



MIDDLE TENNESSEE STATE UNIVERSITY

Intramural Sports

2022 – 2023 Flag Football, 7 v 7 Rules

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Games will be played according to the NIRSA Flag & Touch Football Rules book except for the changes mentioned here and in the Intramural Sports Flag Football, 7 v 7 Rules Summary. Competitive Sports Staff reserves the right to modify these rules at any time. If you have questions, comments, or suggestions, please contact the Competitive Sports Office.

Co-Rec rules are bolded in addition to the Co-Rec Rules summary.

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

SECTION 1. THE GAME

Article 1. Eligibility

Participants should bring their MTSU ID to every game/match.

Article 2. Team Size

- A. The game shall be played between 2 teams of 7 players each. Four players are required to start the game. The game may continue with fewer than 4 players as long as the team has a chance to win.
- B. The Co-Rec game shall be played between 2 teams of 8 players, 4 men and 4 women. Five players are required to start the game. Teams with 7 players shall be 4 men and 3 women or 3 men and 4 women. Teams with 6 players shall be 3 men and 3 women, 4 men and 2 women, or 2 men and 4 women. Teams with 5 players shall be 3 men and 2 women or 2 men and 3 women. The game may continue with fewer than 5 players as long as the team has a chance to win.**
- C. A maximum of 15 players are allowed on a team's roster.

Article 3. Persons Subject to the Rules

Players, nonplayers, and spectators affiliated with a team are subject to the rules of the game and shall be governed by decisions of Officials assigned to the game.

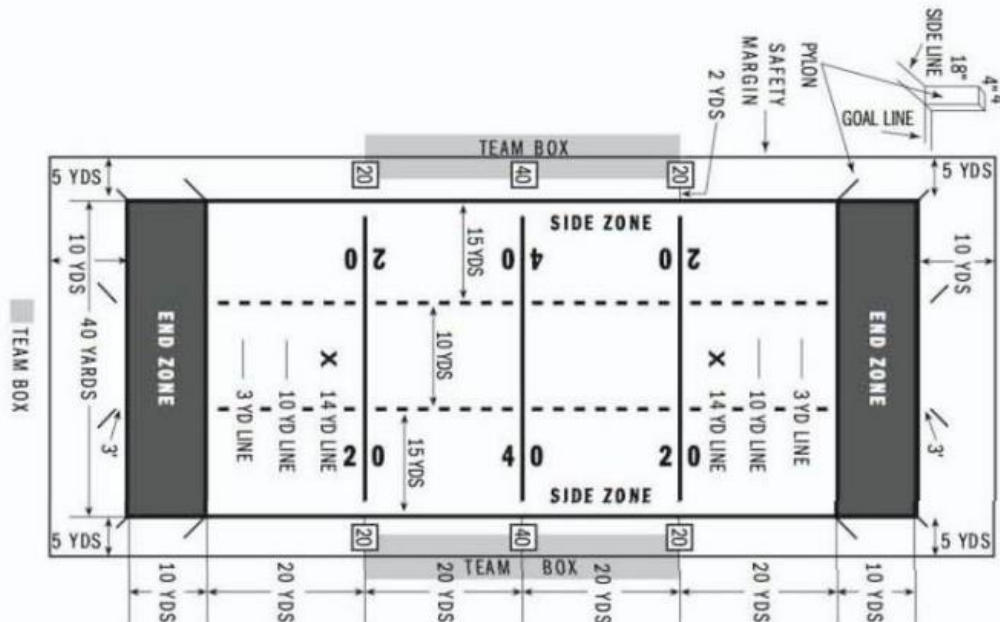
Article 4. Referee's Authority

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

Article 5. Officials' Authority

The Officials assume authority for the game 30 minutes prior to the scheduled game time, or as soon as they arrive on the field. The Officials' jurisdiction extends through the end of the game.

SECTION 2. THE FIELD



Article 1. Field Size and Markings

The field shall be 100 yards long and 40 yards wide. The width shall be lined at 20-yard intervals from goal line to goal line. These zone markings may be changed according to field dimensions. There shall be 2 hash marks that run parallel with each sideline and located 15 yards from each sideline. The 3 and 10 yard try-lines shall be marked in the middle of the field. Both 14 yard lines shall be marked with an "X."

Article 2. Goal Line

The entire width of each goal line shall be part of the end zone.

Article 3. Team Box

On each side of the field a team box shall be designated for the players and nonplayers. This team box is located 2 yards off of the sideline and between the 20 yard lines. If teams cannot agree on a sideline, the Referee shall conduct a coin toss. Both team boxes may be located on the same side of the field. In this case, each team box shall be between their respective 20 and 35 yard lines.

SECTION 3: EQUIPMENT – REQUIRED

Article 1. Jersey

Each participant should wear a shirt or jersey, without pockets, that is long enough to remain tucked in or short enough so there is a minimum 4" from the bottom of the jersey to the player's waistline. Players of the same team shall wear the same color or similar colored shirts or jerseys.

Article 2. Pants/Shorts

Each participant shall wear pants or shorts without pockets and/or belt loops. They shall be a different color than the flags.

Article 3. Flag Belt

Each participant shall wear a flag belt provided by Intramural Sports. It should be worn without knots and at the waistline with 3 flags permanently attached, 1 flag on each side and 1 in the center of the back.

Article 4. Shoes

Shoes shall be made of a canvas, leather, or synthetic material which covers the foot attached to a firm sole of leather, rubber, or composition material which may have cleats or be cleatless. Cleats are limited to studs or projections which do not exceed ½" in length and are made with nonabrasive rubber or rubber-type synthetic material which does not chip or develop a cutting edge. Rubber cleats with a tipped metal material are legal.

Article 5. The Ball

Men's games shall use the regular size ball only. The regular, intermediate, youth, or junior size football shall be used for Women's and **Co-Rec** games.

SECTION 4: EQUIPMENT – OPTIONAL

Article 1. Elastic Bandage

Players may use an elastic bandage no more than 2 turns thick in any given area. It can be anchored at each end by tape not to exceed 2 turns.

Article 2. Gloves

Players may wear gloves which must consist of a soft, pliable, and nonabrasive material.

Article 3. Headwear

- A. Players may wear a knit or stocking cap. The cap will have no bill. It can have a knit ball on top.
- B. Players may wear a headband no wider than 2 inches and made of nonabrasive, unadorned, single-colored cloth, elastic fiber, soft leather, or rubber. Rubber or cloth elastic bands may be used to control hair.
- C. Players may wear a soft rubber hat.

Article 4. Pads

Players may wear soft, pliable pads on the leg, knee, and/or ankle. Soft and yielding padded compression shorts and shirts are legal apparel.

Article 5. Mouth and Tooth Protector

It is strongly recommended that a mouth piece be worn by all players.

Article 6. Play Books

- A. Players may carry a play book inside their clothing made of a yielding material only and must not be visible. If carried on the field, a player must keep the play book rather than throw it on the ground.
- B. Players may wear a soft, pliable wrist/forearm band that contains plays.

Article 7. Sunglasses

Players may wear pliable and non-rigid sunglasses.

Article 8. Face Shield

Players may wear a face shield molded to the face with no protrusions to protect against a facial injury.

SECTION 4: EQUIPMENT – ILLEGAL

Article 1. Illegal Equipment

A player wearing illegal equipment shall not be permitted to play. This applies to any equipment which, in the opinion of the Referee or Supervisor, is dangerous or confusing. Types of equipment or substances which shall always be declared illegal include:

- A. Pants/shorts with pockets or belt loops.
- B. Headwear containing any hard, unyielding, stiff material including billed hats or items containing exposed knots. EXCEPTION: Face Shield.
- C. Jewelry, including but not limited to earrings, nose rings, necklaces, bracelets, etc.
- D. Pads or braces worn above the waist, casts worn above or below the waist.
- E. Shoes with ceramic, screw-in, detachable cleats, or any projecting metal. EXCEPTION:
 - a. Screw-in cleats are allowed if the screw is part of the cleat.
- F. Shirts or jerseys which do not remain tucked in. Any hood on a coat, sweatshirt, or shirt which does not remain tucked in. Tear-away jerseys or jerseys that have been altered in any manner which produces a knot-like protrusion or creates a tear-away jersey. Jerseys which have an arm opening more than 4 inches below the armpit. The Referee will use a fist to measure the distance of the jersey opening.
- G. Leg and knee braces made of hard, unyielding material, unless covered on both sides and all edges overlapped, and any other hard substance unless covered with at least ½” of closed cell, slow recovery rubber, or other material of similar thickness and physical properties.
- H. Any slippery or sticky foreign substance on any equipment or exposed part of the body

- I. Equipment which includes computers or any electronic or mechanical devices for communication
- J. Exposed metal on clothes or person. This includes “O” or “D” rings used to secure flag belts.
- K. Towels attached at the player’s waist
- L. Flags that can be detached from the belt

SECTION 5. PLAYER EQUIPMENT – MISSING OR ILLEGAL

When any required player equipment is missing or when illegal equipment is found on any incoming substitute or player, correction shall be made before participation. An official’s time-out shall be declared to permit prompt repair of equipment which becomes illegal or defective through use.

Rule 2: Definitions of Playing Terms

SECTION 1. BALL – DEAD, LIVE, AND LOOSE

Article 1. Dead Ball

A dead ball is a ball not in play. The ball is dead during the interval between downs.

Article 2. Live Ball

A live ball is a ball in play. A ball becomes live when the ball is legally snapped and a down is in progress.

Article 3. Loose Ball

A loose ball is a pass, fumble, or a kick. A loose ball that has not yet touched the ground is in flight. A grounded loose ball is one that has touched the ground. Any loose ball continues to be a loose ball until a player secures possession of it or until it becomes dead by rule, whichever comes first.

Article 4. When the Ball is Ready for Play

A dead ball is ready for play when the Referee sounds the whistle and signals “ready for play.”

SECTION 2. BATTING

Batting is intentionally slapping, striking, or redirecting the ball with the hand or arm.

SECTION 3. CATCH, INTERCEPTION, SIMULTANEOUS CATCH, AND TOUCHING

Article 1. Catch

A catch is the act of establishing player possession of a live ball which is in flight, and first contacting the ground in bounds while maintaining possession of the ball.

- A. If one foot first lands in bounds and the receiver has possession and control of the ball, it is a catch or interception even though a subsequent step or fall takes the receiver out of bounds.
- B. A catch by any kneeling or prone inbounds player is a completion or interception.
- C. It is not a catch or interception if an airborne player’s initial contact with the ground causes a loss of player possession and either the ball contacts the ground or the player is out of bounds prior to regaining player possession.

Article 2. Interception

An interception is the catch of an opponent’s fumble or pass.

Article 3. Recovery

A recovery is gaining possession of a live ball after it strikes the ground.

Article 4. Simultaneous Catch or Recovery

A simultaneous catch or recovery is a catch or recovery in which there is joint possession of a live ball by opposing players who are in bounds.

Article 5. Touching

Catching is always preceded by touching the ball; thus, if touching causes the ball to become dead, securing possession of the ball has no significance. Touching refers to any contact with the ball.

SECTION 4 – DOWN AND BETWEEN DOWNS

A down is a unit of the game which starts, after the ball is ready for play, with a legal snap and ends when the ball next becomes dead.

SECTION 5 – ENCROACHMENT

Encroachment is a term to indicate a player is illegally in the neutral zone. An entering substitute is not considered to be a player for encroachment restrictions until he/she is on his/her team's side of the neutral zone.

SECTION 6 – FIGHTING

Fighting is any attempt by a player or nonplayer to strike or engage an opponent in a combative manner unrelated to football. Such acts include, but are not limited to attempts to strike an opponent with the arm(s), hand(s), leg(s), or foot whether or not there is contact.

SECTION 7 – FOUL AND FLAGRANT FOUL

Article 1. Foul

A foul is a rule infraction for which a penalty is prescribed.

Article 2. Flagrant Foul

A flagrant foul is so severe or extreme that it places an opponent in danger of serious injury and/or involves violations that are extremely or persistently vulgar or abusive conduct.

SECTION 8 – FUMBLE

A fumble is a loss of player possession other than by handing, passing, or punting the ball.

SECTION 9 – GOAL LINE

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

SECTION 10 – HANDING THE BALL

Handing the ball is transferring player possession from one teammate to another without throwing or punting it.

SECTION 11 – HUDDLE

A huddle is two or more offensive players grouped together after the ball is ready for play and before assuming scrimmage formation prior to the snap.

SECTION 12 – HURDLING

Hurdling is an attempt by a player to jump with one or both feet or knees foremost over an opponent who is contacting the ground with no part of his/her body except one or both feet.

SECTION 13 – KICKS

Article 1. Kicker

A kicker is any player who legally punts. The kicker is a runner until he/she actually punts the ball.

Article 2. Legal and Illegal Kicks

A legal kick is a punt by a player of the team in possession when such a kick is permitted by rule. Any punt continues to be a punt until it is caught by a player or becomes dead. Kicking the ball in any other manner is illegal.

Article 3. Punt

A punt is made by the kicking team under restrictions which prohibits either team from advancing beyond their scrimmage lines until the ball is punted. A player becomes a kicker when his/her knee, lower leg, or foot makes contact with the ball before it strikes the ground.

SECTION 14 – LOSS OF DOWN

“Loss of down” means “loss of the right to repeat the down.”

SECTION 15 – MUFF

A muff is an unsuccessful attempt to catch a ball, the ball being touched in the attempt.

SECTION 16 – NEUTRAL ZONE

The neutral zone is one yard from the forward point of the football to the defensive scrimmage line and extended to each sideline. It is established when the ball is marked ready for play.

SECTION 17 – PASSER

The passer is the player who has thrown a legal forward pass. He/she remains the passer while the ball is in flight or until he/she moves to participate in the play.

SECTION 18 – PASSES

Article 1. Passing

Passing the ball is throwing it. In a pass, the ball travels in flight. A pass continues to be a pass until it is caught, intercepted, or the ball becomes dead. The initial direction determines whether a pass is forward or backward.

Article 2. Forward and Backward Pass

A forward pass is a pass thrown with its initial direction toward the opponent's end line. A backward pass is a pass thrown with its initial direction parallel or toward the passer's end line. A backward pass or fumble that hits the ground is ruled dead at that spot.

SECTION 19 – PENALTY

A penalty is a result imposed by rule against a team or team member that has committed a foul.

SECTION 20 – POSSESSION

A ball in player possession is a live ball held or controlled by a player after it has been handed or snapped to him/her, or after he/she has caught or recovered it. A ball in team possession is a live ball that is in player possession or one that is loose following loss of such player possession. A live ball is always in possession of a team. A change of possession occurs when the opponent gains player possession during the down.

SECTION 21 – REMOVING THE FLAG BELT

Article 1. Flag Belt Removal

When the flag belt is clearly taken from the runner in possession of the ball, the ball is declared dead and the down shall end. If a flag belt inadvertently falls to the ground, a one-hand tag between the shoulders and knees constitutes capture. A player may leave his/her feet to remove the flag belt.

Article 2. Contact

In an attempt to remove the flag belt from a runner, an opponent may contact the body, but not the face, neck, or any part of the head of the runner with his/her hands. An opponent may not hold, push, or knock the runner down in an attempt to remove the flag belt.

SECTION 22 – SCREEN BLOCKING

Screen blocking is legally obstructing an opponent without using any part of the body to initiate contact.

SECTION 23 – SCRIMMAGE

The scrimmage line for the offense is the yard line and its vertical plane which passes through the forward point of the ball. The scrimmage line for the defense is the yard line and its vertical plane which passes one yard from the point of the ball nearest its own goal line. The defense's scrimmage line may extend into their end zone.

SECTION 24 – SHIFT

A shift is the action of one or more offensive players who, after a huddle or after taking set positions, move to a new set position before the ensuing snap.

SECTION 25 – SPOTS

Article 1. Basic Spot

The basic spot is a point of reference for penalty enforcement (See 10-2).

Article 2. Enforcement Spot

The enforcement spot is the point from which a penalty is enforced.

Article 3. Dead Ball Spot

The dead ball spot is the spot under the foremost point of the ball when it becomes dead by rule.
EXCEPTION: See 8-8-1A EXCEPTION.

Article 4. Inbounds Spot

The inbounds spot is the intersection of the hash marks and the yard line:

- A. Through the forward point of the ball when the ball becomes dead in a side zone; or
- B. Through the forward point of the ball on the sideline between the goal lines when a loose ball goes out of bounds; or

- C. Through the spot under the forward point of the ball in the possession of a runner when he/she crosses the plane of the sideline and goes out of bounds.

Article 5. Out-of-Bounds Spot

The out-of-bounds spot is where the ball becomes dead because of going out of bounds.

Article 6. Post Scrimmage Kick Spot

The post scrimmage kick spot is the spot where the kick ends. R retains the ball after penalty enforcement from the post scrimmage kick spot when a post scrimmage kick foul occurs. Fouls by R behind the post scrimmage kick spot are spot fouls.

Article 7. Previous Spot

The previous spot is where the ball was last snapped.

Article 8. Spot of a Foul

The spot of a foul is where the foul occurs. If a foul occurs out of bounds, the spot of the foul is at the intersection of the nearer hash mark and the yard line extended on which the foul occurs.

Article 9. Spot Where a Run Ends

The spot where the run ends is:

- A. Where the ball becomes dead if the runner does not lose possession; or
- B. Where the player loses possession if his/her run is followed by his/her fumble or backward pass into the opponent's end zone, his/her illegal forward pass, or his/her fumble/backward pass beyond the scrimmage line that is intercepted; or
- C. The spot of the catch or recovery when the momentum rule is in effect.

Article 10. Succeeding Spot

The succeeding spot is where the ball would next be snapped if a foul had not occurred. When a foul occurs during a down in which a touchdown is scored, as in 10-3-10, the succeeding spot may, at the option of the offended team, be the succeeding spot after the Try.

SECTION 26 – TAGGING

Tagging is placing one hand anywhere between the shoulders and knees, including the hand or arm, of an opponent with the ball. The tagger may leave his/her feet to make the tag. Pushing, striking, slapping, and holding are not permitted. If the player trips the runner in his/her attempt to make a diving tag, it is a foul.

SECTION 27 – PLAYER AND TEAM DESIGNATIONS

Article 1. A and B

A is the team which snaps the ball. The opponent of A is B. A player of A is A-1 and teammates are A-2 and A-3. Other abbreviations are B-1 for a player of B, K-1 for a player of the kicking team, and R-1 for a player of the receiving team.

Article 2. Disqualified Player

A disqualified player is one who becomes ineligible and is removed from further participation in the game.

Article 3. Offensive and Defensive Team

The offensive team is the team in possession or the team to which the ball belongs. The defensive team is the opposing team.

Article 4. Player and Nonplayer

A player is any one of the participants in the game. A nonplayer is a trainer, other attendant, a substitute, or a replaced player who does not participate by touching the ball, hindering an opponent, or influencing the play.

Article 5. Runner

The runner is the player in possession of a live ball or simulating possession of a live ball. Once a player catches or intercepts a pass, he/she becomes a runner.

Article 6. Snapper

The snapper is the player who snaps the ball. He/she is a line player.

Article 7. Substitute

A substitute is a team member who may replace a player.

Rule 3: Periods, Time Factors, and Substitutions

SECTION 1 – START OF EACH HALF

Article 1. Coin Toss

About three minutes before the start of the game, the Referee shall conduct the coin toss in the presence of at least the opposing captains. All officials shall be present for the coin toss.

The captain winning the toss shall have a choice of options for the 1st half or shall defer his/her option to the 2nd half. The options for each half shall be:

- A. To choose whether his/her team will start on offense or defense.
- B. To choose the goal his/her team will defend. The captain not having the first choice of options for a half shall exercise the remaining option.

Article 2. Forfeit Time

Game time is forfeit time. If a team is not ready to play by the scheduled game time, they are subject to a forfeit.

Article 3. Start of 1st and 2nd Halves

Unless moved by penalty, the ball shall be snapped from the 14-yard line to start the 1st and 2nd halves.

SECTION 2 – GAME TIME

Article 1. Playing Time and Intermissions

Playing time shall be 40 minutes, divided into 2 halves of 20 minutes each. The intermission between the two halves shall be no more than 5 minutes. When overtime is used, there will be a 3-minute intermission.

Article 2. Interrupted and Shortened Games

- A. When inclement weather or unforeseen circumstances force the halt of a game in progress, the Referee or Supervisor shall declare it an official game if one complete half or more of the game has been played (regular season). If less than one half of a regular season game has been played at the time of the decision, the score of the game will be null and void and the result will be a cancellation. If less than one half of a playoff game has been played or a game is tied at the time of the staff's decision, the game may be restarted from the point at which it was suspended.
- B. By mutual agreement of the opposing captains and the Referee or Supervisor, any remaining period may be shortened or the game terminated at any time.

Article 3. Extension of Periods

A period shall be extended by an untimed down if one of the following occurred during a down in which time expires:

- A. There was a foul (other than unsportsmanlike or nonplayer fouls, fouls for which enforcement by rule result in a safety, or fouls which specify loss of down) by either team and the penalty is accepted.
- B. There was a double foul.
- C. There was an inadvertent whistle.
- D. If a touchdown was scored, the Try is attempted unless the touchdown is scored during the last down of the 2nd half and the points would not affect the outcome of the game or playoff qualifying.

NOTE: The Try shall always be attempted as part of the same period as the touchdown it follows. If (A), (B), or (C) occurs during the untimed down, the procedure is repeated.

NOTE: The period shall not be extended further when the defense fouls during a successful Try and the offended team accepts the results of the play with enforcement of the penalty from the succeeding spot.

Article 4. Game Timer

The game time will be kept on a stop watch operated by the Back Judge.

Article 5. Running Clock

The clock shall start on the first snap. It will run continuously for the duration of the 1st half and the first 18 minutes of the 2nd half unless it is stopped for a:

- A. Team time-out
- B. Referee's time-out – starts on the ready for play.

Article 6. 2-Minute Warning

Approximately 1 minute before the end of the second half, the Referee shall stop the clock and inform both captains of the playing time remaining in the period. The clock starts on the snap. The Back Judge will announce to the teams the remaining time and status of the clock after every play during the final 1 minute of the 2nd half.

Article 7. Last 1 Minutes

During the final 1 minute of the 2nd half, the clock will stop for a:

- A. Incomplete legal or incomplete illegal forward pass – starts on the snap
- B. Out-of-bounds – starts on the snap
- C. Safety – starts on the snap
- D. Team time-out – starts on the snap

- E. First down – dependent on the previous play
- F. Touchdown – starts on the snap (after the Try)
- G. Penalty administration – dependent on the previous play (EXCEPTION: Delay of game foul is accepted – starts on the snap)
- H. Referee’s time-out – starts at his/her discretion
- I. Touchback – starts on the snap
- J. A is awarded a new series – dependent on the previous play
- K. B is awarded a new series – starts on the snap
- L. Either team is awarded a new series following a legal punt – starts on the snap
- M. Team attempting to conserve time illegally (includes intentional grounding and a backward pass thrown intentionally out of bounds) – starts on the ready for play
- N. Team attempting to consume time illegally – starts on the snap
- O. Inadvertent whistle – starts on the ready for play

Article 8. Correct Timing Errors

The Referee or Supervisor shall have authority to correct obvious timing errors if discovery is prior to the 2nd live ball following the error unless the period has officially ended.

Article 9. Ending a Period

Following delay to ensure:

- A. No foul has occurred
- B. No obvious timing error has occurred
- C. No request for a captain-Referee conference has occurred
- D. No other irregularity has occurred

The Referee shall hold the ball in one hand overhead to indicate the period has officially ended.

SECTION 3 – TIE GAME (PLAYOFFS ONLY)

Article 1. Mandatory Meeting

If a game ends with a tie score, the officials shall bring all players of both teams to the center of the field. They shall discuss the tie breaker procedures and answer all questions prior to the coin toss. After this meeting, the captains will stay while the remaining players return to their respective team boxes.

Article 2. Coin Toss

A coin toss will be led by the Referee to determine the options as in the start of the game. The visiting captain shall call the toss. There will be only one coin toss during the overtime. If additional overtime periods are necessary, captains will alternate choices. The winner of the toss shall be given options of offense, defense, or direction. The loser of the toss shall make a choice of the remaining options. All overtime periods are played toward the same goal line.

Article 3. Tie Breaker

Unless moved by penalty, each team shall start 1st down and goal from the B 10-yard line. The object will be to score a touchdown. An overtime period consists of a series of 4 downs by each team. If the score is still tied after one period, play will proceed to a second period or as many as are needed to determine a winner. If the first team which is awarded the ball scores, the opponent will still have a chance to win the game. Unless moved by penalty, they will start 1st down and goal from the B 10-yard line. A Try will be attempted and scored as indicated in Rule 8. When B secures possession, the ball is dead and the series is over. The ball will be placed at the B 10-yard line and the original defense will begin their series of 4 downs if available. Each team is entitled to one timeout for the entire overtime.

Article 4. Fouls and Penalties

Fouls and penalties are administered similar to the regular game. Team A shall be awarded a new series of 4 downs when an automatic first down foul is accepted. Accepted dead ball fouls during a touchdown are penalized on the Try. Accepted dead ball fouls following a successful Try will be penalized from the succeeding spot, the B 10-yard line.

NOTE: The goal line shall always be the zone line-to-gain in overtime, regardless of number of overtimes played or penalty yardage incurred.

SECTION 4 – TIME-OUTS

Article 1. How Charged

The Referee shall declare a time-out when he/she suspends play for any reason. Each time-out shall be charged either to the Referee or one of the teams.

Article 2. Official's Time-Out

The Referee shall declare an official's time-out when an excess time-out is allowed for an injured player. The Referee may declare an official's time-out for any contingency not covered elsewhere by the rules. If a time-out is for repair or replacement of player equipment which becomes illegal through play and is considered dangerous to other players, the Referee shall charge himself/herself.

Article 3. Charged Time-Outs

Each team is entitled to 3 charged time-outs during each game. Successive charged time-outs may be granted to each team during a dead ball period. If the ball is dead and a team has not exhausted its charged time-outs, the Referee shall allow a time-out and charge that team or complete a captain/Referee conference.

Article 4. Length of Time-Outs

A charged time-out requested by any player which is legally granted shall be one minute and can be shortened if both teams are ready. Other time-outs may be longer only if the Referee deems it necessary.

Article 5. Captain-Referee Conference

When a team requests a charged time-out for a misapplication or misinterpretation of a rule, the Referee and one other official will confer with the captain. The request must be made prior to the time the ball becomes live following the play to be reviewed unless the half has officially ended. If the Referee changes his/her ruling, it is an official's time-out. If the ruling is not changed, it is a charged time-out. If the team has used its available time-outs, a delay of game penalty will be assessed.

Article 6. Notification

The Referee shall notify both teams 5 seconds before a charged time-out expires. When 2 time-outs have been charged to a team in a half, the Referee shall notify both captains and all officials.

NOTE: The Referee will communicate the number of team time-outs remaining for each team to the A and B captains and all officials after each time-out is taken.

Article 7. Authorized Conferences

There is one type of authorized conferences permitted during charged time-outs:

- A. Players and nonplayers may meet directly in front of the team box within 5 yards of the sideline; or

Article 8. Injured Player

An injured or apparently injured player who is discovered by an official while the ball is dead and the clock is stopped shall be replaced for at least one down unless the halftime or overtime intermission occurs. A player who is bleeding, has an open wound, or has any amount of blood on his/her uniform or on the player shall be considered an injured player.

Article 9. Concussion

Any player who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate healthcare professional.

SECTION 5 – DELAYS

The ball must be put in play promptly and legally. Any action or inaction by either team which tends to prevent this is a delay of game. This includes:

- A. Failure to snap within 25 seconds after the ball is declared ready for play
- B. Putting the ball in play before it is declared ready for play
- C. Deliberately advancing the ball after it is declared dead
- D. Captain-Referee Conference after all permissible charged time-outs for the captain's team have been used and during which the Referee is requested to reconsider the application of a rule and no change results.

Penalty: Dead Ball Foul, Delay of Game, 5 yards from the succeeding spot.

SECTION 6 – CONSERVING OR CONSUMING TIME

When a team attempts to conserve or consume time illegally, the Referee shall order the clock started or stopped. Additionally, when there is less than 1 minute remaining in the game, the offended team of any foul will have the option to start the game clock on the snap when it would have normally started on the ready.

NOTE: If in doubt, apply illegally conserving/consuming time.

SECTION 7 – SUBSTITUTIONS

Article 1. Eligible Substitutions

Between downs, any number of eligible substitutes may replace players provided the substitution is completed by having the replaced players off the field before the ball is snapped. An incoming substitute must enter the field directly from his/her team area. A replaced player must leave the field immediately at the sideline nearest his/her team area prior to the ball being snapped. An entering substitute shall be on his/her team's side of the neutral zone when the ball is snapped.

Penalty: Illegal Substitution, 5 yards; If it is a dead ball or nonplayer foul, 5 yards from the succeeding spot.

Article 2. Legal Substitutions

During the same dead ball interval, no substitute shall become a player and then withdraw, and no player shall withdraw and then re-enter as a substitute unless a penalty is accepted, a dead ball foul occurs, there is a charged time-out, or a period ends.

Penalty: Illegal Substitution, Dead Ball Foul, 5 yards from the succeeding spot.

Rule 4: Ball in Play, Dead Ball, and Out-of-Bounds

SECTION 1. BALL IN PLAY – DEAD BALL

Article 1. Dead Ball Becomes Live

A dead ball, after having been declared ready for play, becomes a live ball when it is snapped legally.

Article 2. Ball Declared Dead

A live ball becomes dead and an official shall sound his/her whistle or declare it dead when:

- A. It goes out of bounds
- B. Any part of the runner other than a hand(s) or foot (feet) touches the ground
- C. A touchdown, touchback, safety, or successful Try is made
- D. The ball strikes the ground following first touching by K
- E. K catches a punt which is beyond the neutral zone; when an untouched punt comes to rest on the ground and no player attempts to secure it
- F. A forward pass strikes the ground or is caught simultaneously by opposing players
- G. A backward pass or fumble by a player strikes the ground or is caught simultaneously by opposing players. A ball snapped, which hits the ground before or after getting to the intended receiver, is dead at the spot where it hits the ground.

NOTE: If in doubt, a snap close to the ground remains live.

- H. A forward pass is legally completed or a loose ball is caught by a player on, above, or behind the opponent's goal line
- I. A runner has a flag belt legally removed by an opponent. A flag belt is removed when the clip is detached from the belt, the belt is torn into more than one piece, or the flag is torn off of the belt.
- J. A runner without a flag is legally tagged
- K. A passer is legally deflagged/tagged prior to releasing the ball
- L. A muff of a punt strikes the ground
- M. K's punt breaks the plane of R's goal line
- N. B secures possession during a Try or overtime
- O. An official sounds his/her whistle inadvertently during a down or during a down in which the penalty for a foul is declined, when:
 - 1. The ball is in player possession – the team in possession may elect to put the ball in play where declared dead or replay the down.
 - 2. The ball is loose from a fumble, backward pass, illegal kick, or illegal forward pass – the team in possession may elect to put the ball in play where possession was lost or replay the down.
 - 3. During a legal forward pass or a punt – the ball is returned to the previous spot and the down is replayed.

P. A prosthetic device becomes dislodged from a player who is in possession of the ball.

If a foul occurs during any of the above downs, an accepted penalty shall be administered as in any other play situation. When the foul is accepted, disregard the inadvertent whistle.

NOTE: There is no time added to the game clock during a down with an inadvertent whistle.

SECTION 2 – INBOUNDS SPOT

Article 1. Placement of a Dead Ball

When the ball becomes dead between the hash marks, play is resumed at the dead ball spot. If the ball becomes dead in a side zone, place the ball at the nearest hash mark at the corresponding yard line.

Article 2. Anywhere Between the Hash Marks

Before the ready for play signal, Team A may designate the spot from which the ball is put in play anywhere between the hash marks in any of the following circumstances:

- A. For the start of each half
- B. For a Try
- C. Following a touchback, safety, Try, and awarded catch after a punt
- D. For the start of each series in overtime.

SECTION 3 – OUT-OF-BOUNDS

Article 1. Player Out-of-Bounds

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

Article 2. Player in Possession Out-of-Bounds

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

Article 3. Loose Ball Out-of-Bounds

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

Rule 5: Series of Downs, Number of Down, and Team Possession After Penalty

SECTION 1 – A SERIES – HOW STARTED, HOW BROKEN, RENEWED

Article 1. A Down is a Unit

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

Article 2. Series of Downs

Team A shall have 4 consecutive downs to advance to the next zone. Any down may be repeated or lost if provided by the rules.

Article 3. Zone Line-to-Gain

The zone line-to-gain in any series shall be the zone in advance of the ball, unless distance has been lost due to penalty or failure to gain. In such case, the original zone in advance of the ball at the beginning of the series of downs is the zone line-to-gain. The most forward point of the ball, when declared dead between the goal lines, shall be the determining factor.

Article 4. Awarding a New Series

A new series of downs shall be awarded when a team moves the ball into the next zone on a play free from penalty; or a penalty against the opponent moves the ball into the next zone; or an accepted penalty against the opponents involves an automatic 1st down; or after enforcement of a penalty against Team A, the ball is in advance of the zone line-to-gain; or either team has obtained legal possession of a ball as a result of a penalty, punt, touchback, pass interception, or failure to gain the zone in advance of the ball.

Article 5. Incorrect Down

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

SECTION 2 – DOWN AND POSSESSION AFTER A PENALTY

Article 1. Penalty Resulting in a 1st Down

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

Article 2. Foul Before Change of Team Possession

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

Article 3. Foul After Change of Team Possession

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

Article 4. 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 5. Rule Decisions Final

A rules decision may not be changed after the ball is next legally snapped.

Rule 6: Kicking the Ball

SECTION 1 – LEGAL PUNT

Article 1. Legal Punt

A legal punt is a kick made in accordance with the rules. Quick punts are illegal.

Penalty: Illegal Kick, 10 yards.

Article 2. Punt

Prior to making the ball ready for play on 4th down, the Referee must ask the Team A captain if he/she wants to punt. The Referee must announce this decision to all A and B players and all officials. The Team A captain may declare a punt on any down. After such announcement, the ball must be punted.

EXCEPTION: If an A or a B time-out is called, the period ends, a foul occurs, or an inadvertent whistle is blown anytime prior to or during this down after the Team A captain's decision which results in the kicking team having the right to repeat the down again, the Referee must ask the Team A captain whether or not he/she wants to punt and communicate this decision to the Team B captain.

Article 3. Formation and Snap

Neither K nor R may enter the neutral zone until the ball is punted.

Penalty: Illegal Procedure, 5 yards from the previous spot.

NOTE: Rules 7-1, 7-2, and 7-3 apply prior to and during the snap only.

Article 4. Punting the Ball

After receiving the snap, the kicker must punt the ball immediately in a continuous motion

Penalty: Illegal Procedure, 5 yards.

Article 5. After Being Punted

Once the ball is punted, any R player may block the kick. If the blocked punt hits the ground, it is dead at that spot. If the punt is blocked by an R player behind K's scrimmage line and then caught by any K player behind K's scrimmage line (1st ball spotter – orange), K may run and/or throw a pass. R may advance the punt anywhere in the field of play. A K player cannot punt the ball to himself/herself or any other K player. K may punt the ball only once per down.

Penalty: Illegal Kicking, 10 yards.

Article 6. Punt Crosses K's Scrimmage Line

When a punt, which has crossed K's scrimmage line (1st ball spotter – orange), touches a player from either team and then hits the ground, the ball is dead and belongs to R. If it hits an R player and then is caught in the air, it can be advanced by R. If the ball hits an R player beyond R's scrimmage line and is then caught by K beyond R's scrimmage line, the ball is dead, belongs to K, and a new series begins for K.

Article 7. First Touching

If any K player touches a punt after it crosses K's scrimmage line (1st ball spotter – orange) and before it is touched there by any R player, it is referred to as "First Touching." R may take the ball at that spot or may choose to have the ball put in play as determined by the action which follows first touching. The right of R to take the ball at the spot of first touching by K is cancelled if R touches the punt and thereafter during the down commits a foul or if the penalty is accepted for any foul committed during the down.

Article 8. Punt Out of Bounds Between the Goal Lines or at Rest

If a punt goes out of bounds between the goal lines or comes to rest inbounds untouched and no player attempts to secure it, the ball becomes dead and belongs to the receiving team at that spot.

Article 9. Punt Behind the Goal Line

When a punt breaks the plane of R's goal line, it is a touchback unless R chooses the spot of first touching by K.

SECTION 2 – KICK CATCHING INTERFERENCE

While any punt is in flight beyond K's scrimmage line (1st ball spotter – orange), K shall not touch the ball or R, nor obstruct R's path to the ball unless the punt has been touched by R. K may catch, touch, muff, or bat a punt in flight beyond K's scrimmage line if no R player is in position to catch the ball.

Penalty: Kick Catching Interference, 10 yards.

SECTION 3 – SIGNALS

Players shall ignore any signals given by K or R. The ball remains live.

Rule 7: Snapping, Handing, and Passing the Ball

SECTION 1 – THE SCRIMMAGE PLAY

Article 1. The Start

All plays must be started by a legal snap next to the orange ball spotter, which is on or between the hash marks. The ball may be moved with approval by the Referee due to poor field conditions.

Article 2. Ball Responsibility

Team A players are responsible for retrieving the ball after a down. The snapper will bring the ball from the huddle to the Team A scrimmage line (1st ball spotter – orange). A small towel may be placed under the ball, regardless of weather or field conditions.

Article 3. Stances

Players may use a 2, 3, or 4-point stance.

SECTION 2 – PRIOR TO THE SNAP

Article 1. Encroachment

Following the ready for play and until the snap, no Team B player may encroach, touch the ball, nor may any player contact opponents or interfere with them in any other way. This includes standing in the neutral zone to give defensive signals or shifting through the zone. After the snapper has placed his/her hand(s) on the ball, it is encroachment for any player to break the scrimmage line plane, except for the snapper's right to be over the ball.

Penalty: Dead Ball Foul, Encroachment, 5 yards from the succeeding spot.

During the interval between the same downs when 2 or more encroachment fouls are committed by Team B, the penalty will be 10 yards for the subsequent encroachment fouls.

Article 2. Snap

The snapper, after assuming position for the snap at the Team A scrimmage line (1st ball spotter – orange) and adjusting the ball, may neither move nor change the position of the ball in a manner simulating the beginning of a play until it is snapped. An infraction of this provision may be penalized, whether or not the ball is snapped, and the penalty for any resultant encroachment foul by an opponent shall be cancelled. When over the ball, the snapper shall have his/her feet behind his/her scrimmage line (1st ball spotter – orange). The snapper shall pass the ball back from its position on the ground/towel/orange ball spotter with a quick and continuous motion of the hand(s). The ball shall leave the hand(s) in this motion. There is no rule restriction regarding placement of the long axis of the ball at right angles to the Team A scrimmage line.

NOTE: The snapper may have one or both knees on the ground during the snap.

Penalty: Dead Ball Foul, Illegal Snap, 5 yards from succeeding spot.

SECTION 3 – POSITION AND ACTION DURING THE SNAP

Article 1. Legal Position

Anytime on or after the ball is marked ready for play, each Team A player must momentarily be at least 5 yards inbounds before the snap.

NOTE: If a Team B player covers a Team A player positioned within 5 yards of the sideline, it is not a foul.

Penalty: Illegal Formation, 5 yards.

Article 2. Minimum Line Players

The snapper is the only Team A player required to be on their scrimmage line at the snap.

Article 3. Motion

Only one Team A player may be in motion, but not in motion toward the opponent's goal line, at the snap. Other Team A players must be stationary in their positions without movement of their feet, body, head, or arms.

Penalty: Illegal Motion, 5 yards.

Article 4. Direct Snap

The player who receives the snap must be at least 2 yards behind the Team A scrimmage line. The distance is determined by the point at which the ball is first touched following the snap. The snapper may not snap the ball to himself/herself.

Penalty: Illegal Formation, 5 yards.

Article 5. Shift

In a snap preceded by a huddle or shift, all Team A players must come to a complete stop and remain stationary in legal position without movement of feet, body, head, or arms for at least one full second before the snap.

Penalty: Illegal Shift, 5 yards.

SECTION 4 – HANDING THE BALL

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

SECTION 5 – MALE RUNNER

Article 1. Co-Rec Rule

A Team A male runner cannot advance the ball through Team A's scrimmage line. There are no restrictions:

- A. During a run by a male runner once the ball has been touched by any player beyond the Team A or K scrimmage line**
- B. During a run by a female runner**
- C. After a change of team possession**
- D. After a legal forward pass**

Penalty: Illegal Advancement, 5 yards from the previous spot.

NOTE: See Illegal Forward Pass – Co-Rec Rule

SECTION 5 – BACKWARD PASS AND FUMBLE

Article 1. When Legal

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

Penalty: Illegal Pass, 5 yards from the spot of the pass or fumble and loss of down. The Referee will start the clock on the ready for play.

Article 2. Caught or Intercepted

A backward pass or fumble in flight may be caught or intercepted by any other player in bounds and advanced. A player may not throw an untouched backward pass to himself/herself.

Penalty: Illegal Pass, 5 yards from the spot and loss of down if by Team A before possession changes during a scrimmage down.

Article 3. Simultaneous Catch by Opposing Players

If a backward pass or fumble in flight is caught simultaneously by members of opposing teams in bounds, the ball becomes dead at the spot of the catch and belongs to the offensive team.

Article 4. Out-of-Bounds

A backward pass or fumble which goes out-of-bounds between the goal lines belongs to the offensive team at the out-of-bounds spot. If out-of-bounds behind a goal line, it is a touchback or safety.

Article 5. Ball Dead When It Hits the Ground

A backward pass or fumble which touches the ground between the goal lines is dead at the spot where it touches the ground and belongs to the last team in possession.

SECTION 6 – LEGAL AND ILLEGAL FORWARD PASS

Article 1. Legal Forward Pass

All players are eligible to touch or catch a pass. During a scrimmage down and before team possession has changed, a forward pass may be thrown provided the passer's feet are on or behind the plane of Team A's scrimmage line when the ball leaves the passer's hand. Only one forward pass can be thrown per down.

Article 2. Illegal Forward pass

A forward pass is illegal:

- A. If the passer's foot is beyond the plane of Team A's scrimmage line when the ball leaves his/her hand
- B. If thrown after team possession has changed
- C. If intentionally thrown to the ground or out-of-bounds to save loss of yardage or conserve time
- D. If a passer catches his/her untouched forward pass
- E. If there is more than one forward pass per down

Penalty: Illegal pass, 5 yards from the spot of the pass and a loss of down if by Team A before possession changes during a scrimmage down.

Article 3. After Illegal Forward Pass

When an illegal forward pass touches the ground or goes out-of-bounds, the ball becomes dead and belongs to the passing team, at the spot from where the pass was thrown, unless a new series of downs has been created. In such a case, the ball belongs to the passing team if, after enforcement of the penalty, the ball is left in advance of the zone line-to-gain and the foul occurred during the fourth down. If a player catches an illegal forward pass, the ball continues in play until declared dead.

SECTION 7 – COMPLETED OR INTERCEPTED PASSES

Article 1. Pass Caught or Intercepted

A forward pass is completed when caught by a member of the passing team in bounds. A forward pass is intercepted when caught by a member of the opposing team in bounds. It is counted as a completion or interception as long as the first part of the receiver to make contact with the ground after the catch, usually one foot, touches in bounds.

Article 2. Simultaneous Catch by Opposing Players

If a forward pass is caught simultaneously by members of opposing teams in bounds, the ball becomes dead at the spot of the catch and belongs to the offensive team.

SECTION 8 – INCOMPLETE PASS

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

SECTION 9 – FORWARD PASS INTERFERENCE

Article 1. Interference

During a down in which a legal forward pass crosses Team A's scrimmage line, contact which interferes with an eligible receiver who is beyond Team A's scrimmage line is pass interference unless it occurs when 2 or more eligible receivers make a simultaneous and bona fide attempt to reach, catch, or bat a pass. It is also pass interference if an eligible receiver is deflagged/tagged prior to touching a forward pass thrown beyond Team A's scrimmage line.

Article 2. Offensive Pass Interference

After the ball is snapped, and until the pass has been touched by any player, there shall be no offensive pass interference beyond Team A's scrimmage line.

Penalty: Offensive Pass Interference, 10 yards from the previous spot.

Article 3. Defensive Pass Interference

After the pass is thrown, and until the pass has been touched by any player, there shall be no defensive pass interference beyond Team A's scrimmage line while the pass is in flight.

Penalty: Defensive Pass Interference, 10 yards from the previous spot. If the pass interference by either player is intentional or unsportsmanlike, his/her team shall be penalized an additional 10 yards.

Article 4. Not Interference

Contact by Team B which is obviously away from the direction of the forward pass is not pass interference but may be a personal foul. Face-guarding, or attempting to hinder an opponent's vision without making a play on the ball, is not pass interference.

Article 5. Catchable/Uncatchable

Whether a pass is catchable or uncatchable has no bearing on offensive and defensive forward pass interference.

Rule 8: Scoring Plays and Touchback

SECTION 1 – COMMUNICATION

Article 1. Teams and Officials

The Referee will communicate the current score to the Team A and Team B captains and all officials after each touchdown, Try, and safety. If there is a disagreement regarding the current or final score, the Referee or Supervisor will make the final decision after consulting with the other officials and, if available, the Assistant.

SECTION 2 – FORFEITED GAME

Article 1. Forfeited Score

The score of a forfeited game shall be: Offended Team – 1, Opponent – 0. If the offended team is ahead at the time of the forfeit, the score stands. A Referee's or Supervisor's decision to forfeit a game is final.

SECTION 3 – MERCY RULE

Article 1. 35 at 5

If a team is 35 or more points ahead with 5 or fewer minutes left in the 2nd half, the game shall be over.

Article 2. 1-Minute Warning

If a team is 19 or more points (**Co-Rec Rule – 25 points**) ahead when the Referee announces the 1-minute warning for the 2nd half, the game shall be over. Prior to implementing the Mercy Rule, the Referee shall apply the Extension of Period Rule.

NOTE: Game clock shall start according to Rule 3.

Article 3. After 1-Minute Warning

If a team scores during the last 1 minute of the 2nd half and that score creates a point differential of 19 or more points (**Co-Rec Rule – 25 points**), the game shall end at that point.

SECTION 4 – PLAYER RESPONSIBILITY

The player scoring must raise his/her arms so the nearest official can deflag the player. If the player is not able to be deflagged and the official determines the flag belt has been secured illegally, the score is disallowed, the offending team is penalized, and the player is disqualified.

Penalty: Personal Foul, 10 yards from the previous spot. If by Team A, loss of down. If by Team B, automatic first down.

SECTION 5 – TOUCHDOWN = 6 OR 9 POINTS

Article 1. Touchdown Values

If a female scores a touchdown in a Co-Rec game, the point value is 9. If a female player throws a legal forward pass and a touchdown is scored by any Team A player, prior to a change of team possession in a Co-Rec game, the point value is 9. All other touchdowns are 6 points.

Article 2. How Scored

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

SECTION 6 – TRY = 1, 2, OR 3 POINTS

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

The Referee must speak to the captain only, asking him/her whether the Try shall be from the 3, 10, or 20-yard line. Once the Team A captain makes the choice, he/she may change the decision only when a Team A or Team B charged time-out is taken. However, this decision cannot be changed once either team commits a foul. The Referee will ask the scoring captain where he/she would like the ball placed on or between the hash marks. Enforcement of yardage penalties does not change the value of the Try. The point(s) shall be awarded if the Try results in what would have been a touchdown.

Article 2. 1, 2, or 3 Points

An opportunity to score 1 point from the 3-yard line, 2 points from the 10-yard line, or 3 points from the 20-yard line by running or passing only shall be granted the team scoring a touchdown.

NOTE: If a touchdown is scored on the last timed down of the 2nd half, the Try is not attempted, unless it will affect the outcome of the game or playoff qualifying.

Article 3. Try Begins and Ends

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

Article 4. Next Play

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

SECTION 7 – FORCE AND RESPONSIBILITY

Article 1. Force

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

Article 2. Responsibility

The team responsible for a ball being on, above, or behind a goal line is the team whose player:

- A. Carries the ball to or across that goal line
- B. Imparts to the ball an impetus which forces it to or across that goal line
- C. Incurs a penalty which leaves the ball on or behind the goal line

SECTION 8 – MOMENTUM, SAFETY, AND TOUCHBACK

Article 1. Safety = 2 Points

It is a safety when:

- A. A runner carries the ball from the field of play to or across his/her own goal line, and it becomes dead there in his/her team's possession.
EXCEPTION: Momentum Rule – When a defensive player intercepts his/her opponent's forward pass, fumble, backward pass, or a Team R player catches a punt between his/her 5-yard line and the goal line and his/her original momentum carries him/her into the end zone where the ball is declared dead in his/her team's possession behind the goal line, the ball belongs to the defensive team at the spot where possession was gained.
- B. A player punts, passes, fumbles, snaps, muffs, or bats a loose ball from the field of play to or across his/her goal line and the ball subsequently becomes dead there in his/her team's possession. This includes when the ball is declared dead on or behind their goal line. However, it does not apply to a legal forward pass which becomes incomplete.
- C. A player on offense commits any foul for which the penalty is accepted and measurement is from a spot in his/her end zone; or throws an illegal forward pass from his/her end zone and the penalty is declined in a situation which leaves him/her in possession at the spot of the illegal pass and with the ball having been forced into the end zone by the passing team.

After a safety, the ball shall be snapped by the scoring team at their own 14-yard line, unless moved by penalty.

Article 2. Touchback

It is a touchback when:

- A. Team K's punt breaks the plane of Team R's goal line.
- B. The ball is out-of-bounds behind a goal line (except from an incomplete forward pass), when the ball becomes dead in possession of a player on, above, or behind the player's own goal line, or when the ball becomes dead not in possession on, above, or begins the team's own goal line, and the attacking team is responsible.

After a touchback, the ball shall be snapped from the nearest 14-yard line, unless moved by penalty.
NOTE: Teams cannot score points by a field goal attempt.

Rule 9: Conduct of Players and Others

SECTION 1 – UNSPORTSMANLIKE CONDUCT

Article 1. Noncontact Acts

No player or nonplayer shall commit noncontact acts during a period or intermission. Examples include, but are not limited to:

- A. Refusal to comply or abide by the request or decision of an official.
- B. Using words similar to the offensive audibles and quarterback cadence prior to the snap in an attempt to interfere with Team A's signals or movements.
- C. Intentionally kicking at the ball, other than during a punt.
- D. Leaving the field between downs to gain an advantage unless replaced or with permission of the Referee.
- E. Participate while wearing illegal player equipment.
- F. Being outside the team box, but not on the field, during a live ball.

Penalty: Unsportsmanlike Conduct, 10 yards. If flagrant in 1A, 1B, 1C, and 1D, the offender shall be disqualified. In article 1F, the first offense is a warning, and second offense is 5 yards, and each subsequent offense is 10 yards.

Article 2. Dead Ball Fouls

When the ball becomes dead in possession of a player, he/she shall not:

- A. Intentionally kick the ball.
- B. Spike the ball into the ground.
- C. Throw the ball high into the air.

Penalty: Unsportsmanlike Conduct, 10 yards (S7 and S27), and if flagrant, the offender will be disqualified (S47).

Article 3. Prohibited Acts

There shall be no unsportsmanlike conduct by players or nonplayers. Examples include, but are not limited to:

- A. Attempt to influence a decision by an official
- B. Disrespectfully addressing an official
- C. Indicating objections to an official's decision
- D. Holding an unauthorized conference, or being on the field illegally
- E. Using profanity, taunting, insulting, or vulgar language or gestures
- F. Intentionally contacting a game official (DQ)
- G. Leaving the team box and entering the field during a fight (DQ)

Penalty: Unsportsmanlike Conduct, 10 yards, and if flagrant, the offender shall be disqualified. In Articles 3F and 3G, the offender will be disqualified.

Article 4. 2nd Unsportsmanlike Foul

The 2nd unsportsmanlike foul by the same player or nonplayer results in disqualification.

Article 5. Ejection

If a player or nonplayer is ejected from a game due to unsportsmanlike conduct, he/she may be allowed to remain on the bench. If the ejected player or nonplayer creates a problem for the game officials from the bench area, he/she will be told to leave the field area. The field area is defined as "out of sight, out of sound." If the ejected player or nonplayer refuses to leave after a reasonable amount of time, the Referee or Supervisor will inform the captain that the game will be forfeited.

Article 6. 4th Unsportsmanlike Foul

The 4th unsportsmanlike foul by the same team results in their forfeiture of the game.

SECTION 2 – UNFAIR ACTS

Article 1. Refusal to Play or Halving the Distance

If a team refuses to play within 2 minutes after being ordered by the Referee, or if a team repeatedly commits fouls which can be penalized only by halving the distance to its goal line, the Referee may enforce any penalty he/she considers equitable, including the awarding of a score. For refusal to play, or for repeated fouls, the Referee or Supervisor shall, after 1 warning, forfeit the game to the opponents.

Article 2. Unfair Acts

No player or nonplayer shall use verbiage or commit any act not in accordance with the spirit of fair play for the purposes of confusing the opponent.

Penalty: Unfair Acts, 10 yards.

SECTION 3 – PERSONAL FOULS

Article 1. Restrictions

No player or nonplayer shall commit a personal foul during a period or an intermission. Any other act of unnecessary roughness is a personal foul. No player or nonplayer shall:

- A. Strip or attempt to strip the ball from a runner by punching, striking, or grabbing it.
NOTE: Any player who controls a pass with both feet off the ground becomes a runner when the first part of the person touches the ground.
- B. Throw the runner to the ground.
- C. Hurdle any other player.
- D. Contact an opponent either before or after the ball is declared dead.
- E. Make contact of any nature with an opponent which is deemed unnecessary including using fists, locked hands, elbows, or any part of the forearm or hand, except according to rule.
- F. Tackle the runner by grasping or encircling with the hand(s) or arm(s) and taking the opponent toward the ground as in tackle football (DQ).
- G. Fight an opponent (DQ).

NOTE: Each player who participates in the fight will be assessed one flagrant personal foul for fighting.

Penalty: Personal Foul, 10 yards, and if flagrant, the offender will be disqualified.

Article 2. Roughing the Passer

Defensive players must make a definite effort to avoid charging into a passer after it is clear that the ball has been thrown forward legally. No defensive player shall contact the passer who is standing still or fading back as he/she is considered out of the play after the pass. Roughing the passer restrictions do not apply if the forward pass is thrown from beyond Team A's scrimmage line.

Penalty: Roughing the Passer, 10 yards, automatic 1st down.

Article 3. Screen Blocking

The offensive screen block shall take place without contact. The screen blocker shall have his/her hands and arms at his/her side or behind his/her back when screen blocking. Any use of the hands, arms, elbows, legs, or body to initiate contact during an offensive player's screen block is illegal. A blocker may use his/her hand or arm to break a fall or to retain his/her balance. A player must be on his/her feet before, during, and after screen blocking.

Penalty: Personal Foul, 10 yards.

Article 4. Screen Blocking Fundamentals

A player who screens shall not:

- A. Take a position closer than a normal step when behind a stationary opponent.
- B. Make contact when assuming a position at the side or in front of a stationary opponent.
- C. Take a position so close to a moving opponent that his/her opponent cannot avoid contact by stopping or changing direction. The speed of the player to be screened will determine where the screener may take his/her stationary position. This position will vary and may be 1 to 2 normal steps or strides from the opponent.
- D. After assuming his/her legal screening position move to maintain it, unless he/she moves in the same direction and path as his/her opponent. If the screener violates any of these provisions and contact results, he/she has committed a personal foul.

Penalty: Personal Foul, 10 yards.

Article 5. Blocking and Interlocked Interference

Teammates of a runner or passer may interfere for him/her by screen blocking, but shall not use interlocked interference by grasping or encircling one another in any manner.

Penalty: Personal Foul, 10 yards.

Article 6. Use of Hands or Arms by the Defense

Opponents must go around the offensive player's screen block. The arms and hands may not be used as a wedge to displace the opponent. A defender may use his/her arms or hands to break a fall or retain his/her balance.

Penalty: Personal Foul, 10 yards.

SECTION 4 – RUNNER

Article 1. Flag Belt Removal

- A. Players must have possession of the ball before they can be deflagged legally by an opponent.
- B. When a runner loses his/her flag belt either accidentally, inadvertently (not removed by grabbing or pulling), or on purpose, play continues. The deflagging reverts to a one-hand tag of the runner between the shoulders and knees by an opponent.
- C. An opponent intentionally pulling a flag belt from an offensive player without the ball is illegal. Play should continue with the option of the penalty or the play.

Penalty: Personal Foul, 10 yards.

- D. Tampering with the flag belt in any way to gain an advantage including tying, using foreign materials, or other such acts is illegal.

Penalty: Personal Foul, 10 yards from the previous spot, and player disqualification. If by Team A, loss of down. If by Team B, automatic 1st down.

- E. A nonplayer deflags or interferes with a runner.

Penalty: Personal Foul, 10 yards. The Referee will award a touchdown and disqualify the nonplayer.

Article 2. Guarding the Flag Belt

Runners shall not flag guard by using their hands, arms, or the ball to cause contact between the runner and an opponent that denies the opponent the opportunity to pull or remove the flag belt.

Examples of flag guarding include, but are not limited to:

- A. Placing or swinging the hand or arm over the flag belt
- B. Placing the ball in possession over the flag belt
- C. Lowering the shoulders in such a manner which places the arm over the flag belt.

Penalty: Flag Guarding, 10 yards.

Article 3. Stiff Arm

The runner shall be prohibited from contacting an opponent with extended hand or arm. This includes the use of a "stiff arm" extended to ward off an opponent attempting to deflag/tag.

Penalty: Personal Foul, 10 yards.

Article 4. Help the Runner

The runner shall not grasp a teammate or be grasped, pulled, or pushed by a teammate.

Penalty: Help the Runner, 5 yards.

Article 5. Obstruct the Runner

An opponent shall not hold, grasp, or obstruct the forward progress of a runner when in the act of removing the flag belt or making a legal tag.

Penalty: Personal Foul, 10 yards.

Article 6. Charge

A runner shall not charge into nor contact an opponent in his/her path nor attempt to run between two opponents or between an opponent and a sideline, unless the space is such as to provide a reasonable chance for him/her to go through without contact. If a runner in his/her progress has established a straight line path, he/she may not be crowded out of that path, but if an opponent is able to legally establish a defensive position in that path, the runner must avoid contact by changing direction.

Penalty: Personal Foul, 10 yards.

SECTION 5 – BATTING AND KICKING

Article 1. Batting a Loose Ball

Players shall not bat a loose ball other than a pass or fumble in flight.

EXCEPTION 1: A backward pass in flight shall not be batted or thrown forward by the passing team.

EXCEPTION 2: Team K may bat a grounded or an airborne punt beyond the K scrimmage line toward their own goal line.

Penalty: Illegal Batting, 10 yards.

Article 2. Batting a Ball in Player Possession

A ball in player possession shall not be batted forward by a player of the team in possession.

Penalty: Illegal Batting, 10 yards.

Article 3. Illegal Kicking

No player shall intentionally kick a ball other than a punt.

NOTE: An illegal kick shall be treated like a fumble.

Penalty: Illegal Kicking, 10 yards.

SECTION 6 – ILLEGAL PARTICIPATION

Article 1. It is Illegal Participation:

A. To have 8 (**Co-Rec Rule – 9**) or more players participating at the snap.

B. To have more than the legal number of males or females participating at the snap (Co-Rec Rule).

C. If an injured player is not replaced for at least one down; unless halftime or overtime intermission occurs.

D. To use a player, replaced player, or substitute in a substitution or pretended substitution to deceive opponents at or immediately before the snap.

E. For a disqualified player to reenter the game.

F. For a replaced player or substitute to hinder an opponent, touch the ball, influence the play, or otherwise participate.

G. If, prior to a change of possession, a Team A or Team K player goes out of bounds and returns inbounds during the down to participate, unless blocked out-of-bounds by an opponent. If a player is blocked out-of-bounds by an opponent and returns inbounds during the down, he/she shall return at the first opportunity. During the down, no player shall intentionally go out of bounds and return to the field, intentionally touch the ball, influence the play, or otherwise participate.

H. When any player, replaced player, or substitute enters during a down.

Penalty: Illegal Participation, 10 yards.

Rule 10: Enforcement of Penalties

SECTION 1 – PROCEDURE AFTER A FOUL

Article 1. Definitions

A foul is a rule infraction for which a penalty is prescribed. Types of fouls are:

- A. Dead Ball – A foul which occurs in the time interval after a down has ended and before the ball is next legally snapped.
- B. Live Ball – A foul which occurs during a down.
- C. Simultaneous with the Snap – An act which becomes a foul when the ball is snapped.

Article 2. Captain's Choice

When a foul occurs during a live ball, the Referee shall, at the end of the down, notify both captains. He/she shall inform the captain of the offended team regarding the rights of the penalty acceptance or declination and shall indicate to him/her the number of the ensuing down, distance to be gained, and status of the ball for each available choice. The distance penalty for any foul may be declined. If the penalty is declined or if there is a double foul, there is no loss of distance. The captain's choice of options may not be revoked. Decisions involving penalties shall be made before any charged timeout is granted.

Article 3. Dead Ball Foul

When a foul occurs during a dead ball either between downs or before a snap, the officials shall not permit the ball to become live. The penalty for any foul between downs, any nonplayer foul, or any unsportsmanlike foul, is enforced from the succeeding spot (EXCEPTION: 10-3-10 and 10-3-11). If a dead ball foul occurs after time expires for any period, the penalty shall be measured from the succeeding spot. The succeeding spot is where the ball would next be snapped if a foul had not occurred.

Article 4. Live Ball/Dead Ball Foul

When a live ball foul by 1 team is followed by a dead ball foul by the opponent, the penalties are administered separately and in the order of occurrence. When the same team commits a live ball foul followed by one or more dead ball fouls, all fouls may be penalized.

Article 5. Establishing the Zone Line-to-Gain

- A. On a live ball foul, mark off the penalty yardage first and then establish the zone line-to-gain.
- B. Penalties for fouls with succeeding spot enforcement which occur prior to the ready for play signal shall be administered before setting the zone line-to-gain down box for a new series.
- C. Penalties for fouls with succeeding spot enforcement which occur after the ready for play signal shall be administered after setting the zone line-to-gain down box for a new series.

NOTE: During overtime, the zone line-to-gain is always the goal line.

SECTION 2 – TYPES OF PLAY AND BASIC ENFORCEMENT SPOTS

Article 1. Live Ball Fouls

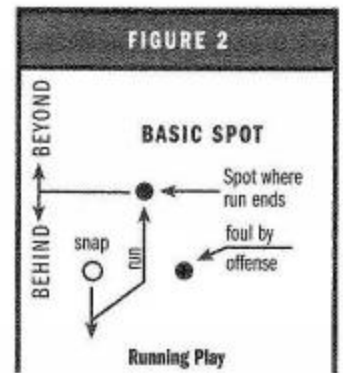
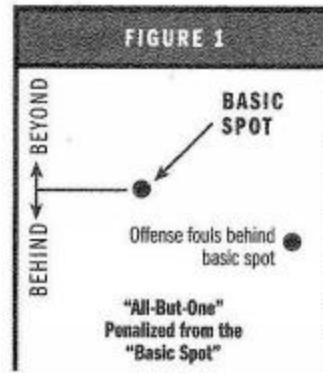
Any live ball foul is penalized according to the All-But-One Enforcement Principle except:

- A. A foul which occurs simultaneously with the snap is penalized from the previous spot.
- B. A nonplayer foul, unsportsmanlike foul, or dead ball foul is penalized from the succeeding spot.

Article 2. All-But-One Enforcement Principle

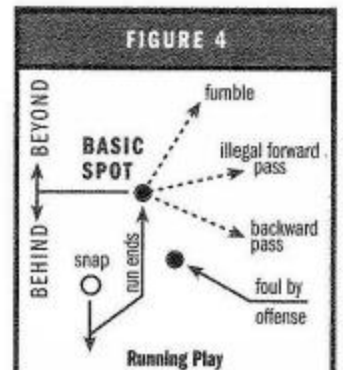
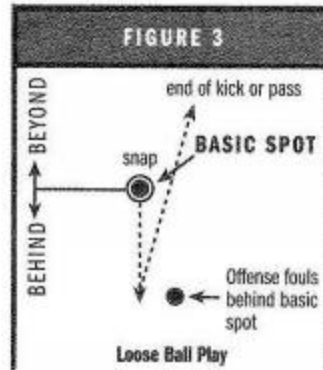
Enforcement philosophy is based on the premise that a team is given the advantage of the distance which is gained without assistance of a foul. It is assumed that the only foul which would give this aid is a foul by the offense behind the basic spot. Therefore, all fouls but this one, which is a foul by the offense behind the basic spot, are penalized from the basic spot. This one foul is penalized from the spot of the foul (See Figure 1 below). EXCEPTION: Roughing the Passer – See Article 4 below.

BASIC ENFORCEMENT SPOTS



Article 3. 2 Types of Plays

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



Article 4. Loose Ball Play

A loose ball play is action during:

- A punt, other than post scrimmage kick fouls.
- A legal forward pass.
- A backward pass (including the snap), illegal kick, or fumble made by Team A from on or behind their scrimmage line and prior to a change of team possession.
- The run or runs which precedes such legal pass, punt, or fumble.

If a foul occurs during a loose ball play, the basic enforcement spot is the previous spot, the spot of the snap (See Figure 3 below).

EXCEPTION 1: The penalty for roughing the passer on a completed forward pass will be enforced from the dead ball spot when the run ends beyond Team A's scrimmage line and no change of team possession has occurred.

EXCEPTION 2: A post scrimmage kick (PSK) foul is a Team R foul that occurs on their side of the neutral zone prior to the end of the kick during a punt that ends beyond the neutral zone and Team K does not have possession of the ball when the kick ends. The PSK spot is the spot where the kick ends. Team R retains the ball after the penalty enforcement from the PSK spot when a PSK foul occurs. Team R fouls behind the PSK spot are spot fouls. The spot where the kick ends is Team R's 14-yard line if the kick ends in Team R's end zone.

EXCEPTION 3: Kick catching interference is enforced 10 yards from the spot of the foul and a 1st down to Team R or 10 yards from the previous spot and replay the down.

Article 5. Running Play

A running play is any action which is not a loose ball play.

- A. Behind the line, it includes:
 - 1. A run which is not followed by a loose ball behind the line.
 - 2. A run which is followed by an illegal pass from behind the line.
- B. Beyond the line, it includes any run.

If a foul occurs during a running play, the basic enforcement spot is the spot where the run ends:

- A. Where the ball becomes dead if the runner does not lose possession.
- B. Where the player loses possession if his/her run is followed by his/her fumble into the opponent's end zone, his/her illegal forward pass, or his/her backward pass beyond the scrimmage line that is intercepted.
- C. At the spot of the catch when the momentum rule is in effect.

SECTION 3 – SPECIAL ENFORCEMENTS

Article 1. Automatic 1st Down Fouls

Fouls by Team B which give Team A an automatic 1st down are Roughing the Passer and Illegally Secured Flag Belt.

Article 2. Dead Ball Fouls

Penalties for dead ball fouls are enforced separately and in the order of occurrence. Dead ball fouls are not coupled with live ball fouls or other dead ball fouls to create double or multiple fouls. Where there are 10-yard dead ball fouls (or live ball fouls treated as dead ball fouls) committed by each team prior to penalty administration, each 10-yard foul will cancel a 10-yard foul on the other team. Any remaining 10-yard fouls will be enforced. Any 5-yard dead ball fouls will be enforced separately and in order of occurrence and would never cancel with a 10-yard foul.

Article 3. Double Foul

It is a double foul if both teams commit fouls (other than unsportsmanlike or nonplayer) during the same down in which:

- A. There is no change of team possession.
- B. There is a change of team possession, and the team in possession at the end of the down fouls prior to the final change of possession.
- C. There is a change of team possession and the team in final possession accepts the penalty for its opponent's foul.

In (A), (B), and (C), the penalties cancel and the down is replayed.

EXCEPTION 1: If each team fouls during a down in which there is a change of team possession, the team last gaining possession may retain the ball, provided its foul is not prior to the final change of team possession and it declined the penalty for its opponents foul(s) (other than unsportsmanlike or nonplayer). This exception is commonly referred to as the principle of "clean hands."

NOTE: This rule does not apply to double fouls during a Try or overtime period.

EXCEPTION 2: PSK foul. Team R must decline the Team K fouls (other than unsportsmanlike or nonplayer).

Article 4. Goal Line

For a defensive team foul, if the enforcement spot which is now the basic spot, is on or behind the offended team's goal line, any measurement is from the succeeding spot or goal line.

Article 5. Half the Distance

A measurement cannot take the ball more than half the distance from the enforcement spot to the offending team's goal line. If the penalty is greater than this, the ball is placed halfway between the enforcement spot and the goal line.

Article 6. Last Play of Period

Succeeding spot fouls that occur: A. during the last play of the game; B. during the last play of an overtime period; or C. dead ball fouls which occur after the last play of a game or overtime period. These fouls can be carried over to overtime, unless a touchdown is scored on that play, in which case the penalty can only be enforced on the Try.

Article 7. Loss of Down Fouls

Loss of down fouls by Team A: Illegal Backward Pass, Illegal Forward Pass, and Illegally Secured Flag Belt.

Article 8. Multiple Foul

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

Article 9. Safety

If the offensive team throws an illegal forward pass from its end zone or commits any other foul for which the penalty is accepted and measurement is from on or behind its goal line which is now the basic spot, it is a safety.

Article 10. Touchdown

- A. If there is a foul by the scoring team (other than unsportsmanlike or nonplayer) during a down which results in a touchdown, the acceptance of the penalty nullifies the score.
- B. If an opponent of the scoring team commits a foul (other than unsportsmanlike or nonplayer) during a down in which a touchdown is scored, and there was not a change of team possession during the down, Team A may accept the results of the play and then choose to have the foul enforced either on the Try, or after the Try, at the succeeding spot.
- C. If an opponent of the scoring team commits a foul (other than unsportsmanlike or nonplayer) during a down in which a touchdown is scored, and there was a change of team possession during the down, and such foul occurs after the change of team possession, the scoring team may accept the results of the play and then choose to have the foul enforced either on the Try, or after the Try, at the succeeding spot.
- D. If either team commits an unsportsmanlike or nonplayer foul during the down in which a touchdown is scored, the opponent may accept the results of the play and then choose to have the foul enforced either on the Try, or after the Try, at the succeeding spot.

NOTE: In B, C, and D above, unless moved by penalty, the succeeding spot will be the 14-yard line or the 10-yard line in overtime.

Article 11. Try

- A. If either team commits a dead ball foul following a touchdown and prior to the initial ready for play on a Try, the offended team has the option of enforcing the penalty on the Try, or after the Try, at the succeeding spot.
- B. If there is a foul by Team A (other than unsportsmanlike or nonplayer) during a down which results in a successful Try, acceptance of the penalty nullifies the score. If the foul carries a loss of down, the Try is not replayed.
- C. If there is a foul by Team B during a successful Try, the penalty may be enforced at the succeeding spot.

Co-Rec Rules Summary

Section 1. Team Size

The Co-Rec game shall be played between 2 teams of 8 players, 4 men and 4 women. Five players are required to start the game. Teams with 7 players shall be 4 men and 3 women or 3 men and 4 women. Teams with 6 players shall be 3 men and 3 women, 4 men and 2 women, or 2 men and 4 women. Teams with 5 players shall be 3 men and 2 women or 2 men and 3 women. The game may continue with fewer than 5 players as long as the team has a chance to win.

Section 2. Touchdown Value

If a female scores a touchdown in a Co-Rec game, the point value is 9. If a female player throws a legal forward pass and a touchdown is scored by any Team A player, prior to a change of team possession in a Co-Rec game, the point value is 9.

Section 3. Mercy Rule

If a team is 25 or more points ahead when the Referee announces the 1-minute warning for the 2nd half, the game shall be over.

If a team is 35 or more points ahead with 5 or fewer minutes left in the 2nd half, the game shall be over.

Section 4. Male runner

A Team A male runner cannot advance the ball through Team A's scrimmage line. There are no restrictions:

- A. During a run by a male runner once the ball has been touched by any player beyond the Team A or K scrimmage line
- B. During a run by a female runner
- C. After a change of team possession
- D. After a legal forward pass

Penalty: Illegal Advancement, 5 yards from the previous spot.

NOTE: See Illegal Forward Pass – Co-Rec Rule