]	33	7-3-3	BS
Defensive pass interference [also AFD]	33	7-3-3	BS
Illegal contact [also AFD if by defense]	38	9-1-1	BS
Targeting [also AFD if by defense]	38	9-1-2	BS
Game interference [also AFD if by defense]	38	9-1-3	BS
Unsportsmanlike acts	27	9-2-1	DB
Illegal substitution as tactic [also 5 yards]	22	9-3-1	DB
CHARGED TIMEOUT			
Player with wearing illegal equipment not leaving field	3	9-3-2	DB
Player with missing mandatory equipment not leaving field	3	9-3-2	DB
Player with bleeding wound not leaving field	3	9-3-2	DB
LOSS OF HALF DISTANCE			
If distance penalty exceeds half the distance to the goal line		10-2-3	

Official Flag Football Signals

<p>S 1</p>  <p>1</p> <p>Ready for play</p>	<p>S 3</p>  <p>3</p> <p>Stop the clock</p>	<p>S 5</p>  <p>5</p> <p>Touchdown</p>	<p>S 6</p>  <p>6</p> <p>Safety</p>
<p>S 8</p>  <p>8</p> <p>First Down</p>	<p>S 9</p>  <p>9</p> <p>Loss of down</p>	<p>S 10</p>  <p>10</p> <p>Incomplete pass</p>	<p>S 14</p>  <p>14</p> <p>End of period</p>
<p>S 18</p>  <p>18</p> <p>Offside Illegal Blitz</p>	<p>S 19</p>  <p>19</p> <p>False start Illegal procedure</p>	<p>S 21</p>  <p>21</p> <p>Delay of game Delay of pass</p>	<p>S 22</p>  <p>22</p> <p>Illegal participation Illegal substitution</p>
<p>S 27</p>  <p>27</p> <p>Unsportsmanlike conduct</p>	<p>S 33</p>  <p>33</p> <p>Pass Interference</p>	<p>S 35</p>  <p>35</p> <p>Illegal forward pass Illegal backward pass</p>	<p>S 38</p>  <p>38</p> <p>Illegal contact</p>
<p>S 43</p>  <p>43</p> <p>Illegal block</p>	<p>S 47</p>  <p>47</p> <p>Disqualification</p>	<p>S 51</p>  <p>51</p> <p>Jumping Diving</p>	<p>S 52</p>  <p>52</p> <p>Flag guarding Illegal Flag pull</p>

INTERPRETATIONS

A rule interpretation, or approved ruling (AR), is an official decision on a given statement of facts. It serves to illustrate the spirit and application of the rule.

AR 1-3-1 / Equipment

I. One or more players of a team are using very wide pants or skirts.

RULING: Illegal equipment. This kind of pants or skirts is not necessary for playing. It is obvious that the players are trying to gain an advantage.

AR 3-2-4 / Playing Time

I. During the last 2 minutes of a half the clock has been stopped to award a first down.

RULING: Clock will restart on the snap.

II. The pass is incomplete, the ball rolls far away from the field, and no player helps the officials to get the ball back to the scrimmage line.

RULING: The Referee shall stop the clock at his/her discretion and the clock will restart on the ready.

III. In a close game with 4 minutes remaining in the game and the leading offense repeatedly and deliberately commit delay of game fouls in order to consume time.

RULING: The clock will stop for the penalty and restart on the next snap by rule.

AR 3-3-5 / Referees Notification

I. The ball becomes dead at the end of a play and the game clock runs down to 2 minutes before the Referee can declare the ball ready for play.

RULING: The official with the game clock will stop the clock at 2 minutes and the Referee will inform both teams about the remaining time in the half. The clock will start on the snap by rule.

NOTE: The same process will happen if the ball is ready (the ball is dead) but the offense does not snap the ball before the time is down to 2 minutes.

II. The ball becomes dead at the end of a play and the game clock is under 2 minutes.

RULING: The official with the game clock will stop the clock immediately and the Referee will inform both teams about the exact remaining time in the half. The clock will start on the snap by rule.

AR 5-1-1 / New Series

I. 2 & middle at the 19-yd line, the run is stopped at the middle line. The ball is spotted with its nose reaching 1 inch into the 4 inch wide middle line.

RULING: No first down. The middle of the field of play is the middle of the middle line. Should the ball reach 3 inches into the middle line, it would be a first down.

II. 1 & goal at Bs 19-yd line, the quarterback gets sacked at As 23-yd line.

RULING: 2 & goal at As 23-yd line, no new first down possible.

Next play: Team A completes a pass at Bs 13-yd line.

RULING: 3 & goal at Bs 13-yd line, no new series will be awarded.

AR 6-1-1 / Illegal Kick

I. 4 & middle at the 9-yd line, the quarterback makes a punt to get the ball away.

RULING: Penalty for illegal kick. The ball becomes dead, the series ends by downs and the penalty will be enforced at the next scrimmage line. Next play 1 & middle for the opponent at the 10-yd line.

AR 7-1-3 / Illegal Plays

I. 2 & middle at the 24.5-yd line, the quarterback makes a step forward and stretch the ball over the middle before being deflagged.

RULING: No First Down. Penalty for illegal run. Next play 2 & middle at the 19.5-yd line.

NOTE: Same ruling applies at the goal line. Technically it would be an illegal run play in the no-running zone too.

II. 2 & middle at the 19-yd line, the quarterback rolls out, steps just beyond the scrimmage line and get deflagged by a defender who was positioned less than 7 yd from the scrimmage line at the snap. The quarterback then throws a pass.

RULING: Penalty for illegal run. No penalty for offside. When the quarterback has crossed the scrimmage line (R 2-3-2) all defenders have the right to pull the flag of the runner. Next play 2 & middle at the 14-yd line.

NOTE: A technically crossing of the scrimmage line by the defender at the flag pull will be ignored.

If the quarterback crosses the scrimmage line and then retreats behind it before being deflagged by a defender who was positioned less than 7 yd from the scrimmage line at the snap, the foul for illegal run is enforced and the foul for illegal blitz is ignored.

III. 2 & goal at the 4-yd line, the quarterback throws a pass which is deflected by a defense player behind the scrimmage line. The quarterback catches the ball and runs into the end zone.

RULING: Touchdown. No illegal run. A pass touched by the defense is considered as a forward pass play (R 2-3-3).

IV. 2 & goal at the 4-yd line, the quarterback throws a pass which is completed at the 5-yd line and advanced into the end zone.

RULING: Penalty for illegal run. A forward pass has to cross the scrimmage line to be considered as a forward pass play (R 2-3-3). Next play 2 & goal at the 9-yd line (outside the no-running zone), no forward pass play needed.

V. 2 & goal at the 8-yd line, the quarterback throws a pass which is deflected by an offense player behind the scrimmage line. The quarterback catches the ball and runs into the end zone.

RULING: Touchdown. No illegal run. After regaining possession of a touched ball the quarterback can legally cross the scrimmage line.

NOTE: If this play were to take place in the no-running zone then it would be a foul for failing to execute a forward pass play.

VI. 2 & goal at the 8-yd line, the quarterback receives a hand to hand snap, let the ball bounce back from the snappers back by a little pitch, drops back, fakes a pass play and afterwards runs for a touchdown.

RULING: Touchdown, but penalty for illegal run. The quarterback is only allowed to run with the ball beyond the scrimmage line if there was an obvious pass (forward or backward) or obvious hand off and afterwards regain possession in a legal way.

AR 7-1-4 / Offside and Blitzer

I. A defender reacts to the snap count of the quarterback and jumps over the scrimmage line.

RULING: Ball remains dead. Penalty for offside (5 yd) as dead ball foul.

NOTE: Should the defender contacts an opponent with impact (receiver is displaced from the stationary position), the foul will be for illegal contact (10 yd) additionally enforced.

II. A defense player, positioned 7 yd away from the scrimmage line raises a hand for a split second or raises a hand before the snapper touches the ball or raises a hand just at shoulder level.

RULING: Penalty for invalid signal, whistle to remain the ball dead.

NOTE: Inform the player before the next down to give a clear signal to get the RoW.

III. 3 or more blitzers are giving simultaneously a clear signal for getting the RoW.

RULING: Penalty for illegal blitzer signal, whistle to remain the ball dead.

IV. 2 blitzers are giving simultaneously a clear signal for getting the RoW. Before the snap one of them drops the hand and afterwards another defender, positioned 7 yd away from the scrimmage line, raises a hand for a clear signal and holds it through the last second before the snap.

RULING: No penalty for illegal blitzer signal. The 2 blitzers last giving the signal get the RoW.

V. A defense player (#46), positioned 6 yd from the scrimmage line, raises a hand for a blitzer signal.

RULING: Penalty for illegal blitzer signal, whistle to remain the ball dead.

NOTE: The FJ should make every attempt to inform the player before the foul with: "Number 46 you are not 7 yd away from scrimmage line." Should the player adjust to a legal blitzing position prior to the snap than there is no foul.

VI. A defense player (#46), positioned 7.5 yd from the scrimmage line, raises a hand for a blitzer signal. The player mistakenly anticipates the snap and is 6 yards from the scrimmage line when the ball is snapped.

RULING: Should #46 continue the blitz after the snap, then the play should be blown dead and a dead ball foul for illegal blitzer signal enforced. Should #46 make no attempt to blitz after the snap, then play continues with no foul.

AR 7-2-1 / Backward pass

I. 2 & middle at the 3-yd line. The quarterback throws a backward pass from inside the own end zone out of bounds to avoid a sack.

RULING: No penalty, but it is a safety. The ball belongs to the offense at the spot of the last possession which is in the end zone.

NOTE: It is also a safety if the backward pass or a fumble falls incomplete in the end zone.

II. 2 & middle at the 3-yd line. The quarterback throws a backward pass from the 1-yd line out of bounds to avoid a sack.

RULING: No safety, no penalty. Next play 3 & middle at the 1-yd line.

III. 2 & middle at the 3-yd line. The long snap is thrown over the head of the quarterback and falls incomplete in the end zone or out of bounds.

RULING: No safety. Next play 3 & middle at the 3-yd line.

AR 7-2-2 / Complete pass

I. Two opposing players get in possession of a pass while both are off the ground, and both players return simultaneously to the ground in bounds.

RULING: Simultaneous catch, the ball is awarded to the passing team (R 2-10-3).

NOTE: If opposing players do not return to the ground simultaneously, the player first touching the ground in bounds with possession is awarded the completion.

II. An airborne player receives a pass, grasps the ball firmly and as returning to the ground in bounds, the nose of the football touches the ground. The player retains firm control of the ball and the ball does not come loose.

RULING: Completed pass.

NOTE: If the player loses control of the ball it is an incomplete pass. An airborne receiver must maintain control of the ball throughout the process of going to the ground.

III. An airborne player receives a pass, grasps the ball firmly and any part of the body, but not the ball, touches the ground in bounds. Immediately upon hitting the ground, the ball comes loose and in a second effort the receiver still being in bounds regains control of the ball.

RULING: Completed pass.

IV. An offense player catches a pass in the air and before returning to the ground is contacted by an opponent which causes the ball to come loose and the ball subsequently hit the ground.

RULING: Incomplete pass and penalty for illegal contact. The pass was not completed (R 2-10-3) and the foul occurred while the ball was in the air. But the contact occurred after the ball had been touched so it is not pass interference.

V. An offense player on the right side of the field gets contacted by a defender before the ball has been thrown by the quarterback. The pass falls incomplete on the left side of the field.

RULING: Illegal contact by the defense. It is a foul to contact an opponent whether the ball is thrown towards that player or not.

VI. An offense player catches the ball in the air and still in the air makes a backward pass to another offense player. The second offense player advances the ball for further yardage.

RULING: Legal play. The pass was caught but not completed and the status of the ball will be still the first pass (R 2-9-2). The pass is completed with the second catch and the contact with the ground (R 2-10-3).

NOTE: It would be the same ruling if the pass is just touched and the ball bounces either forward or backward. If the receiver was contacting the ground when the pass was caught it would be a foul for an illegal backward pass.

AR 7-2-4 / Fumble

I. 2 & middle at the 13-yd line. The runner loses control of the ball (fumble) at the 20-yd line and the ball hits the ground at the 16-yd line.

RULING: Ball is dead when it hits the ground, no penalty. Next play 3 & middle at the 20-yd line.

NOTE: It would be the same ruling if the ball hits the ground at the 24-yd line (forward fumble) or if a teammate of the fumbler catches the ball.

II. With less than 2 minutes on the clock, the runner drops the ball to the ground intentionally to stop the clock before getting deflagged.

RULING: The clock will stop as the drop is considered as pass (R 2-9-2). If the drop happens behind the scrimmage line it will be no penalty, just as spiking the ball or incomplete pass. If the drop happens beyond the scrimmage line it will be a penalty for illegal pass. Clock will restart on the next snap by rule.

AR 7-3-1 / Forward pass

I. 2 & middle at the 3-yd line. The quarterback throws a forward pass from the own end zone to the ground to avoid a sack.

RULING: No penalty, there is no intentional grounding in Flag Football. Next play 3 & middle at the 3-yd line.

II. 2 & middle at the 7-yd line. The quarterback throws a high forward pass from behind the scrimmage line and catches his/her own pass for a 10 yd completion.

RULING: Penalty for illegal touching, the quarterback can catch the own pass only after another player has touched it (R 7-2-5). Next play 3 & middle at the 7-yd line.

III. 2 & middle at the 7-yd line. The quarterback throws a forward pass from behind the scrimmage line, the ball is deflected by another player (defense or offense) and returns to the quarterback's hands.

RULING: No penalty for illegal touching, the quarterback can advance the ball (R 7-2-5).

IV. 2 & middle at the 15-yd line. The quarterback scrambles to avoid the blitzer, runs to the 17-yd line and throws a complete pass to the 23-yd line.

RULING: Penalty for illegal run, 5 yards from the scrimmage line (R 7-1-3). Penalty for illegal forward pass, 5 yards from the spot of foul and a LOD. Defense has the option between 2 & middle at the 10-yd line (illegal run) or 3 & middle at the 12-yd line (illegal pass).

AR 8-3-2 / Penalty on a Try

I. On a 1-point try there is an accepted penalty and the try will be repeated from the 10-yd line.

RULING: Offense can make a pass or run play for 1 point.

II. On a 1-point try there is an accepted penalty and the try will be repeated from the 2.5-yd line.

RULING: Offense can make only a forward pass play for 1 point.

III. On a 2-point try there is an accepted penalty and the try will be repeated from the 5-yd line.

RULING: Offense can make only a forward pass play for 2 points.

IV. During a try the runner commits a flag guarding at the 3-yd line and scores.

RULING: Penalty for flag guarding with LOD. No score and the try is over.

AR 8-4-1 / Safety

I. 2 & middle at the 7-yd line. A blitzer grabs the pants of the quarterback in the end zone. The quarterback throws an incomplete forward pass.

RULING: Penalty for illegal contact (holding) enforced from the 7-yd line. Next play 1 & middle at the 17-yd line.

II. 2 & middle at the 7-yd line. The quarterback in the end zone holds the ball in front of the flag as the defender tries to pull it. The defender misses the flag and then the quarterback throws a complete pass for a 14 yd gain.

RULING: Penalty for flag guarding will be enforced from the spot of foul which is in the end zone, resulting in a safety.

III. 3 & goal at the 21-yd line. A defender intercepts the ball on the 7-yd line and the speed carries the defender into the own end zone. After avoiding a flag pull by covering the flag with the ball an other offense player deflags the defender in the end zone.

RULING: Safety, whether the penalty for flag guarding is accepted or declined. The play itself results in a safety, because the momentum rule will only apply if the ball is intercepted inside the 5-yd line (R 8-5-1-b).

NOTE: If the defense player is able to leave the end zone before the play is stopped, the enforcement spot for the foul is the spot of foul in the end zone. Accepting the penalty will result in a safety.

IV. 3 & goal at the 21-yd line. A defender intercepts the ball on the 3-yd line and advances to the 14-yd line. Another defender hits an offense player during the return in their end zone.

RULING: Safety. The enforcement spot for the foul (illegal contact) is the spot of foul in the end zone as the basic spot (R 10-3-1 Exception 3).

AR 9-1-1-R / Right of Place, Right of Way

I. A defender lines up close to the scrimmage line directly in front of a receiver (man coverage).

RULING: The receiver has to avoid contact for the first few steps, because the defender has the RoP. Should the defender start to move they will lose the RoP and must then avoid contact with the receiver and give room for the pass route.

II. A defender lines up close to the scrimmage line directly in front of a receiver. At the snap the defender moves immediately inside and collides with the receiver who is also going towards the middle.

RULING: Illegal contact foul by the defense. Once the defender moves the RoP is lost and is charged with avoiding contact. The receiver has to avoid the place where the defender stands at the snap, but they cannot to anticipate in which direction the defender will move.

III. A defender lines up right directly in front of a receiver and stretches the arms sideways to block the receiver. After the snap the defender does not move and the receiver in trying to pass but contacts an arm of the defender.

RULING: Targeting by the defender. Even with RoP the defender has not to seek contact by a not needed way of acting.

NOTE: The same ruling will apply to a snapper who is blocking a blitzer by stretching the arms sideways.

IV. A defender is in zone coverage and looking at the quarterback when an offense player runs across the field and hits the defender from behind on purpose.

RULING: Targeting by the offense. Even with RoW, a player is not allowed to target and hit an opponent. (R 9-1-2)

V. A defender is squeezing the runner towards the side line. The runner tries to stay in bounds by keeping the lane and as a result makes contact with the defender.

RULING: Targeting by the runner. The runner must avoid contact and has no RoW.

VI. Two defenders squeeze the runner between them. The runner tries to hit the gap between the defenders and contacts one or both defenders.

RULING: Targeting by the runner. The runner has to avoid contact even when this stops the forward progress.

VII. A defender running towards the runner slips and falls right in the front of the runner. The runner jumps over the defender in order to avoid contact. The defender still tries to reach the flag for a pull but miss it and the runner continues the run.

RULING: Jumping by the runner. A runner is charged with avoiding contact with a defender, even if that means running around a player on the ground.

VIII. A receiver makes a catch standing with the back to the defender who closes in to attempt a flag pull and stops, establishing RoP due to now being stationary. After the catch the receiver turns around on the spot and wants to run for extra yardage. In the act of making the turn the receiver contacts the defender. The receiver then runs away from the defender and after gaining some extra yardage the receiver is deflagged.

RULING: No penalty for illegal contact. The receiver does not lose RoP by turning. (R 2-13-1)

NOTE: An extra movement by the receiver (or the defender) which caused contact to be initiated would result in a foul for illegal contact.

AR 9-1-1-B / Blitz

I. A blitz is running quickly towards the quarterback and a receiver running a route has to alter direction to avoid the blitz.

RULING: No penalty. A receiver has to give the blitz the RoW. If an other defender who had not made a valid signal to gain RoW was rushing, it would have been a foul against the defender for blocking.

II. A blitz is running quickly towards the quarterback and a receiver running a route blocks or contacts the blitz.

RULING: Penalty for blocking (5 yd) or illegal contact (10 yd) against the offense. All offense players must avoid the blitzers' rushing lane(s).

III. A blitz is running slowly towards the quarterback and a receiver running a route is blocked.

RULING: Penalty for blocking (5 yd) against the defender. A blitz has the RoW only if rushing quickly (R 2-2-6) and the offense players have the chance to calculate the blitzers' rushing lane(s).

IV. A blitz is rushing towards the quarterback and as the quarterback starts to roll out the blitz changes direction.

RULING: The blitz loses RoW when changing direction and must to take care not to block a receiver thereafter.

V. A blitzer contacts the snapper, who has remained stationary since the snap.

RULING: Penalty for targeting (10 yd + AFD) against the defender. The RoP is more worth than the RoW (R 2-13-2).

VI. A blitzer lines up directly opposite the snapper and after the snap rushes straight towards the quarterback. The snapper remains stationary using the RoP and the blitzer changes the lane to avoid contact. Immediately afterwards the snapper starts running a pass route right in front of the blitzer and both collide.

RULING: Penalty for targeting (10 yd) against the offense. The blitzer loses RoW when changing direction, but this will not give the snapper the right to provoke a collision.

NOTE: There will be no penalty if the blitzer has room to change direction for a second time and is able to avoid a contact.

VII. A blitzer is rushing towards the scrimmage line but stops before crossing it.

RULING: No penalty. The blitzer does not have to cross the scrimmage line, but loses RoW by stopping and will have to avoid the offense players thereafter.

VIII. A receiver is crossing the lane of the blitzer. The blitzer tries to avoid contact but still runs into the receiver.

RULING: Penalty for illegal contact (10 yd) against the offense.

IX. A receiver is crossing the lane of the blitzer. The blitzer does not try to avoid contact and runs into the receiver.

RULING: Penalty for blocking (5 yd) against the offense and penalty for targeting (10 yd + AFD) against the defense. The fouls will offset.

X. A receiver is crossing the blitzers lane without blocking. The blitzer hits the receiver with an extended arm as they pass.

RULING: Targeting by the blitzer. Even with the RoW the blitzer may not initiate contact.

XI. The blitzer stops in front of the quarterback after the ball has been released and touches the quarterback with the hands at the hip.

RULING: No penalty for the touch, because contact has to have an impact.

XII. The blitzer stops in front of the quarterback after the ball has been released and pushes the quarterback with the hands at the hip such that the quarterback must take 2 steps to regain balance.

RULING: Penalty for illegal contact defense.

XIII. The blitzer stops as the quarterback releases the ball. The natural throwing movement with a step forward brings the quarterback into contact with the blitzer.

RULING: No penalties for the contact as both players are standing and have the RoP in the meaning of R 2-13-1.

XIV. The blitzer jumps straight in the air as the quarterback releases the ball. The quarterback takes 3 steps forward after releasing the ball and contacts the blitzer.

RULING: Penalty for illegal contact offense. The blitzer has RoP despite the jump. If the momentum of the jump carries the blitzer into the quarterback then the foul would be against the defense.

XV. The blitzer jumps forward in an attempt to deflect the ball. As the quarterback starts to release the ball and touches the ball before it leaves the hand of the quarterback or touches the arm of the quarterback after the ball has been released.

RULING: Penalty for targeting, because the point of attack was a ball in possession of a runner (R 9-1-2).

AR 9-2-1 / Unsportsmanlike acts

I. The quarterback throws an interception and a defender runs back for an easy touchdown. Before crossing the goal line the defender taunts the quarterback by words or gestures.

RULING: Touchdown. Penalty for Unsportsmanlike. The penalty will be enforced on the try. Next play 1-point from 15-yd line or 2-point from 20-yd line.

AR 9-2-2 / Flag pulling

I. A runner is waving the hands near the hips as a close defender attempts a flag pull. There is no contact but the defender misses the flag.

RULING: Penalty for flag guarding. A hand (or ball) in front of the flag restricts access and creates a disadvantage, even without contact.

- II. A runner is waving the hands near the hips as a far off defender toward him in a desperate attempt to make a flag pull. There is no contact and the defender misses the flag by a distance.
 RULING: No penalties. There has to be a serious attempt at a flag pull to make the action of the runner to a foul. Jumping by a defender is legal.
- III. A runner is running straight towards a defender and before they meet the runner bends the upper body forward.
 RULING: Offense penalty for diving (R 2-12-2). The defender has to avoid the head and body of the runner and the runner's actions in this instance restrict access and create a disadvantage, regardless of contact.
- IV. A runner is running straight towards a defender and extends the ball forward to gain extra yardage before being deflagged.
 RULING: Penalty for flag guarding. The defender must avoid contact with the ball in players possession and the runner's actions in this instance restrict access and create a disadvantage, regardless of contact.
- V. A runner is chased by a defender and before getting caught the runner extends the ball forward to gain extra yardage before being deflagged.
 RULING: No penalty. As the flag pull is from behind the extension of the ball does not obstruct the defender.
- VI. A runner is spinning to avoid a flag pull from a defender. During the spin the defender is contacted by the runner's elbow.
 RULING: Illegal contact by the runner. The spin move by the runner, although not illegal in itself, means that the runner is responsible for the contact.
 NOTE: Same ruling apply if a runner cause contact by dipping.
- VII. A runner is dipping to avoid a flag pull from a defender with the ball holding with both hands in front of the chest and the elbows stretched sideways. The defender reaches down to pull the flag but hits the arm of the runner which is in front of the flag due to the dip.
 RULING: Flag guarding by the runner. The dip move by the runner, although not illegal in itself, means that the runner is responsible for shielding the flag.
- VIII. A runner stops and jumps with a spin sideways to avoid a flag pull from a defender.
 RULING: Jumping by the runner. The jump move by the runner in any direction, although the spin is not illegal in itself, means that the runner commits a foul.
- IX. A runner running along the side line is aiming for the corner of the end zone. The defender tries to squeeze the runner out of bounds but makes no attempt at a flag pull. The runner jumps toward the goal line and even after contact with the defender is able to touch the pylon with the ball before touching the ground out of bounds.
 RULING: Touchdown, but penalty for illegal contact by the runner. There is no foul for diving/jumping as there is no attempt at a flag pull, but it is illegal contact because the runner is responsible for the contact.
 NOTE: It would be a second foul for diving (with jumping), if the defender makes an attempt at a flag pull. The defense could choose to accept either the penalty for diving with LOD or the penalty for illegal contact.
- X. A blitzer pulls the flag of the quarterback a split second after the ball has been thrown. The blitzer keeps the flag and starts to move toward the receiver in order to help to stop the play.
 RULING: No penalty for illegal flag pull as the defense has the right to make a serious attempt. But penalty for an unsportsmanlike act for keeping the flag. The blitzer has to hand over the flag immediately or put it on the ground before starting to run towards the receiver.
- XI. After the quarterback has thrown the ball backwards to a teammate, the blitzer continues to rush and pulls the flag of the quarterback.
 RULING: Penalty for illegal flag pull. This prevents the quarterback from running with the ball should the ball be thrown back later on a trick play.
 NOTE: If the pass crosses the scrimmage line then there would be no legal way for the quarterback to regain possession, therefore no foul for illegal flag pull should be called. But it could be an unsportsmanlike act provided the blitzer provokes the quarterback with the late flag pull.

XII. The defender pulls the flag right at the moment the receiver touches the ball. The receiver muffs the ball and makes the completion at the second attempt.

RULING: No penalty for illegal flag pull. The defender may anticipate the completion that would turn the receiver into a runner and need not to wait for the catch to be complete.

NOTE: In this case the runner may not advance the ball because it is dead if a runner has fewer than 2 flags. (R 4-1-2-g) Even when there is an illegal flag pull (before the touching of the ball), the runner may not advance the ball after the catch but will get extra yards by penalty.

AR 9-3-1 / Substitutions

I. The ball is ready for play and the offense is in a legal formation when the player usually playing quarterback comes towards the side line, apparently to confer with his coach, but stops in the field of play facing his side line. The snapper then touches the ball and snaps the ball to a player usually playing running back who throws a legal forward pass to the player at the side line who has gone downfield following the snap for a Touchdown.

RULING: Ball remains dead, penalty for illegal substitution. Unfair tactic associated with the substitution process.

Penalize 10 yards from the previous spot and replay the down. Once the player heads towards the side line it is legitimate for the defense to expect that the substitution process has started and the snap is not imminent.

NOTE: Should the player clearly demonstrate that the substitution process has stopped (by taking a position as receiver being set for one second) there would be no foul. Neither would it be a foul if the action happens after the snapper has touched the ball, because there are no substitutions allowed after the snapper has touched the ball (R 7-1-3-a) and the defense has not to expect a substitution.

AR 10-2-4 / Offsetting fouls

I. 2 & middle at the 7-yd line. The quarterback throws a complete pass or interception at As 15-yd line. Before the catch the snapper blocks the blitzers at the 10-yd line and a defender contacts a receiver at the 20-yd line.

RULING: Offsetting fouls. The down will be replayed.

II. 2 & middle at the 7-yd line. The quarterback throws a pass which is intercepted at As 15-yd line and returned to the 6-yd line. Before the catch the snapper blocks the blitzers at the 10-yd line and on the return the blitzers blocks (5 yd) the snapper at the 12-yd line.

RULING: The defense can decline offsetting fouls and keep the ball after enforcement of their penalty.

(R 10-2-4 Exception 1) Basic spot is the spot of foul. Next play 1 & goal for B at the 17-yd line.

III. 2 & middle at the 7-yd line. The quarterback throws a pass which is intercepted at As 15-yd line and returned to the 6-yd line. Before the catch a defender contacts a receiver at the 10-yd line and during the return the snapper holds (illegal contact) the runner at the 12-yd line.

RULING: Offsetting fouls. The down will be replayed.

IV. 3 & middle at the 23-yd line. The runner commits flag guarding at Bs 17-yd line and the defender holds the runner to get to the flag. The play is finally stopped at Bs 12-yd line. Team As coach wants to decline team Bs penalty and earn a first down after enforcing the penalty for flag guarding from the SF.

RULING: Offsetting fouls. The down will be replayed. The fouls - not the penalties - offset. The coach will not be given the option to decline a penalty.

AR 10-3-1-O / Basic Spot Enforcement Offense fouls

I. 2 & middle at the 7-yd line. The quarterback drops back and is sacked in the end zone. The snapper blocks the blitzers at the 10-yd line.

RULING: The basic spot is the scrimmage line. The penalty will be enforced from the 7-yd line. Next play 2 & middle at the 3.5-yd line. Declining will result in a Safety.

II. 2 & middle at the 7-yd line. The quarterback drops back and is sacked at the 1-yd line. The snapper blocks the blitzers in the end zone.

RULING: The basic spot is in the spot of foul. The penalty will be enforced in the end zone, resulting in a Safety. Declining will bring up 3 & middle at the 1-yd line.

III. 2 & middle at the 7-yd line. The quarterback drops back and is sacked at the 1-yd line. The snapper blocks the blitzers at the 5-yd line.

RULING: The basic spot is the spot of foul. The penalty will be enforced from the 5-yd line. Next play 2 & middle at the 2.5-yd line. Declining will bring up 3 & middle at the 1-yd line.

IV. 2 & middle at the 7-yd line. The quarterback drops back and completes a pass at As 15-yd line. The snapper blocks the blitzers at the 5-yd line.

RULING: The basic spot is the spot of foul. The penalty will be enforced from the 5-yd line. Next play 2 & middle at the 2.5-yd line. Declining will bring up 3 & middle at the 15-yd line.

V. 2 & middle at the 7-yd line. The quarterback drops back and completes a pass at As 15-yd line. The snapper blocks a defender at the 20-yd line.

RULING: The basic spot is the scrimmage line. The penalty will be enforced from the 7-yd line. Next play 2 & middle at the 3.5-yd line. Declining will bring up 3 & middle at the 15-yd line.

NOTE: The same enforcement will apply on an incomplete pass but in this case declining will bring up 3 & middle at the 7-yd line.

VI. 2 & middle at the 7-yd line. The quarterback drops back and completes a pass which is advanced for a touchdown. The snapper blocks a defender in the opponent's end zone during the run and before the score is made.

RULING: The basic spot is the scrimmage line. The penalty will be enforced from the 7-yd line. Next play 2 & middle at the 3.5-yd line.

AR 10-3-1-D / Basic Spot Enforcement Defense fouls

I. 2 & middle at the 7-yd line. The quarterback drops back and is sacked in the end zone. A defender blocks the snapper at the 10-yd line.

RULING: The basic spot is the scrimmage line. The penalty will be enforced from the 7-yd line. Next play 2 & middle at the 12-yd line.

NOTE: The same enforcement will apply when the quarterback throws an incomplete pass to avoid the sack.

II. 2 & middle at the 7-yd line. The quarterback drops back and is sacked at the 1-yd line. A defender blocks the snapper at the 5-yd line.

RULING: The basic spot is the scrimmage line. The penalty will be enforced from the 7-yd line. Next play 2 & middle at the 12-yd line.

III. 2 & middle at the 7-yd line. The quarterback drops back and completes a pass at As 15-yd line. A defender blocks the snapper on a screen route in As end zone.

RULING: The basic spot is the dead ball spot. The penalty will be enforced from the 15-yd line. Next play 2 & middle at the 20-yd line.

IV. 2 & middle at the 7-yd line. The quarterback drops back and completes a pass at As 15-yd line. A defender blocks another receiver at As 20-yd line.

RULING: The basic spot is the dead ball spot. The penalty will be enforced from the 15-yd line. Next play 2 & middle at the 20-yd line.

V. 2 & middle at the 7-yd line. The quarterback drops back and completes a pass which is advanced for a touchdown. Prior to the pass a defender blocks the snapper at the 10-yd line.

RULING: The basic spot is the dead ball spot (opponents goal line). The penalty is declined by rule (R 10-3-2-1) and the score counts.

NOTE: If instead the foul is illegal contact the penalty will be enforced on the try.

VI. 2 & middle at the 7-yd line. A blitzers grabs the pants of the quarterback behind the scrimmage line but the quarterback still throws a complete pass at As 12-yd line.

RULING: Penalty for illegal contact (holding). The basic spot is the dead ball spot. The penalty will be enforced from the 12-yd line plus AFD. Next play 1 & middle at the 22-yd line.

VII. 4 & middle at the 9-yd line. A defense player kicks the ball to prevent a completion and the pass falls incomplete. RULING: Penalty for illegally kicking a pass. The basic spot is the scrimmage line. The penalty will be enforced from the 9-yd line. Next play 4 & middle at the 14-yd line.

VIII. 4 & middle at the 9-yd line. A defense player kicks the ball to prevent a completion and the ball is caught by the offense and advanced to the 22-yd line.

RULING: Penalty for illegally kicking a pass. The basic spot is the dead ball spot. The penalty will be enforced from the 22-yd line. Next play 1 & goal at Bs 23-yd line.

AR 10-3-1-C / Basic Spot Enforcement Change of Possession

I. 2 & middle at the 7-yd line. The quarterback throws an interception at As 21-yd line and the return ends at the 12-yd line. After the change of possession the snapper holds (illegal contact) the runner at the 18-yd line.

RULING: The basic spot is the dead ball spot. The penalty will be enforced from the 12-yd line. Next play 1 & goal at the 6-yd line.

II. 2 & middle at the 7-yd line. The quarterback throws an interception at As 21-yd line and the return ends at As 12-yd line. After the change of possession a teammate of the returner blocks the snapper at As 18-yd line.

RULING: The basic spot is the spot of foul. The penalty will be enforced from the 18-yd line. Next play 1 & goal at the 23-yd line.

III. 2 & middle at the 7-yd line. The quarterback throws an interception at As 21-yd line and the return ends at As 12-yd line. After the change of possession a teammate of the returner blocks the snapper at As 10-yd line.

RULING: The basic spot is the dead ball spot. The penalty will be enforced from the 12-yd line. Next play 1 & goal at the 17-yd line.

IV. 2 & middle at the 7-yd line. The quarterback throws an interception at As 21-yd line and the returner fumbles at As 12-yd line. The snapper catches the ball and runs to As 20-yd line. After the first change of possession a teammate of the snapper holds the returner at As 18-yd line.

RULING: Penalty for illegal contact (holding). The offense will retain the ball, the basic spot is the dead ball spot. (R 10-3-1 Exception 3) Next play 1 & middle at As 10-yd line.

V. 2 & middle at the 7-yd line. The quarterback throws an interception at As 21-yd line and the returner fumbles at As 12-yd line. The snapper catches the ball and runs to As 20-yd line. After the second change of possession a teammate of the snapper blocks an opponent at As 18-yd line.

RULING: Penalty for blocking. The offense will retain the ball, the basic spot is the spot of foul (R 10-3-1 Exception 3 last related run). Next play 1 & middle at As 13-yd line.

VI. 2 & middle at the 7-yd line. The quarterback throws an interception at As 21-yd line and the returner fumbles at As 12-yd line. The snapper catches the ball and runs to As 20-yd line. After the first change of possession a teammate of the returner blocks an opponent at As 18-yd line. After the second change of possession a teammate of the snapper hits an opponent at As 15-yd line.

RULING: The offense will decline offsetting fouls and retain possession after enforcement of the illegal contact (R 10-2-4 Exception 1). The basic spot is the spot of foul. (R 10-3-1 Exception 3 last related run) Next play 1 & middle at As 7.5-yd line.

AR 10-3-2 / Procedures

I. 3 & goal at the 19-yd line. 3 blitzers are simultaneously giving a blitz signal.

RULING: Ball remains dead. Foul for illegal blitz signal. The penalty will be enforced from the 19-yd line. Next play 3 & goal at the 14-yd line.

II. 2 & middle at the 15-yd line. The runner commits a flag guarding foul at the opponent's 22-yd line.

RULING: The penalty will be enforced from the spot of foul which brings back the ball behind the middle. Next play 3 & middle at As 23-yd line.

III. 4 & middle at the 9-yd line. A forward pass hits a defender in the lower leg and the pass falls incomplete.

RULING: No penalty for illegal kicking because the contact is unintentional. Turnover on downs (series ends). Next play 1 & middle for the opponent at the 5-yd line.

IV. 2 & goal at the 10-yd line. The pass is completed for a touchdown. Defense commits pass interference.

RULING: Touchdown. The penalty will be enforced on the try. (R 10-3-2-1)

V. Try at the 5-yd line. The pass is completed in the end zone. Defense commits an illegal contact foul during the play in the end zone.

RULING: The try is good (Touchdown 1 point). The penalty will be enforced on the next snap. Next play 1 & middle at the 2.5-yd line.

VI. Try at the 5-yd line. The pass is completed in the end zone. Offense commits an illegal contact foul during the play in the end zone.

RULING: No score. The penalty will be enforced and the try will be repeated from the 15-yd line for 1 point.

NOTE: If it would have been offense pass interference (with LOD), no score and the try is over. The penalty will not be enforced on the next snap. (R 10-3-2-3) Next play 1 & middle at the 5-yd line.

VII. In overtime (First Extra Period) team 1 has scored a touchdown. Try at the 5-yd line. The pass is completed for a touchdown. Defense commits an illegal contact foul during the play.

RULING: The try is good (Touchdown 1 point). The penalty will be enforced on the next snap. (R 10-2-6) Next play 1 & goal for team 2 from its own 15-yd line.

NOTE: In overtime no new first down at the middle will be awarded only a penalty can bring a new AFD.

Also team 1 cannot accept the penalty and repeat the Try from the 5-yd line for 2 points. (R 8-3-2-e)

VIII. In overtime (First Extra Period) team 1 has scored a touchdown and the Try for 1 point, team 2 has also scored a touchdown. Try at the 5-yd line. The pass is completed for a touchdown and the defense (team 1) commits an illegal contact foul during the play.

RULING: The try is good (Touchdown 1 point). The game is tied and a second overtime period will be played. The penalty will be carried enforced on the next snap (R 10-3 2-3). Next play 1-point try for team 1 from the 15-yd line.

AR 10-3-3 / Half-Distance Enforcement

I. 2 & middle at the 7-yd line. The offense commits a false start.

RULING: Ball remains dead. Penalty enforced from the 7-yd line. Next play 2 & middle at the 3.5-yd line.

II. 4 & goal at the 3-yd line. The defense commits a pass interference in the end zone. The pass is incomplete.

RULING: Penalty enforced from the 3-yd line plus AFD. Next play 1 & goal at the 1.5-yd line.