



OFFICIAL'S CHEAT SHEET

PASSING

QB has 7-seconds to throw the football, unless handoff, lateral, or fake

Only 1 Forward pass is allowed

RECEIVING

Receivers must have at least one foot inbounds for a catch.

RUNNING

The QB can not run with the football.

The "No Running Zones" are located 5-yards from each end zone. Pass only territory.

No diving.

There are NO fumbles.

All penalties are 5 yards + repeat down from PLS unless otherwise noted

When both teams commit one or more penalties in the same play, the down shall be repeated from the previous line of scrimmage regardless of yardage or point of application (major fouls cannot be declined and will apply yardage)

OFFENSIVE PENALTIES

Delay of game - ball not snapped within **25 Seconds**.

Delay of pass - Ball is not thrown within **7 Seconds** (loss of down)

Offside - Player(s) lined up across the LOS at snap of ball

Illegal Snap - Center lifting or moving ball to simulate snap (play whistled dead)

Rusher Interference - impeding a rusher's direct path to Quarterback.

Interference – impeding, redirecting, obstruction, blocking with no contact, play whistled dead at Spot of Foul.

Illegal Contact – physical contact such as impeding, redirecting, obstruction, blocking (Loss of Down).

Pass Interference – both contact & non-contact that interferes with a defensive player's catching a ball while it is in air, also includes screening, pushing off and pick plays (Loss of Down).

Illegal Running Play – a quarterback running with the ball across the Line of Scrimmage without any transfer of the ball. Play whistled dead.

Major Fouls

Objectionable Conduct – players, coaches, teams or spectators using profane language or gestures, threats, demeaning or intimidating remarks & actions, persistent arguments, fake injuries, delay of game or targeting players to initiate contact will result in a 5-yard penalty. Any player, coach, team or spectator

receiving a second Objectionable Conduct penalty during a game will be ejected from that game.

Unsportsmanlike Conduct –Any obscene behavior, rough actions, or unfair play by players, coaches, teams, or fans will result in a 15-yard penalty and either Loss of Down (LOD) or Automatic First Down (AFD), depending on the situation. If the foul is meant to cause harm or makes a mockery of the game, the player may be ejected. Major fouls can't be declined, and their full yardage must be enforced after all live-ball penalties are handled.

RUSHING (the Quarterback)

A player may rush from behind the 7-yard marker and within two yards left to right.

A player may **NOT** make contact with a QB chest up

DEFENSIVE PENALTIES

Offside - Player(s) lined up across the LOS at snap of ball

Disconcerting Signals – signals to distract or simulate offensive signals prior to snap.

Illegal Rushing – Crossing the line of scrimmage from inside the 7-yard rusher bean bag provided the ball has not been faked, pitched, or lateralled.

Pass Interference – both contact & non-contact that interferes with an offensive player catching a ball while it is in air, also includes screening & pushing off at Spot of Foul (SOF, Automatic First Down).

Illegal Contact – physical contact such as impeding, redirecting, obstruction, blocking, holding, & tackling as well as any lower body contact with an offensive player throwing the ball at Spot of Foul (Automatic First Down).

Illegal Flag Pull – Pulling a flag of a player before they have the ball. Spot of Catch if caught, LOS if dropped (Automatic First Down).

Roughing the Passer – any contact with the passer's arm, head, or neck area while throwing the ball, including the ball in the passer's hand. 10-yard penalty (Automatic First Down).

GENERAL PENALTIES

Illegal Substitution – Any offensive player substitution after the center is prepared to snap the ball and any defensive player substitution during the play

Illegal Participation – A player who goes out of bounds shall not participate further in that play unless that player went out of bounds as a result of a slippery field, contact with an opponent, or a missed flag pull. This is a LOD penalty if committed by the offense and Repeat Down penalty if committed by the defense.

Player Uniform Inspection:

- Footwear
- Solid color gym shorts with no pockets- **Taped pockets are not allowed**
- Jersey tucked into shorts (no obstruction to flags)
- Mandatory Mouthpiece; No mouthguard-No play
- Flags of contrasting colours to shorts (ex.no white on white)
- Appropriate Accessories (*no jewelry*)
- Hat (soft brimmed, no string or wrapped up) (*optional*)