

## Men's Flag Football Rules

### A. ROSTERS

Teams should maintain an accurate player roster

### B. PLAYOFFS

The FLC Staff will determine the size and format of the playoff tournament bracket. The top teams will be determined by wins and loss record. Tie breakers will be head-to-head results and then the last 3 game record. Final tie breaker will be a coin toss.

### C. TEAMS AND PLAYER ELIGIBILITY

1. Each player who participates in this league must fill out the registration card.
2. A player must be at least 18 years of age by the first game of the season.

### D. GAME SCHEDULING

Players must be aware and prepared to make-up games due to weather (flooding, lightning, light failure) field conditions and special events. The weather hotline will post updated information. The staff reserves the right not to reschedule any game.

### E. PARTICIPANTS BEHAVIOR

Galatians 5:22. "But the fruit of the Spirit is LOVE, JOY, PEACE, PATIENCE, KINDNESS, GOODNESS, FAITHFULNESS, GENTLENESS AND SELF CONTROL.

All conduct issues on the field will be dealt with by the officials assigned that night and will be referred to the Sports Director. There is a zero tolerance policy for foul language and aggressive behavior, including ejection and removal from the league.

**\*\*\*THE TEAM CAPTAIN IS THE ONLY SPOKESPERSON TO COMMUNICATE QUESTIONS OR ISSUES ON AND OFF THE FIELD!!!\*\*\***

### F. REFUNDS

No requests for refunds will be accepted after the first game of the season. All requests must be emailed in to the FLC Sports office and will be dealt with on an individual basis All refunds must be requested in writing.

### G. COIN TOSS

Both team captains and officials will meet before the beginning of the game to discuss any issues and rule changes. The winner has the option of which goal to defend or possession of the ball. The loser of the coin toss has the remaining option. These privileges, as to choice, shall be reversed at the beginning of the second half.

## **H. BALL IN PLAY**

The ball shall be put in play at the beginning of the game, beginning of the second half and after a score by placing the ball on the 20-yard line of the offensive team and play shall begin 1<sup>st</sup> down and "line to gain".

## **I. THE CUSH**

The cushion is the space between the end of the ball when in a normal resting position on its long axis while parallel to the sidelines and one yard beyond the line of scrimmage. This space extends from sideline to sideline and is established once the ball is marked ready for play.

## **I. FIELDS**

We have access to two flag football fields. The Big field and the Medium field.

The Medium field is 80 yards long and 33 yards wide. The Big field is 80 yards long and 53 yards wide.

1. Field of play is divided into 4 zones of 20 yards each.
2. End zones will be 10 yards deep.
3. Each end zone and 1<sup>st</sup> down markers are marked with orange cones.

## **II. EQUIPMENT**

### **a. Balls**

Regulation football. Teams may provide their own footballs during their offensive sequences.

### **b. Uniforms**

1. Each team may provide their own uniform as long as it does not include any hard or unyielding surface.
2. Jerseys or t-shirts are recommended for uniforms. All shirts must be of the same shade and color.
3. Uniforms must either be tucked in their shorts or under their flag belt. No article of clothing may cover any portion of a player's flag.
4. Teams that do not have jerseys may use "pennies" (mesh jerseys) provided by the FLCdept.
5. Shorts, sweat pants, wind pants, football pants (no padding) and Jeans are allowed. NO POCKETS, if player has pockets they will be allowed to tape them closed.
6. **JEWELRY IS NOT ALLOWED!!! (WATCHES, EARRINGS, BRACELETS OR NECKLACES)**

**c. Shoes**

**SHOES MUST BE WORN AT ALL TIMES!!!**

Baseball spikes, track spikes, removable cleats (that have steel or metal exposed tips) are prohibited. Officials have the final say on footwear.

**d. Flags**

The league provides all flags, no outside flags allowed. Flags colors are yellow and red.

1. The flags are to be a minimum of 12 inches long and 1 ½ inches wide.
2. The flags have a ball and socket connection. No Velcro connections.
3. Flag color may not be the same as teams shorts or pants.
4. Flags must be worn snug with the excess belt portion to be tied so it may not be mistaken as a flag.
5. No alteration of connection, securing or substitution of flags will be allowed.
6. Each player must have two regulation flags at all times.
7. Each player must secure his or her flags on each hip area.
8. All eligible players must wear their flags at all times.

**III. LENGTH OF GAMES AND TIME OUTS**

**a. Periods**

The game shall be played in two periods of 20 minutes each. With two minutes left in the period, the referee's will advise each team of the time factor by using a seven (7) play series. (Example: play 7,6,5 ... 2,1, - half/game over)

**b. Half Time**

Five minutes maximum.

**c. Players & Forfeits**

A complete team consists of 8 players. A game may start with 6 roster players. You may pick up to 2 players from other teams to complete the team. New players may be added at any time to the team roster. The pick-up player(s) will not be allowed to play when a regular roster player shows up. Any team that does not have at least 6 roster players within 10 minutes into the hour must forfeit the game. Forfeited games will have use of the fields for the game slot.

**d. Time Outs**

One time out per half. The team captain or the Q.B. must call the time-out. During an overtime situation; each team is allowed 1 time-out.

**e. Injuries**

The FLC Staff person on duty must be notified for all injuries. Ice will be available in most cases. For more serious injuries, the FLC Staff person will contact SBC Security for further attention. The nearest ER is Emerus at San Felipe & Voss.

**IV. SCORING**

**a. Touchdown**

Six points. Hips in which flags are attached must be on or in advance of the goal line before any points can be awarded.

**b. Point After Touchdown**

One point will be awarded if a team scores from the 3-yard line. Two points will be awarded if a team scores from the 7-yard line.

**c. Safety**

Two points.

**d. "17 POINT RULE"**

If either team is 17 points ahead at the beginning of the "7 play Series" in the 2<sup>nd</sup> half, game will be over.

**e. Overtime**

1. A definite winner will be decided in overtime.
2. The winner of a coin flip will decide who gets the ball first in each overtime. The winner has the option to be on offense or defense.
3. In the first period of overtime both teams will have two plays starting from the 20-yard line.
4. If there is a tie after period one play will be run by both teams in each period thereafter until a winner is determined.
5. In the first period only a girl must be involved in one of the two plays.  
The rule is waived in the following periods (co-ed only).
6. Points accumulated through yardage gained per play (1 point per yard) and touchdowns (6 points). Lost yardage on a play counts as 0. A maximum point for two plays is 52.
7. The second play in the first period begins where the first play ended or at the 20-yard line if a touchdown was scored.
8. Interceptions will be returned to the offensive team resulting in a loss of down.
9. There will be no extra points in overtime.

10. There will be one timeout one minute in length in overtime per team.

## V. PLAYERS AND SUBSTITUTIONS

### A. Players

Eight players are allowed at a time on the field. Everybody is eligible to receive the ball. A team may field no less than 6 roster players to start a game. (See - III. Length of Games and Time Outs / Forfeits for more details)

### B. Substitutions

No oncoming substitute shall be on the field of play when the ball is in play. "Sleepers" or substitutions will not be allowed on any play. No Player may line up closer than five yards from the sideline, unless he/she came out of the huddle or the time and place of the last snap before discovery if the illegal ball has been used for at least one play. The center may carry the football to the huddle with him. In wet conditions the officials may allow centers to make a snap without grounding the ball.

### C. Team Roster

It is recommended that rosters remain at a reasonable size (12-14) to ensure enough participants and adequate playing time. Teams must be receptive to additions to their team by the FLC Sports Department. Outside advertising brings in free agents who desire to play in our league. This helps in achieving the league mission statement in reaching those outside the church for Christ.

## VI. OBJECTIVES

### a. Huddle

After the official marks the ball "ready to play" offense will have 25 seconds to put the ball in play or else be penalized 5 yards for delay of game. It is not necessary for a team to huddle before plays. Audible or predetermined plays may be used without huddling.

### b. Motion

Only one player is allowed in motion at one time and his/her movements must be parallel or away from the line scrimmage (L.O.S) and must be continuous.

### c. Encroachment (OFFSIDE)

Off sides shall be called for encroachment (passing over the plane of the line of scrimmage by either the offense or the defense before the ball is snapped). A false movement of the football by the center shall constitute offensive encroachment. Encroachment is a dead ball foul. The play shall immediately *whistled* dead before play begins and 5 yards will be marked off against the encroachment team. Team not at fault may decline penalty. See special not in Penalty Chart on defensive encroachment.

**d. First Down**

Four down shall be allowed in which to advance the football into the next zone. The zone shall be considered reached when the forward part of the ball is in its position when declared dead on the field of play, touches or is advanced farther than the line marking the next zone or in this case the "line-to-gain". The "line-to-gain" refers to the next zone line the offense must advance the football to or passed in order to gain a 1<sup>st</sup> down. If after four consecutive downs, a team has failed to advance the ball into the next zone, possession shall go to the defense at that spot.

**e. Stances**

Any stance is permitted.

**f. Line Play**

Any member of players may be on the offensive or defensive line of scrimmage at the moment the ball is snapped.

**h. Screening/Rushing**

The area within Flag Football that can cause the most problems, with regard to officiating, Injury, fighting, arguing and excessive contact is the area of protecting the quarterback (screening or blocking). This is the primary area that must be controlled and the rules governing this area must be clear both the offense, the defense and the officials.

Only screen blocking is permitted. "Screen blocking" is defined as obstructing the rusher's path to the quarterback or ball carrier. It is permitted only behind the L.O.S. The screener's motion may be parallel to or away from the L.O.S. The screener may not move towards the L.O.S. The screening is accomplished by quickness and agility. Never by force, hooking with knees, elbow shoulders, hips or head is prohibited. The screener must have his/her hands locked behind his back. The hands must be in the back of his body.

Although this method of screening cuts down on excessive contact by the screener, it nevertheless places the screener in a

very vulnerable position; therefore, the MAIN RESPONSIBILITY OF AVOIDING CONTACT RESTS WITH THE RUSHER. The rusher MAY NOT RUN OVER THE SCREENER. The rusher may not pull the screener toward him or push the screener away from him. He may, however, play off the screener sideways once he gets to the side of him but only with enough force to elude him and not enough force to push him. A *penalty* will be automatically called if the rusher even touches the screeners

Head as long as the screener is screening upright. No downfield screening is permitted. "Pick plays" by receivers on defensive backs or linebackers are illegal if set by receiver within 5 yards of defender (a form of down screening) A screener may not leave his feet to screen. WE ASK THAT BOTH THE SCREENER AND THE RUSHER STRIVE FOR NON-CONTACT IN THIS AREA. Screener may not drive into rusher.

If the rusher *touches the* quarterback's head in his attempt to block the pass, penalty will be called. Roughing the passer will be called when the rusher, while attempting to deflag the quarterback or block the pass, lets his momentum carry him into the passer. Defensive players may not have any contact with the passer while he is passing. The defensive team may rush as many players as it chooses.

DOWNFIELD SCREENING is the act of offensive players moving along with the ball carrier in a manner that effectively "screens off" defenders from deflagging the ball carrier. This is and illegal act. Officials are instructed to call this violation when all of the following conditions are met:

- 1) Screener is moving in the area of the ball carrier, 2) a defender comes within two yards of the moving screener and 3) in the judgment of the official the defender had a reasonable chance to deflag the ball carrier. Penalty of 10 yards POI, loss of down.

COMMENT: To avoid the penalty screeners should come to a stop before defenders penetrate the two-yard zone.

**i. Lateral**

A lateral will be any passes thrown overhand or underhand away from the direction of advancement of team in possession.

A passer may not ever be his own receiver.

Push passes are allowed.

**j. Receiving**

All players or both teams are eligible pass receivers. Each player is eligible, even if he/she steps out of bounds or out of the end zone, as long as he catches the ball in bounds or comes down in bounds or out of the end zone, as long as he catches the ball in bounds or comes down with at least one foot. If a receiver comes down with one foot in bounds and one foot out of bounds simultaneously, the pass shall be incomplete.

The lines marking the sidelines and the extreme end of the end zones shall be considered out of bounds if stepped on to any degree. Two or more offensive receivers may touch a pass in succession, resulting in a completion.

After a pass is thrown, it is too much to expect of the officials to keep track of exactly who touched the ball and what order, if receivers and defenders are battling for possession.

Therefore, the only things that will be judged will be did pass interference occur, who caught the ball and was the receiver in bounds with at least one foot at the moment of possession. A double reception always goes to the offense.

Intentional wide detours out of bounds will not be permitted by the receiver. Such an infraction will make the receiver ineligible. First infraction by a team will be a warning only. Second infraction will be 10 yards for sportsmanlike conduct. Rule complete pass in the first case. Repeat offense will be 10 yards, LOS, LOD.

#### k. Pass Interference

Rules shall apply to any pass made from behind the LOS, whether it is a forward pass or a lateral pass and applies to both offense and defensive players. Pass interference is the 2<sup>nd</sup> most critical area of penalty. After the pass is in the air, neither the pass receiver nor defender may touch the other until one of them touches the ball, or else offensive or defensive pass interference may be called. If contact occurs *after* one of them catches the ball and the other "strips" or *attempts* to "strip" the ball from his hands. Stripping may occur in two forms: a) *Receiver stripping* or attempting to rake the ball from the grasp of a receiver after he has caught the ball out before he has brought the ball into a possessive position, in which case, receiver stripping, a form of pass interference, will be called or b) *Runner stripping* which occurs when a defender attempts to strip or rake the ball from the grasp of a player who has the ball in a possessive position, in which case, runner stripping, a form of illegal deflagging, will be called. If an offensive player has established possession of a football, the defensive man must go for the flag and not the ball, another needless source of contact.



Any contact that occurs after the pass is touched (excluding receiver stripping) and either complete or incomplete, must be judged by the officials, as either non-intentional contact caused by both players "playing ball" or intentional or avoidable contact which shall be penalized. Penalty will be 10 yards and if judged to be flagrant or excessive, the penalized player may be moved from the game and penalty will be 15 yards.

All pass interference plays, offensive and defensive, whether they occur during the "Regulation Play Period", "7 play rule period", or the "P.A.T." will be captain's choice penalties. If the captain refuses, the play will stand as completed, loss of down and loss of play number, if in "7 Play Rule Period" or Tie Breaker Period".

All offensive pass interference plays, whether they occur during the "regulation play period", "7 Play Rule Record", or "P.A.T.", which are accepted by the defensive captain, shall be marked 10 yards from the P.O.I. or L.O.S., whichever hurts the infracting team the most. Loss of down will apply, during the 7 play rule period, play number will be the same P.A.T. try will be run again.

Defensive pass interference plays which occurs on the playing field during the "regulation play period", "7 play rule period", "tie breaker period" and are accepted shall be marked 10 yards from P.O.I. or L.O.S., whichever hurts the infracting team the most, 1<sup>st</sup> down will be awarded except in the tie breaker and the play number will be run again.

Defensive pass interference which occurs in the playing field during "P.A.T." try periods and accepted, ball will be placed on the one yard line - P.A.T. try will be run again plus one free P.A.T. try will be awarded, if needed.

Defensive pass interference that occurs in the end zone during "regulation play period" and accepted, the ball will be placed on the one-yard line and the same play will be run again plus one free down will be awarded, if needed, to score. If offense does not need this free down to score, it is voided; this is to of a tiebreaker will be awarded one point.

Screening a receiver's eyes by a defender without playing the football is a pass interference and shall be penalized as such.

Bump and Run or checking an offensive receiver during a passing play will be a 10-yard penalty.

## l. Deflagging

A ball carrier is downed and the ball is dead when either flag is detached from his belt or when the ball or either knee touches the ground. A defensive player may leave his feet to pull the offensive player's flag, but may not make contact while doing so. When a defensive player pulls the ball carrier's flag, he must stop and hold it above his head. This shall be considered good sportsmanship if complied with, but no penalty will result if deflagger fails to perform this request. Tackling is grasping or encircling the body of the ball carrier with a hand or arm, this impeding this progress. Penalty is 10 yards and if in the opinion of the referee or official, the act prevented a score, the ball will be placed on the offender's one-yard line, 1<sup>st</sup> down, goal to gain. The offender will be disqualified if the act was flagrant enough to cause injury, whether injury occurred or not. Grabbing the ball carrier's clothing to the point of impeding his progress shall be penalized 10 yards. If the action is judged to have prevented a score, the ball will be placed on the one-yard line, goal to gain. If the defensive player reaches across the body of a ball carrier to pull his flag and contact is made. The responsibility of the contact lies with the defensive player. Defense may pull receivers flags as soon as the ball is touched. If the receiver juggles the ball and the ball and subsequently completes the catch - mark dead at deflagged spot.

Prematurely or removed an opponent's flag with the obvious intent of making the offensive player ineligible to become a ball carrier - 10 yard penalty. Captain's choice: (1) tack 10 yards on to the play - loss if down; or (2) 10 yards-L.O.S. down whichever hurts most.

RUNNER STRIPPING is a form of illegal deflagging. If the quarterback's arm was in forward motion when his flag was pulled, the pass is allowable. The ball carrier shall not protect his flags by blocking with hands, arm or head the opportunity of an opponent to pull or remove his flags. This is a 10-yard penalty. If the passer is legally deflagging as he is passing the football and later in that plays receivers the ball back, he/she shall be dead at that point and offense will have the option of taking the ball at that point or running the play over. If he/she was illegally deflagged, that penalty should be called.

## m. Ball

The responsibility of avoiding contact rests with ball carrier. He must show the official he *made* an effort to avoid contact. The ball carrier will not deliberately run or drive into a defensive player. The "stiff arm" is illegal. The ball carrier shall not protect his flags by blocking with his hand, arm, or head. The opportunity

of an opponent to pull or remove his flags, 10 yard penalty. A ball carrier may spin or jump, but must realize that while spinning or jumping he/she is in a "state of non-control" and should contact occur as a result of his uncontrolled momentum, he/she will be penalized 10 yards at POI plus loss of down.

**n. Fumble**

When a backward pass or fumble hits the grounds between the goal line, it becomes dead and belongs to the team last in possession at the spot where it hits the ground or at the in-bounds line opposite the spot where it left the field of play. Forward, offensive fumbles which cross and hit beyond the next line-to-gain will result in the ball being marked dead at the point from *which it was fumbled*, loss of down. When the ball is fumbled into or out of the opposing team's end zone by the offensive team, which is going toward the goal line, but has not broken the plane of the goal in their possession, it will be ruled a touchback. The opposing team gains possession on their 20-yard line, 1<sup>st</sup> down, next to gain.

**o. Center Snap**

A center snap may touch the ground before it gets to the quarterback fields it clearly off a bounce or from the ground. However, if the quarterback muffs the ball to the ground, it is dead where it first touches the ground. A center snap *must* be made between the center's legs. A false movement of the football by the center after he is set shall constitute encroachment.

**p. The Punt**

If the punt is to be made, the offense must announce it to the official before the ball can be declared ready for play. Offense must declare within 10 seconds after asked by the official on 4<sup>th</sup> down play. Penalty will be delay of game. After the offense declares, the official will mark the ball ready for play whereupon the offense will have 15 seconds to punt the ball. When the offense declares the punt, it becomes a *guaranteed punt*. Punter may take the snap from the center by any method. The ball will not be dead if it touches the ground before the punt is made and neither team may cross the LOS until the punt is made. The offense may have any number of players that it chooses, on the LOS. The punt returning team must have five players on the LOS and must remain in that zone until the punt returned enters that zone at which time they provide stationary screens or maneuver for a lateral. The receiving team's linemen may attempt to *block* the punt by jumping.

**ENCROACHMENT** - if the punt is legally blocked and touches the ground, it is dead where it touches the ground, and punt returning team gains possession at that point. If the punt is legally blocked and touches a member of the punting team or the receiving team while still in the air, it becomes dead at the point it touches them and the punt returning team gains possession at that point. If the punt hits a member of the punting team which has not crossed the LOS it is dead at that spot. Any member of the punting team may down the punt if it is beyond the LOS, as long as the punt touches the ground directly beneath the point the punting team first touches it. The punt receiving team must be given an opportunity to field the punt in the air; therefore, there will be a 10-yard penalty if a member of the punting team touches a punt in the air that is beyond the line of scrimmage. Penalty will be marked from the point that the punt is illegally touched.

The punt returning team may have three punt returners in deep positions of their choosing. The two punt returners not carrying the ball *may* not be *moving* screens, they may however, run forward and provide stationary screens or be maneuvering for laterals.

When a punt touches a player on the receiving team who is in bounds and rebounds into the air, all players become eligible to intercept and advance the ball before it touches the ground. This rule applies even if the punt hits the ground before first touching the receiving team's player. The punt receiving team may field a punt in the air off a bounce or directly off the ground, if fielding clearly. If a punt is left unattended, it becomes dead where it rolls still.

**PUNTS FALLING IN THE END ZONE** - If muffed by the receiving team before possession and it hits in or out of the end zone, the ball will come out to the 20-yard line, 1<sup>st</sup> down, next "line-to-gain" for the receiving team. If the ball is touched in the air or in the ground by the punting team, the ball will come out to the 20-yard line, 1<sup>st</sup> down, "line-to-gain". If a punt receiver who gains possession of a punted ball in the end zone is deflagged in the end zone, whether he was attempting to run or not, the ball will be brought out to the 20 yard line, 1<sup>st</sup> down, "line-to-gain". If he remains in the end zone five seconds after fielding the punt, the ball will be brought to the 20-yard line. If a defensive penalty occurs after the offense declares they will punt, the offense may reconsider, due to the change in field position. No quick kicks are allowed (10 yard penalty). A muffed lateral in the end zone shall be a safety penalty.

q. Scoring

TOUCHDOWN- 6 points,

P.A.T. - Scoring from 3 yard line, 1 point

Scoring from 7 yard line, 2 points

SAFETY - 2 points

r. Penalties

After a penalty is called only the team captain of the penalized team may discuss it with the officials. The official making the call is to give the description of the infraction to the player(s) involved, to the captain of the penalized team, without discussion. The captain's first choice shall be final. Whenever, in the judgment of any game official, the following acts are deliberate or flagrant, the player or players involved shall be suspended from the game:

- a. Using fists, kicking, or kneeling
- b. Illegal use of hands, forearms, or elbows
- c. Tackling
- d. Any other deliberate or flagrant act which could cause injury
- e. Any act of unsportsmanlike conduct
- f. Abusive, profane, or insulting conduct
- g. Any act of unfair play
- h. Harassment of the officials

Penalties, which would otherwise be marked off past the goal line, shall be placed "half the distance" to the goal line.

s. Begging a Call

During a play, if a possible *infraction* occurs and the players or coaches from either team, either on the field or on the sidelines, begs a call a penalty of five yards will be tacked on. Also if the opposing team begins to yell "begging a call", that team can be penalized five yards also. Penalties will be added to the end of the play.

t. Offsetting Penalties

Other than unsportsmanlike conduct penalties, the downs are replayed if there is no possession change, if there is a possession change and the team receiving the ball fouled prior to possession, and if there is a change of possession and the team receiving the ball

accepts the penalty for its opponents foul. If each foul during a down in which there is a change of team possession, the team last gaining possession may retain the ball, providing its foul was not prior to the final change of possession and it declined that penalty for its opponent's foul.

**u. Motion**

Only 1 player can be in motion at the snap and his or her movement must be parallel or away from the L.O.S. and must be continuous.

**VIII. PENALTY RULES (back few pages)**

If there is any difference in penalties between the Rules of Playing Specifications and the Penalty Chart, the Penalty Chart will be considered *official*.

**ALL PENALTIES SHALL BE MARKED FIVE OR TEN YARDS, UNLESS IN THE OPINION OF THE OFFICIALS, THEY ARE FLAGRANT OR EXCESSIVE CONTACT, IN WHICH CASE THEY WILL BE MARKED 15 YARDS.**

**IN ORDER TO ESTABLISH A SIMPLE PHILOSOPHY IN ASSESSING PENALTIES THESE *GENERAL RULES HOLD TRUE* WITH ONLY A FEW EXCEPTIONS:**

- All refused penalties - ball stays where advanced with loss of down.
- All accepted penalties - penalty is marked from the L.O.S. OR P.O.I., *whichever hurts the infracting team the most* and the down is replayed.
- Dead ball fouls are *not* captain's choice penalties and will be marked from the L.O.S. and no loss of down.

**SPECIAL: "Little-To-Lose Penalties" - Penalties which would otherwise be marked off past the goal line shall be placed on the one-yard line.**

<b>OFFENSIVE INFRACTIONS</b>	<b>PENALTY</b>	<b>MARKED FROM</b>	<b>CAPTAINS CHOICE</b>	<b>LOSS OF DOWN IF ACCEPTED</b>
Illegal Rushing	10	LOS/POI	YES	NO
Bump and Run	10	LOS/POI	YES	NO
Contact with Passer	10	LOS/POI	YES	NO
Illegal Deflagging	10	LOS/POI	YES	YES
Tackling	10	LOS/POI	YES	NO
Impeding Ball Carrier	10	LOS/POI	YES	YES
Faking Deflagging	10	LOS/POI	YES	
Pushing Ball Carrier	10	LOS/POI	YES	NO
Stripping Receiver	10			
Stripping Ball Carrier	10	LOS/POI	YES	NO
Punt Return Screening	10	LOS/POI	YES	YES, if from POI NO, If from LOS
Impeding T.D.	1st down on one yard line		YES	YES, If from POI
Early deflag	10	LOS/POI	YES	NO, If from LOS YES, if from End of Play

<b>GENERAL INFRACTIONS</b>	<b>PENALTY</b>	<b>MARKED FROM</b>	<b>CAPTAINS CHOICE</b>
Improper Equipment	10	LOS/POI	YES
Kneeing, Fisting, Kicking	15	LOS/POI	YES
Abusive Language	10	LOS/POI	YES
Touching Opponents Head	10	LOS/POI	YES
Unsportsmanlike conduct	10	LOS/POI	YES
Failure to Police Sideline	10	LOS	YES
Avoidable Contact	10	LOS/POI	YES
*Playing field Ejection	15	LOS/POI	YES
Delay of Game	5	LOS/POI	YES
Illegal Advancement of Football	5	LOS/POI	YES
Excessive Contact	15	LOS/POI	YES
Illegal Use of Head, Arms, Hands and Legs	10	LOS/POI	YES
Flag or Belt Improperly Positioned	10	LOS/POI	YES
Flag Improperly Altered or Attached	15	LOS/POI	YES
Spiking Ball	5	LOS	YES
Encroachment	5	LOS/POI	YES
COMMENT: <b>Quick Whistle</b> - Offense has choice of ball at point blown dead with loss of down or run play over.			



<b>OFFENSIVE INFRACTIONS</b>	<b>PENALTY</b>	<b>MARKED FROM</b>	<b>CAPAIN'S CHOICE</b>	<b>LOSS OF DOWN IF ACCEPTED</b>
Illegal Snap	5	LOS/POI	YES	NO
Failure to Declare Punt	5	LOS/POI	YES	NO
Illegal Handoff	10	LOS/POI	YES	NO
Illegal Pass	10	POI	YES	YES
Intentional Grounding	10	LOS/POI	YES	NO
Illegal Running with F.B.	5	POI	YES	YES
Illegal Motion	10	LOS/POI	YES	NO
Protecting Flags	10	POI	YES	YES
Illegal Screening	10	LOS/POI	YES	NO
Stiff arm/Charging	10	LOS/POI	YES	YES
Forward Lateral	10	POI	YES	YES
Punting Team Touches Punt	10	LOS/POI	YES	YES, if from the air first NO, if from LOS
Downfield Screening	10	LOS/POI	YES	YES